

LIONS FAMILY LINES



ISSUE 43 – FEBRUARY 2023



International
**CHILDHOOD
CANCER
AWARENESS DAY**

February 15th



THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3

*THE FEATURE ARTICLE BY GLOBAL CAUSE
CHILDHOOD CANCER CHAIR PDG NORM JENSEN*

APPEARS ON PAGES 12 AND 13

“OUTBACK TO OCEAN ... TOGETHER AS ONE”

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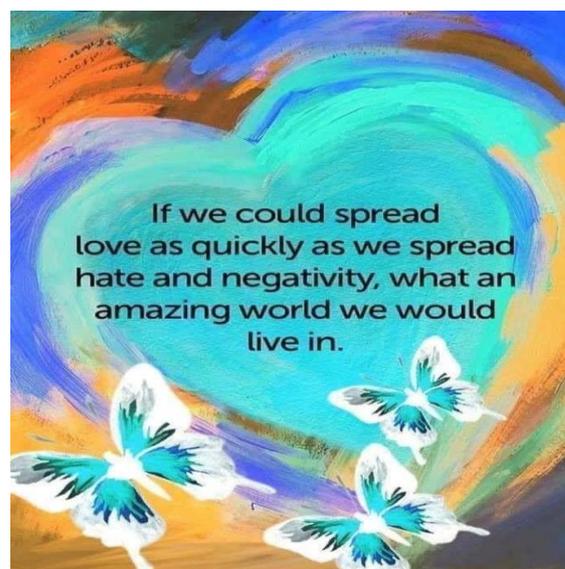
NEWSLETTER DEADLINE

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
lionbeverleyg3@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 -

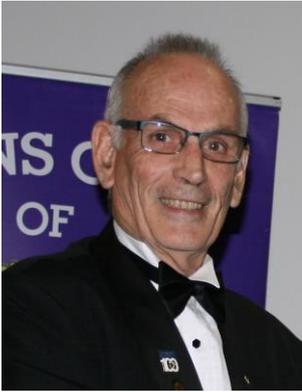
<https://lionsclubs.org.au/wp-content/uploads/2021/08/PHOTO-RELEASE-FORM-2021.pdf>.

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,

My first duty for 2023 is to welcome everyone back from the Festive Season. Hope everyone took a well-earned rest and didn't eat or drink too much.

As we enter the last six months of the Lions year 2022-23 we must continue to strive to complete any outstanding projects that need finishing before the end of June. Thus, allowing the Clubs new Board to start with a clean slate.

Sadly, I wish to advise that District Cabinet has lost two young members (Tayla Ryan and Seb Pyres) from Cabinet and Lions, more importantly from the Lions Club of Crows Nest. Their invaluable work as Leo's, their insight of a younger person's ideas, plus some future direction, that Lions should take to encourage younger members to join Lions is being lost for the time being. I tried to persuade them **to go Lion at Large**, while they settle into their new jobs and new location. Please give them the space they need to make this adjustment. They have advised me they will keep in contact and when ready will rejoin Lions.

I headed to Sydney for my next District Governors' Council meeting on the 19th January. I will discuss with the District Governors what impact the current flooding on their communities is having. How Lions and its members are being affected, as many lively hoods have been damaged, some beyond repair and so on. The flow on effect is sure to be two-fold and for a long time to come.

The Murray River in South Australia is still rising and no-where near its peak. Now we have Q2 suffering the adverse effects of the torrential rains in their District. Please keep them all in your thoughts and if asked kindly donate any assistance your Club can afford.

No matter where we live be it in the Outback or near the Ocean, we must all work Together.

Called to Higher Service: I along with some members from Dalby and other Lions from the region attended the funeral of Eileen Kelly. Eileen was the 1st Female to join both Charleville and Dalby Lions Clubs. serving with grace and purpose RIP Eileen.

Many clubs in District will be preparing to do **their Youth of the Year program**. Just a reminder that we need to adhere to the guidelines of **the Lions Child Safe Program**. If unsure of the rules, please contact either PDG Donna Hedges or Lion Narelle Gluer for clarification.

The above rule also pertains to Clubs involved in the Leo Program.

Remember training for Club Officers will be coming up soon, so please ensure you encourage Club members to attend as it is a valuable way to meet and discuss with others the workings of Lions. *Dates To Be Advised, venues still required.*

It is always a privilege to present a certificate or an award to a member, but when it comes to completing 50years (Half a century) that is special.

