

LIONS FAMILY LINES



ISSUE 35 – JUNE 2022



Lions Clubs International Anniversary

7th June 1917

After contacting similar groups around the United States, an organizational meeting was held on June 7, 1917, in Chicago, Illinois, USA. The new group took the name of one of the invited groups, the "Association of Lions Clubs," and a national convention was held in Dallas, Texas, USA in October of that year. A constitution, by-laws, objectives and a code of ethics were approved.

AND THE REST IS HISTORY.



THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3

"UNITED WE CAN"

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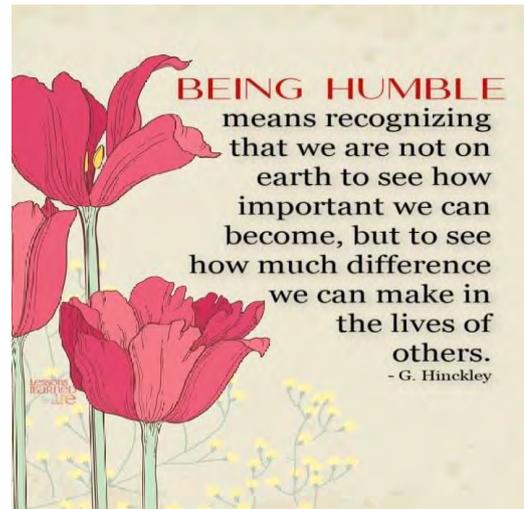
NEWSLETTER DEADLINE

The deadline for the July edition of the Newsletter will be 20th June

Copy received after the deadline, unless urgent, will be held over to the following month.

Please email your articles to
lionbeverleyq3@outlook.com

To ensure a quality print all photographs should be at least 1MB in size.



Thank you District Governor Steve for the opportunity to be the District Newsletter Editor in your year as Governor. It is a position I enjoy immensely and I look forward to continuing the role in the coming year.

I also look forward to assisting the Clubs promote their many and varied activities via this Newsletter. Please do **NOT** format your articles as I have limited space available and work to place your articles in that space.

I will include a copy of the Photographic Permission Form in the July Newsletter. Please remember if this isn't included when sent to me the copy will be returned to you.

A suggestion is that if you are placing an item on Facebook ... copy it through to me for consideration for the Newsletter. Remember, we are a National publication ... good news does travel.

Beverley Bates
District Newsletter Editor

Disclaimer: The views expressed in this publication are not necessarily those of the District Governor, Cabinet Members or Editor.



STEVE'S NOTES



Hello Fellow Lions,

Well, it's hard to believe that this is my final article. I have been judging how fast this year has sped past by the reminders from our newsletter editor PDG Beverley and this month was no different, thank you for your patience.

This month was exceptionally busy and started with Sharon and I in Perth enjoying what was to be a mini break prior to the Perth Convention. As we know that Convention was cancelled, and a mini Convention arranged in Melbourne. We enjoyed our little Perth break, but it was tinged with a bit of regret that our West Australian cousins were not able to show us their hospitality and share in their sixty years of Lionism in West Australia.

Mid May saw my final Council of Governors meeting which was a bit of a thrill as it was the first time the Council had met face to face and we, as Governors, got to meet and catch up on the year that had been up until that time.

This was followed by the Melbourne mini 2-day convention, and what a tremendous success that was.



I can't thank CEO Rob and his staff enough for pulling this together in such a short time. There were some excellent guest speakers but of course it was the youth program that shone above all else. The talents of our Leo state winners and the Youth of the Year state winners was again of an exceptional standard. I urge you to view their presentations on YouTube [National Lions Youth of the Year Final 2022 - YouTube](#) it is just over an hour long but there is the ability to fast forward but I'm sure like me you will be mesmerised and will watch it to the end.

The Saturday night of the Convention saw the Q Districts gather at the Common Man Bar and Restaurant on South Wharf for a bit of well-deserved social interaction with forty-nine Lions from across the Q Districts attending (*twenty-six from Q3 – well done!*).



District Governor Elect Graeme and District Governor Steve at the Council of Governors Dinner

The end of that week saw this year's Management team meet for the last time with a full agenda to discuss. We met in a council hall in Northgate where the temperature was anything but toasty, but the commitment did not wane.

The following day was our Cabinet meeting at *Lions Club of Golden Valley Keperra (GVK's)* new facility 'Kakowan' and a big thank you to the Club for hosting us. While this was the last meeting for the Lions year, there was still a lot of discussion. One of the main points was whether Q3 would support a skin bus in Queensland. It was decided that we would investigate a small-scale version inviting the other Q districts to participate as well.

There was no appetite for a full-blown version that the other states operate, instead starting small and growing into the project to see if it is a success. I thank everyone there for their comments and views.

The Sunday saw another full day with the Shadow Cabinet meeting. Unfortunately, District Governor Elect Graeme and Lion Dell were not able to attend and Vice District Governor 1 Elect Andy and I were invited to fill in. The enthusiasm from all with the promise of a new Lions year filled with opportunities and challenges was evident.

Later that night Sharon and I were privileged to be invited guests at the Lions Clubs International Presenter (LCIP) dinner to celebrate the efforts of those Lions who had nominated to become Presenters and we will see them as faculty in coming institutes. Congratulations to Past District Governor Donna Hedges for coordinating the logistics behind this and to Penny from Chicago Head Office for her energy and enthusiasm.

Sharon and I attended the Bribie Lions dinner meeting to present a certificate and hand back to the Australian runner up of this year's Peace Poster her poster. Victoria was a very shy and humble young lady with a lot of talent and potential. Congratulations to Bribie Lions for continuing with this project and fostering the talent of our youth.

The week also had a sad aspect to it. I was present to see the members of the Aspley Club vote to close the Club after fifty-three years. A decision they gave deliberation to but in early April they found their options limited as they could not find members that had the capacity to step up to form a board. This serves as an important reminder that if your Club is in trouble do not be afraid to raise this issue with your Cabinet Officers. Lion Colin a Charter member of Aspley fifty-three years ago saw the signing of the Club to come into existence was in attendance to see the signing for the closure of the Club.

