

LIONS FAMILY LINES



ISSUE 38 – SEPTEMBER 2022



THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3

THIS MONTH'S FEATURE ARTICLE BY
ENVIRONMENT CHAIR LION DEBBIE WILLIAMS
APPEARS ON PAGE 19 OF THIS EDITION.

"OUTBACK TO OCEAN ... TOGETHER AS ONE"

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NEWSLETTER DEADLINE

The deadline for the October edition of the Newsletter will be 20th September.

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.



The Image Consent and Release Form from Newcastle is now a smaller document and can be obtained at -

<https://lionsclubs.org.au/wp-content/uploads/2021/08/PHOTO-RELEASE-FORM-2021.pdf>.

I look forward to assisting the Clubs promote their many and varied activities via this Newsletter. Please do **NOT** format your articles as I am limited to 5mb on the web page so space is at a premium and I work to place your articles in the available 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 does travel. In the meantime have a great month.

Beverley Bates
District Newsletter Editor

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



DISTRICT GOVERNOR GRAEME'S NOTES



Hello Fellow Lions,

As I sit down to write this review of the past month, I feel the need to remind members to:

Be respectful to each other, at all times,

Encourage, Not criticize, and

Remember, that no Lions have the right to offer another member's name or contact details to an outside organization, without first obtaining the members permission to do so.

On the bright side of the month a lot of things are progressing well.

I have undertaken two Club visits to both Chinchilla and Charleville.

If you are travelling through Chinchilla, please take a detour and visit the Cactoblastis Monument, a project undertaken by the Lions Club. The monument is a story of the eradication of Prickly Pear in the district. The monument is well worth a visit.

The Club visit to Chinchilla was an enjoyable and rewarding night, whereby members engaged in a question/answer session on the future and direction of Lions, in particular country Clubs.

We were joined by Aileen and David Knowles from Roma, for our visit to Charleville. As we headed into Charleville we were greeted by a band of rain, something very much needed in the area, as summer approaches. On arrival in Charleville, we were given a tour and history of the town, by a long-standing member, who has seen the town in the good and bad times.

On the Friday night the club hosted and served Dinner for 250 members of the Variety Bash Rally, it was an enjoyable night, being able to

work with the Club members in their own environment. As the night progressed, we were able to mix and engage with members of the Rally (which included John Williamson) on their charity work.

On Saturday we visited the Bilby sanctuary and saw the newest member of the Bilby family. They will eventually be set free in the Bilby protected zone. Saturday night we joined Club members at the local RSL Club for tea. The Club is confident about their future.

On the 19th August 22 I travelled to Sydney with Lion Kevin Hedges and PDG Bob Goldsworthy for a Lions Clubs International Foundation (LCIF) Forum. The Forum was very informative, and I now have a better understanding and knowledge of the operation and purpose of LCIF.

As we celebrate our seventy-five years, we must acknowledge all our members who have served during this period. During this year we will have some members achieving fifty years' service. Congratulations to you all. It would be wonderful for clubs to recognise these members in some small way.

It is only a few weeks left to get your registration in for our District Convention 23-25 September 22. Those attending the banquet your closure date is 2 weeks before the night (10th Sept) No late acceptances taken, due to caterers needing final numbers on the above date.

I am off to Cairns for a Council meeting before the ANZI forum. and will be meeting the International President on the Thursday night for dinner, before flying back for our Convention on Friday.

As Christmas is fast approaching it would be advisable to place your Clubs Christmas Cake order in early, thus avoiding any unforeseen delays in receiving your supply. Please understand that there is a rise in price for cakes this year, the first in four years.

Graeme Emery
District Governor
2022 -2023

Outback to Ocean ... Together as One.





You are invited to the

60TH

ANNIVERSARY

Of the Lions Club of
Brisbane Oxley-Sherwood

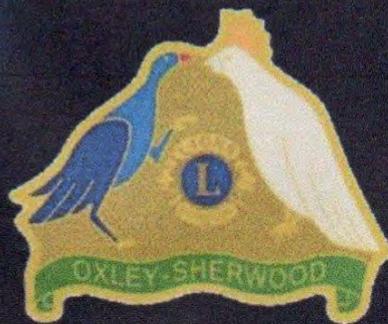
OCTOBER

8

6:30 PM

Centenary Tavern

RSVP at secretary.lc.bos@gmail.com





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

LIONS CLUB OF CROWS NEST FIRE POSTER

For many years the Lions Club of Crows Nest has promoted and conducted the Fire Poster competition with year four students at the Crows Nest State School.

On the 17th August, Rob Crosato, our Fire Poster Co-ordinator, and Darani Piers, Immediate Past President, invited two fire engines to the school.

Our Urban Fire Brigade brought their big red truck, and local Rural Fire volunteer Tom Archer (our newest member) brought a Rural Brigade small yellow truck.

Representatives from the Urban group spoke to the year four classes, as did Tom from the Anduramba Rural Fire Brigade.

The children were very interested in the talks and loved seeing the trucks, particularly when the Urban truck sprayed water on the oval. Students will now spend time at school designing their posters and the invited fire brigade reps will be the judges.

*Lion Judy Archer
Secretary*



*New Member Lion Tom Archer and
Treasurer Lion Rob Crosato*



Urban firefighters in action.

Q U I Z

These are the opposite (sort of) some of our District portfolios or projects. I have removed Australian, Lions and Foundation from the names (Hint – The Australian Lions Foundation is not one of the answers!). Name the portfolio or project.

Cowardly grown ups	
Deaf cats	
Elder of the second	
Conflict essay	
Easter Brussel Sprouts	
Palace Gooseabarely	
Spades domestic	
National Aquarius Tableobject	





CABINET SECRETARY BARBARA'S REPORT

Hello to you all, September has all the hallmarks of being a really busy month. It is a very special month for Lions in Australia. Seventy-five years since the first Lions Club was chartered in Lismore NSW. Q3 have a few celebrations planned. On Thursday 15 September we have the Gala Dinner at the Rydges Hotel Southbank. This is a wonderful opportunity for your Club to have a social occasion. Get a group together and book a table.

A more low key but equally important celebration is the opening of our Lions 75th Celebration Garden in Edwin Shragg Memorial Park, Boyd St, Woorim, Bribie Island on Saturday 17 September.

