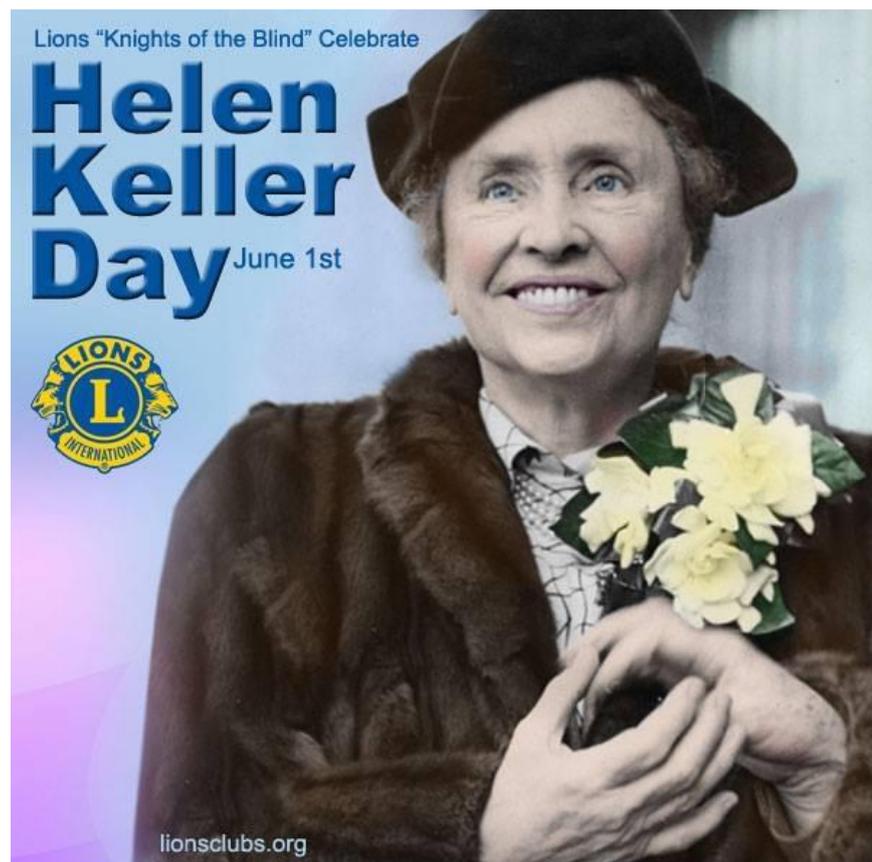


# LIONS FAMILY LINES



ISSUE 34 – MAY 2022



THE OFFICIAL  
NEWSLETTER  
OF DISTRICT 201Q3

THE FEATURE ARTICLE ON HELEN KELLER DAY  
BY VISION AND LEHP CHAIR LION GEOFF MOOR  
APPEARS ON PAGES 5 AND 6 OF THIS EDITION.

**"UNITED WE CAN"**

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## NEWSLETTER DEADLINE

**The deadline for the May edition of the Newsletter will be 20<sup>th</sup> April**

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

Please email your articles to  
[lionbeverleyq3@outlook.com](mailto:lionbeverleyq3@outlook.com)

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



Unfortunately I have recently received photographs of children (those under 18 years of age) without the necessary Photographic Permission Forms. These forms must be included with the photographs when they are sent to me. Articles received without the necessary authority will **NOT** be published and will be returned to the sender.

I look forward to assisting you promote your Club and 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.

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 travels.

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,

Hard to believe April has been and gone, with so much packed into a month. We, of course, started the month with the State Youth of The Year judging held on Saturday 2<sup>nd</sup> April at the Waterfront Hotel, Diddillibah (Maroochydore) and hosted by District Q4. What a wonderful night with all participants doing an exceptional job, they were truly impressive.

Of course, there can be only one winner and that was Harshitha Peddireddy from Q4 and she was sponsored by the Rockhampton Fitzroy River Lions Club.

During that weekend, myself, Sharon, DG's Kathy (Q4) and Gay (Q2) took the opportunity to drive out to Camp Duckadang for a quick visit. Lion Peter Boge was our very capable guide and took great delight in showing off the camp to my two fellow Q District Governors who had never been there before and to re-acquaint me with the camp as it had been quite some time since my last visit.

Before I knew it the long-awaited Diabetes camp, Camp Cockatoo was upon us. I had the pleasure of having dinner with the attendees on their first night at the camp. What a wonderful group of young people. Most were highly engaged but there were a few still feeling their way but looking forward to the full program of events that awaited them. Congratulations to the organisers, it was great to see so much hard work coming to fruition.

If you were watching Channel 7's Sunrise earlier this month you may have seen the Albany Creek Club cooking a breakfast BBQ for the viewers of the show, during their flood recovery broadcast.

All of the food and condiments were kindly donated by IGA, and they certainly did not skimp. The Albany Creek club was ably assisted by three Q1 members, Annette from the Calamvale Club, George from Camp Hill Carindale and DG Nicole. Remember if you know of someone in your community that needs assistance whether it be through the floods or other means look to see what your club, zone, region or District can do to assist. The best part was that each District was given \$1000 dollars to put to good use, and both DG Nicole and I agreed the Australian Lions Foundation (ALF) would be our recipient.

April of course sees the election of the board for our Clubs. Some Clubs have this well in hand and others struggle to get members to step forward and take up these positions. If you found that your Club struggled to get members to nominate have a chat with your Zone Chairperson, Region Chair or our Global Leadership Coordinator Mark Bates. Each of these Cabinet Officers is only too happy to visit your Club either in person, via Zoom or even phone to discuss what these roles encompass and the wealth of support that is available. I guess the message ***is if Cabinet isn't aware you are having issues, they aren't able to assist.*** For those elected into Club positions for the coming year 'Congratulations' and thank you for stepping up. Consideration for succession planning for the 2023-24 Lions year should be starting soon. I know it seems like a very long time off, but really it isn't.

Talking about assistance that is offered... Part of that is the Club Officer training which will be kicking off in the very near future. I encourage all elected Club officers to attend even if you have served in your elected roll before. There is always something new to learn and it is an excellent opportunity to meet incoming Cabinet Officers and fellow Lions for networking and ideas creation.

It was nice to have the Easter break without COVID restrictions and to meet up with family and friends. I was fortunate to have my sister come and visit from Victoria for a week and catch up on what we have missed out on over the previous two years.

But of course Easter was just the start of our run of long weekends. Anzac Day without restrictions and a great opportunity for the Veterans to again march in their formed squads and to catch up afterwards and then Labour Day still ahead in early May. A quick shout out to the Lions Club of Redcliffe Central for their diggers night and inviting me as a veteran. It was good night and I met up with an old ship mate I had not seen in many (many) years.

In January I wrote about conflict between members within Clubs, this is so corrosive if not addressed and aired in a timely manner. It is sometimes difficult to set aside differences particularly if you feel you are right and they are wrong, but have you tried to see it from their point of view? Sometimes you just have to agree to disagree, but if you don't have that conversation nothing will be resolved, and ill feelings will linger with corrosive effect. Often the biggest issue is PRIDE, good old fashion stubborn PRIDE. Don't let pride destroy your Club and when addressing an issue, always do it with respect.