Again, a reminder, you know what is going on in your Club but unless you make Cabinet aware and ask for help we can't help.

I'm afraid that asking in early April when you are voting on a board is too late as some Clubs have found, this should be sorted months in advance.

In the last weekend of the month, Sharon and I were again pleased to be invited as guests to a dinner to celebrate the achievements of those completing the Advance Lions Leadership Institute (ALLI). These institutes are so important as they give the attendees a greater knowledge of Lions to take back to their Clubs and District and in a lot of cases these Lions will be our future leaders. Q3 had four worthy attendees who, by all accounts, have acquitted themselves well over the three days of this course.

In signing off, I would like to say how proud I have been to be the Q3 District representative for this Lions year. I am constantly amazed at the level of knowledge, energy, enthusiasm, and dedication our Lions members have to their communities, their fellow Lions, their Clubs and our District.

I have learnt so much and have often been humbled. To this year's Cabinet, Thank You. It has been a difficult year in many respects and for those that were able to pivot their thinking to come up with solutions to some of the challenges, I am indebted.

To District Governor Elect Graeme and Lion Dell I wish you well and know that while there will be unforeseen challenges ahead, meeting your team at the Shadow Cabinet and with your knowledge and drive, know that you will have a successful year.

Finally, I would just like to acknowledge the love and support that Lion Sharon has given to me over the last couple of years, I give her my thanks and love.

For the last time, take care and stay safe.

Steve





Lions District MD 201 Q3 Convention

Unity College, 47 Lomond Cres, Caloundra West

"Outback to Ocean"



Section 1. Attendee Details

Name 1 _____ Title: Select
 Name 2 _____ Title: Select
Club Name: _____ Is this your first Convention?
 Attendee 1. _____ Select
 Attendee 2. _____ Select
Address: _____ Phone: _____

Email: _____

Section 2. Hospitality Details

Full Hospitality Book (Entry into all Functions)
Friday Night (Meet, Greet & Eat)
Saturday Breakfast (BBQ & Cereals)
Saturday Lunch (Boxed Lunch)
Saturday Night "DG'S Banquet"
Sunday Lunch

Cost	Attendee 1	Attendee 2	Total
\$135.00	0	0	\$ 0.00
\$25.00	0	0	\$ 0.00
\$15.00	0	0	\$ 0.00
\$15.00	0	0	\$ 0.00
\$65.00	0	0	\$ 0.00
\$15.00	0	0	\$ 0.00

Total Cost (Section 2) \$ 0.00

Section 3. Convention Extra's

Convention Badge
Multi Draw Prize Tickets (3 Tickets per Book)
Lions Partners Outing

No.	Cost	Total
0	\$5.00	\$ 0.00
0	\$5.00	\$ 0.00
0	\$20.00	\$ 0.00

Total Cost (Section 3) \$ 0.00

Total Cost (Section 2 + Section 3) \$ 0.00

Section 4. Special Requirements

Dietary Requirements: (Please State & Adhere to) _____

Other Special Requirements: (Please State & Adhere to) _____

Section 5. Other Information

Will you be bringing a Club banner? Select
 Do you wish to play - Bowls Select Golf Select
 Where will you be staying ?

Please complete this Registration Form and email to:-
 Convention Registrar PDG Norm Jensen - registrations2022@lionsq3.org.au
 Preferred method of payment by Direct Deposit to:-
 Lions District 201Q3 Convention 2022 Account - BSB 064-406 - A/C No. 10872059
 (add your name as a reference)
 or post payment to Convention Treasurer PDG Norm Jensen
 Unit 2603, 2 Bright Pl, BIRTINYA, Qld 4575

GUN FIRE BREAKFAST

In conjunction with the Toowoomba R.S.L Wiltonton Lions Club Members attended the ANZAC Day Gun Fire Breakfast at the Community Goods Shed Function Centre as volunteers assisting in various areas supporting the breakfast.

The morning started at 6.30 am following on from the dawn service and was attended by over seven hundred veterans, family members along with senior ranking officers with representatives of all military services.



As a Lions Club Wiltonton, was asked during the previous year to assist as volunteers which we gladly accepted.

Our Club during the year is often asked to assist in community projects and we are always happy to assist.

This special project for our Lions Club was unique, we were very proud to partner with the President of Toowoomba R.S.L and our Lions President Lion Linda Schefe, to make this annual event a successful community project.

We, as a Lions Club, will continue to support Toowoomba R.S.L and its members in future events.

Lion Ron McGuire

Find –

- 5 Global Cause logos
- 4 Lions project logos (not disaster relief or matching grants)
- 3 Logos we don't use
- 2 Lions Disaster Relief Agencies
- 1 logo to bring them all and bind them

QUIZ





SECRETARY RICHARD'S REPORT

About three and half years ago, Donna asked me to consider becoming Cabinet Secretary. After chatting with Debbie, I rang the incumbent – Rob Craig. I mentioned Donna's offer and asked if I should run, and, if so, how far. He pondered for a moment and said 'No – it is a great experience'. That was the first of many pieces of advice that Rob gave me, and I am forever grateful for his wisdom, patience and support since then. Thanks Rob.

Clubs are the heart of our District, and I really appreciated the Clubs who hosted Cabinet Meetings and Club and Cabinet Officer Forums. These days are vital to our District, and your willingness to host, cater and support them made my job so much easier. And they all went really well, so thank you.

To the Presidents and Secretaries who arranged Club delegates, attendance at conventions, details for the MD Directories, did the MyLCI data-cleanse, Memorial Service lists, and everything else – thank you. And to everyone who completed MyLCI and MyLion – you have helped us comply with our legal obligations and enabled us to promote our organisation. And survived a trial of no PU101s.

To everyone who asked me a question – thank you for wanting to get it right, and for helping me to learn.

Donna, David and Steve – thanks for trusting and supporting me in this role – I have enjoyed working with and getting to know all of you.

