

LIONS FAMILY LINES



ISSUE 42 – JANUARY 2023



***JANUARY IS LIONS CLUBS INTERNATIONAL
HUNGER AWARENESS MONTH***



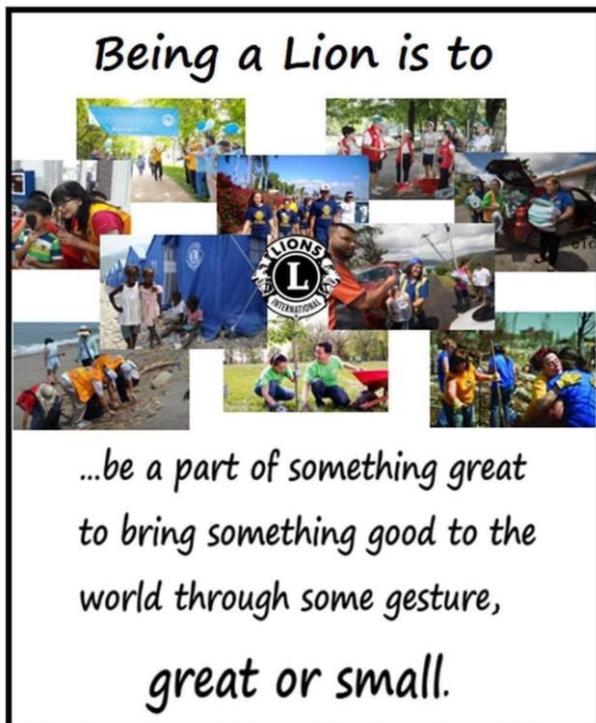
**THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3**

**THE FEATURE ARTICLE BY GLOBAL CAUSE HUNGER CHAIR
LION JENNY TATE APPEARS ON PAGES 18 AND 19**

“OUTBACK TO OCEAN ... TOGETHER AS ONE”

CONTENTS

- 3 District Governor Graeme's Notes
- 4 Bunya Lions Carols in the Park
- 5 Lions Club of Brisbane Inner North Citizenship Awards
Answer to Last Month's Quiz
- 6 Cabinet Secretary Barbara's Report
Remembering Melvin Jones Birthday
- 7 Christmas in the Peninsula with the Lions Club of Redcliffe Central
- 8 Top Club Service Project Application Form
- 12 District Governor Elect Andy's News
We Cannot Get Away From the Major Issue
- 13 Australian Lions Hearing Dogs
- 14 Our Newest Lions Family Members
Membership and Activity Report
- 15 Cakes and Mints News
- 16 Lions Club of Toowoomba Wilsonsonton 45th Anniversary
- 18 Around the World with Lions
- 19 Feature Article – Hunger Awareness Month
- 21 LCIF State Co-ordinator Report
- 22 Pause for a Cause
- 23 Global Cause ... Diabetes



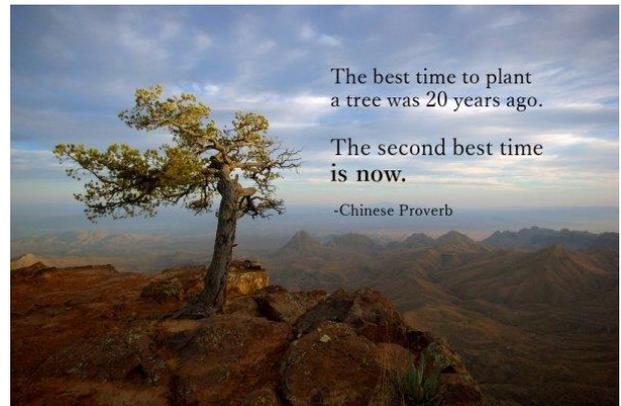
NEWSLETTER DEADLINE

The deadline for the February edition of the Newsletter will be 20th January.

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.



"What the New Year brings to you will depend a great deal on what you bring to the New Year." —

Vern McLellan

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. I work to place your articles in the space I have available.

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



Welcome to 2023!

I hope everyone enjoyed their Christmas and New Year break with family and friends, and to those hardy souls who travelled interstate or overseas you had a wonderful time.

We have reached the half way mark in our Lions year, and what a time it has been. Therefore, let's take a moment to reflect on what you, as an individual, have accomplished. But, just as importantly, what your Club has accomplished since July.

Ask yourselves, do you need to change or rethink the way in which you do or have done things, or do you leave them as they are? Successful planning beforehand makes a bigger and better outcome to the end result.

As District Governor I sent a condolence message to Chinchilla, Tara and Dalby Lions Clubs, expressing the District's best wishes to their Communities, more importantly to the members affected by the callous murder of the police officers and neighbour in their area. Asking them, to seek help if required and support each other in this hour of need.

I will be away in Sydney from the 19th – 24th January for the Multiple District Council meeting of District Governors. I look forward to catching up with the other District Governors to see how they are faring. Some have had troubling times with the flooding crisis in south-west New South Wales, the area along the Murray River in Victoria and now reaching South Australia. These flood waters have inundated many homes and the country side, which will take many, many months to recede.