At the Multiple District Canberra Convention in 2021, a campaign was launched for Lions Clubs around Australia to plant a Celebration Garden. The aim was for at least seventy-five gardens around Australia to commemorate this milestone. Zones 9 and 10 (then Region 5) approached the Moreton Bay Regional Council (MBRC) and this has resulted in them agreeing, planting and maintaining this garden for us. There are nineteen Lions Clubs in the MBRC area. Come along at 10.30 am (11am start), then enjoy a light lunch for a nominal charge and fellowship at the Lions Community Hall, 280 Sunderland Drive Bellara.

I know of one Club that is planning to hold a trivia night at their September dinner meeting with questions around all things Lions in Australia. I was very impressed at the number of Clubs that have participated in the garden project. It would be really lovely to see all those before and after pictures in this District Newsletter.

There are still some memorial returns outstanding for our members and their families who have gone to higher service since our Convention in Albany Creek in October 2021. Please get them in to me ASAP for our Q3 Convention 23-25 September, Unity College Caloundra West.

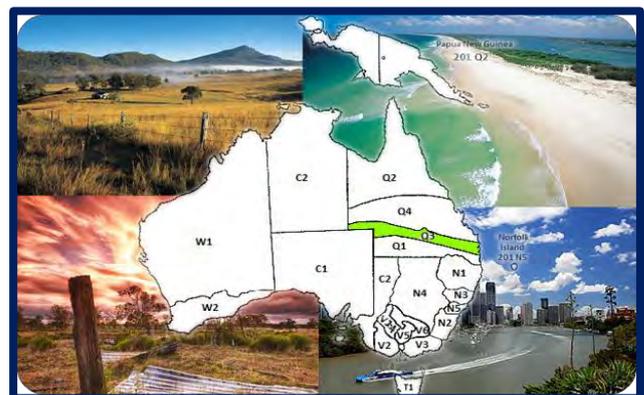
Don't forget to send me the names of your delegates and alternates so that your Club can have a voice in voting for your incoming District Governors and at the business session on Saturday morning. Remember if you are to be a delegate you still need to register to attend Convention as well as sending me your nomination forms.

We will be taking nominations from the floor for 2nd Vice District Governor for 2023-24. If you meet the criteria and have an interest in leading the District please nominate.

The District Governor Team have started their Club visits. I once again ask you to please try to accommodate the date of their requests and if it is not possible suggest some alternative dates. It has been so good to see the number of nominations to Club members for the District Governor Excellence Award and Distinguished Service Award. Keep the names coming in.

A reminder to you all to add your membership changes/nil membership changes to MyLCI by the 27th of the month and to enter all your service activities as soon as they are completed or by the first few days of the new month. I am here to help, should you need any assistance or advice, please do not hesitate to ask.

Barbara Matthews
Cabinet Secretary 201Q3



TOOWOOMBA WEST LIONS SUPPORT BASE SERVICES

The Club became aware from media coverage of the plight of Base Services shortage of non-perishable items to assist with providing food and packs to those less fortunate here in Toowoomba. It was suggested that the Club should assist in some way.

President Cheryl Orton put out a “pleading” email asking Club members to bring along some non-perishable items to our meeting on 3 August 2022 and donations would then be passed onto Base Services for their use.

Well, the Club members responded in a huge way with a massive donation of items which has blown away the Club Board. Our members generosity shows in some small way that they live by the Lions Motto of “We Serve” and are keen to assist those less fortunate.

The items were assembled to allow a photo to be taken and shared with the members.



These donated items will then be passed onto Base Services to restock their pantry and allow them to help those who have fallen on tough times.

On Thursday 4 August 2022, Immediate Past President Lion Merv Symons, called at the premises of Base Services in Toowoomba and made the presentation of these items to Base Services Support Worker Tiffany Spary.

In accepting these items Tiffany thanked the members of the Club for their generosity and advised these items would be put to good use as present stock was becoming low as they have seen a huge increase in people seeking assistance here in Toowoomba.



Toowoomba West Lions Club is proud to be associated with Base Services and are pleased that the donated items will not only help families that are vulnerable and perhaps down on their luck but will also provide the Organisation with much need resources to assist them service those in need.

*Lion Merv Symons
Lions Club of Toowoomba West*

DATES TO REMEMBER

Theme – Mankind’s Affect on the Environment

- Saturday 3 September – Closing date for all entries
- Saturday 10 September – Voting Online opens using District Facebook Page
- Wednesday 21 September – Online voting closes
- Friday 23 September – Convention voting opens at 3pm
- Saturday 24 September – Convention voting closes at 3pm
- Saturday 24 September – Winner announced at Saturday evening function

An email detailing how to transfer payment will be sent to all clubs before online voting opens on Sunday 10 September.

*Debbie Williams
Environment Chair*





VICE DISTRICT GOVERNOR ANDY'S NEWS

Here we are at the end of August and the year is gearing up to move along quickly.

Only four months to Christmas. Did I really say that? I only know this as it comes up on my Facebook page. Some shops have already put out some Christmas items. Personally, I think it is a bit early but then again, I am a bit of a Christmas decoration groupie and will be at the shops as soon as they have the majority out.

I celebrated my birthday earlier in the month – it is wonderful to be able to catch up with family. Really, we should catch up more often but as always life is very busy. This also goes for our Lion's commitments. Do we only meet at meetings and projects, or do we have a social gathering with our partners so we can get to know our fellow members. Without our partners and family's help and support we would not be able to do as much as we do for the community.

Our 75th Anniversary dinner at Rydges, South Bank, Brisbane is just around the corner on 15th September. I hope as many as possible will come and support us. You can still get tickets, it promises to be a fun night, a bit of nostalgia, a bit of the present and a bit of future and lots of laughs and music.

Of course, our Convention is in Caloundra on 22,23,24th September. You can still register for that. A wonderful program has been put together by the organising committee. See you there.

I have finally begun my visit to Clubs for this year. I am looking forward to catching up with everyone before Christmas. Should I be elected as District Governor at Convention, my training starts in earnest in January 2023.

What an exciting time that will be. In the meantime, I have lots to learn and read. Thank goodness I have retired from nursing. I take my hat off to anyone who is doing this while working full time.

So, for now, Ciao, and I look forward to a very busy September.