Congratulations to PDG Rod Layt and Lion Ross Langfeldt for your dedication to Lions on reaching this milestone.

Until next month, stay safe.

Graeme Emery





DISTRICT GOVERNOR ELECT ANDY'S NEWS

Greetings from Sydney where I am for my District Governor's training. It is all very exciting but nerve racking at the same time. We are learning all about the Big Audacious Mission. This is to implement a plan to increase our membership number to 30,000 by 2030 and 50,000 by 2050. All of which I will tell you all about once I get my head around it.

I hope everyone is now over the Christmas spirit. I cannot believe we are at the end of January already. Clubs will be getting back into gear, and I am looking forward to meeting up with everyone. The next few months will be busy with Easter, Anzac Day and of course the Multiple District Convention at the Gold Coast 28, 29, 30 April.

This is a wonderful opportunity for all Lions of Q3 to attend, even for just one day. There you will be able to see a myriad of different projects that are available that, in Q3, we have not looked at. It is also a great opportunity to meet Lions from other Districts, meet old friends and make some new ones.

As we move into the second half of the Lions year, I am getting my Cabinet together. If you are interested in joining my team, please contact me. I look forward to hearing from you.

That is all for me this month. I hope I will return home full of information.

Andy FitzGerald.
District Governor Elect 2023/24



DATE CLAIMER

**(Social Gathering Evening –
Friday 31st March 2023)**

**Dinner and Judging -
Saturday 1ST APRIL 2023**

Queensland State Final

Wynnum Manly

Leagues Club



**Initial Enquires to
Queensland State Coordinator
Lion Rob Craig**

Email: robcraig@bigpond.net.au



CABINET SECRETARY BARBARA'S REPORT

Hello to you all, this is starting to be the busy time for us all. I have just returned from Sydney where I did the Cabinet Secretary Designate Training. It was great to have face to face training and to network with the other Cabinet Secretaries. There were seventeen attendees as we have nineteen Districts that's a pretty good turnout. It was a mixed group eight males, nine females, some having done the position multiple times and others their first time. The input from the group was invaluable as was the training, we always learn something new. I urge all of you to promote the Incoming Club Officer Forums to all members of your Clubs whether they are continuing in their roles or returning to positions held previously or newbies.

As in past years we are planning on having the Club Officer Forums over two weekends at four different venues (to be advised) around the District to enable as many as possible to attend. The dates set are Saturday 27 May, Sunday 28 May, Saturday 3 June and Sunday 4 June. Please can your Club consider hosting one of these days. 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 or for further details please contact me.

I hope that your Clubs have set the dates for your nominations and elections for your Club officers for 2023-2024 Lions year. Our constitution states this must be completed by 30 April. It is vital that once your elections are over you input the new officers into MyLCI and complete the PU101 to return to me. Last year Richard did not send out PU101 for Clubs to complete. We need this data to try to have the Multiple District Directory as accurate as possible.

Although you all did a data cleanse on MyLCI the data is still inaccurate especially phone numbers, secondly a new Lion Portal is being trialled. You will have noticed that when you go to log into your MyLion account there is a notice on the left of your login saying



Please click and read the information next time you are logging into your Lion Account. I will not go into too much detail as we were informed in Sydney that the Cabinet Secretaries will be given training prior to this being implemented. We envisage that we will be able to incorporate this in our Club Secretary Manual, and Incoming Club Officer Forum Training. In the meantime you can get ready for the new Lion Portal by

1. Check your Lion Account Information is correct and up to date in MyLCI, name, contact information and communication preference
2. Confirm you have a unique email address (not shared)
3. Stay up to date. Check news at lionsclubs.org/portal-updates

I have been told that the reason for this change is simply to improve, move forward and that we will have more ability to report and extract information. If it does all I'm led to believe we will love the new system and we will not need to complete PU101's after this year.

As always I am here to assist, please ask.

Barbara Matthews
Cabinet Secretary 201Q3

DISTRICT SERVICE REPORT



DIABETES



ENVIRONMENT



HUNGER



VISION



CHILDHOOD CANCER

Hopefully we are all rested and raring to go with new ideas for projects for the second half of this Lion's year.