Clubs may wish to make a donation to assist those needing assistance either through Lions Clubs International Foundation or Australian Lions Foundation.

As we head into the next half of the Lions year, Clubs should look towards the future by:

1. Doing your nominations and election for 2023-2024 Club officers ahead of time, thus allowing them to get a feel of their upcoming duties.
2. Encourage Members to attend the upcoming Club Officer training session, organized by District Governor Elect Andy, when announced.
3. If you are approached to take on a position on District Cabinet, seriously consider it, as a way to learn more about District's direction. (There are only four meetings a year).
4. Support your Zone Chair in their role (they are there to assist you anytime).
5. Our Multiple District Convention is on at the Gold Coast from 28th April to 1st May. Hosted by Q1. (Why not come along, Check out their web site for more info).

I have almost completed my District Governor Club visits. It has been an eye-opening adventure, to communicate with the members of each Club, and learn and see what they have achieved in their communities. The diversity between city, urban and country Cubs is something we should all embrace.

Sadly, falling membership and closure of Clubs continues to be a problem everywhere. I would love to hear from members, about their ideas, suggestions on how we can work towards stemming the flow, as we don't want to drop below the required number to stay a viable district.

Until next month

Stay safe, and keep well

D G Graeme



BUNYA LIONS **CAROLS IN THE PARK**

The much anticipated Brisbane Bunya Lions Club Carols in the Park was held at Mitchelton Park on Saturday 10 December, the first since 2019 after being kiboshed by COVID and the weather in recent years.

Attended by thousands of visitors and their families, the event saw the wonderful community spirit of Mitchelton locals in full force.

The food trucks served a variety of fare to suit all tastes with plenty of sweet treats. The free jumping castles, face painting and crazy hair kept the kids occupied and Chester the Lion and Santa Claus were big hits, as were the fireworks that capped off the evening.



Lions Club of Brisbane Bunya President Donna Hedges said the Carols were a HUGE success with nearly 4,000 people attending.

Further she said the organising committee is already planning a bigger event in 2023, with more Christmas Carol singalongs for all ages, more Christmas stallholders and more community group involvement.

Sponsors of the event were Brisbane City Council, Wests Mitchelton Rugby League Football Club, Moved by Real Estate, Cr Andrew Wines, Cr Tracy Davis, Tim Mander MP, Echo News, Fleet crew and Reno Revivals.

*Lion Claire Grlj
Lions Club of Brisbane Bunya*



LIONS CLUB OF BRISBANE INNER NORTH CITIZENSHIP AWARDS

At the end of every school year, our club presents a Citizenship Award at both Stafford Heights SS and Somerset Hills SS at the final parade.

The recipient of the award must meet the following criteria:

- Displayed an awareness of the importance of contributing selflessly to the wellbeing of others.
- Shown kindness, compassion and respect when dealing with all members of the school community.
- Promoted the profile of the school by being a positive role model both at school and when representing the school in outside activities.
- Displayed perseverance and resilience in realizing their potential in academic, social and cultural spheres.

This year the very worthy recipients of our Citizenship Award were Fanta from Stafford Heights SS and Kiara from Somerset Hills SS. Both young ladies were thrilled and a little tearful to be chosen for the award.



ANSWER TO LAST MONTH'S QUIZ



Prickly Buddy	Holly
24 hours of pugalism	Boxing Day
Terrapin peace birds	Turtle doves
Political party's headgear	Party hat
Yellow Olympic symbol	5 gold rings
Confused serpents under the tree	Presents
Are you Mr. Lundgren	Rudolph
Producing urban rhyming lyrics on A4 or A3	Wrapping paper
Radio ditty on campanologist's tools	Jingle Bells



CABINET SECRETARY BARBARA'S REPORT

Happy New Year to you all. Let's hope that 2023 is a great year for us in both our personal and Lions lives. I hope that you have all had the chance to celebrate with family and had a little time to relax and recharge the batteries so that we approach this year with renewed energy and enthusiasm.

Your Clubs may only hold one meeting in January, this is a time for new beginnings so how is the succession planning going? Next month will be time to start to set dates for your nomination meeting. Issue notices of meeting including venue, date, time and position to be filled at least fourteen days prior to the meeting. Election night will be fourteen days after that.

When you are compiling a list of activities for this year, please can your Club consider hosting either a District Cabinet, a Club or Cabinet Officer forum. We will be looking at weekends in April, May and June. This is an opportunity for your Club to earn some monies for your Administration account District pays \$15 per head for catering plus the venue hire. To register your interest for further details please contact me. I will let you know exact dates when they are finalised.

The 2023 Multiple District Convention will be held on the Gold Coast 28 April to 1 May. This offers a wonderful opportunity to attend without the added costs of interstate travel, with the chance to attend a single day. Look out for the program and make a plan.

International Convention is in Boston, Massachusetts 7-11 July 2023 and for the first time since 2019 our District Governor Elect and other Lions for 201Q3 will be there. If there is anyone attending either please complete the delegate forms when I send them out.