Andy Fitzgerald

First Vice-District Governor

SOCIAL MEDIA

Are you responsible for social media in your Club? Did you know LCI have a [Social Media Quick Start Guide en.pdf](#) to help you make the most of opportunities social media offers. The guide provides a lot of useful information for creating content and best practice, so I will leave you to read that. However, I want to make a couple of much more basic points:

- Who are you writing for- Club members, the community, other Clubs? No harm in using the one account for all audiences, but make sure you write to your intended audience.
- What channel are you using? According to the guide, users 65 and older are the fastest growing group on Facebook, non-profits are among the organisations that have the highest engagement rates on Instagram (half of whose population is under 34), while Twitter is much more immediate.
- If you are promoting an activity, consider a post (or two before the event, one during and one after).
- Shoot a short video to post. Makes a change from reading. And use the Live function. Makes it real.
- If you are promoting an activity, encouraging membership... encourage members to share the post on their personal (and business page – get the message out beyond those who see the posts on your Club page).

Next time, we'll talk about spreading your reach

Social media is not a media. The key is to listen, engage, and build relationships.-- David Alston, Author

*Richard Williams
District Social Media Coordinator*

DISTRICT SERVICE TEAM

Greetings Everyone from your friendly District Service Team!

Each month, Clubs are encouraged to enter the wonderful work that they do in their community onto **MyLion**, the platform created by Lions Clubs International to do so.

By recording the hours worked, the people served and so on, you not only let Lions in your District know what ways you have found to serve and assist the people in your community, but your reports become part of the Multiple District and Global picture.

This in turn, gives Lions power when seeking sponsorship from their local Council and Businesses, be it for a Signature project you need sponsorship for, a District Convention your club may be assisting to organize, or on the International stage, gains Lions ongoing recognition via the United Nations.

This is how we came to the attention of Bill and Melinda Gates, some years back when they pledged to match dollar for dollar every amount we raised to eradicate Measles worldwide. It was the "One Shot, One Life" initiative.

Wouldn't it be fabulous to pull the statistics off MyLion each year that summarise your achievements and get some publicity through your Facebook page, local radio or community newsletter. And what a bonus if it lit the fire in someone who wanted to be part of that fantastic club?

To all the clubs who are already using MyLion to record their service projects, fundraising and donations, a huge thank you! To those clubs which haven't taken the plunge yet call us, your District Service team members and we can take you through the process. It is not a difficult process. It just takes a little time. Trust me when I say, "that if I can do it, anyone can with the right support."

Debbie Williams



LIONS CAMP DUCKADANG NEWS

After some years of sterling service, the Camp's Mazda utility has 'retired' and in fact was traded in on its replacement.

Lion Kay Little, President of Brisbane Bunya Lions, hands over the cheque for \$34,990 from the Queensland Government Community Benefit Fund which funded the replacement vehicle shown, a Colorado diesel automatic dual cab with tray back.

Lion John Duignan is seen at the wheel.

The Board thanks the Lions Club of Brisbane Bunya who were successful in their grant application. They were assisted by PDG Rodd Chignell, a Director on the Lions Camp Duckadang Board. The utility has since been detailed with the LCD Logo.



*Lion Peter J Boge
Secretary to the Lions Camp Duckadang Board*



Your Membership Matters

MEMBERSHIP ENGAGEMENT PLAN

Everyone talks about engagement, but what is it? In simple terms, member engagement is the ongoing interaction between a member and an organization in exchange for meaningful value.

It's important to connect with each member to keep them engaged long-term, build member retention and increase event participation. You also identify enthusiastic people who are ready to move into leadership roles.

Q: What do you want to achieve?

A: New members, member renewals, participation in service activities, member education, as well as advocacy and action.

What do your members want?

- They want **value**; the feeling they are getting something from the relationship.
- They want **meaningful communication**. This increases member loyalty and reinforces the reasons they joined.
- Many want **professional development and continuing 'education' opportunities**.
- They want **recognition of individuality** with targeted information and challenges.

How do you make a plan?

Your first step is to stop talking and take action. Each member has **strengths** and **preferences**. Harness and value these by encouraging your members to take on roles in the planning / recruiting / engagement process:

- **Organizing** - Some members are planners; they see each step and can prioritize what needs to be done. These Lions should focus on guiding your club's recruiting effort.
- **Promoting** - Tech-savvy and creative members can create brochures, issue your press releases, and update your website and social media networks.
- **Reaching out** - These are your Lions that like to talk, especially about your club. Encourage them to promote Lions to your target groups and get them on the phone with

prospective new members.

- **Welcoming** - Lions who are trained to conduct new member orientation and coordinate mentoring will ensure your new members feel welcome and quickly settle into your club.

Every interaction is a unique opportunity to add depth to the engagement of club members, by making them feel they can make unique, useful, contributions.

The Bottom Line

Member engagement is critical for your club's health on all levels; from participation, to recruiting new members, to increasing service, to keep your mission going.

MEMBERSHIP TOOLBOX

LCI provides training for both orientation and mentoring. What materials do we recruit with?

Prospective members will want to see information about your club and the association. Update your club's website and social media presence and have current materials ready. Don't forget to seek feedback.

LCI offers a wide variety of recruiting materials that explain membership and talk about the association. Publications can be downloaded from the LCI website and print materials can be ordered via email by contacting LCI's Membership Department at membership@lionsclubs.org

You can download the **Club Brochure Template** or **Be a Lion Brochure** available at lionsclubs.org/MembershipChair and use them to create personalized materials for your club. However, engagement in club life, initially and ongoing, is your key to success!

Q: What potent tactics do you have to foster member engagement?

Let's Make a Difference



Membership is everyone's business!

Alan Brooks – Membership Coordinator

brooks.family004@gmail.com

Lions Club of Cecil Plains



HOOK-UP

Fishing Competition

10-11 September 2022

On the Condamine River
Cecil Plains Homestead
Line in 8 am Saturday
Final weigh in noon Sunday

Lots of prizes

Saturday night
Entertainment by

**Kieran
Lillis**

“CHARITY AUCTION”

Starts @ 7pm

Bar & BBQ all weekend

Registration Fee: \$10.00 per person,
or \$15.00 per family,

Camping \$5.00 per site per day
open Friday afternoon

Contact: Sandy 0413 589 706



SEPTEMBER IS SUICIDE PREVENTION MONTH

We can all take action to prevent suicide with some understanding and simple steps.

When people are in a crisis and can't see a way out, they may have suicidal thoughts about ending their pain.

If you can stop them from making an attempt on their life then they can move past the crisis point and begin their recovery through professional help.