Firstly, a huge thank you to the forty-two Clubs who are reporting regularly on MyLion. This means that 62% of our District Clubs are using this tool to record all the wonderful initiatives that they do within their communities. Our goal for this year is to see 75% of Clubs using MyLion so we still have some work to do to achieve this aim.

The breakdown from the December Club Health Assessment for our District is as follows:

- Clubs reporting regularly – 41
- Clubs 2 to 5 months since their last report – 10
- Clubs 6 to 12 months since their last report -4
- Clubs which have not reported for more than 12 months -12
- 1 Club regrouping at this time and not undertaking any projects

More and more Clubs have entered a Club Service Chair onto MyLCI. We also have eleven Clubs regularly reporting that do not have a nominated member on MYLCI but someone is doing the reporting. If your Club is one of these, please do add the name of your member who has been entering your data.

A reminder of which positions have access to MyLion to complete the reporting. Club Presidents, Club Secretaries, Club Admin Officers and Club Service Chairs. In many Clubs, due to smaller numbers, it is often the President or Secretary who puts in the data for their projects and that is fine, but please do take the time to nominate that person on MyLCI as your Club Service Chair. You can have more than one role on MyLion.

In larger Clubs, it would be great to see someone other than President or Secretary nominated but that is up to your Club to decide. It is always handy to have two people from your Club who are familiar with the system, in case the member who usually performs the role is away for whatever reason.

I have some ideas that may appeal for new projects we could look at as a District for those Clubs that wish to be involved and the beauty of them is that they require little or no effort beyond what we do now, but they have a massive impact on the quality of people's lives. Stay tuned for the March Newsletter!

District Service Chair – Debbie Williams





LEHP-Australia
Lions Eye Health Program



2022 Summary

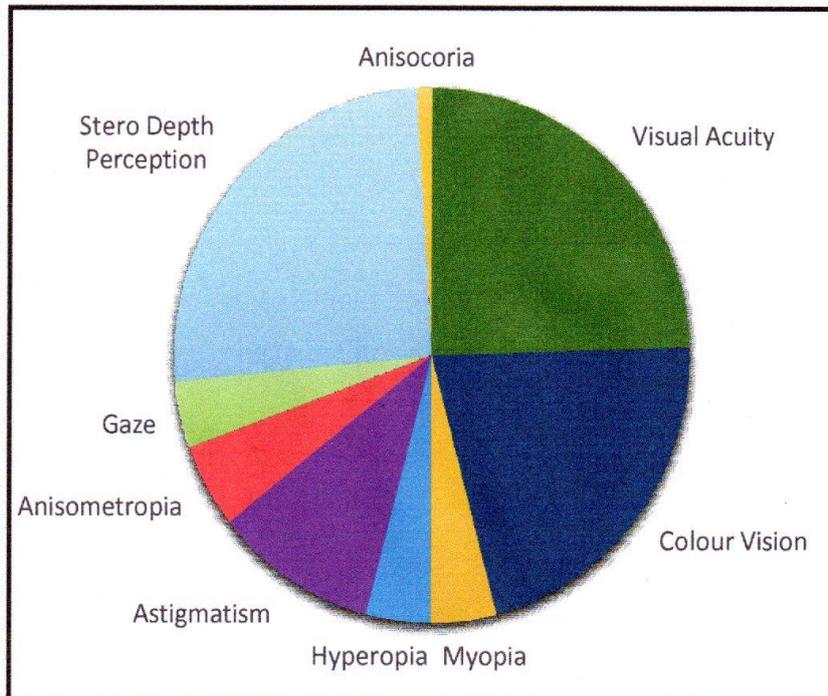
Children's Vision Screening Program

132 Vision
Screening
Sessions

5,309 Children Screened

1,172 Children referred to Optometrist for Follow Up
1 in 5 Children have an undetected Vision Problem!

Referral Breakdown



Visual Acuity - 24%
clarity of vision

Colour Vision - 21%
perception of colour

Myopia - 4%
near sightedness

Hyperopia - 4%
far sightedness

Astigmatism - 10%
blurred vision

Anisometropia
unequal refractive power

Gaze - 4%
eye misalignment

Depth Perception - 25%
three dimensional and distance of an object

Anisocoria - 1%
unequal pupil size.