And what would I have done without Assistant Secretary Barbara? You did so much more than minutes, and were a

sounding board, reality check and safety valve. Thank you, and enjoy this role next year

Making it easier

That was all I planned to say this month, but I thought it worth recording a chat I had with a person who was considering continuing as their Club's secretary. This person was happy to take on the role but had two concerns.

- ⊗ They did not want to have to attend EVERY meeting
- ⊗ They did not want their inbox clogged up with Club emails.

We discussed a few options to overcome these issues:

- 👉 Have someone else take the minutes – give them your template to help them
- 👉 Make sure at least two people have access to Club emails
- 👉 Create a gmail or similar email address for your Club. And make sure you have a couple of administrators, and a few people who access it. This way your emails are stored in a single account and carry over from year to year (even if you don't). If you reply from your account, make sure you cc the gmail account. You may even get cloud storage
- 👉 Add the gmail account (and anyone else) to your Club's Lions email address.

Make use of the technology (and your caravan)

Handover

At this time of year, if you are incoming or outgoing Secretary (or any role), please take a few moments to think about handing over. You may care to talk about:

- ✎ the specifics of the role
- ✎ What protocols, practices and policy minutes affect you?
- ✎ How does the outgoing do things (filing, sharing correspondence, issuing minutes....)?
- ✎ What physical and electronic records and assets will they give you?
- ✎ What do you need to set up (templates, letterhead, filing folders...)?

- ✍ What issues are they dealing with that they will hand to you?
- ✍ What are your legal and Lions obligations?

If you are outgoing or continuing, please make sure you have your reporting up to date. This is especially important for membership, as our District, Multiple District and International fees are based on the number of members on MyLCI at 30 June.

And, if you are continuing, what can you do over the next eight months to de-mystify the role so that someone will put their hand up for it next year.

Thank you all for your assistance, support, tolerance, laughs and friendship – Rob was right – it was great experience – 2nd best job on Cabinet (after Leadership Coordinator). Now for the next experience!

Take care



Some cause happiness wherever they go; others whenever they go" –

The Duchess of Padua, Oscar Wilde

BAD LUCK

The husband had been slipping in and out of a coma for several months yet the wife stayed by his bedside every single day.

When he came back to his senses, he motioned for her to come nearer.

As she sat by him, he said, "You know what? You have been with me all through the bad times.

When I got fired, you were there to support me.

When my business fell, you were there.

When I got shot, you were by my side.

When we lost the house, you gave me support.

When my health started failing, you were still by my side.

When I think about it now...

I think you bring me bad luck!"

BLACKBUTT FOREST PARK **OPENING**



The Lions Club of Caloundra West assisted with the official opening of the Blackbutt Forest Park in Baringa. The members had a great time getting back out to support our local community and we even spotted the Easter bunny!



Lion Chris Pentecost





**FIRST VICE
DISTRICT
GOVERNOR
GRAEME'S
NEWS**

Welcome Back Everyone.

As we wind down another year of Lions, we have progressed through the ups and downs of living in a world of turmoil.

Be it floods, COVID, watching and listening about an invasion of another Country, closure of several Lions Clubs in District, not to mention those who have gone to Higher Service.

Dell and I have spent the last week in Melbourne attending District Governor Training and attending the Melbourne Mini Convention at the Crown.

Although the Convention was restricted in numbers, it was pleasing to catch up with many of our Lions friends. It was pleasing to see several Q3 lions in attendance. I thank you for your support.



District Governor Elect face to face training went well over the three days, before Convention. Our original training was cancelled in January due to COVID.

I have now booked a ride on the COVID train. All part of the process I suppose; it was inevitable that I would join the other District Governors Elect, who have also succumbed to the virus, having been in a group environment.

I learnt so much at the training sessions, that I feel sure I will be able to carry out my duties as District Governor in 2022 -23. I know I can call on several other Lions for assistance, if required.

I wish to personally thank District Governor Steve and Lion Sharon for their good work over the past three Years, and their continued encouragement as I commence the final stage of my journey.

I urge, the **out- going Cabinet officers** to speak to their replacement who will be undertaking the role over the next twelve months when handing over their positions. Please don't leave them in the dark as we all need to work together.

Club Officer Forums are being prepared for all Club Officers, and all Clubs should have received information of venues and dates from Cabinet Secretary Designate Barbara.

It is important that members attend these sessions so that Clubs can move forward with the many changes that are occurring within Lions.

Change over Dinner:

Each Club should have received notification of the District Governor's Change Over from District Governor Steve to Myself on **Saturday 23rd July** to be held in Caboolture.

Acceptances CLOSE on Wednesday 13th JULY.

Convention 2022:

Don't forget to book early for Convention in Caloundra from Friday 23rd September to Sunday 25th September.

This falls during the school holidays.

Regards

Graeme



The Global Leader In
Humanitarian Service

www.lionsclubs.org



LIONS CLUB OF TOOWOOMBA WEST INC

Invitation for

EXPRESSIONS OF INTEREST FOR PURCHASE OF BURGER BUGGY



Lions Club of Toowoomba west Inc are seeking expressions of interest from Community Groups either not for profit or other interested groups, for the purchase of the Club's Burger Buggy. The Burger Buggy details are as follows:

Registration No: 669-QWH Registered till: 07 /2022 Tare: >1.02T

Overall Length: 5160 cm Height: 2850 cm Width: 2410 cm

Large windows are a slide out which comes to edge of Buggy. Has a rear opening to a service counter and lower door for access to stock.

Inclusions are Heavy Duty 3 burner BBQ, 12V Light and fan, water tank and basin and storage draws.

Inspections by appointment

Expressions of Interest will be received electronically via Club's email - <https://toowoombawest.qld.lions.org.au> or a hardcopy to Club's Post Office Box (PO Box 11485 Centenary Heights Qld 4350) by 2pm Wednesday 15 June 2022.

Should you require additional details or wish to inspect the Unit, please contact President Merv Symons on 0400 357 206.

LIFESAVING DEVICE ON BOARD

An Automatic External Defibrillator (AED) is a new addition to the Lions Club of Brisbane Bunya's famous BBQ trailer and will be available for use in the event of anyone nearby suffering from Sudden Cardiac Arrest (SCA).