The four steps for suicide prevention

If you're worried about someone having suicidal thoughts you should ACT IMMEDIATELY by taking the following steps.

1 | Ask

- **Be direct.** Ask them, 'Are you thinking about suicide?'
- **Don't be afraid to ask.** It shows that you care.
- **Asking decreases risk** – it shows someone is willing to talk about it.
- Most people thinking about suicide don't necessarily want to die – they need someone to help them. This suggests that most people who survive will go on to lead fulfilling lives thanks to timely support and healthcare interventions.

2 | Listen and stay

- **Listen to the person you're worried about.** It may encourage them to open up.
- **Take what they say seriously.**
- **Don't leave them alone.**
- **Check their safety.** Make sure there is nothing they can use to harm themselves (such as a weapon, car, drugs, medicines).

3 | Get help

If someone's life is in danger:

- **Call Emergency on 000**
- **OR: Call Lifeline on 13 11 14 or Kids Helpline 1800 55 1800**

- **OR: Take them straight to Emergency at a hospital**
- If you can get in immediately, see a GP or psychologist.

Even if danger is not immediate, the person needs support to work through their problems.

Encourage them to get help and to seek support and more information.

4 | Follow up

- **Make sure you follow up and check on the person often.**
- **Showing that you care can make a difference.**
- **Make sure the right professional people** are aware of what's going on.
- **Remember, you don't have to take on all of this responsibility by yourself.** It's important for you to have a strong support network.

Talking to someone about suicide

Suicide is a preventable cause of death, so it's important to start a conversation with someone you're concerned about. Always give someone a reason to hope.

Things will not stay this way; they can get better. Tell the person that although you don't know how they feel, you do want to help them get through this.

This crisis will pass. There's help available so they can resolve their problems and feel better again.

*Lion Garry J Bates
District Safety Co-ordinator*



July 2022

PUPPY SPONSOR UPDATE



NAME: Lee
BREED: Labradoodle
SOURCE: Rusty Amber Labradoodles
SPONSOR: Lions 201Q3 Zone 4
DATE OF BIRTH: 07/02/2022
WEIGHT: 9.7kg
FOSTER CARER: Anke
REPORT PREPARED BY: Lauren

THANK YOU FOR YOUR SUPPAWT

Hello Lions Club of Pittsworth Inc! Lee has had another very busy month. Anke does a wonderful job of making sure he is kept busy and well socialised between our sessions together. Lee had his first chance to socialise with other dogs outside the puppy program off lead in a controlled environment. He befriended two Brittany Spaniels, aged four and thirteen. He played nicely with the four year old and was reminded by the deaf and blind thirteen year old that he needed to be a little gentler with a stern 'woof'. This is an excellent opportunity for Lee to learn some boundaries.

Speaking of boundaries, as Lee continues to grow and not realise the size and strength of his growing puppy body, we have helped Anke with enforcing a few more rules around the home to help with his desire to counter surf for food and the nipping at pant legs he does for attention. He's not a naughty boy, he just needs a few more boundaries which puppies thrive off as they love to be rewarded when they know they're doing the right thing. We have also encouraged some more structured play as Lee sometimes struggles to recognise when everyone else has finished playing. These are all learning opportunities and nothing to be too concerned about, though it is worth putting these rules in place as a puppy so these behaviours don't grow with him into adulthood.

During the month Lee also attended group obedience along with foster pups Barry (Jack Russell Terrier) and Sunny (Labradoodle). At the start of the session we had some controlled on lead greetings which Lee did well with. He got along well with both other pups and we practiced recalls whenever the play become too silly. During the session we practiced a range of obedience including heeling, sits, drops, weaving, leave it, watch and ended the session with a few rounds of elimination sits, think musical chairs but when the music stops, the pups are instructed to sit! Lee did an excellent job in obedience, especially with managing to focus on Anke while weaving between the dogs. We usually weigh the pups at the end of our sessions but as Lee has outgrown our puppy scales, he gets weighed on the human ones at Anke's work!



Lion Lindsay Proudlock



AUSTRALIAN LIONS HEARING DOGS **WELCOMES NEW CHAIRPERSON**

We are thrilled to welcome PDG Norm Alcock as the new Chairperson of Australian Lions Hearing Dogs. Norm is no stranger to ALHD, being the previous National Coordinator for the Lions Fundraising & Partnerships Committee, Norm regularly participated in board meetings for the organisation and supported where able.

Norm brings with him a wealth of experience in Lions Australia, and has shown his commitment and passion for Australian Lions Hearing Dogs, our staff, Hearing Dog recipients, and our supporters including all Lions Clubs.

Please help us in welcoming Norm aboard to our team.

National Dog Day: was 26th August 2022

It's safe to assume that most of us love dogs; but at Australian Lions Hearing Dogs, we *really* like dogs. This National Dog Day, we were celebrating all of our dogs – from our Hearing Dog Trainees with bright futures ahead of them, to the dogs nearing retirement or old age. The mums and the pups, our future Medical Alert Dogs, and the few who don't quite make it – we just adore each and every one of them for the joy they bring to our lives.

Here are a few of our Trainees in the program at the moment:



Belinda Henschke
Office Manager

lions australia

75 years and counting



and The Lions Clubs of District 201Q3

INVITATION

The Lions Clubs of the Moreton Bay Shire cordially invite you to attend the opening of the Lions 75th Celebration Garden in Edwin Shragg Memorial Park, Boyd Street, Woorim.

Date 17 September 2022

Arrival time - 10.30 a.m.

Official Opening - 11.00 a.m.

Followed by refreshments at the Lions Community Hall ... 280 Sunderland Drive, Bellara which will be hosted by the Lions Club of Bribie Island.

RSVP - Stuart Matthews 0407 168 175

Or PDG Kaye Smith 0477 212 242

We hope that you can join us for this event. The Lions Clubs in Moreton Bay are very proud to have served their respective communities for many years and for the 75 years that Australia has benefited by local Lions Clubs.



CAKE AND MINT PORTFOLIO

SEPTEMBER – 2022

CAKES –

Below are comments received recently from Traditional Foods CEO Stephen Heath.

Subsequently, it has been re-confirmed to us that all pallet deliveries requiring a hydraulic tailgate have phone calls made to check the receiver (a Lion's Club representative) is available to accept delivery.

In future, Clubs should wait for this phone call from the courier before waiting outside the club's storage place.