District Breakdown

District	Screening Sessions	Children Screened
C1	3	63
C2	4	99
N1	1	132
N3	2	21
N5	1	21
Q2	46	2000
Q3	3	94
T1	7	262
V1-4	6	136
V2	29	1088
V3	5	164
W2	25	1229

Screening Teams

43
Screening
Kits in
Operation

1,032
Lions
Registered
on Training
Database

463
Qualified
Lions
Screeners

24
Qualified
Lions
Instructors

210
Lions Clubs
Involved

18
Lions Districts
Involved

Meet Calen



Caelan is a 4 year old student at Tully Community Kindergarten. During a LEHP screening session, the spot vision camera picked up an abnormality.

Following a referral letter, Caelan's mum, Wana, took him to OPSM for a full eye examination. As a result, Caelan has been prescribed glasses, which he wears willingly and with a smile, says it "helps him to see better".

Interestingly enough his Uncle wore glasses at the same age. Caelan and his family are relocating to Darwin where Wana will take him every 6 months for a check up.

Irene Braddick
LEHP CVSP Instructor
Q Districts Representative

Lions youth of the year

You are invited
to the judging
of the

District Final

of
Lions Youth of the Year

To be held on
Saturday 25 March 2023

6.00pm for 6.30pm Start

At
Redcliffe Leagues Club
Cnr Klingner and Ashmole Roads, Redcliffe Qld

Program for the Evening:

Student interviews will have been conducted during the day

Public Speaking begins with impromptu questions and then prepared speeches

Dinner (alternate drop) served during the function followed by the Announcement of Winners

Cost: \$45.00 per person

Dress: Coat & Tie for Men; Ladies after 5 wear.

For catering purposes, please complete the attached booking form and return by email to:-
narelle.gluer@bigpond.com by Thursday, 16 March 2023

Narelle Gluer
Youth of the Year Chair
District 201Q3



lions australia
we serve



Your Membership Matters



Lions Awareness Day is fast approaching. What are you planning to enhance the public's knowledge and perception of your Club? HINT: Check the MD website for resources!

Recruitment and retention of members is a key goal for all Clubs. A **culture of recruitment** is the shared belief among all members that adding new members is critical to the Club's success... and survival!

The strength of your membership and the health of your Club will determine your ability to do what all Lions are called to do — serve.

Quality **induction** and **inclusion (engagement)** are essential elements of successful Clubs. Let's review our practices and promote positivity!

More members mean more service. The concept is simple, just ask community members to join! Your Club can use a **four step GMA process** to recruit and revitalize the Club.

1. Build a **Team**: Preparing your Club
2. Build a **Vision**: Creating your Club's vision
3. Build a **Plan**: Implementing your Club's growth plan
4. Build **Success**: Welcoming your new members.

Clubs with a thriving **culture of recruitment**:

- Continuously evaluate their recruitment and engagement strategy.

- Use membership satisfaction resources regularly to improve their growth plan.



Q: WHY DID I JOIN LIONS? Q3 Lions said...

- ❖ The Gift of Giving: Giving back
- ❖ Help less fortunate / Time to give
- ❖ Connect to community
- ❖ Activity / service
- ❖ Saw good work done / Project participation
- ❖ Commitment to motto: "We Serve"
- ❖ Make things happen
- ❖ Someone believed in me
- ❖ Feel part of something bigger
- ❖ Social activity / Fun / New friends
- ❖ Like-minded people (all ages and cultures)
- ❖ Love meeting people
- ❖ Had something to offer
- ❖ Taking a negative and making a positive
- ❖ Global organization
- ❖ Someone helped my family
- ❖ Settled career
- ❖ Opportunity
- ❖ Path from Ladies Auxiliary / Lioness, Leos, Rotaract, Daughter: Miss P.
- ❖ Knew friendly Lions
- ❖ Asked / invitation.

KEY WORDS:

* **SERVICE** * **FRIENDSHIP** *
COMMUNITY * **SENSE OF WORTH /**
ACHIEVEMENT *
PERSONAL GOALS & FULFILMENT

Q: Do you have a prepared 2 minute talk to respond to the question: 'Why should I join Lions? (Practise now!)

- ❖ **Membership is everyone's business!**

Alan Brooks, District Membership Co-ordinator

INTERNATIONAL CHILDHOOD CANCER AWARENESS DAY

With International Childhood Cancer Day on 15th February this year I thought it might be good to update you all on the current list of projects currently being funded by the Australian Lions Childhood Cancer Research Foundation (ALCCRF). Each project has a short story with a link to more information on that project available by clicking on the “Read more” words at the end of each story. Of course you are able to access this and much more from the ALCCRF [website](#) .