Sadly, our numbers are still declining. Is your club planning any activity for Lion Awareness Day in March. I sent out an email from Jemma Pascolini, Public Relations in National Office. There is PR material available from Newcastle, you can apply for a free PR pack which includes brochures, photo props, business cards and other materials via this link: <https://lionsclubs.org.au/lions-awareness-day-event-promotion-pack-registration/>

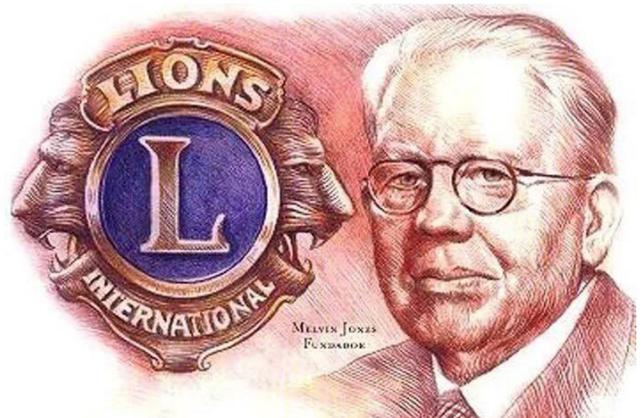
Our half yearly Lions Dues for 1 January to 30 June 2023 are payable now have you or your Club Treasurer sent out invoices to all members? Don't forget to enter your membership changes/nil membership changes into MyLCI by the 27 of each month. As always, I am here to help, should you need any assistance or advice, please do not hesitate to ask.

I would like to take this opportunity to thank you all for the tremendous support I have had from you all and wish you and your families a safe and happy Christmas (or holiday season) free from COVID restrictions.

Barbara Matthews
Cabinet Secretary 201Q3

BORN ON 13TH JANUARY 1879.

Before there were over 1.4 million Lions around the world, there was one man with a vision. He was a salesman from Chicago, Illinois, USA, named Melvin Jones. Driven by a dynamic personality and a heart filled with kindness, he helped create a service movement over 100 years ago that's still thriving today.



CHRISTMAS IN THE PENINSULA WITH THE LIONS CLUB OF REDCLIFFE CENTRAL.

CHRISTMAS WISH FULFILLED

The Lions Club of Redcliffe Central Inc. 42nd Annual Christmas Wish Program was in full swing. Requests for a little bit of extra help at Christmas time were being fulfilled for older residents across the Redcliffe Peninsula.

This usually takes the form of gardening, taking rubbish to the tip, taking an elderly housebound person out for a drive, fishing or coffee, however this year we received a request from the carer for Redcliffe resident Trevor seeking a contribution toward the purchase of a new and more suitable mobility walker for Trevor.

To enable Trevor to have his new mobility walker in time for Christmas, the Club elected to fund the purchase in full and obtain the walker without delay.



The mobility walker arrived and our photo shows Lion President David along with Lions Ted and Joe fulfilling Trevor's Christmas Wish and presenting him with his new means of mobility!

DONATION TO PENDER

Through our fund-raising activities, the Lions Club of Redcliffe Central Inc. is able to support local organisations and charities that look after those needing assistance in our community. One such group is the Peninsula Developmental Riding Centre Association (PENDER), an all-volunteer

organisation that provides physical, intellectual, and emotional therapy through horse riding experiences to young members of our community.



The Lions Club of Redcliffe Central are pleased to continue our support of this dedicated group and the photo shows Lion President David presenting our recent donation to PENDER President Jane, watched by Program Assistant Alison and rider Lily, mounted on Sunset.

BREAKFAST CLUB

Another group that we provide support to is the BREAKFAST CLUB Redcliffe. It is funded entirely by donations from local businesses, churches and other groups and staffed by volunteers. To assist support the homeless and others in need this Christmas Lions Kim, Marty and Joe presented the Breakfast Club Redcliffe with \$1000 in grocery items on behalf of our Lions Club.



And the children are not forgotten we also gave \$1000 in teen boys and girls gift cards to help fill Christmas stockings this year.

*Lion Barbara Matthews
Marketing and Communication Chair
Lions Club of Redcliffe Central*



Top Club Service Project APPLICATION FORM

Are you the club in this Constitutional Area with the Top Service Project?

Every Club in our Constitutional Area 7 covering, Multiple Districts 201 (Australia & Papua New Guinea), 202 (New Zealand, Islands of the South Pacific), 307 (Indonesia), and Region 203 (New Caledonia, Vanuatu, Tahiti) has an opportunity to be recognised by entering their top service project in this program.

“Service” is our key focus so why don’t we tell everyone about what we are doing!

Your Global Service Team is going to help you showcase your projects not only for Lions to see, but the wider community through our network of media channels, local advertising, Facebook, and our various publications across our Constitutional Area 7.

So how will the program run?

- The program will run from individual Lions Clubs, through District, Multiple District and finally at Constitutional Area level, with the winner being announced at our next ANZI PACIFIC Forum in 2023.
- It must be an innovative and inspiring Club project that has either been completed in this current Lions year or be an on-going project. Note: - this must be a project by an individual Lions Club, not of combined clubs or a Zone project and must have been entered into MyLion for reference.
- Club Project entries will be judged by a committee established in each District by the District Governor and will include the GST District Coordinator.
- All finalist projects will receive District recognition and will be advertised in District communications and Newsletters.
- One project is chosen from within the District as the “Top District Service Project”. This project is submitted to the respective Multiple District/Region level Committee for judging.
- The District finalist **must** be received by their MD GST Coordinator by the required date.
- To judge the Multiple/Region District finalist, the Council/Region Chairperson will select a committee, which will include the Council/Region Chairperson, Multiple District GST Coordinator, and two other Lions.
- The Multiple District or Region committee judging the Top Service Project will select one project from all projects submitted to become the Multiple District/Region “Top Service Project”.



