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**September 2025**

## **LIONS GREEN CANOPY PROJECT NEWSLETTER NUMBER 8**

Welcome to your monthly Lions Green Canopy Newsletter.



The response from our recent booth at ANZI on the Gold Coast has emphasised to us that this wonderful yet simple Multiple District Project continues to gain momentum. Your response was very positive and it was great to hear all the exciting projects that are happening.

Something extremely important regarding our project that we have not addressed is the mental health benefit of working and walking with trees. I thank the “*WWF Trees - the forgotten heroes for our health*” website (<https://wwf.org.au/blogs/trees-the-forgotten-heroes-for-our-health/>) for much of the details provided in this newsletter.

From urban tree cover to towering eucalyptus forests, trees play a crucial role in supporting human health and well-being. Unfortunately, many people aren’t aware of or have simply forgotten about all the amazing things trees do for us every day.

More and more, we are turning to technology to help us tackle the ever-growing health, environmental and climate crises. **Yet part of the solution already exists and has done for millions of years - trees.**



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Trees feed us, shelter us from heat, and filter our water and air. They can help reduce stress and lessen depression, anxiety and other mood disorders.

Tree climbing helps children develop strength, spatial awareness, creativity, imagination and self-confidence. Trees encourage people of all ages to exercise which in turn offers a healthier and happier lifestyle.

Trees fill nature's medicine chest. Over one-third of all medicines we use today are derived from nature. Who knows how many more remedies are waiting to be discovered in our forests?

Trees offer homes for a wide range of pollinators that help us secure a bountiful and diverse food supply.

I have barely touched the surface of the wonderful things trees do for us. We will go into this further in later editions of this newsletter.

If you have questions, please call your state representative on the committee and we will endeavour to guide you in the right direction.

I would also like to warmly welcome Brett Gabel to our committee. Brett has always been a passionate environmentalist and is the new representative for South Australia and the Northern Territory. Please make contact with him if you have any questions in those areas.

Until next month keep up the good work, report it on the portal, then forward your story to us so we can share your "good news" with other Lions.

PDG Tim Moore - Chairman  
Lions Green Canopy Project

## Green Canopy Committee Contacts

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