Take Care and Stay Safe

District Governor  
Steve



*Remembering a life of Service*

Lion Ron Boyle  
Lions Club of Beerwah

*Called  
To  
Higher  
Service*



Worth

World

While

on the

Wide

Watching

Web

Do you have any links you would like to contribute? Please send them to [cabsec.q3@lions.org.au](mailto:cabsec.q3@lions.org.au)

[The Mother's Day Song: A funny song for Mother's Day - YouTube](#)

[Day in the life of an Australian Lions Hearing Dog - YouTube](#)

[2015 October LQ: Knights of the Blind - Lions Clubs Video - Bing video](#)





# HELEN KELLER DAY

## 1 JUNE

At the 1925 Lions International Convention, Keller spoke on behalf of The American Foundation for the Blind and challenged delegates by issuing the following challenge:

Will you not help me hasten the day when there shall be no preventable blindness; no little deaf, blind children untaught; no blind man or woman unaided? I appeal to you Lions, you who have sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves Knights of the Blind in this crusade against darkness?

The challenge was eagerly accepted and since then, Lions worldwide have worked on sight programs which have targeted preventable vision loss and blindness as part of their community activities.

The Board of Directors of Lions Clubs International in 1971 declared that 1 June would be remembered as Helen Keller Day.

In the ninety-seven years since Lions Clubs accepted Helen's challenge, members have championed the cause through programs such as the Lions Eye Health Program (LEHP), Recycle for Sight and more recently, the Children's Vision Screening Program.

I issue a challenge to all clubs to be part of our Vision Projects by becoming a " [LEHP Participating Club](#)" Please check out the website at [www.lehp.org.au](http://www.lehp.org.au)

On 1 June, remember Helen Keller's challenge and the progress that has been made since 1925 because of our participation in Vision Projects. We can be justifiably proud of the fact that millions of men, women and children have had their vision issues and eye diseases identified because of the efforts of Lions worldwide.

Helen Keller would be so proud of our efforts to be Knights of the Blind. Please keep making a difference to the lives of vision affected people.

Helen Keller was eighty-seven years old when she died on 1 June, 1968 and the legacy that she left behind is enormous. She was an author, disability rights advocate and lecturer. She lost her sight and hearing after a bout of illness at the age of nineteen months.

After an education at both specialist and mainstream schools, Helen attended Radcliffe College of Harvard University and became the first deaf and blind person to earn a Bachelor of Arts Degree.

Some of her quotes are quite profound and as we recognise Hellen Keller Day on 1 June, I would like you to remember these pearls of wisdom.

- *The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.*
- *Alone we can do little. Together we can do so much.*
- *The most pathetic person in the world is someone who has sight but no vision.*
- *What I'm looking for is not out there, it is in me.*
- *We could never learn to be brave and patient if there was only joy in the world.*
- *Happiness does not come from without. It comes from within.*
- *Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.*
- *Walking with a friend in the dark is better than walking alone in the light.*

Geoff Moor –  
Vision and LEHP Chair, District 201Q3.

## Lionsq3

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CLIFTON  
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TENERIFFE  
LEADERSHIP  
OAKEY  
GROWTH  
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Play this puzzle online at : <https://thewordsearch.com/puzzle/3569096/>



## SECRETARY RICHARD'S REPORT

As you read this, I hope I have seen the last of the Club details spreadsheet Newcastle use to populate the Multiple District (MD) Directory. Thanks to everyone who got Club details into MyLCI and confirmed your line in the spreadsheet was correct. Thanks too for being part of the no-PU101 trial. I found it easier, but not without its frustrations- I hope you found it easier too.

In completing the spreadsheet I have noticed that very few have a lot of new faces on the six positions that I report. In many Clubs it's the same names but with different titles, in others it is the same people doing the same job.

In itself, this is not a problem. But it does become a problem when these people decide they can no longer continue, and no one else steps up. Or when the ideas dry up, and the Club does the same things year after year. So please, think about succession planning - which may mean recruiting suitable members.

Our Club Officer Forums are a great development opportunity - for incoming Club Officers and those who want to find out more about running your Club. Details for this year are:

Saturday 4 Jun	Saturday 11 Jun
Wamuran	Chinchilla
Sunday 5 Jun	Sunday 12 Jun
West Bris	Crows Nest
/Ipswich	

For more details, see your Secretary, or elsewhere in this Bulletin

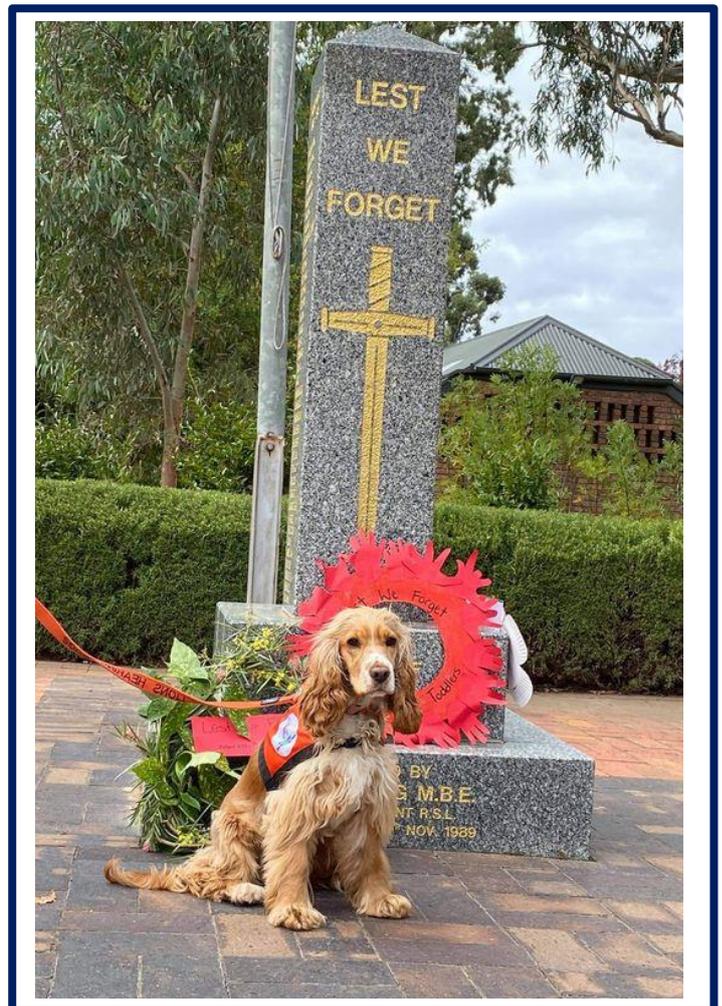
Please consider appointing a Club Administrator. They have no specific responsibility, but can report on MyLCI and MyLion, so are able to lighten the Secretary

and/or Service Chair's reporting duties. It is counterproductive to nominate your President or Secretary as Club Service Chair, as they already have the relevant access. It is much better to appoint someone who has no access so they can be a backup, or the Secretary can delegate the responsibility to them. To record your Club Administrator on MyLCI (so they get the accesses, you will need to change the Officer Type to Lions Club Admins.

For some, you are coming to the end of your term as Secretary - time to get your filing in order and ready for handover - think about what paperwork and assets you need to handover, and what advice you will give your successor. And start engaging them in what you are doing and how you do it.

That's enough for this month - see some of you in Melbourne in a couple of weeks..

Take care



**LIONS CLUB OF REDCLIFFE**  
**CENTRAL INC.**  
**'DIGGERS NIGHT 2022'**

The 42nd Annual Diggers Night Dinner was held on Thursday 21 April 2022 at the Woody Point Memorial Hall. The first 'Diggers Night' was held in 1981 as the result of a suggestion by one of our members that as a Club we should recognise ex-Service men and women and those currently serving.