Top Club Service Project APPLICATION FORM

- All finalist Multiple District/Region projects will receive Multiple District recognition with publication on Multiple District Website, Lion Magazine & through Global Action Team communications.
- Each Multiple District/Region winner (one winner per Multiple District/Region) will proceed to the Constitutional Area 7 judging prior to the ANZI Pacific Forum to enable preparation of finalist's certificates and winner's trophy. *These need to be sent to the GAT Constitutional Area Leader by 20 June 2023.*
- Constitutional Area Judging will be undertaken by a committee including GAT Leader, and the four GAT Area Leaders & 1 Past International Director.
- Promotion of the project at the ANZI Pacific Forum will be the responsibility of each submitting Multiple District/Region GST Coordinator, with each area responsible for displaying their winning entry as a Power Point Display or video at the Global Action Team (GAT) Booth at the ANZI Pacific Forum in 2023.
- The finalists, together with their Multiple District GST Coordinator and Council/Region Chairperson will be recognized on stage at the next ANZI Forum in Christchurch New Zealand in 2023, with all finalists presented with a Certificate. The overall CA7 winner will also be presented with the winning plaque/trophy by the International President.
- Project Winning details will then be forwarded by the CA7 GAT Leader to the Service and Marketing Divisions of LCI for inclusion in the International Lions Magazine, website recognition etc.

Criteria for a Project:

To enter your project, it must align within one of the Lions cause areas of: -



Diabetes



Environment



Hunger



Vision



Childhood
Cancer



Youth



Humanitarian



Disaster

How to enter:

All clubs wishing to enter, please complete the application form below. It will allow you to provide basic information about your project, but we encourage all entrants to provide a short Power Point or video which may include photographs, media releases, any published articles or interviews would be welcomed. The more information you provide about your project and the impact it has the better for the judges to review.



Top Club Service Project APPLICATION FORM

When do I have to have my entry submitted by:

All club entries must be received by your **District** Global Service Team (GST) Coordinator by **15th March 2023** to allow time for judging at the District level.

The winning District entries must be forwarded to your Multiple District GST Coordinator 2-3 weeks prior to the respective Multiple District/Region Conventions.

Multiple District: _____

District: _____

Club Name: _____

Club Number: # _____

Project Name: _____

Project Manager: _____

Project Manager

Email: _____

Project Manager

Phone: _____

Project Alignment: please indicate which of the following Lions International cause areas your project aligns with –



Diabetes



Environment



Hunger



Vision



Childhood
Cancer



Youth



Humanitarian



Disaster

Provide details of the Club involvement, the impact your project has had on the Club and the community you serve:

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]



Top Club Service Project APPLICATION FORM

Has the project been completed, or is it still on-going? (Please provide any detail)

How many people have been directly served as a result of the project? (Must be quantifiable)

What date was your project entered into MyLion?/...../.....

Include any other supporting information you wish to submit:

Please include a Power Point Presentation, video or other visual presentation which includes any publicity, articles written, photographs or advertising supporting your project

APPLICATION RECEIVED BY DISTRICT _____/_____/2023

DISTRICT JUDGING COMPLETED _____/_____/2023

APPLICATION RECEIVED BY MD _____/_____/2023

MD JUDGING COMPLETED _____/_____/2023



WE CANNOT GET AWAY FROM THE MAJOR ISSUE



DISTRICT GOVERNOR ELECT ANDY'S NEWS

2022 is finished and 2023 commences ...
HAPPY NEW YEAR.

We still have the major concern – COVID -19.

It has not gone away and is still a horrible way to die. The risk of serious illness and death from COVID - 19 increases if you:

- are aged 70 years or over
- are aged 65 years or over and have a chronic medical condition
- are an Aboriginal and Torres Strait Islander person aged 50 years and over who has a chronic medical condition

By the time you receive this Christmas, and all its frivolities will be over. I hope that all of you and your families were able to catch up and share some fun and have a good time. Unfortunately, COVID is rearing its ugly head again. I have finally had it, not that it is a badge of honour, but I am pleased that it was only a mild dose for me. Please remember to keep your distance and wear a mask if it is appropriate.

Several of my near friends are having health problems, either them or a family member. To those that I know of, you have my thoughts and well wishes and the same goes to any that I have not heard. If you need help, a cup of coffee or just a shoulder it is there for the asking.

With January comes more training for me and the other District Governors Elect in Australia. I must admit it is full on, I thought I had left all this behind when I retired from nursing. I am looking forward to Sydney where we are included in the Council of Governors as on lookers. If the five hundred and eighteen pages of reports are anything to go by, it will be mind blowing.