According to the Australian Defibrillators website, AED's used within the first 3-5 minutes of a person suffering an SCA, can dramatically shift their chance of survival from less than 5% to as much as 70% or more.

Brisbane Bunya Lions Club Secretary, Kevin Hedges said the machine is a welcome addition to the Club's assets.

"The community can rest assured that the AED will be on board the BBQ trailer at big events including Carols in the Park, Anzac Day and community events.



"Because they have been designed to be used by virtually anyone, those responding to an SCA will now have access to use this life-saving device if needed.

"We are grateful for an [Australian Lions Foundation](#) grant which contributed to the purchase," Lion Kevin Hedges said.

The Foundation, in addition to providing financial assistance and support to the community in times of Disasters and Emergencies, engages in partnerships with individual Lions Clubs with financial support to fund community welfare projects.

Members of the Brisbane Bunya Lions Club will be trained in the machine's use at an upcoming meeting.

Lion Claire Grlj

HANDMADE QUEEN SIZE RUG

This beautiful handmade Queen Bed sized rug made by Lion Erin Phillips was raffled by the Lions Club of Toowoomba Inc. in support of Hope Horizons Cancer Wellness Centre with all proceeds being donated. The rug raised \$2062. It was won by a lady from Sandstone Point who was very excited when told she was the winner.



Hope Horizons provides services such as Oncology massage, Lymphedema massage, Psychology Counselling, Exercise Physiology and more to cancer patients in the Toowoomba and surrounding areas at **no out of pocket expense to the patient.**

Such a wonderful service for our community that continues to grow from strength to strength.

Hope Horizons strives to enhance the quality of life of the people of the region throughout and after their cancer diagnosis.



"When "I" is replaced with "we" even illness becomes wellness"

Lion Elvee Brisbane

CAKE AND MINT PORTFOLIO

JUNE – 2022

CAKES –

As this will be the last article for this year I would like to take this opportunity to thank all those Clubs that took part in the selling of Cakes and Puddings, due to your efforts Q3 again had the top sales in the nation.

This is the 4th year that Q3 have topped the sales for Cakes and Puddings and that is due to you, the Clubs and Members so again a very big thank you to you all.

The new bakes have proved to still be very popular so I see no reason why we cannot replicate our sales this year, why not challenge your Club to order just one (1) carton more than last year and this will mean that our sales will prove to be successful yet again.



MINTS –

I believe that as this article goes to print the new machine is now at Dollar Sweets, so once it has been successfully installed and tested then I am sure that orders in the system will be delivered with some urgency.

Again, please email me a copy of your order if you have one into Dollar Sweets this year. Our MD Mint Chairman, Brendan Delahunt is happy to make sure that your orders are actually in the system to be processed.

As you might imagine when Dollar Sweets moved some orders seem to have gone astray and we just need to double check to make sure that all Clubs that believe they have an order in actually do.

NEW ORDER FORM

Again this is a friendly reminder that the new Lion Mints Order Form is now available via the Lion's website www.lionsclubs.org.au or request a copy via email to admin@dollarsweets.com

If it is easier please let me know and I will send you through a copy of the new order form electronically.

Again, the reason that I have left this in this month is that Dollar Sweets have received orders on forms as far back as 2014 and the prices are definitely not the same as back then so those Clubs will have calculated the incorrect price and will be chased for the difference to today's prices. So **please** be aware and use the **current 2022 order form** only.

REMEMBER -

Any changes to your email address, please contact: admin@dollarsweets.com or

Brendan Delahunt – Lion's Mint Coordinator
bdelahunt53@gmail.com

If you have any questions, Brendan would be happy to assist.

If you wish to find out more information on either Cakes and or Mints I am happy to visit your Club with samples and discuss how this programme could help your Club.

We do have some Clubs that do not take part in selling our Cakes and Puddings and we have many Clubs that do not or have dropped the Mint Programme, I am happy to visit.

Call me if you have any problems or questions and if I cannot answer I will endeavour to find out for you.

Kaye Smith (PDG)



District Q3 Cake & Mint Chairman
lion.kayesmith@bigpond.com
0477 212 242



Below is one of the many ways that LCIF has used your donations in making our community a better and safer place to live.

KID'S CANCER GENOME PROJECT

Each year in Australia, over 950 children are diagnosed with cancer. Since 2009, the Australian Lions Childhood Cancer Research Foundation (ALCCRF) has been working tirelessly to support vital research in hope of developing a cure to Childhood Cancer.

One of their largest projects to date was the Lions Kids Cancer Genome Project in partnership with the Australian Garvan Institute. Commencing in 2017, this project sequenced the genome of high-risk or aggressive tumour samples from 400 children over a period of three years.

Genome sequencing makes it possible to develop a personalised, precision treatment that is determined by the DNA makeup of the individual and their tumour.

LCIF granted \$US2 million in funding to this life-saving project, the largest donation LCIF has made to Australia.

The Lions Kids Cancer Genome Project not only saved the lives of a number of children involved but established a database that will help children across the globe in their battles with cancer.

Please consider donating to LCIF Australia either through your Club or personally. All funds donated by Australian Lions to LCIF stays in Australia. Your foundation needs your help. Always donate through the Australian office and not directly through International.

For further information about LCIF please contact Lion Kevin Hedges kevhedges@optusnet.com.au or 0437 088 868 (District 201Q3 LCIF Coordinator)

AUSTRALIAN LIONS FOUNDATION AWARDS

Fellow Lions

The annual Installation Night / Changeover of Lions Clubs is fast approaching.

This is an opportunity to honour Club Members and also any community individual or organisation which has supported your Club's activities.

Some Clubs have credit balances with ALF, reserved for future awards. To find out what if any, balance your Club has with ALF, please contact the Deputy Chairperson / Treasurer of ALF:

PDG Allan Cooper P O Box 278 MELVILLE WA 6956

Email: alf.treasurer@lions.org.au

Remember to state the name of your Club and District 201Q3.

Information on awards and application forms can be found at : <https://alf.org.au/alf.awards>

The most popular awards are the J D Richardson Award for Lions at \$500

and

The Community Service Award at \$250 to acknowledge community members or organisations which support your Club's activities.