It was decided to hold an evening for the 'Diggers' just prior to Anzac Day and 'Diggers Night' has been held every year since 1981. In 2020 due to the COVID 19 pandemic and stay at home orders we held the event in November close to Remembrance Day.

In attendance were forty-four Veterans and carers, District Governor Steve Hood (himself an ex- Navy man) and his wife Sharon, our guest speaker Jeff Hughes, and fourteen of our Lions club members. The Lions Club of Redcliffe Central Auxiliary, formerly the Lioness Club of Redcliffe Central, were the caterers.

Our MC, also the chief organiser of this year's event was Lion David Marsden [Commander RAN (Rtd.)]. President Lion Ted Heyes welcomed everyone and gave a brief history of 'Diggers Night.'

Following a wonderful dinner and dessert, Jeff Hughes from This Story Australia enthralled us with his pathway from teaching history to producing digital stories of Australian military veterans. We were shown a ten minute vignette of stories that were powerful reminders of the veterans history now captured forever in film.

This Story Australia was initially created to capture the stories of our surviving WW11 Veterans. These interview documentaries ensure that our WW11 Veterans are never forgotten. Due to the overwhelming positive response, the project has been expanded to include all veterans past and present. The organisation relies on grants and donations to operate and does not charge for their documentaries. They are given free to the families and to libraries.

DG Steve gave Jeff a vote of thanks and presented him with a cheque for \$500 from our Club towards his work. Another cheque for \$250 was presented to Ms Carol Orr from the RSL Redcliffe Sub-Branch as a donation for Legacy.



*Our Caterers*



*Watching Jeff's Presentation*

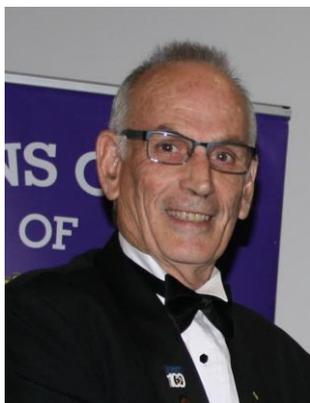
People are often shocked to find out that  
we pay yearly dues but....  
they only work out to about a cup of coffee  
a week & these dues cover the cost of running  
our club which means

**100%**

of the money we raise  
through events &  
donations goes right back  
in to our community.

**We're PROUD of that!**





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

My Fellow Lions

Firstly, I must apologies from not submitting a report last month.

I had a legitimate excuse, as I was not in the right head space after having surgery on my right knee. The pain was something I have never experienced before after having an operation, but in the long run it will be worth it.

As we begin to get closer to the end of this Lions year, things have increased two- fold.

I am in the midst of finalizing my Cabinet officers for the upcoming year, a task I didn't think would be so daunting.

These are not hard tasks to undertake, more an advancement of your Lions Journey, a new learning experience, a chance to meet other like- minded Lions and understand the full workings of Lions at Club and District level. This understanding will help Lions in the next phase of their Lions Journey.

**I invite all INCOMING Cabinet officers to attend our next District's Cabinet meeting on Sunday 22<sup>nd</sup> MAY at the Lions Club of GVK (Golden Valley Keperra Den). The Cabinet Secretary will advise of their address and starting time.**

Thanks to my wife Dell for being my chauffer and support over the past six weeks, having to take me here there and everywhere.

My first outing was great, just to get out and support our **Districts Youth of the Year Final at Ipswich**. It is always enjoyable to listen to our future adults. Their topics were well prepared and well presented.

Unfortunately, COVID requirements that schools had to enforce prevented many a Club from taking part in the program, so here is hoping that next year improves.

Clubs might want to contact schools in their area in the coming months and arrange a visit, re their indication to continue being involved in the program. Another option would be to hold your Club judging in November to save the rush in February.

**Q4 hosted the State Finals of YOTY on the Sunshine Coast**, and the students didn't fail to impress. Thanks to PDG Rob Craig and Mooloolaba Lions Club for an excellent weekend. The venue and accommodation were excellent. Unfortunately, Q3 didn't progress, but was a worthy participant.

I attended a **GAT Training forum weekend in Brisbane** where all Q Districts attended. The face-to-face meeting allowed members to partake in verbal interaction and openly discuss options, ask question of the leaders, etc. Overall, I found the forum beneficial for my up- coming year as District Governor.

**Club Officer Forums:**

All Clubs have been notified of the Up-coming CLUB OFFICER FORUM'S that will be taking place over the weekends in June. I urge ALL Clubs to take this opportunity to come along and hear about changes that will be taking place within Lions, also it is an ideal opportunity to speak/ liaise with other members doing the same task as yourself.

**Don't be afraid to speak up, for you are not alone, if you don't know something, Just ASK.**

**MD Convention in Melbourne:**

The Multi District Mini Convention will be held in Melbourne from the 14 - 15<sup>th</sup> May. There are travel expense's available for two members from each Club (contact Cabinet Secretary for further details).

**Celebrating 75 years of Lions in Australia.**

Is your Club planning an event to celebrate 75 years, if so, let others know? Advertise it on Out and About, or in the DG's Newsletter, don't keep it hidden. *Continued on Page 13*

## OUR NEWEST LIONS FAMILY MEMBERS

**A big welcome to the following new Lions who recently joined us. We all hope you enjoy your Lions experience.**

<i>Blackall Range</i>	Angela Bowen Jason Bowen
<i>Bribie Island</i>	Teena Webber
<i>Brisbane Bunya</i>	Linda Sellin
<i>Brisbane Inner North</i>	Frances Knott
<i>Forest Lake</i>	David Wilson <i>(transferred from Golden Grove)</i>
<i>Lowood</i>	Tina Burrows
<i>Millmerran</i>	Dustin Burton
<i>Toowoomba</i>	Judith Thompson <i>(transferred from Bargara)</i>

## INALA LIONS ASSIST IN RECOGNITION OF ANZAC DAY



## MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 2.40 pm on 28 April 2022

Our total membership numbers this month is one thousand four hundred and eighty-six, a net loss of 9 with 9 new members and 18 people leave.

### MyLion reports:

249,986 People Served

One hundred and sixty-eight people served per member

2,078 Service Activities

- 107 Diabetes
- 136 Environment
- 58 Childhood Cancer
- 135 Hunger Relief
- 74 Vision
- 1,568 Other

82,517 volunteer hours since 1<sup>st</sup> July 2021

US\$225,533 funds donated and US\$418,484 raised

These figures include only service activities – not meetings and fund-raisers. Fifty Clubs and one Leo club have reported their activities that is one more than last month, we are still seriously under reporting our activity.

There are still nineteen of our sixty-nine Clubs and all but one Leo Club that are not reporting. Reporting is the final step in completing a service project. *If it's not reported it's not done.*

*Barbara*



## **PDG DONNA HEDGES** **RECOGNISED**

Brisbane Bunya Lion and Past District Governor Lion Donna Hedges was honoured with a Senior Volunteer Award at The Order of Australia Association Queensland Branch annual dinner recently.

PDG Donna was recognised for her decades of service to the community as a teacher, school principal and member of Lions Clubs International.

Further, Donna's work with Lions over the last twenty-two years has seen her take on leadership roles at Club, District and Multiple-District level. She is the current Multiple District Child Safe Officer and a director of Camp Duckadang outdoor education centre. Her work with youth Leo Clubs Australia in schools and the annual Youth of the Year competition is well known. Donna is also the driver behind the annual Carols in The Park Mitchelton community event.