It is now time to fill the positions on the Cabinet 2023/24. If anyone has a burning desire to join us, and the place has not been filled, I would love to have you join us. Please let me know if you are interested. It is a great way to learn more about Lions, our District and meet fellow minded people.

A short one this month.

Keep well and safe.

Andy Fitzgerald

DGE 201 Q3.

Vaccination, good hygiene and taking care when interacting with other people are the best defences for you and other people against COVID - 19. This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues immediately into a rubbish bin then washing your hands
- washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting surfaces you have touched
- stay 1.5 metres away — 2 arms' length — from other people
- stay at home and avoid contact with others
- go to open air events where you can keep away from others
- always carry a mask and wear it when necessary
- avoid non-essential travel
- consider having the chemist deliver your medicines
- consider having your groceries and essential items delivered to your home.

*Lion Garry J Bates
Club Safety Co-ordinator*

AUSTRALIAN LIONS HEARLING DOGS



With Australia and border restrictions finally recovering from COVID, we were able to get back on our feet. This year our team has not only set several new records, but also went above and beyond! The end of 2022 was met with thirty-one Hearing Assistance Dogs delivered. These dogs improve the independence and security to people who are deaf or hard of hearing and has proven time and time again that they play a vital role in reducing the feelings of isolation that comes as a challenge to hearing loss. However, that's not all. Our very first Diabetic Alert dog from the Medical Alert Program was placed here in Adelaide mid-October! This is a huge accomplishment as it is the start of our Medical Alert Program. We are excited to see the good our Diabetic Alert dogs will bring to people with type 1 diabetes.

Our team were able to accredit seventeen dogs this year, but we are expecting five more to be done before 2023 arrives: a total of fifty-nine flights taken all across Australia in 2022! Accreditation occurs after the dogs have completed their minimum of three months follow up in a client's home and are alerting to sounds at a high standard.

Our Breeding Program, which was only started recently, has already brought about fifteen puppies into our world year to date, but we are expecting another litter of puppies to be born in December, which will bring the total numbers of puppies born up to twenty plus or more! Because of this, thirty-two new puppy partnerships were created this year by the Puppy Program, plus nine more to go within the year. With the help of their foster homes, these puppies will be loved, given attention, learn boundaries and socialisation. Currently, there are eighteen puppies placed in foster care, but the number will be up to twenty-six before January 2023 comes.

We also have had many wonderful sponsors from both Lions Clubs and individual supporters of our puppies. We couldn't have made it without them and we're extremely grateful for the help and opportunity that they've provided Australian Lions Hearing Dogs. The volunteer program has thrived as always, with over thirty volunteers involved in the program, always there to help and give the dogs the enrichment and love they need to be happy and healthy.

We are still hard at work on our Capital Campaign and while we've made progress, we still have some ways to go before reaching our goal!

*Belinda Henschke
Office Manager*

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>Beerwah</i>	Brenda Baldwin Rodney Baldwin
<i>Brisbane West</i>	Jean Bowry David Ember Lauren Smallsman Mary Williamson
<i>Charleville</i>	Gregory Blake Jenifer Seymour Jill Sugden
<i>Redcliffe Central</i> (Transferred from Agnes Water Captain Cook)	Martin Thorogood
<i>Teneriffe</i>	Melody Feiler-Clark



Remembering a life of Service

PDG Phil Mitchell
Formerly
Lions Club of Currimundi Kawana
and other Q3 Clubs



*Called
To
Higher
Service*

MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 10.00am on 3rd January 2023.

Our total membership number this month is one thousand three hundred and ninety-three, with eleven new and thirty-nine leave a loss of twenty-nine for the month. Traditionally there are larger drops in December and June each year, however it is so sad to see such a big drop in one month.

MyLion reports:

112,603 People Served

81 People Served per Member

1,550 Service Activities

- 50 Diabetes
- 91 Environment
- 54 Childhood Cancer
- 100 Hunger Relief
- 45 Vision
- 1210 Other

51,979 Volunteer Hours since 1st July 2022

USD \$257,035 funds donated and USD \$319,388 raised

Forty-seven Clubs have reported their activities, that is an increase of one Club from last month, however twenty-one Clubs have still to report this year. Thank you to those who report each month.

Barbara



CAKE AND MINT PORTFOLIO

JANUARY – 2023

I hope that you all had a great Christmas and that Santa was kind and that you managed to spend some time with Family and Friends, after all that is what the season is all about, to remember why we celebrate.

CAKES –

It is now January and if you have not paid for your Cakes, you should be organising payment NOW.

Please do not leave it until the end of January to realise you have not kept your copy of the invoice that was emailed to you once Traditional Foods had completed your order for delivery.

If you have misplaced or lost it, you had better contact John (Traditional Foods) immediately, all Clubs should clear their account with Traditional before the end of the month (and that month is January).

You do not need to wait until your next Board or Business Meeting to approve payment, which was done by the Club once you had decided to take part in the Cake programme.

Please a note to all Treasurers if your Cake Chairman has not passed on to you the invoice for payment, start asking the question now, not later, now.

Let us be the first District to clear all accounts, do the right thing and clear your Clubs debt.