We will ensure Clubs are made aware of this phone call when they call us chasing their delivery.

We can control despatching orders within 2-3 days of receipt and are aiming for a quick despatch in the 2022 peak period.

This has been re-iterated to our team again after an issue we have already experienced recently, it remains our goal for all future orders from all Lions Clubs.

Unfortunately, we cannot control the delivery companies and feel there will again be delivery delays in 2022 due to the worldwide strain with the supply chain, and staff shortages everywhere.

It also appears that Tailgate trucks are scarce, not only in Queensland but around the country, and do cause another day or so delay once Club orders are at the capital city depot of the transport company.

You can see from the information just received that we could, and I emphasize could, experience this year.

I ask for your patience and if you are waiting for your delivery past the 10-14 day turnaround from order to delivery, please let me know as well as contacting John at Traditional Foods.



Again, might I just encourage you to order a little earlier than you may be planning to, just to be on the safe side, having said that I know that Traditional Foods will do everything in their power to make sure that all orders, regardless of where they go will be delivered in a timely manner.

MINTS –

Unfortunately, I have not had an update on Mints as this article goes to print. I should have something by the end of the month, I will send out information to those Clubs waiting for orders to be delivered.

Can I ask that if your order has been delivered could you please let me know and I will cross you off my list.

This seems to be an ongoing saga with no end in sight. I will keep you informed as soon as I know what is going on.

NEW ORDER FORM

(reiterating this information again this month)

Again, this is a friendly reminder that you must use the current Order Forms which are now available via the Lion's website www.lionsclubs.org.au

Please use the **current 2022 order forms** only for both Cakes and Mints, all other order forms will be returned to you for updating.

If you cannot get onto the website or are having problems, please contact me as I will have the correct forms available to electronically send them to you. If in doubt, ring 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
0477 212 242

ENVIRONMENT WATCH – RECYCLING OLD TOYS



Recycling old toys to help build more joy for kids in need.

At BIG W, they know as families grow, children tend to grow out of their old toys, and with few options to recycle them, they often end up in landfill. That's why, as part of their sustainability journey, they are excited to expand their successful Toys for Joy program to all BIG W stores nationally after the initiative saw over **18 tonnes (which is the equivalent of 12 male hippopotamus) of old toys collected in its first year of trial operations.**

Facilitated by recycling partner TerraCycle, BIG W's Toys for Joy is a first of its kind, toy recycling program aimed at reducing landfill by providing families with an easy and accessible disposal alternative. They are committed to reducing landfill and helping to make new, fun things for kids and communities to enjoy. Even small kids can make a BIG difference.

So, do you have old, broken toys cluttering up your home? Don't bin them, donate them at your [nearest BIG W](#). Just drop them into their Toys for Joy chest in store, where all donations get passed onto their partner, TerraCycle to reduce landfill.

Let your friends and families know about this initiative.

HOW IT WORKS

<p>1. Donate your pre-loved toys at your local Big W store</p> 	<p>2. To be recycled by Terra Cycle.</p> 	<p>3. To reduce landfill and make fun new things for kids.</p> 
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Please note, not all toys can be recycled.

They can't accept - books; batteries in toys; board games; wooden toys; Play-doh, paint and slime; pens, pencils, crayons or paint brushes; oversized toys such as bikes, scooters, skateboards; sports toys such as soccer goals.

*Lion Debbie Williams
Environment Chair*

ASHGROVE / THE GAP NEWS

On 7th August our club held a successful Community BBQ organized by Member for Cooper Jonty Bush. It was held at Nicholas Park in Tandara Street in the Gap. Quite a few members of the community and their families attended and enjoyed the BBQ and an opportunity to talk to others in our community. On Sunday 21st August we held a BBQ in Wittonga Park on behalf of SOWN in support of their tree planting in the region.



On 20th August our club started selling raffle tickets in our annual Father's Day raffle at Ashgrove Golf Club and at Bunning's at Keperra, culminating with the draw of the raffle prize on Saturday 3rd September. Congratulations to the winner and thank you to all in our community who supported our fund raising.

On 23rd August we hosted Save Our Waterways Now at our Monthly Partners and Friend Meeting at Ashgrove Golf club where President Renee McGlashan was our Guest Speaker. Our club has recently held BBQs for them to support their enormous work with the environment which Lions International support as one of their Global Causes.

A big day on our calendar each year is supporting Cancer Council Daffodil Day which we have done for the last six years. This year was a great success where we sold daffodils at Ashgrove Marketplace and The Gap Village on 25th and 26th August. This gave our club the opportunity to meet with our community but also to support such a worthy cause as Cancer Research.

Ashgrove The Gap Lions Club in conjunction with Queensland Police and Neighbourhood

Watch in The Gap conducted a project called "Safe Plates" on Saturday 27th August at Bunning's Keperra where, for the cost of a gold coin, we assisted our partners to install security screws in number plates of vehicles which will assist security in that area.

On 2nd September our club will assist Hear and Say at Ashgrove for their Ladies Long Lunch where they assist children and adults with hearing difficulties which may result in having Cochlear Implants.

Upcoming Events

7th, 13th and 14th September our club will be conducting BBQ's for Trek2 health at their Trek House in The Gap for Queensland Police when they return from their trekking.

11th September Ashgrove The Gap Lions Club will be conducting a BBQ at Bunning's at Keperra, so please come along and support our fundraising effort.

27th September, we will be welcoming the CEO of Muscular Dystrophy as the Guest Speaker at our monthly Partners and Friends Dinner Meeting.

Did you know that Lions Australia is one of the most trusted organizations in Australia; we have a proud history of supporting Australian communities, whenever and wherever they need us. From disaster relief to community service, the Lions are dedicated to serving our local communities.

For the past 30 years Australian Lions have been spearheading the fight against childhood cancer in Australia. Seventeen years ago, we formalized our commitment to supporting children with cancer by establishing the Lions Cord Blood and Childhood Cancer Research Appeal.

Since then, we have raised more than \$12 million dollars for childhood cancer research.