This is a good time to order awards to ensure they arrive in time for your event.

Not only will you be honouring someone for their service, but awards provide some income for ALF to continue serving Australian communities.

Thanks for your attention.

Peter J Boge

201Q3 ALF District Chairperson



ASHGROVE/THE GAP NEWS

Recently we had the pleasure of having Johnny Danalis as a guest speaker of our Club, who spoke about the Star of Taroom which is an Aboriginal Groove Stone and through very hard work how it was returned to its rightful owners in Taroom. If you would like to read more please follow the link <https://www.star-of-taroom.com.au>

On 24th June our Guest Speaker was Colin Bushel. Colin is a local in our community and is a professional photographer and amongst other things, spoke to us at length about the dramatic change in photography from the Box Brownie to the digital age.

On 21st and 28th May, Ashgrove-The Gap Lions held a huge plant sale over two days at Paddington and The Gap as a fundraiser for our Club to help and assist in our community. The event was a huge success and we would like to thank all members and partners who assisted but particularly all the community that supported this great event.

Upcoming Events:

On 16th June our club will be supporting The Gap State School Stem Expo where we will be providing a BBQ at the school.

On 28th June 2022, Ashgrove-The Gap Lions Club will be conducting their Club changeover where a new Board of Management will be installed for 2022-2023. This will provide new opportunities for our Club in supporting our local community over the next twelve months.

*Lion Allan Turner
Secretary*



CABINET MEETING



The Members of the Management Team



District Safety Co-ordinator Lion Garry explaining the features of the Risk Management Manual



Some of the Cabinet Officers



LIONS CAMP DUCKADANG **NEWS**

VISIT BY THREE Q DISTRICT GOVERNORS:

On Saturday 02 April, we had three Q District Governors visit Lions Camp Duckadang to find out more about this project.

District Governors Steve Hood and Lion Sharon (Q3), Cathy McCosker (Q4), Gaye Rebgetz (Q4) and her Club's Youth of the Year Chairperson attended and were very impressed by what they saw. Another Director Bernie Hayes was also present. I was delighted to show them around, explaining the mission of the Camp, touching on its forty-five-year history and involvement of the Clubs in the three Districts.

CHANGES AT LIONS CAMP DUCKADANG:

A new Manager of the Camp has been appointed. The Board welcomes Lion Andrew Conroy who has settled in well. Andrew is a member of the Lions Club of Lowood Inc. The Camp has a new phone number: **07 – 3517 1590**. Andrew may also be contacted by email: andrew@campduckadang.com.au.

THANKS:

Thanks to those Clubs who responded to the call for assistance during the Board's difficult financial situation during the COVID pandemic and the floods which meant the Camp was closed for several periods of time. As well, government regulations meant that Schools were not permitted to have Camps during the early part of 2022.

Your generosity is much appreciated.

We still welcome donations from any Clubs who wish to assist Lions Camp Duckadang.

Cheques may be posted to:

The Secretary,
Lions Camp Duckadang,
P O Box 437
STRATHPINE Q 4500.

Clubs wishing to make a direct deposit, the Bank details are:

Westpac BSB 034-077
Account # 227-217.

I shall send a letter of thanks and a receipt as in the past.

OTHER:

From time to time articles appear in the Q3 District Newsletter, regarding dates of working bees, etc.

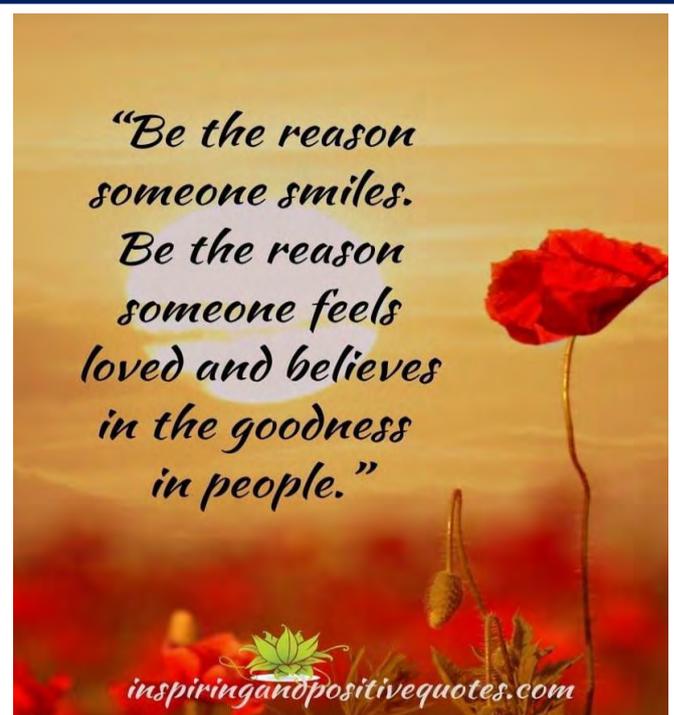
Where necessary, information emails may be sent directly to Clubs.

Thanks for your attention.

Yours in Lionism

Peter J Boge

Secretary to the Lions Camp Duckadang Board





OUTBACK TO OCEAN
CONVENTION 2022
REPORT

23RD TO 25TH SEPTEMBER 2022
UNITY COLLEGE CALOUNDRA WEST

OUTBACK TO OCEAN
“TOGETHER AS ONE”

COUNTDOWN TO CONVENTION 2022
115 DAYS TO GO

STATIC DISPLAYS

A note to all portfolio holders, application forms will be available soon, please remember with limited space it will be on a first in basis, so I suggest if you plan to have a booth, please keep an eye out for that information to head your way.

TO GET A STAND – GET IN EARLY!

ACCOMMODATION

If you are thinking of staying at Pelican Waters Resort – don't forget to mention that you are a LION to get the discounted rate.

We hope you are planning on visiting the Sunshine Coast in September, we certainly hope you are and we look forward to catching up and chatting with you. Take care and stay safe.

Tara
Convention 2022 Chair.