NEWS –

As at the report at the end of November, we, Q3 were way ahead of sales for this year. I know that we will have more sales from December, but to be honest I do not think that our closest rival will catch us, as at the 30/11/22 we sit 1322 cartons ahead of number 2.

So, thank you all for doing your bit again this year and adding that extra carton or two to your order, it is terrific to see that our Clubs support this programme extremely well.

I will put more information out on how we Q3 end up once I receive the final reports accounting for all orders/sales.

Excellent job to every Club that is out there selling our much-loved Cakes and Puddings.

MINTS –

Unfortunately, Mints are a totally different story, which at the moment does not have a happy ending.

The last report that I have received, we have twelve Clubs still waiting for orders, I think. On the report some Clubs are listed twice so I need to check to see if these Clubs have two orders in or if there is an anomaly in the report, so please keep an eye out as I will be sending emails to the Clubs involved to find out what is what.

The bit below in italics was a comment from the MD Mint Chairman, so you can see that Dollar Sweets are still in trouble, for how long, I do not think anyone knows, but again, I will keep you posted.

This is the latest Outstanding Orders list including the Orders that have been Dispatched this year

I believe that more Orders have been Dispatched this week but since covid has struck Dollar Sweets again there is no-one available to provide this information.

Or No Reports means No Deliveries!!!! take your pick

As mentioned, I will contact our Clubs and then I will contact Dollar Sweets to see what is happening with our orders and when are we likely to see some movement, I will keep you posted.

Kaye Smith (PDG)



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

LIONS CLUB OF TOOWOOMBA
WILSONTON
45TH ANNIVERSARY

The Club celebrated our 45th Anniversary at our Dinner meeting on the second Wednesday of December at our den in the Newtown Hall. The special occasion was planned by our President Linda and an anniversary cake was in a place of honour to celebrate the occasion with our partners invited to join in the festivities.



We are fortunate to have two of our Charter Members in the Club as active members. Past District Governor Bill Lane and Lion Pat Eagle can be seen at our dinner meetings enjoying fellowship with Club members. President Linda called on both these Lions to come forward and cut the cake in recognition of this milestone. PDG Bill spoke of some of the events in the Clubs past and thanked present day members for their well wishes, words that were reiterated by Lion Pat.

Members enjoyed a piece of cake and a coffee to finish out the night's activities for 2022.

The Wilsonton Lions Club was chartered on the 13th December 1977, the 1135th Club in Australia and was numbered Club No. Q3 34881 in the world at that time.

It has gone on to produce many Cabinet members, four District Governors and many Melvin Jones Fellows and other worthy foundation awardees.

The Club has had several large Projects, Catering for the Queensland Polo Championships, Spring Bluff gardens and catering for the Carnival of Flowers, Show and AG Fest catering, Relay for Life, Miss Personality Quest winners, Youth of the Year, Australian, State and District winner's and many other notable worthwhile causes both in our Community, State, and County. We were there always helping our community and those less fortunate than ourselves.



*PDG Bob Goldsworthy
Lions Club of Toowoomba Wilsonton*



The Story Bridge Lights up for Lions



The Global Leader In
Humanitarian Service

www.lionsclubs.org



AROUND THE WORLD WITH LIONS

THE TWENTY-FOURTH IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN

THE CONVENTION PARADE

Flags, costumes, dancers, marching bands, cheers and Lions as far as the eye can see: It must be the International Parade of Nations at the Lions Clubs International Convention.

Each year, Lions from as many as 130 countries participate in the annual procession on the second day of the Convention, a tradition dating back to the early 1920s.



The parade is an opportunity for Lions to display their enthusiasm for the association and their national heritage. Many Lions don traditional dress, colours or costumes representing their native lands for the march. They carry their countries' flags with pride and sometimes sing and dance along the route, as well.

Lions-sponsored bands, floats and officers also join in the fun. Throughout the decades, officers have led the way in everything from horse-drawn carriages to floats. Past International President Earle W. Hodges, who served from 1930 to 1931, led the 1931 convention delegates and marching bands down the streets of Toronto in a purple and gold Studebaker car, courtesy of the Lions Club of Windsor, **Ontario, Canada**, the first Lions club established outside of the United States.

For Lions, the parade celebrates the bonds of friendship and displays the great reach of Lions' service around the world. Anne Ford, a Lion from Trinidad, calls the parade her best memory from the 2014 Lions Clubs International Convention in Toronto. "It was nice to see all the traditional costumes of Lions from all the different countries," she said. "We all gathered in one location and recognized that no matter what colour, creed or race, we are all here to serve."

But as always, Lions like to insert a little bit of fun and friendly competition wherever possible. Delegations may participate in contests to win cash prizes for the best floats, bands, uniformed marching delegations and precision demonstration units.

The parade is often the largest procession many host cities have seen in years, and with thousands of participants, it is truly spectacular to behold. Fellow Lions, Convention guests and residents line the streets to exchange greetings and cheer on the delegates.

At the 1924 Lions Clubs International Convention in Omaha, Nebraska, a sense of excitement filled the air as some 2,500 Lions from across the U.S. and Canada took part in the celebratory procession. The event became even livelier when Lions from Colorado began a snowball fight at the end of the parade. The Colorado delegates had brought in loads of snow by railway car from the mountains back home and couldn't resist sharing a mid-summer surprise—a first for Omaha in June.