The Australian Lions Childhood Cancer Research Foundation (ALCCRF) was officially established in 2009 with our prime focus being to increase survival rates of childhood cancer by supporting cancer research efforts not just here in Australia, but around the world



*Lion Allan Turner
Assistant Secretary*



WHY DONATE TO **LCIF AUSTRALIA?**

- LCIF is our Foundation
- LCIF exists to make Lions service possible
- LCIF is the only global foundation exclusively serving Lions
- **100% of your donation stays in Australia**
- 100% of your donations go to grants and programs in **Australia**
- 100% of your donation directly impact the communities Lion's serve

Any questions or further information please contact:
Kevin Hedges (201Q3 District LCIF Co-ordinator)
kevhedges@optusnet.com.au

ANSWER TO LAST MONTH'S QUIZ

Alcock	Bates	Chignell
Craig	Evans	Goldsworthy
Hedges	Hood	Jensen
Knowles	Krampl	McAtee
Orton	Rollason	Sawyer
Scarborough	Short	Smith
Smith	Stringer	Unwin
Witheyman		



**THIS MONTH'S QUIZ
APPEARS ON PAGE 6**





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

23RD TO 25TH SEPTEMBER 2022

UNITY COLLEGE CALOUNDRA WEST

OUTBACK TO OCEAN

“TOGETHER AS ONE”

TIME TO REGISTER

While registrations numbers are building there is still a way to go before we reach similar numbers to last year. So if you have not already done so, please get your registration forms into me and the money in the bank. There should be no issues with the email address now and they manage to bypass my Spam Folder.

The registration form is on the [District Website](#) as a writable PDF so you can fill in the spaces and it will calculate the amount of the cheque or internet bank transfer you have to send me. The details for direct payments to the Convention account are also on the Registration Form. However, it is important that you include your name as a reference so I can link the registration form with an item on the bank statement

We still need to close of the books for any of the meals, the Friday Welcome and Opening ceremony and the DG Banquet at least two weeks before the Convention. So if you can have your form to me by close of business on **9th September 2022** that will help us to make sure that there is a meal or a place at the DG's banquet for you. If not, the only option is for you to be placed on a waiting list which just makes more work for us both.

For those of you who paid the Early Bird fee just make a note on your registration form and/or the email you attach the form and deduct \$25 from the final figure owing on the form. I will make the necessary adjustment when I record you registration details. If you can't remember if you paid the \$25 Early Bird fee, just give me a call or send me an email and I will let you know. However, if you do pay the full amount due on your registration and you have an Early Bird Credit, I will be able to refund the credit provided I have your bank account details. Don't be surprised if you get a call from me to verify the details as we have to be wary of some pretty nasty scammers out there.

The static display list has now been completed and Don McLachlan from Caloundra should have another reminder – for those of you needing a space in the static displays the forms have been sent out and the RSVP date for them is **19th August 2022**.

Finally, the founder of DV Safe Phones will also be speaking at the Convention.

President Tara and the Convention 2022 team are looking forward to seeing you all in Caloundra in September. In the meantime stay safe and remember **“Where there is a need there should ALWAYS be a Lion”**.

PDG Norm Jensen – Convention Registrar and Treasurer

Phone: 0404 984 455 or **Email** – norwennew@bigpond.com or registrations2022@lionsq3.org.au

REMEMBER REGISTRATION FORMS TO ME BY
9th September 2022 PLEASE

Speaker from Suited to Success – to see how we can work together



Sausage sizzle for Crs Andrew and Tracy at the opening of the new play equipment at Grinstead Park



Breakfast in our new park and a look at the equipment

24	25	26	27	28	29	30
31						
August						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20



A/ECCRF coin Line at Wavell State High



Replaced the flags on the sign at Chermiside



BIN Boys cuppa



Bunnings sausage sizzle



Gardening for Stafford Meals on Wheels



Richard spoke about Children's Mobility Foundation on Bridge FM

Four weeks with Brisbane Inner North

LION ANDY FITZGERALD

CANDIDATE FOR DISTRICT GOVERNOR

2023-2024



Hello Fellow Lions and Friends of District 201Q3

Here we are two months into this Lions year already. Is it just me or are the days flying by quicker than normal?

This is the time of year that we, in Q3, look forward to our Annual Convention and this year is no exception. A lot of work has been undertaken to get this Convention up and running. As part of this I must put my name forward to you to continue my journey towards being elected as your District Governor for 2023/2024.

This is a very exciting time for me and my family, who support me all the way. They have supported me for the last thirty-one years in any project or position I have taken up, for which I am very grateful. Also having someone who can sort out some of my computer dilemmas is a bonus.

On my visits to Clubs during last year, I have realised what a fantastic group of people we have in our District.

The depth of commitment is amazing, not to mention the variety of projects undertaken. I do worry at times that it seems to be the same people doing all the work. I encourage all members to support all projects, none of us are getting any younger, so it would spread the load.

Should I have the honour of being elected as your District Governor 2023/2024 my motto will be – Communication, Education, Enjoyment - Stronger Together. We must communicate together so all Club members know what is going on. - all too often things can be decided outside meetings and does not flow through to the rest of the Club. Education – I believe we tend to forget the basics of our organisation. This not only includes how our organisation works but what all the National projects are about, if both these are performed then, hopefully, you will have Enjoyment. Well, that is MY PLAN!!

Vice International President Patti Hill's Motto is Stronger Together which I have used as I think fits in nicely with my motto. With her ideas we will continue with the Five Year Plan, so all the current hard work will continue. It gives District Q3 an avenue and infrastructure to follow for the next years.

Finally, I am honoured to have been elected as your 1st and 2nd Vice District Governor. I attended ALLI course earlier in the year which will help me over this and next year. I promise to attend any other education session that will also support me, use the expertise of the many experienced Lions members in District and keep smiling and laughing.

Please vote for me as your District Governor 2023/2024.

LION RICHARD WILLIAMS

CANDIDATE FOR FIRST VICE-DISTRICT GOVERNOR

2023-2024



John Bingham, the 'patron saint of the back of the pack', in his book "No need for Speed" said after a marathon *'The miracle isn't that I finished. The miracle is that I had the courage to start'*. I open with these words not to describe my candidacy, but to pay my respects to those who inspire me - to everyone who in Lions and in life, has been brave, chosen to have a go and, in most cases, succeeded.

My story hasn't changed much since last year. I continue to have been born in England, I grew up in Nundah, and had the double benefit of a park across the road, and a view of the railway station from our front veranda.

Debbie and I enjoy travel, theatre, concerts, restaurants and socializing. I support Tottenham Hotspur in the English Premier League and have been known to hang around a steam railway.