The Order of Australia association exists to celebrate and promote outstanding citizenship and the Senior Volunteer Award recognises and rewards outstanding continuing voluntary contributions made by senior Queenslanders to their communities or through an organisation.



**PDG Donna with her Order of Australia Association Award**

*Lion Claire Grlj*

## **ST JOHNS ANGLICAN** **COLLEGE LEOS GIVE BACK**

On Easter Sunday many Easter eggs were distributed to the families at the Inala Salvation Army. All the families who received the eggs were extremely grateful for the chocolate eggs.

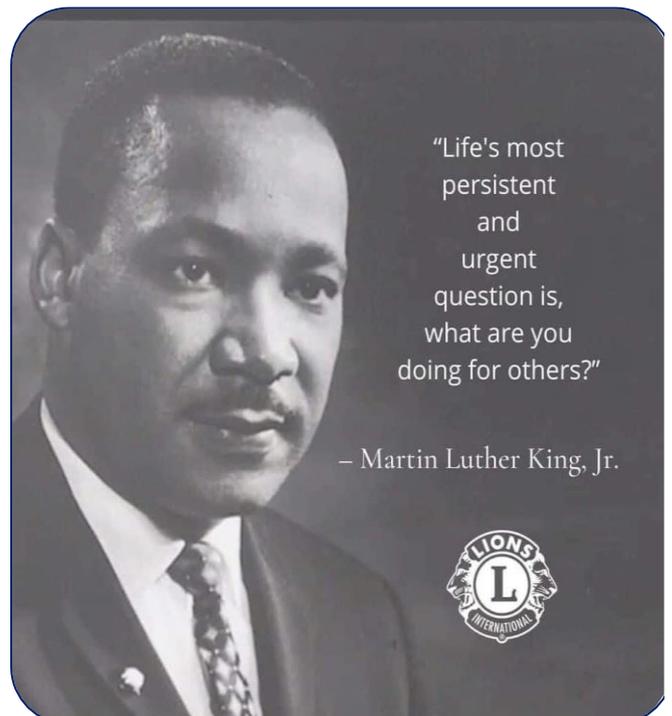


I would like to especially thank Forest Lake Centre Management as they support this project every year.

Leo's is run through St Johns Anglican College, where the Leos like to support the community.

Leos stands for Leadership, Experience and Opportunity.

*Lion April Lindel*



## **CAKE AND MINT PORTFOLIO**

**MAY – 2022**



### **CAKES –**

I will be able to give you a full report after I return from Melbourne where I will find out any changes happening with this year's Cakes and Puddings.

I will have the opportunity to go through the Traditional Foods Factory, ask the relevant questions on the challenges that we faced the first year that they were with Lions.

If you have anything specific please send me an email and I will be happy to add that to my list of questions for Traditional Foods.

They do assure us (Lions) that they have learnt a lot from last year and that we should not face the issues that occurred during their first year. Fingers crossed.

### **MINTS –**

There is still a challenge with our Mints. Please if you are waiting for an order let me know, as you may need to send me through a copy of your order form as apparently some of these have gone astray with Dollar Sweets with all of the upheaval they have been experiencing with moving to a new site and COVID.

The latest news that I have been sent I have listed for you below –

### **DELIVERY UPDATE**

Recommencement of Mint deliveries is well underway. Dollar Sweets are sending out orders where they can from the current stock they have on hand.

They say once the new machine is fully setup, orders will be smooth sailing, with no more delays to Clubs.

Hoping to be back to normal quickly.

As this report goes to print I have not heard that the new machine has arrived and been setup.

Again, if you are waiting for an order please send me an email with copy of your order form.

## **NEW ORDER FORM**

A friendly reminder a new Lion Mints Order Form is now available via the Lion's website [www.lionsclubs.org.au](http://www.lionsclubs.org.au) or request a copy via email to [admin@dollarsweets.com](mailto: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.

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.

### **HOUSE KEEPING**

Dollar Sweets' office hours for orders are:

- Monday to Thursday
- 11am to 3pm

We ask that all orders to be placed during this time frame only.

Any changes to your email address, please contact: [admin@dollarsweets.com](mailto:admin@dollarsweets.com)

• Brendan Delahunt – Lion's Mint Coordinator  
[bdelahunt53@gmail.com](mailto:bdelahunt53@gmail.com)

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

Take care and stay safe and you know that I am here to help when and if needed and if you would like further information on the Mint Programme please call me.

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](mailto:lion.kayesmith@bigpond.com)  
0477 212 242

**BUNYA LIONS CELEBRATE  
NEIGHBOUR DAY**

Lions Club of Brisbane Bunya members and residents at the Clear Breeze Apartments in Mitchelton celebrated Neighbour Day over a brand-new barbeque donated by the Club.

The gift was made after the Club was alerted to the fact that the barbeque on the outdoor deck at the Wesley Mission complex had stopped working and could not be fixed. A replacement was supplied and set up by Club members. The residents at the complex gratefully offered an invitation to their Neighbour Day event on Sunday 27 March.



**Brisbane Bunya Lions Club Members at Clear View Apartments**

Lions Club of Brisbane Bunya President Lion Kay Liddle said: “We enjoyed a beautiful lunch cooked on the new barbecue while we celebrated Neighbour Day.”

“It was lovely to spend time together, and to meet all the residents and their families.”

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with their neighbours. Neighbours matter (whether near, far, or online). *Lion Clair Grij*



The Global Leader In  
**Humanitarian Service**

www.lionsclubs.org



**LIONS CAMP DUCKADANG  
WORKING BEE  
FRIDAY 7<sup>TH</sup> TO SUNDAY 9<sup>TH</sup> MAY**

Dear Fellow Lions

The next LCD working bee will be held Fri 07 – Sun 09 May 2022.

To ensure you are included, please advise:

Surname/s

.....

Club:

.....

When you plan to arrive:

.....

Saturday lunch (sandwiches) will be provided.

How many people?.....

How many will be attending the dinner on

Saturday night .....

How many will remain for Sunday?

.....

*(The Board realises Sunday is Mother's Day, and not all Lions may stay for Saturday night dinner).*

Please return by email

to: [lionbernie881158@outlook.com](mailto:lionbernie881158@outlook.com)

Thanks.

Peter J Boge

Secretary to the LCD board

*Continued from Page 9*

**DG Change Over:**

The DG's changeover is on **Saturday 23<sup>rd</sup> July at the Sport's Central – Caboolture. (Old RSL Club)** A Flyer is being prepared.

**District Convention:**

All planning is proceeding.

Cheers

*DGE Graeme Emery*

## **ASHGROVE/THE GAP NEWS**

Ashgrove-The Gap Lions Club recently received nominations for the Board of Management for their Lions Club for 2022-2023. These Lions will be officially sworn in at our official changeover on 28<sup>th</sup> June at Ashgrove Golf Club

Our Club continues to be busy in our community supporting those in need, as well as conducting fundraising BBQ's which allows us to assist our community

### **Upcoming Events:**

On 22<sup>nd</sup> April we conducted a BBQ with our Tucker Box BBQ Trailer for the Mater Dei Primary School to celebrate the "Welcome to School"



On Anzac Day this year, Ashgrove-The Gap Lions Club laid wreaths at Ashgrove and The Gap to remember those who lost their lives protecting our country.