Parades grew larger over the years as clubs formed across the globe. Marching bands became a staple and floats a common sight, with usually at least one float taking the shape of a lion. About 15,000 Lions marched in the parade during the 96th International Convention in Hamburg, Germany, in 2013. Today, there are so many participants and performances, the procession lasts several hours.

The parade has been and remains a highlight of the convention each year, placing the exuberant camaraderie and global spirit of Lions on display for all to see.



**1.3 million children
in Australia lived
in severely food
insecure households
in the past year**



**On any given day
in Australia, more
than half a million
households are
struggling to put
food on the table**



For the first time in a decade, global hunger is on the rise. At a time when there is more than enough to go around, this is just unthinkable.

Hunger Awareness Month is an initiative designed to mobilise everyone everywhere to take action, raise awareness and join the movement to help end world hunger.

Hunger is the leading cause of death in the world. Our planet has provided us with tremendous resources, but unequal access and inefficient handling leaves millions of people malnourished. If we promote sustainable agriculture with modern technologies and fair distribution systems, we can sustain the whole world's population and make sure that nobody will ever suffer from hunger again.

Right now, 1 in every 9 people around the world is facing hunger.

That's countless children who are missing out on school because they're too hungry to walk there, let alone learn. That's parents who are desperately wondering how to feed their families. A lack of regular access to nutritious and sufficient food creates a greater risk of malnutrition and poor health.

Hang on, I thought we were making progress on hunger around the world. What happened?

You're right. Between 1990 and 2015 our global community achieved something extraordinary. With collective ambition and a whole range of coordinated initiatives we reduced the prevalence of hunger in developing regions by nearly half.

But the latest figures indicate that around 821 million people around the world – 1 in 9 – still go hungry each day. Even more – one in three – suffer from some form of malnutrition. (Source: <https://www.wfp.org/publications/2019-hunger-map>)

The COVID-19 pandemic has added to the severity of the issue, with a recent global report saying that it could double the number of people suffering acute hunger by the end of 2020 - more than a quarter of a billion people worldwide. ([Source UN World Food Programme report](#))

The rising cost of living is the most common reason why so many Aussies are doing it tough right now, with the cost of food and groceries confirmed as the top reason why many are struggling to meet their household food needs.

Food Insecurity Promotes Feelings of Depression and Negativity:

Food insecurity is a challenge that frequently gives rise to emotional complications, according to a group of surveyed Australians. Depression, the most commonly reported feeling associated with food insecurity, was accompanied by smaller rates of stress, embarrassment, shame, and sadness. Clearly, Australia's food crisis is more nuanced than a simple lack of resources. This crisis is multi-faceted, and, in turn, its response should go beyond just providing at-risk communities access to food banks and food stamps. The emotional ramifications of the crisis should be considered as well.

More Australians Than You Think Live Below the Poverty Line:

While the Australian poverty line is an occasionally unreliable metric, it can be used to make general inferences about the number of Australian citizens that are struggling to make ends meet, and, in turn, put food on the table. The population of Australia is roughly 24 million people, and about three million of these people — after having their housing costs taken into account — are estimated to live below the poverty line. While this number may appear high, it is important to consider that its estimation relied on the inclusion of living costs, which are only continuing to rise in Australia.

Australia's Hunger Crisis is a "Hidden" Crisis:

Due to Australia's global high-income status, people are often shocked to hear that many of its citizens, as many as 1 in 6, go hungry every day. This dichotomy creates a "hidden" crisis, as images of Australia as an established first world nation mask the millions of common Australian households facing food insecurity.

Cultural Barriers Can Lead to Food Insecurity:

Recent immigrants and those not originally from Australia face higher rates of food insecurity due to a lack of cultural knowledge on local food customs. These groups are more susceptible to [food insecurity](#) for a variety of other reasons as well, and, like indigenous groups in Australia, typically face higher rates of food insecurity.

What can I do to help change this issue?

Being aware of the issue and talking to family and friends about it.

Find a charity you want to support. Any donation, big or small, can make a difference!

Buy local and in-season food. Try to grow some of your own food.

Don't waste food. Freeze fresh produce and leftovers if you don't have the chance to eat them before they go bad.

Buy Funny Fruit—many fruits and vegetables are thrown out because their size, shape, or colour are not "right". Buying these perfectly good funny fruit, utilises food that might otherwise go to waste.

Consume less meat and become vegetarian for one day a week. The meat production industry has a huge impact on the environment.

*Lion Jenny Tate
Global Cause – Hunger Chair*



LIONS CLUBS INTERNATIONAL FOUNDATION

Fellow Lions,

For my monthly article to you, I want to let you know the Foundation is taking steps for a major disaster grant to be lodged on the behalf of the flood victims in the southern states.

As anyone would know that when the water goes down that is when the hardwork and heartbreak really starts. People return to their homes and are devastated by what they find. A whole life time of memories and memorabilia is gone. Lives have to be rebuilt. Houses can be rebuilt, but homes have to be rebuilt with dreams and new memories and family. All this doesn't come cheap and costs money.