I enjoyed school, and did what I could to fit in, except play sport. I worked for 4.5 years in the Titles Office where I learned that even great colleagues could not offset the mind numbingly repetitive tasks we had to complete.

I moved to the Tax Office, mainly in Human Resource, Management and Policy roles. I developed an interest in corporate culture, corporate citizenship organisational development and change, adult education and people management, as well as an understanding of administrative policy.

They encouraged me to study, and I ended up with a B. Bus (Acct) and a Grad Dip in Business Administration, majoring in organisational change.

I had little use for the former, but the latter provided me some frameworks to develop my professional opinions and enabled me to build networks in the field. I think I learned more from them than I did from the degree.

I was a member of the Rotaract Club of Nundah – a large step outside my comfort zone, as I was incredibly shy. The club members made me welcome, and I enjoyed the community work, the fellowship and helping run the club. Rotaract encouraged and enabled me to find my voice.

In 1981 I met a future Leo of the Year, and we married three years later .. I have long had an interest in railways and have volunteered with the Australian Railway Historical Society.

I am currently on the Stafford Meals on Wheels Committee and deliver meals once a week. Between July and October, I volunteer for Tax Help, completing simple tax returns. I am on the Committee of the Nundah and Districts Historical Society.

Debbie and I are charter members of the Lions Club of Brisbane Inner North, joining in 2008. We have served in most Club positions and had eight and nine years on District Cabinet – I have been on GMT, the GLT District Coordinator, and Cabinet Secretary. We completed ALLI and I have been Guiding Lion for two Clubs. My happiest moments in Lions have been doing projects for local people (although I do like running learning activities as well!)

I am the Q Districts Trustee and Chair for the Australian Lions Children's Mobility Foundation – a very rewarding Lions project with visible and tangible results. I am currently working with the other trustees to reposition the Foundation.

Debbie supports our decision to nominate for First Vice District Governor, and I ask that you consider supporting us with your vote. As I said at Eatons Hill – I can offer two reasons to vote for me – I will give the role my best shot, and you get Debbie as part of the package.



WELCOME TO THE 2022-2023
YOUTH OF THE YEAR PROGRAM.

We are now up and running with the Multiple District website and the Youth of the Year pages ready for use. We would love to have your Club on board. I have emailed a copy of the Club registration form to Clubs. We have kept the registration fee at \$140. Payment details are listed below.

Please send completed forms to me via email at yoty@lionsq3.org.au.

For registrations received by Thursday, 22 September, I will have your pack with all the necessary files downloaded onto a USB ready to pick up at the District Convention. If you have a USB from last year you could bring them along to the District Convention and I will copy the files for you.

Your Club can also register by bringing your completed Club Registration form and the \$140.00 registration fee to District Convention. We can receipt your payment and supply you with details for conducting your Club final.

If paying by cheque, please make payable to LCI District 201 Q3, drawn on your club's activities account. If paying by direct debit, the Bank account details are as follows:-

Account Name: LCI District 201 Q3
Account No. 58 0522
Bank BSB: 034 676
Reference: Club Name or Club No.

Please provide evidence of this payment or email me these details.

The YOTY Judging Deadlines are as follows:

Levels	Dates
Club Judging	To be completed no later than Sunday, 26 February 20223
Zone Judging	To be completed no later than Sunday, 5 March 2023
Region Judging	To be completed no later than Sunday, 12 March 2023
District Judging	Will be held on Saturday, 25 March 2023
State Judging	Will be held on Friday, 31 March and Saturday, 1 April 2023 – Q1
National Judging	Will be held 28 April – 1 May 2023 - MD Convention, Gold Coast

To access all resources, click on the following and it will take you to the **Youth of the Year website**

<https://lionsclubs.org.au/our-programs/youth-opportunities/youth-of-the-year/>

Students are unable to access the Student Entry Form on the website. Once registered, Club Chairs will need to download the form and email it to the schools.

Students are able to click on the ‘How to Enter’ box. This will give students an idea of the program.

<https://lionsclubs.org.au/our-programs/youth-opportunities/youth-of-the-year/how-to-enter/>

I will keep you informed as we progress through the program via the District Newsletter as well as direct communication to the Club Chairs.

For information or if you have any questions, please contact me via email at yoty@lionsq3.org.au or by phone on 0402140709. I look forward to working with you.

Lion Narelle Gluer ... Youth of the Year District Chair

AROUND THE WORLD WITH LIONS

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

USA

DON'T STOP BELIEVING

The Edison Metro Lions in New Jersey first thought they could help others through Covid-19 by making non-medical facemasks for their community. 'But that didn't materialise', says PDG Eddie Hui, Founder and Director of the Edison Metro Lions club and music group. Sewing is not their expertise.....music is.



The Club's motto is "We Serve the Community with music", and since chartering in 2008 they have prided themselves on entertaining at local senior centres, veteran's homes and cultural events. Some performed at Lions Club International Conventions in Toronto, Chicago, Las Vegas and Milan.

Now they're on YouTube performing the 1981 Journey song, 'Don't Stop Believing', in the hopes of uplifting and motivating others through the pandemic. When the idea of a motivational video came up, past club president Linnie Hui asked for volunteers from the four Leo Clubs sponsored by the Lions: Edison, East Brunswick, Highland Park and Somerset. Clara Lee, President of the Highland Park Leo Club already had a song in mind and knew she could use her skills in video-editing to lead the project.

"Many of our best activities come from teamwork and co-operation within the club" says Lee. "Usually this involves planning performance events at veterans' homes. But this time was different, with each Lion and Leo quarantined at home. Each member's role had to be explained and planned and because the technology and concept of individually playing parts of a song was new to certain members, this was one of the hardest parts of the process", says Lee. Eleven from 38 members of three of the four Leo clubs performed. Although no Lions participated in the instrumental video, they helped by organizing communication between the clubs and sending in encouraging messages that can be seen in the video.

Prior to quarantine the Leos participated in environmental clean-up projects, food bank services, performing at senior homes and fund raising events that support the LCI mission. Now, Lee said, they hope to also make a strong impact in the community virtually and remotely.

PAUSE FOR A CAUSE





GLOBAL CAUSE ... CHILDHOOD CANCER

The Committee Chair of the Australian Lions Childhood Research Foundation (ALCCRF) Coin Line Committee, PDG Keith Stewart and Committee member Lion Kate Moore have provided me with some information on the goal of the late PDG Ron McLeod OAM to raise funds for the Foundation. PDG Keith has asked me to share this information with you to help ALCCRF achieve Ron's dream of breaking the longest coin line Guinness World Record.