Ashgrove-The Gap Lions Club had their monthly Partners and Friends meeting at the Ashgrove Golf Club on Tuesday 26<sup>th</sup> April where we had a relaxed social evening and enjoyed the company of Partners, Friends and Guests. Our special Guests were Johnny Donalis and CEO of Trek2health Bruce Barker who talked about the Star of Taroom, which is a very special Aboriginal groove stone which was pulled from the earth with a tractor over forty-five years ago and loaded into a utility and removed from Iman Country. It was explained how the stone was transported by hand cart over 500km across the back roads and backblocks of South East

Queensland from Brisbane to Taroom.

On 21<sup>st</sup> of May our Club will be conducting a Plant and Gardening Sale Fundraiser in Paddington to support our Club to raise funds for needs in our community. If you would like further information, please go to our face book page.

Ashgrove-The Gap Lions Club in conjunction with the Member for Cooper Jonty Bush will be conducting a series of Community BBQ's in our region in recognition of those who assisted or supported with the recent floods.

On 29<sup>th</sup> May our Club will be supporting Cystic Fibrosis with their "Great Strides" Fundraiser by conducting a BBQ to support the great work that they do for those people suffering this debilitating disease. The event will be conducted at 54 Frasers Road in Ashgrove from 7.30am to 10.30am, please come along and support this great cause.

One of the wonderful projects that Lions Australia conduct is the Lions Eye Health Program where Lions members are trained as screeners, where they will go into schools in our community to carry out screening on young children to ascertain the condition of their sight capabilities which also includes testing for color blindness. This program is fully supervised by professionals and in the case where the child's eyesight needs attention they are recommended to see an optometrist for further examination.

*Lion Allan Turner  
Secretary*



## **LIONS MEDICAL RESEARCH FOUNDATION GALA DINNER**

A Lions Medical Research Foundation (LMRF) Gala Dinner, to celebrate and support fifty-eight years of funding early-career medical researchers was held on March 11<sup>th</sup>. at Customs House Brisbane.

It was a wonderful opportunity to reunite thirty-eight of our past researchers with each other and with many Lions and special guests from around our four Q districts.



*Three DGs at the event-Nicole, Steve and Kathy*

Guest of honour was the Governor of Queensland Her Excellency the Honourable Dr. Jeanette Young PSM and her husband Professor Graeme Nimmo. Dr. Young is the Foundation's Vice-Regal Patron and presented a Certificate of Patronage to LMRF Chair David Eades.

The Governor also presented our outgoing Treasurer Dr. Kee Cheung with an Ian Frazer Humanitarian Award for his dedication to our Foundation and service over the years. Professor Ian Frazer himself was presented with an Ian Frazer Progressive Award for his dedication to the Foundation.



*Dr Kee Chueng Former LMRF Treasurer is  
Acknowledged*

The evening was compered by Liz Cantor from Channel 7 and Professor Ian Frazer (AC) who was a recipient of a grant from the Lions Medical Research Foundation in 1986. Professor Ian Frazer went on to a world-first in the development of the cervical cancer vaccine Gardasil.

Quest speaker on the night was Elsa Larson, whose sister has recently passed from ovarian cancer. Elsa spoke of the journey she shared with her sister Kristen, and how proud she is that our current researcher Associate Professor Carlos Salomon has been awarded a \$4 million grant from the Australian government to further his research into ovarian cancer. Kristen was instrumental in this grant being available by her lobbying the Australian government to pledge \$20 million for research into women's cancers.

Professor Carlos thanked the Foundation for the support he received from LMRF eight years ago to allow him to stay in Australia and research his objective of identifying markers that can detect ovarian cancer in the early stages and reminded us that every eight hours a woman will die of ovarian cancer. So, the research of today really is the cure of tomorrow.

Entertainment on the night was the fabulous vocalist, Mirusia, with light dinner music all night from Jacob Telford, a pianist from Sheldon College.

Former Brisbane Lord Mayor Graham Quirk also entertained when he conducted the live auction, and a silent auction was held with outstanding success.

Prizes included a Lady Elliot Island tour, hot air balloon flights and winery tours, holidays for four on the Coast and in the Hunter Valley, artwork, sporting memorabilia and even a signed Fender Stratocaster guitar from the Rolling Stones.

The donation of the night came from the Capalaba Lions Club with \$58,000 for the fifty-eight years the foundation has been in operation. The LMRF Board is extremely grateful to the Club for its significant donation, which will go towards further research into ovarian cancer.



*Capalaba Lions Team with Professor Ian Frazer AC*

The Customs house venue was a magical setting with champagne, cocktails, beers, wines, and canapes served on the riverside deck overlooking the recently swollen Brisbane River, and then up to the Long Room for dinner.

The directors have agreed that the Gala Dinner should become a regular event, it is hoped it will become one of the most sought-after, ticketed events of the year with the opportunity to gather and enjoy a night of glitz and glamour while supporting a very worthwhile cause, Lions Medical Research.

*Lion David Eades*

## **WREATH LAYING AT KEDRON WAVELL RSL SERVICE**



***Brisbane Inner North Vice President  
Karen Dymny laying a wreath.***



*Outback to Ocean*

## **OUTBACK TO OCEAN CONVENTION 2022 REPORT**

***23<sup>RD</sup> TO 25<sup>TH</sup> SEPTEMBER 2022***

***UNITY COLLEGE CALOUNDRA WEST***

The registration form has now been added to the District website and can be accessed via this link <https://201q3.lions.org.au/distconvention> The website also provides a list of accommodation venues. As the Convention is being held during the school holidays it would be good to make sure you have booked your accommodation well in advance.

With over fifty early bird registrations we are expecting a good roll up. So let's see which Club is going to go on the record as the first to have a member send off their registration form. The form is a fillable PDF file that will calculate the monies owed for you. Details of where to send the form and your payments are provided at the bottom of the form.

Looking forward to seeing you in Caloundra in September.

*PDG Norm JENSEN  
District 201Q3 Convention 2022  
Treasurer/Registrar  
0404 984 455*

## **ALL-TERRAIN WHEELCHAIR PRESENTED AT WAMURAN**

The presentation of a Hippocampe All-Terrain/Beach Wheelchair was the highlight at Wamuran State School's first assembly of the year.

Representatives of the Wamuran Lions Club made the presentation after the Club purchased the all-terrain wheelchair for community use, with the facility to be stored at Wamuran State School.



The all-terrain wheelchair will be available to the wider community and to all local schools for use at camps and excursions, which means children who require a wheelchair can attend these events.

The facility is designed to go across sand, in the sea, over obstacles, and in the bush and mountains.

The all-terrain wheelchair cost \$8797, with the Wamuran Lions Club raising \$4500 while the Australian Lions Foundation put in the remaining amount through a grant.

Wamuran Lions Club president Lisa Gourley said it was "Wamuran Lions Club's pleasure to present this life-changing piece of equipment" to the school.

"It was wonderful to know the all-terrain wheelchair was being used regularly by Bailey-Jane Arthur."



"Thank you to all of you that may have purchased a burger or sausage at any or all of the events that the Wamuran Lions have been involved in," she said. "This is how we give back to our community."

Wamuran Lions Club have also donated a defibrillator to the school valued at around \$3000, which includes a storage case/box that is mounted on the wall in the school hall.



In her first year at Wamuran State School, principal Bek Pickford expressed her gratitude for the Wamuran Lions Club's ongoing support of the school.

*Lisa Gourley  
President  
Wamuran Lions Club*

# PEACE



LIONS INTERNATIONAL PEACE POSTER CONTEST

## **Promoting Peace Poster and Essay Contests**

### **Peace Poster Contest**

The Peace Poster is an art contest conducted internationally by Lions Clubs International.