REGISTRATIONS

The updated version of the registration form that will calculate your payment is now on the District Website via this link <https://201q3.lions.org.au/> . Pending a modification in the form please reduce your fee by any payments you made to enter the Early Bird competition and make a note on the form. If you have your receipt number you can add that as well. However, this is not critical as I have a record of your payment.

The form also includes details on where to send your registration form via email or to my postal address and send your payment if you are doing an electronic funds transfer.

So, which Club will be the first to register? Answer in the next newsletter.

PDG Norm Jensen
Registrar/Treasurer
040 4984 455



The Lions Club of Morayfield & District Inc.

..extends a cordial invite to

201Q3 DG's Changeover Dinner 2022



** Celebrating IPDG Steve & Lion Sharon's Year*



** Welcoming DG Graeme & Lion Dell*

Saturday 23rd July 2022

**at Sports Central - Caboolture
(cnr. Beerburum Rd & Hasking St)**

6pm for 6.30pm start

Tickets \$50 pp

(strictly limited seats) ***Drinks at Bar prices *Raffle**

Dress code *** Men - Jacket & Tie * Ladies -After 5**

Please RSVP by Wednesday 13th July 2022

Payment preferred by Direct Deposit

BSB - 084-745 Account - 148216895 (NAB)

Please email your Acceptance & Deposit details to:

morayfieldsec85@gmail.comContact *Janice* 0409 142 233

Club *No. Attending.....*

Names.....

Contact..... Address.....

Any Food Allergies?.....

OUTBACK TO OCEAN - TOGETHER AS ONE

LIONS DISTRICT 201Q3 - CAMP COCKATOO

"New in 2022"

Supporting Youth with Type 1 Diabetes

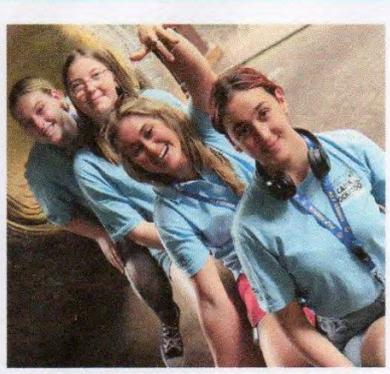
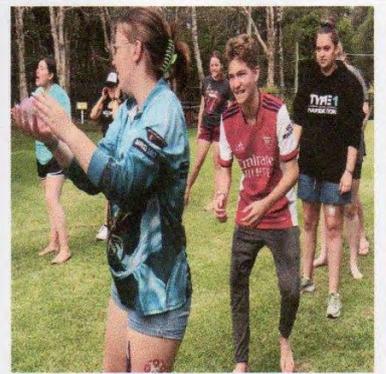
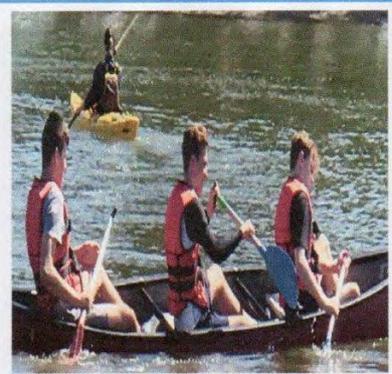


Many young people with Type 1 Diabetes experience anxiety and depression. The Art Therapy session encouraged the campers to express their feelings and emotions on paper.

Below: There was fun in the water, on the water and with the water.

A visit to Australia Zoo was a great day for everyone.

"Thank you for helping to change lives and creating these wonderful opportunities Facebook post 12 Apr



CARE

SUPPORT

EDUCATION



LIONS DISTRICT 201Q3 - CAMP COCKATOO

"New in 2022"

Supporting Youth with Type 1 Diabetes

Tia Bravery
They are such an incredible group - every one of them should be so proud of who they are ❤️ 🍷
on Sun Like Reply More

Barb Liston
Amazing and so wonderful that those in - leadership roles have also experienced Type 1 !! Will add heaps to confidence of those attending!! ❤️ ❤️
on Sun Like Reply More

Kim White
Just got a call from Lohan, was so great to hear he is having an awesome time. Surrounded by so many t1ders
on Sun Like Reply More

Ree Solway
I loved when Miss Ruby told me there was diabetes specialists at the camp that actually have diabetes. I have always said unless you have actually lived with a disease, you really can't know how it feels and what the struggles actually are
on Sun Like Reply More

Chelsea de Vos
What an amazing thing you have created! So special for these kids
on Sun Like Reply More

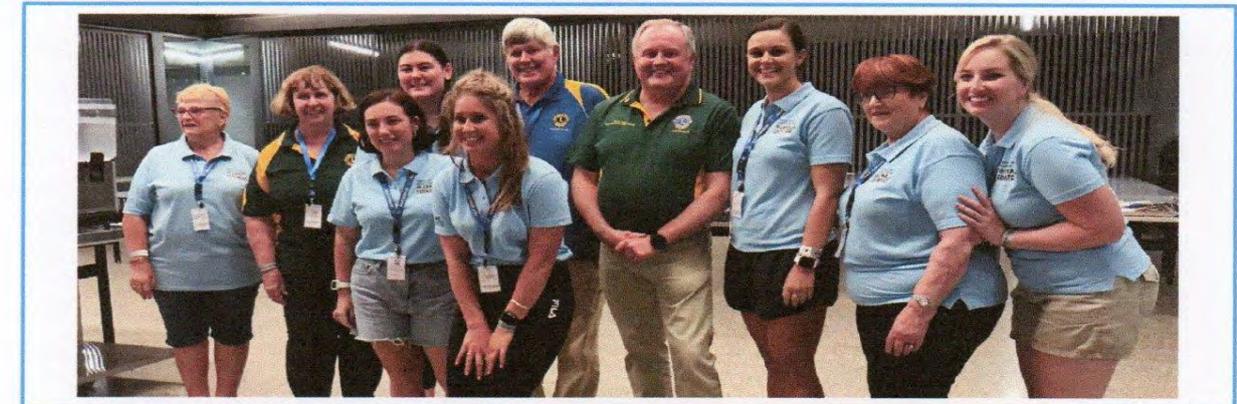
A HUGE Thanks to our TYPE1 TEEN Camp Cockatoo medical crew! A special shoutout to the amazing @macintyrehealth and your amazing team of DE's of Laura, Rachael and Shannon for being the best Diabetes Educators this week at Camp.