This is where our Foundation can help if we have a major grant in place to accommodate the need. Our part as Clubs in Lions Clubs International can assist by donating what we can to rebuild the bank accounts that supplies this grant and the humanitarian grants that have been given out for basic human needs. I know that three Districts have been given the US \$10,000 for immediate needs, blankets, water etc. but this type of grant can't rebuild a life destroyed by the disaster they are currently facing.

So, if you have funds left after your local community Christmas donations, please consider donating to the Lions Clubs International Foundation.

Home Truths

1. *Money donated to L.C.I.F. from Australia stays in Australia. LCIF bank Account in Sydney controlled by our National Office.*
2. *Melvin Jones fellowships are a fund raising tool.*
3. *Our Club Dues do not pay all of the money required and spent by Lions Club International to be a member of Lions Clubs International.*
4. *Santa Claus is true, ask any 4 year old child, if you don't believe me, tell them he is not real.*
5. *LCIF District Chairmen will visit your Club to discuss the Foundation.*

I hope you have had a pleasant family Christmas and I look forward to working with you in a prosperous 2023.



Lion Bob Goldsworthy
State Coordinator
Lions Clubs International Foundation



PAUSE FOR A CAUSE





GLOBAL CAUSE ... DIABETES

DIABETES MYTH vs FACT

There are many myths about diabetes which can make separating fact from fiction difficult. To cut through the confusion here are some of the common misconceptions.

MYTH : DIABETES IS NOT SERIOUS

FACT: There is no such thing as “mild” diabetes. All types of diabetes are serious and can lead to COMPLICATIONS if not well managed. Diabetes can affect quality of life and can reduce life expectancy.

MYTH: ALL TYPES OF DIABETS ARE THE SAME

FACT : There are a number of types of diabetes. The most common are [type 1](#), [type 2](#), and [gestational diabetes](#).. Other forms of diabetes are less common. Each type of diabetes has different causes and may be managed in different ways but once someone has any type of diabetes except gestational diabetes, it needs to be managed every day. Gestational diabetes goes away after pregnancy; however it does significantly increase someone’s risk of developing type 2 diabetes later in life.

All types of diabetes are complex and serious.

MYTH: DIABETES CAN BE PREVENTED

FACT: Not ALL of diabetes can be prevented. Type 1 is an autoimmune condition; it cannot be prevented and there is no cure. The cause of type 1 diabetes is still unknown.

Strong international evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58 per cent of cases. There is no single cause of type 2 diabetes, but there are well established risk factors. Your risk of developing diabetes is also affected by things you cannot change such as family history and ethnicity.

MYTH: YOU HAVE TO BE OVERWEIGHT OR OBESE TO DEVELOP DIABETES

FACT: Being overweight or obese is a risk factor for type 2 diabetes but is not a direct cause. Some people who are overweight may not develop type 2 diabetes while some people who are of a healthy weight will develop type 2 diabetes.

Type 1 diabetes is not preventable and not associated with weight, physical inactivity or any other lifestyle factors.

MYTH: YOU ONLY GET TYPE 1 DIABETES WHEN YOU’RE YOUNG

FACT: The onset of type 1 diabetes occurs most frequently in people under 30 years, however new research suggests almost half of all people who develop the condition are diagnosed are over age 30.



GLOBAL CAUSE ... DIABETES

CONTINUED

MYTH: YOU ONLY GET TYPE 2 DIABETES WHEN YOU'RE OLD

FACT: Type 2 diabetes usually develops in adults over the age of 45 years but is increasingly occurring in younger age groups including children, adolescents, and young adults.

MYTH: PEOPLE WITH DIABES CAN'T EAT DESSERT

FACT: Because diabetes effects blood glucose levels, many people think they need to avoid sugars and foods containing sugars. However if eaten as part of a healthy eating plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. The key is to eat everything in moderation.

MYTH: PEOPLE WITH TYPE 1 DIABETES CAN'T PARTICIPATE IN SPORTS OR EXERCISE

FACT: Many Australian sport champions have type1 diabetes, for example AFL player Jack Fitzpatrick who plays for Melbourne Football Club.

MYTH: NO ONE IN MY FAMILY HAS DIABETES SO I DON'T HAVE TO WORRY

FACT: Family history is only one of the risk factors for type 2 diabetes.

MYTH: ONLY PEOPLE WITH TYPE 1 DIABETES NEED INSULIN

FACT : Around 50 per cent of people with type 2 diabetes will need insulin after 6 – 10 years of being diagnosed with diabetes because the pancreas produces less insulin over time. Taking medication when required can result in fewer complications in the long term and is part of managing type 2 diabetes.

People with type 1 diabetes depend on insulin replacements every day of their lives. They must test their blood glucose levels several times during the day.

Summer Fruit Smoothie (for diabetics and non-diabetics)

1 cup fresh blueberries

1 cup chopped fresh strawberries

2 peaches, peeled seeded and chopped

170g Peach or vanilla flavoured Greek style yoghurt

1 cup almond milk

2 tbs ground flax seeds

½ cup ice

BLEND AND ENJOY