Details:

1. Drawings must be no smaller than 33cm x 50cm or no larger than 50cm x 60cm
2. All artist's initials and signature can be written on the back (upper right or left side of artwork).
3. Art paper: to be flexible material so that it can be rolled up for mailing tube.

### **Peace Essay Contest**

The Lions International Peace Essay is for visually impaired children. It gives them an opportunity to express their feelings of peace through their written creativity.

There are several incentives for students to participate in these contests. These include community involvement with a Lions Club, great prizes on offer at Club, District, Multiple District (MD) and then the Major Prize at International level.

These prizes are:

- At Club Level (Clubs own decision and cost)
- District Level a Certificate
- Multiple District Level \$200 and a trophy for the Winner
- Lions Clubs International USD\$5,000

### **The theme for both Contests this year is “Lead with Compassion”**

This is very apt for these uncertain times.

The Contests are open to students aged 11, 12 and 13 years of age by the 15<sup>th</sup> November 2022. Kits are on sale from Lions National Office Club Supplies in Newcastle now. The cost is \$25.00 plus \$10.00 freight per order. (unless you order four or more Kits then the postage is free).

No Kits will be sold after the 1<sup>st</sup> October 2022.

Clubs conduct their own Judging.

A gentle reminder for Clubs, our District Convention is an earlier date this year. The Convention dates are, 23, 24, and 25 September 2022 so the deadline for Clubs in District Q3 for the Peace Poster and Peace Essay Contests are as follows:

- entries to be submitted to me by the beginning of September 2022. Clubs can post artwork in a mailing tube to my address provided below. The next level of Judging is at District Convention.

If your Lions or Leo Club have a relationship with the schools in your area, here is an opportunity to build on that relationship and become involved in a happy, fun, children's project. Please give it some thought.

I am here to help if you would like to enter the Peace Poster or Peace Essay Contest. My details are below.

**Finally, ending with some 'Big News'!** The Lions Clubs International Winning poster for year 2021-2022, is by Anja, aged 13, from Slovenia. Anja's quote: "We are all members of the Earth community and we need each other to survive". Her winning poster is shown below. Enjoy!!!

**LCI Winning Artwork For 2021-2022 Anja Aged 13 From Slovenia**



*Lion Diane Unwin  
District Chair 201Q3  
LCI Peace Contests  
94 Copeland Drive  
North Lakes Qld 4509  
P: 07 3886 0044  
M: 0418 904 999  
E: [brucendi@gmail.com](mailto:brucendi@gmail.com)*

**ANSWERS**

**WHERE THERE'S A NEED  
THERE'S A LION**

## **LEADERSHIP MATTERS**

***A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves. —Lao Tzu***

Congratulations – in a couple of months you will be a Club leader. You will have lots of thoughts running around in your head.

There is a Zen saying – ‘*Don’t just do something, sit there*’.

Before setting off and changing the Lions world, stop for a moment and reflect on what lies ahead. Consider where you and the Club are at. What do you bring to the role?

Experience as a Vice President is excellent preparation for the role of President, as is spending a year as Secretary or Treasurer. All these positions require a degree of skill; but even more worthwhile is the knowledge and experience gained.

The leadership, relationships, knowledge and experience that you have developed in the workplace, in other organisations and in your family will help you lead your Club.

- Are there parts of the role that you are unsure of?
- Are there skills that you think you may not have – that you need to develop or delegate? More importantly, what can YOU bring to the role and the Club?

If you would like to develop your leadership or Lion’s knowledge refer to

- ◆ <http://members.lionsclubs.org/EN/resources/leadership-resource-center/training-resources/index.php>

Do you have a mentor or associate to support and encourage your efforts?

What about your Club?

- What does it do well?
- How are relationships between members?
- What service activities are getting tired?
- What is working well in meetings?

- How are you connected to your community, your Zone, your District?
- Do you need more members?
- Do you have enough people interested in leadership?
- Are members engaged?
- Do you need to adjust the demographics of your membership? Is there a part of your geographic area that you could target for members (or a Club Branch)?
- Do you have an interesting and varied social, service and fund-raising programme?
- Are meetings well run, interesting and entertaining?
- Is your Club fun to be part of?

Mull over these (and other questions) and see what answers emerge. They will help you through the planning phase of your leadership. Working through the questions may give you a clearer picture of how you can help the Club and the direction in which to move it.

- ◆ Check out “**Blueprint for a Stronger Club**” and “**Club Quality Initiative**”.

These guides promote actions to strengthen your Club.

*(Adapted from Q3 District Presidents Manual 2021-2022)*

Mark Bates  
Q3 Global Leadership Coordinator



## **TOOWOOMBA'S CHRISTMAS WONDERLAND 2021**

After the disappointment of not holding our 2020 event due to COVID19, our Club decided that the pandemic situation would improve during 2021 and made a decision to plan for the return of Toowoomba's Christmas Wonderland to the Botanic Gardens.

Toowoomba's Christmas Wonderland was launched by Toowoomba's Mayor, Councillor Paul Antonio on 14<sup>th</sup> October 2021 at the Town Hall where he recognised the community involvement of community organisations with special mention of the Lions Club of Toowoomba West and Toowoomba's Christmas Wonderland. The launch was attended by Sponsors, Councillors, beneficiaries, and Lions Club members.

Set up in the Botanic gardens commenced mid November 2021 and with the help of Australian Defence Force (ADF) staff from Oakey, all the fencing was erected, and screening fitted, and erection of Club marquees were all completed by early afternoon. The personnel from ADF demonstrated their willingness to help and they did all the heavy lifting, and our sincere appreciation goes to them and their commanding officer.

Most of the displays were delivered to the park by Friday afternoon, and then serious work of installing the lights began on Saturday. A willing team of Lions and other volunteers, worked tirelessly for the next two and a half weeks installing, checking, powering up and checking again in readiness for the official opening on Friday 3<sup>rd</sup> December.

Toowoomba's Christmas Wonderland 2021 was officially opened by Mr Stephen Davis, representing the Toowoomba Hospice Board. Stephen spoke about the history and role of the Toowoomba Hospice. He commented on the challenges of raising funds to support the work of the Hospice. We also welcomed invited guests from Carers Queensland and several local Nursing Homes.



***Patrons on Opening Night***

The Club was fortunate to have PDG Ian Scarborough and Lion Shirley Dieckmann volunteer to take on the role of COVID19 advisors for Wonderland. Both did a fantastic job in keeping the Club and the Project Team up to date with the rapidly changing situation around the impacts of the virus.

Inclement weather continued into the first week of the event proper. Although five nights were affected by wet conditions, the event did not have to be cancelled on any night. Visitors to our 2021 event were 66,200 – a little down from 2019 however considering the climate we were in we totally understand but overall, a good result.

Again in 2021, Derek and his team from Lifeline Darling Downs and SW Queensland carried out the nightly challenging task for signing in and role allocation of the forty plus volunteers needed to ensure that Toowoomba's Christmas Wonderland ran smoothly. Our event ran for twenty-one nights with total number of volunteers being one thousand two hundred and eighty-one at an average of 3½ hours each totalling 4,484 hours. A total of forty-three organisations helped as well as two hundred and forty-eight individuals and three hundred and eighty-six Lions.

Toowoomba's Christmas Wonderland 2021 was finalised with the distribution of \$23,000 to each of Lifeline Darling Downs, Toowoomba Hospice and Toowoomba Hospital Foundation at a small function in the Botanic Gardens on Thursday 10<sup>th</sup> February.