Left: Diabetes Education in the classroom

Above: Diabetes Education in the field

Below: DG Steve meets the team of volunteers and presents them with Certificates of Appreciation



CARE

SUPPORT

EDUCATION



Lion Bernadette Craig
Global Cause – Diabetes Chair

MELBOURNE MINI CONVENTION PICTORIAL



Lion Richard Williams

AROUND THE WORLD WITH LIONS

THE SEVENTEENTH IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN

Whitefish, Montana USA

It started out as just a little greenhouse that students could use to do some projects. And it has grown into an incredible instructional tool for our district.

“So what are you guys going to do with the zucchini?”

“We’re going to cut them up and then”

“Eat them.”

“And then dehydrate them.”

“Yeah, dehydrate them.”

“And then eat them again.”

The middle schoolers show off the zucchini they’ve just helped to harvest, waving the vegetables through the cold air with one hand while keeping the other tucked into sweatshirt pockets. But the unseasonable cold isn’t dampening their enthusiasm. The girls are part of a Farm to School program started in 2011 by the Whitefish Lions Club.

“We really wanted to have something that was more geared towards children,” says Greg Shaffer, one of the original club members behind the idea. While Montana has one of the lowest incidences of Type 2 [diabetes](#) in the nation, the Lions hope that by teaching kids the link between what they eat and where it comes from, they could foster a lifelong love of healthy eating. Plus, the school district was looking to get a locally sourced lunch program off the ground—something to help increase kids’ awareness of where their food came from and reduce the carbon footprint of food travel.

It was a good project for the club. Shaffer’s employer donated a plot of land and the Lions got to work preparing the garden. Everyone pitched in. “You know, maybe some didn’t want to weed, but they could help mow,” says Shaffer.

That first summer yielded several thousand pounds of fresh vegetables. Seven years and one location change later, the Farm to School Legacy Project continues to produce approximately 3,000 pounds of fresh produce that go directly into school lunches each harvest.

More importantly, the program connects students to the foods they eat, introducing them to vegetables they may have never tried before, or helping them to see familiar ones in a new light. Ammann Koch-Ford is a senior at Whitefish High School. “As a little kid, you don’t like vegetables. But then you see how they grow, and you’re like, ‘Oh, I want to try that.’ And you try it, and you’re like, ‘Wow, this is really good.’ Like, a freshly grown carrot is amazing.”

So amazing that students and teachers at the high school began raising money for a greenhouse so they could continue to enjoy the fresh fruits and vegetables year-round. Soon they had raised \$70,000—enough for far more than the modest greenhouse they’d had in mind. Their fundraising efforts drew the attention of the community and led to a partnership with the Whitefish Community Foundation. Now, that original seed money has blossomed into a \$2.1 million Center for Sustainability and Entrepreneurship (CSE).

The CSE is a state-of-the-art, net zero facility that will include classrooms, laboratories, a greenhouse, energy systems, production gardens, orchards and an experimental forest. It will serve K-12 students as well as the community through adult learning classes.

“It started out as just a little greenhouse that students could use to do some projects. And it has grown into an incredible instructional tool for our district,” says Lion Heather Davis Schmidt, the superintendent of the Whitefish School District. “When I became superintendent, I didn’t realize the involvement that the Lions club had in the school district with the Farm to School garden. And so it was really neat to realize the close tie between the school district and the Lions club.”



And the Lions aren’t done yet. “We’re working on getting a Leos club up and running at the high school that would be in conjunction with the program,” says Shaffer. “What we did was plant the seed with our garden. Now it’s branching off in all kinds of areas. Who knows where it’s going to end up.”

Davis-Schmidt looks over the construction for the new centre, which stands within eyesight of the

Lions’ garden, where the middle schoolers are plucking and washing zucchinis, corn and potatoes alongside Lion volunteers. “We often talk in the school district about bringing the community into our schools, and our schools into the community,” she says. “And this is a perfect example of doing it.”

TOOWOOMBA HOMELESS OUTREACH INC.

I had the privilege of presenting a cheque for \$300.00 on behalf of my Club, Toowoomba Wilsonton, the proceeds of the last BBQ that we did. This was in response to my email as Hunger Chairman to the Clubs in the district for Hunger Day on 28th May.

Some years ago Nel set about cooking breakfast for the homeless people of Toowoomba.

She is a pensioner who does this out of her own pocket with the help of her son who purchases sausages, mince, or bacon for her to feed these people.

The majority of her customers are men – some who have custody of their kids who are trying desperately to get housing (which is nigh on impossible) and get their life back on track.

She treats these people with respect and in turn they treat her with respect – with one gentleman saying to her while President Linda and I were there that he loves her and what she does.

There is shower, washing machine and dryer facilities in the Council provided shed that she operates from.

She also provides clothing when the need is there for them, along with treats for the kids.

Nel would be very appreciative of a few more volunteers to help her out.

President Linda and I left the shed after meeting Nel in awe of this lady and what she does.

Operating hours are 7.45am to 9.45am 365 days a year at Clewley Park on Water Street, Toowoomba.



*Lion Jenny Tate
Lions Club Toowoomba Wilsonton*

PAUSE FOR A CAUSE



Hypertension and diabetes

Tuesday, 10 May 2022



Source:



Your latest diabetes news & research **By Jonathon Fermanis, Accredited Exercise Physiologist**

What is blood pressure?

Blood pressure fluctuates frequently throughout the day and can increase or decrease depending on whether you are feeling stressed, ill, exercising, meditating or simply eating or drinking. Hypertension (high blood pressure) refers to the force of the blood being pumped to and from the heart and against arteries as being too high for a prolonged period of time. If left unchecked, unmanaged hypertension can place you at risk of developing cardiovascular health complications and diabetes-related complications.