ALCCRF is currently at **46.76 km** with funds raised so far totalling **\$119,712.24**. ALCCRF just need under **30 km** of coin to break the record and are encouraging Clubs to ask for donations of coin jars and for people to buy **one metre** of the record at **\$2.50**. A quick calculation will tell you that a donation of **\$2,500** will help provide one of those missing **30 kms**.

Marketing material on the ALCCRF website is available under [Events - Australian Lions Longest Coin Line](#). Here you will find posters, a marketing brochure and labels for collection tins. Also, there will be Facebook tiles that your Club can use in conjunction with project promotion on community pages to collect coin jars and sell meterage in the record attempt.

While the District has raised **\$25,810.50** for ALCCRF last year, only **\$57.90** was identified as having been for the Coin Line. Now I am pretty sure that we have actually raised more than that as the District raised over **\$285.30** at last year's District Convention. This suggests it is likely that some of your donations to the Coin Line did not make it to the right column in their spreadsheet.

I have attached a copy of the email from PDG Keith Stewart to give you an idea of the genesis of this great fund-raising event.

I look forward to hearing of your efforts to help meet this target and that some of you will seek out opportunities like that recently completed by the Lions Club of Brisbane Inner North. You can check out their Facebook story that documented their efforts [here](#).



Ron MacLeod OAM was a passionate man. He loved his family, his sport, and Lions. He was always keen to support research into health conditions that affected children. His favourite cause was the Australian Lions Childhood Cancer Research Foundation (ALCCRF).

Some years ago, Lion Ron started conducting regular Saturday morning "Coin Trails" on a small table at his local shopping centre. Ron continued this activity until his health failed. Through Ron's efforts, his Club, Elmore Vale (N3), was able to donate in excess of \$100,000 to the ALCCRF and other Lions foundations.

In 2018 Ron approached me on my District Governor's Club visit, to help him achieve his two goals: to spread

the good news about how easy and effective Coin Trails are in fundraising and raising awareness of Lions activities; and to see Lions break the world record for a continuous Coinline. According to the Guinness Book of Records, the distance to beat is 76.5 kilometres.

On August 4 we said farewell to Lion Ron MacLeod OAM. At the time of his passing, funds for the record attempt were 40% short of the amount needed.

To help make Ron's dream come true, we are asking for an extraordinary effort from all Australian Lions and Leos during September, Cancer Awareness Month. **Please consider conducting a Coinline, a Coin Jar collection, a bucket collection or by simply making a Club donation to help us get over the line.**

Most importantly, please make sure you deposit your contribution in the ALCCRF account, **BSB 085 - 397 ACC 94-294-7951 Reference "COIN LINE" and your club name/District in this format, e.g., Morisset N3 or ID 37642. Alternatively post a cheque to the Foundation Treasurer at PO Box 56 Raymond Terrace NSW 2324.**

Please email us with your good news at coinlineforkids@lions.org.au
Special thanks go to the MacLeod family for endorsing this campaign.



ALCCRF CHRISTMAS PINS

This is the 10th year the pins have been available and this year the colour is Gold. The price is **\$6.00** and you can pay me and I will arrange to send the funds directly to the ALCCRF Bank account.

Last year I managed to sell them all at the Convention and the Cabinet meeting after the Convention. I know there are some of you out there who would like to add to this latest pin to your collection so please let me know so I can make sure you get your pin.



I still have some stock of the Lions Biggest BBQ aprons for **\$20** which will also be available from the Convention or directly from the ALCCRF website.

PDG Norm Jensen

0404 984 455



GLOBAL CAUSE ... DIABETES

TYPE 2 DIABETES

Type 2 Diabetes is a condition in which the body becomes resistant to the normal effects of the hormone insulin, and gradually loses the capacity to produce enough insulin in the Pancreas.

The condition has strong generic and family related risk factors and is often associated with modifiable lifestyle risk factors.

If you have a family member with Diabetes you have a generic disposition towards Type 2 Diabetes. This risk is greatly increased if people display a number of modifiable lifestyle factors including, high blood pressure, overweight, insufficient physical activity and poor diet.

Type 2 Diabetes develops over a long period of time (years). During this period of time insulin resistance starts, this is where the insulin is increasingly ineffective at managing the blood glucose levels.

Type 2 Diabetes represents 85 – 90 percent of all cases of Diabetes.

SYMPTOMS

Many people with type 2 diabetes show no symptoms. As type 2 Diabetes is often (but not always) diagnosed in later life , sometime signs are dismissed as “Part of getting older”

The four main symptoms are

1. Being excessively thirsty
2. Passing more urine
3. Feeling tired and lethargic
4. Always feeling hungry

There are several others but these are the most common early symptoms.

DON'T FORGET THE 4

Type 2 Diabetes initially can be managed through lifestyle modification including a healthy diet, regular exercise, and monitoring blood sugar levels.

The aim of Diabetes management is to keep blood glucose levels as close to the target range between 4 to 6 this will help prevent both short and long term complications.

However sometimes this is not enough and your healthcare team will help with the transition to medication in order to control the blood glucose levels.

Here is a little recipe for **no bake energy bites** which are a healthy diabetic friendly snack to enjoy when that tummy starts grumbling.

2/3 cup natural creamy peanut butter

½ cup semi-sweet chocolate chips

1 cup of old fashioned oats

½ cup of flax seeds

2tbs honey

Mix all ingredients together in a bowl and refrigerate for 15 mins to make rolling easy.

Then roll into 12 bite size snacks.....enjoy.

Gail Jones ... Global Causes-Diabetes 2022 – 2023

Ph 0447 009 064

Gjones2807@gmail.com



Diabetics Awareness Forum

District 201Q3

Wednesday 19th October 2022

6.30pm for 7.00pm

Greek Hall, Hume Street, Toowoomba

Speakers

Diabetic Nursing Educator - Kate
A H Diabetes



Feet Care - James
The Range Podiatry



*Diabetics can sneak up on you
don't ignore the 4*

Tired, Thirsty, Weight Loss, Increased Urination

Lion Gail Jones

District Global Causes Chair - Diabetes

District 201Q3

RSVP:- Sunday 16th October 2022

Lion Gail Jones phone:- 0447 009 064

e-mail:- gjjones2807@gmail.com