A further distribution was given to SES Toowoomba and Toowoomba Historical Society for their assistance with our event. The President's distribution of \$2,000 saw funds donated to Protea Place and Emerge Café, two local groups in Toowoomba. Total distribution from the 2021 event was \$72,000. COVID19 restrictions resulted in the usual Sponsors Thank You Function being cancelled, and sponsors recognition plaques were personally delivered to all our Platinum Sponsors. After the distribution of funds from 2021, the total amount returned to the community from Toowoomba's Christmas Wonderland was **\$1,213,500**.



Toowoomba's Christmas Wonderland is the largest event of its type in Queensland if not Australia. A sincere thanks to all the Lions members and Project Team members who went 'above and beyond' to ensure that Toowoomba's Christmas Wonderland 2021 was the great success that it was. Particular thanks to our newer members who have demonstrated their commitment to the project.



*President Merv*

## **CLEANING UP TAMMY'S YARD** **BY BRISBANE INNER NORTH**

*Before:*



*After ... After*



*Thankfully this little fellow survived.*

## **AROUND THE WORLD WITH LIONS**

**THE SIXTEENTH IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN**

### **NEW TECHNOLOGY FOR “SEEING” THROUGH TOUCH**

#### **Kentucky USA**

Three years ago, Larry Skutchan’s daughter sent him a sonogram of her unborn son.

The director of technology and product research at the American Printing House for the Blind (APH) in Louisville, Kentucky, is blind, but he had a new product in the works that could help him “see” his grandson.

Skutchan took a screenshot of the sonogram from his daughter’s ultrasound, and with the use of Graphiti and his sense of touch, he was able to “see” his tiny grandson’s fingers.

As he recalls, it was “most amazing.”

In August, students from the Kentucky School for the Blind, next door to APH, came across the lawn to see the highly anticipated solar eclipse. Skutchan had a prototype of the machine outside, this time connected to a camera that took a picture of the sun every few seconds. It enabled the students to “watch” the eclipse by touching the image created on the textile pad.

“It’s been the holy grail for forever,” says Skutchan of the new product expected to hit the market this year. “We have put a lot of time and money and energy into making this possible, to get this grid, this array of pins, and to reduce the mechanics to the right size.”

A picture is worth a thousand words and it’s true of a tactile image as well.

With the increased dependency on technology in schools, the lack of access to on-screen graphics can be an impediment to learning for students with visual impairments, he says. Graphiti is a breakthrough, allowing non-visual access to graphical information.

Developed by Orbit Research and Skutchan’s team at the APH, the electronic touch display contains 2,400 (60 by 40) equidistant pins that can be raised and lowered to differing heights. The variable-height pins may depict geometric forms, pie charts, bar graphs, floor plans, line drawings, typography, photos, and more. To change to the next graphic, the pins on the refreshable display move up and down.



The full unit is letter size with a pin display that’s roughly 10 by 6 inches, and it can be used in portrait or landscape orientation. It also features a touch interface, enabling the user to draw on the display.

Tracing a shape with a fingertip raises the pins along the path. Users can scroll, zoom, and erase their graphics, and it can save an image drawn by touch to a personal computer.

“One of the things we’re trying to do this year is start producing electronic textbooks with braille and graphics,” says Skutchan. “I don’t think we’ve been able to imagine the potential this has. You can plug it into your computer and it can be the monitor. It’s awesome.”

**Q3 DISTRICT CLUB OFFICERS FORUMS**  
**FOR 2022 -2023**



All incoming club leaders and other members are invited to attend one of the following Club Officer Forums. Make a note in your diaries now! More details to come.

- **Saturday 4 June – Wamuran State school**
- **Sunday 5 June - TBA (Brisbane West?)**
- **Saturday 11 June -Chinchilla**
- **Sunday 12 June -Crow’s Nest**

**Come along and**

- Meet or catchup with other Q3 District Lions
- Hear DG (elect) Graeme tell you of his hopes, dreams, and goals for all clubs in our Q3 district
- Share and pickup ideas to take back to your club
- Learn about your role and its importance in leading your club
- Have fun



**Also, for the first time!!!!!!!**

Each club who has their President, Secretary and Treasurer attend together on one day will go into a draw to win a Pizza Party for their club. Winners will be drawn out at the end of the day.

Any club who sends the above leaders and any other members (VP, service/membership chair, etc) will get two entries to the draw!

*Looking forward to seeing everyone there*

*Mark Bates*  
*Q3 Global Leadership Coordinator 2021-2022*

*Donna Hedges*  
*Q3 Global Leadership Support Team Leader 2022 - 2023*

# PAUSE FOR A CAUSE





## **GLOBAL CAUSE... CHILDHOOD CANCER**

Here is the latest update on this great fundraising activity for the great work of the Australian Lions Childhood Cancer Research Foundation (ALCCRF). There are some great ideas in the article, however, I am sure that there are plenty of Clubs out there in Q3 land that have great ideas on how to set up your coin lines.

The latest Australian Lions e-newsletter had a story about a pre-school raising \$10,000 for the Australian Lions Foundation for disaster relief. With the right encouragement I am sure that there are other schools in your area that may be prepared to run a coin line to help ALCCRF reach their goal by November 2022.

Some schools for example have mufti days where the children bring along a gold coin to go towards their favourite charity. By fund raising for the ALCCRF Coin line record attempt young children can gain a greater understanding of the importance of research to help deal with childhood cancer and also how they have all played their part in making a difference. One never knows when the funds raised today may eventually benefit a member of their own families or even themselves.

SO, if your Club does manage to get this concept up and running why not tell the story and post it on the District and ALCCRF Facebook page and send a story off to District Newsletter Editor PDG Beverley Bates. Remember to ensure that the appropriate form is provided to Beverley if you include any photos of children with your story.

Good luck with your fund raising. Remember the District raised over \$18,000 for ALCCRF via the Million Coins campaign. So let's see if we can empty some of those coin jars out there and put the money to a great cause.

*PDG NORM JENSEN*

Global Causes – Childhood Cancer District Officer.

0404 984 455

Email: [norwennew@bigpond.com](mailto:norwennew@bigpond.com)



### Coinline Challenge for Kids with Cancer April 2022 update

## **Wow, we're halfway there!**

We are happy to announce we are halfway to our donation goal to break the World Record for the longest continuous line of coins. We will need to convert over \$200,000 into 5 cent coins. To date, the donations by Lions Clubs, individuals and some businesses has just topped \$101,500.00. Thank you for your generous support.

For a couple of years, we have been trying to run the Coin line for Kids with Cancer in a contactless, COVID environment. These restrictions on our campaign led us to postpone the 2021 World Record breaking attempt. **The Coin Line for Kids Committee have now earmarked November 2022 for the attempt to break the World Record.**

Many Lions will be aware that September is Cancer Awareness month. Therefore, we are asking all Australian Lions and Leos to consider holding a Coin line event in the next few months culminating in a massive effort during September, **so that we can attempt the Record in November.** As well as gaining a Guinness World Record, Aussie Lions will have made a great contribution funding research into cures for Childhood Cancers.