Hypertension is extremely common in Australia, affecting one in three adults. So, with a health condition that is so prevalent, what are some of the best things we can do to maintain a healthy blood pressure and prevent hypertension from occurring?

Lifestyle intervention is your first line of defence

There is overwhelming evidence that shows how important consistent physical activity is when it comes to maintaining a healthy blood pressure and preventing hypertension. When you engage in physical activity your blood pressure will naturally increase. However, it is the effect after exercise that is key. A single exercise session has been shown to reduce blood pressure for up to 24 hours afterwards. Further evidence reveals that long-term consistent physical activity has a positive effect on blood pressure measurements.

For optimal blood pressure control at least 30 minutes of moderate to vigorous intensity exercise five days a week, along with two resistance (strength) training sessions is recommended. However, it is important to remember that any exercise is better than none – and finding what works for you will bring positive results.

Considerations

Medication

If you are planning on exercise and live with hypertension, you should also consider the medication you are taking. If you take medications such as beta blockers that potentially lower your heart rate, it's essential you incorporate a gradual warm-up and cool-down period when exercising. You should also use measurements such as the **Rating of Perceived Exertion** to assess the intensity of the exercise you are taking part in, instead of markers such as heart rate.

Diet

Your **diet** can also play an important role in how your blood pressure fluctuates and how you can control it. Research has shown that changes in diet can lower the risk of developing hypertension and can assist in its management. Managing sodium (salt) intake through low-salt variations of foods, limiting alcohol and processed food consumption, increasing fibre, and consuming foods rich in magnesium, potassium and calcium can all assist in blood pressure control. For more information, check out the **DASH Diet**.

The good thing is, both of these will assist in managing or lowering your total body weight and visceral (organ) fat, which will have a positive impact on your blood pressure and **diabetes**.

Managing hypertension

Although lifestyle is a great way to manage blood pressure, medication also has a significant role to play. Being prescribed with medication to manage your blood pressure doesn't mean you have failed in managing your blood pressure. Medication is simply another part of the treatment process and may be necessary in ensuring you maintain good health. Combining the use of medication with appropriate lifestyle intervention is the best approach for optimal benefits!

Beta blockers

You may have heard of beta blockers, ACE inhibitors, diuretics, vasodilators, ARBs, calcium channel blockers... the list goes on! Each of these medications act on your blood vessels in various ways. They help to remove excess sodium from your system, slow your heart rate, relax your blood vessels, block hormones that would typically cause increases in blood pressure, or widen your blood vessels to allow for a smoother flow of blood.

While there are so many medications to choose from, it's important to consider other health conditions you live with and how the medications you take may respond to others you have been prescribed. If you're unsure, or want to find out more information, consult with your doctor or medical specialist.

Further help

Hypertension is one of the most prevalent health complications in the world, and it's important to understand what it is and how we can manage it. If this article has raised any questions or concerns get in touch with your GP or speak with one of our Accredited Exercise Physiologists, Accredited Practising Dietitians or Credentialed Diabetes Educators by calling the NDSS Helpline – 1800 637 700.

Lion Bernadette Craig

District Global Cause Chair – Diabetes

2021 - 2022





GLOBAL CAUSE ... HUNGER

May 28 was World Hunger Day. Has your Club taken up my challenge that I sent out via email to donate funds from one BBQ to donate to a charity fighting Hunger in your area?



My own Club has donated \$300.00 to a charity cooking breakfast for the homeless. This is only but a “drop in the ocean” BUT AS THE SAYING GOES – EVERY LITTLE BIT HELPS.

I know this is a busy time for most Clubs preparing for the annual Changeover Dinner/Luncheon/Breakfast where a part of the focus is on the meal that will be provided and I hope that in your Club’s list of donations for the end of our Lions year includes some funds for charities that are helping the under privileged in your community.

There are so many organisations that are doing an amazing job feeding those less fortunate than ourselves – let’s give them a helping hand.



*Lion Jenny Tate
Global Cause ... Hunger Chair*



GLOBAL CAUSE ... ENVIRONMENT WATCH

What to do with unwanted shoes?

Tread Lightly unites the Australian sporting and active lifestyle community across codes, brands, retailers, manufacturers, athletes, and consumers to reduce its environmental footprint.

By giving consumers, retailers and manufacturers the means to take *real* action, we're providing a local solution to the global waste problem and making it easier than ever before for us all to tread lightly.

HOW IT WORKS

Bringing together consumers, athletes, sport enthusiasts and active lifestyle lovers to reduce our collective footprint.

Do you have any old footwear that you no longer want and are too worn to donate?

Simply place your unwanted footwear in one of our collection units located at more than 400+ sports, activewear and footwear retailers across Australia and we'll do the rest by giving them a new, meaningful life.



Step 1. Old Sport shoes Customer drops off pre-loved sports shoes at one of the 400+ collection locations at participating retail locations.

Step 2 Recycling Donated footwear is sent to the recycling plant here in Australia for sorting breakdown and processing.

Step 3 Components extracted Reusable components are extracted, including rubber, leather and fibres at the recycling facility

Step 4 New Products Reclaimed materials are used to manufacture new products such as gym mats, floors and playgrounds

What They Take

Australians can now give their preloved footwear new life and divert hundreds of tonnes from landfill at the same time, in a move that will see one million pairs of footwear recycled over the next two years.

They collect

- **Athletic Lifestyle Shoes**
- **Any Sports Branded Shoes**
- **Thongs And Slides**
- **Football Boots**
- **Leather Sports Shoes**
- **Hiking Boots**
- **Sneakers**
- **Trainers**
- **Runners**
- **Golf Shoes**
- **Gumboots**



They don't collect

- **Business Footwear**
- **Formal Leather School Shoes**
- **Steel Cap Boots**
- **Work Boots**
- **Wedges**
- **Pumps**
- **Leather Dress Boots & Ballet Flats**
- **Heels**



Did you know shoe components can take up to 1000 years to decompose?

So jump online to find the nearest Collection Point to you. Better yet, after finding your nearest Collection Point, make it a Club Recycling project and collect the appropriate footwear from your local school, retirement village etc.