Some Clubs are holding **“Coin Jar”** collections. Why? Because most of us use plastic when shopping, so the coins are just filling jars and bowls around the house and gathering dust. As a public service, we can help to clean out those jars and put the coins to good use! One Club is proposing a **“Putt Putt” Coin line.** They are seeking sponsors for each of the eighteen holes. They in turn find people to lay their coins in a line from the Tee to the Cup. **Simple, isn't it?**

Yet another suggestion is to **“Lay them in the aisles”.** Map out the aisles at your local Hardware store or Supermarket, then sell each metre for \$2.50. (1 metre equals approx. 50 x 5cent coins end on end, that's \$2.50.) Issue a ticket for each donation and draw a lucky winner. The prize could be a voucher from the store. If you get all the way around, start a second lap!

Whatever you can do to help us; it will be greatly appreciated by the families that are afflicted by Childhood Cancer. It is for them, that we support the work of the Australian Lions Childhood Cancer Research Foundation. It may have taken a while to reach the halfway point, **I'm sure that with a big effort we can reach our fundraising goal by September.**

Cheers,  
PDG Keith Stewart  
[coinlineforkids@lions.org.au](mailto:coinlineforkids@lions.org.au)





## ***GLOBAL CAUSE ... HUNGER***

There are nearly one billion people across the world that experience hunger. No one can truly understand the devastating physical and emotional impact of hunger unless they have experienced it.

Has your Club been doing their bit to help alleviate hunger in your community? I know that there is not as big a problem with hunger in a lot of areas but in some there is a chronic problem.

Do any of your Clubs/members get involved with delivering meals to the elderly with the Meals on Wheels program? Is there a Meals on Wheels program in your area? Could the organisation do with financial aid to upgrade their facilities? There are grants available that may be of help to implement this – through L.C.I.F – Hunger Pilot Grant Program.

Grants are available to Lions Districts in amounts of US\$10,000 to US\$100,000. Hunger Grants support infrastructure and equipment acquisition of Lions' projects focused on alleviating hunger. Funds can be used for a project's capital needs and select project operational expenses during the start-up period.

Examples of ways the grants may be used -

- Construction or expansion of food banks, feeding centres, and food storage facilities
- Purchase of refrigerators and freezers to store perishable food items
- Kitchen equipment such as stoves and ovens

You can apply for Hunger Grants no later than 90 days prior to the start of the Board of Trustees meetings, which take place in January, May, and August.

This information has been taken from Lions Clubs International – Hunger website.





## DIABETES DISTRESS



Sourced from



1300 727 194

[diabetesqualified.com.au](http://diabetesqualified.com.au)

*By Helen d'Emden MPhil Adv APD CDE*

A recent study of 1000 adults with type 1 and type 2 diabetes highlighted the need for health professionals to have a better understanding of the emotional, social and health impacts of living with diabetes, and to address individual needs and concerns respectfully in a non-judgmental manner. There is a need for more holistic person-centered care (1).

In all international diabetes standards of care, optimising quality of life is now a 'key goal' of diabetes management along with the prevention or delay of complications. Diabetes is a demanding condition requiring multiple daily decisions and tasks to stay well and it does impact on emotional well-being and quality of life of many people.

Diabetes distress is a term to describe the common emotional distress from living with diabetes. Diabetes management is relentless, with multiple decisions and tasks for self-management each day, and concern about potential or current long-term complications. There may be increased financial burden, social concerns and stigma. The level of diabetes distress can change during the course of the diabetes journey, so it is best to assess diabetes distress at key points in time; at diagnosis, annually, during significant changes in treatment and development or worsening of diabetes-related long-term complications.

One in four people with type 1 diabetes experience severe diabetes distress, and rates of one in five people with insulin-treated type 2 diabetes, and one in ten people with non-insulin treated type 2 diabetes are seen. Diabetes distress can result in sub-optimal self-management of diabetes, HbA1c, and impaired emotional wellbeing. It is more common that depression yet if left untreated, diabetes distress can result in depression or diabetes burnout.

Health professionals often say they lack the training, confidence and skills to address emotional concerns, and they believe there isn't enough time in routine consultations. However, experts advise that consultations are less effective if we don't address such concerns, and we will miss out on finding ways to best support a person to achieve better diabetes outcomes. Adopting a person-centred approach is important in all consultations.

Staff from the Behavioural Centre for Research into Diabetes have developed excellent resources to guide us.

Diabetes distress can be easily assessed during a routine consultation. The Problem Areas In Diabetes (PAID) questionnaire is one of the most common diabetes distress measures. The PAID questionnaire identifies concerns with diabetes management and most importantly, can open up conversations about barriers for optimal self-management. It includes questions relating to the treatment plan, diabetes-related emotions, diabetes related finance concerns and social supports.

The PAID questionnaire only takes 5 minutes to complete and it is easy to score. It has 20 questions and a five-scale rating for answers of 0-4 with 0 representing “no problem” and 4 “a serious problem”. The scores are added up and multiplied by 1.25, to give the total score between 0 – 100. A score of 30 or higher indicates diabetes distress, and a score of 40 or higher indicates severe diabetes distress. Individual answers that are rated either a 3 or 4, are worth discussing too. You can find the PAID questionnaire here: <https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Diabetes/Appendix-C.pdf> (3).

Diabetes distress tends to be associated with higher HbA1c, but this is not always the case. Check in with all individuals, so you don't overlook specific concerns and miss opportunities to help improve quality of life and diabetes outcomes.

### **Resources for people living with diabetes:**

[Diabetes distress fact sheet](#)

[When and how psychologists can support people with diabetes fact sheet](#)

[Type 2 diabetes and me online program](#) ( Supporting your emotional health)

[Diabetes NSW & ACT counselling service](#)

### **Resources for health professionals**

[Diabetes distress podcast](#)

[click here for our CPD accredited online learning courses.](#)

[Black Dog Institute](#)

### References

1. Hendrieckx C, Holmes-Truscott E, Speight J. Ten tips for more effective and satisfying clinical consultations. *Journal of Diabetes Nursing*. 2020;24(4):1-7.
2. Hendrieckx C, Halliday J, Beeney LJ, Speight J. *Diabetes and emotional health: a practical guide for health professionals supporting adults with type 1 or type 2 diabetes*. Canberra: National Diabetes Services Scheme, 2nd edition: The Commonwealth of Australia; 2020.
3. <https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Diabetes/Appendix-C.pdf>.

*Lion Bernadette Craig*



## GLOBAL CAUSE ... ENVIRONMENT

### **B-Cycle is the new way to recycle batteries.**

**B-Cycle**, Australia's new national government – backed battery recycling scheme. Has launched with the aim of combating one of the nation's fastest growing waste streams. **B-Cycle aims to redirect 90 per cent of used batteries that currently go to landfill**, causing enormous environmental impact and the wasting of precious resources.

Every year, Australians buy enough batteries to circle the planet Earth 2.3 times and new research reveals there are currently more than 150 million loose or removable used batteries being stored in homes throughout the country, from toys to tools, wristwatches to remote controls, just waiting to be disposed of.

Most batteries are recyclable and have always been, but until now, a nationally coordinated infrastructure to collect and recycle single use or rechargeable batteries such as alkaline or lithium batteries has not been in place – meaning there was simply too few places to take them. But thanks to B-Cycle that's about to change.

Australians will be able to easily identify their closest drop off point by entering their postcode into the B-Cycle website. B-Cycle is launching with 2351 drop off points and the network is set to grow by an additional 1200 convenient drop off points by the end of May.



B-Cycle's extensive network will include retail stores nationwide including ALDI, Bunnings, Officeworks, Woolworths, and Coles.

To find your nearest drop off point, log onto [bcycle.com.au](http://bcycle.com.au) and tap your postcode into the search engine

Consider rechargeable batteries but only if you will recharge them at least 20 times.