As you can see much is happening at the moment using the considerable dollars Clubs around Australia and our District are providing to this great Foundation. Might I suggest that if you are talking to a potential member you might like to share this information with them. Once they become aware of what we are currently achieving in this important area of medical research, they may just consider joining us.

It is probably not a stretch to believe that whatever passion your newfound potential member might have, Lions in Australia and around the world are probably working on it.



Finally, for those of you who have been collecting the ALCCRF Christmas Pin each year, I still

have some available for \$6 each. I will be taking them to the Cabinet Meeting on 11th 12 February so if you would like one, catch up with your nearest Cabinet member to pick one up for you. After the Cabinet meeting I will be returning what I have left back to ALCCRF so let's see if we can avoid me having to do that. There are two white Boomers this year and I only have 11 pins left !! You can also call me on to reserve your pin/s.

PDG NORM JENSEN - 0404984455

CURRENTLY FUNDED PROJECTS

GRIFFITH UNIVERSITY Institute for Glycomics aims to close the gaps in sarcoma diagnoses and treatment to deliver novel diagnostic technologies and precision treatment options to improve patient outcomes.



Institute for Glycomics
Queensland, Australia

We are delighted to announce a major new partnership with Griffith University's

Institute for Glycomics, a translational biomedical research Institute based on the Gold Coast with a focus on developing vaccines, diagnostics and personalised treatments for a wide range of cancers, infectious diseases and neurological disorders.

Read more >

**WEHI (Walter and Eliza Hall Institute)
An innovative approach to tackling treatment resistance in medulloblastoma by using bioinformatics and machine learning**



Medulloblastoma is a devastating brain cancer with few treatment options that largely affects children and young adults. It is the most common childhood brain cancer. Sadly, for patients that relapse following treatment, there are no effective therapies and relapse is lethal.

Read more >

Hudson Monash Paediatric Precision Medicine (HMPPM) Program



Dilru Habarakad, is the Australian Lions Childhood Cancer Research Foundation (ALCCRF) Biobank Specialist

for the Hudson Monash Paediatric Precision Medicine (HMPPM) Program.

Read more >

Telethon Kids Institute Paediatric Cancer Immunotherapy



Australian Lions Childhood Cancer Research Foundation has announced it will provide \$1.05 million of funding to the Telethon Kids Institute.

The funding will support the Telethon Kids Cancer Centre's vital research aimed at improving survival rates, longevity and quality of life for children with cancer.

(above) ALCCRF Trustee, Peter Lamb, with Telethon Kids cancer researcher and clinician, Dr Rishi Kotecha.

[Read more >](#)

“Cage Fighting” Neuroblastoma



Dr. Andrew Care: Macquarie University
Engineering a protein nanocage for targeted ionophoric-copper therapy.

[Read more >](#)

Novel targets for paediatric brain tumour immunotherapy



Dr Pouya Faridi: Monash University

Every year more than 170 Australian children are diagnosed with brain cancer. Diffuse Intrinsic Pontine Glioma (DIPG) is the most aggressive childhood brainstem tumour with no cure and median survival of only nine months post – diagnosis. Cancer vaccination is an emerging approach for untreatable cancers.

[Read more >](#)

Exploiting and enhancing brain-resident immune cells for the treatment of paediatric brain stem glioma (DIPG)



Dr Jessica Buck

University of Western Australia / Telethon Kids Institute

DIPG is a fatal brain cancer that affects children, with no effective treatments. This research project is proposing a new combination of treatments targeting the immune system in the brain to treat DIPG. First, the cancer cells will be labelled with a “flag” so the immune system can see them.

[Read more >](#)



TENERIFFE LIONS NEWS

Being a Lion offers so many opportunities to serve the community that we decided to use our 5th Anniversary on 17 December 2022 to refine how we will serve. Members gathered at Teneriffe Community Place to develop our Strategic Plan. The resulting plan identified three streams for us to concentrate on:

1. **Alleviate Hunger and Homelessness in our community** - by increasing our contributions to Trinity Pantry, energising Brunswick Street Panty, funding weekly meals at New Farm Neighbourhood Centre, commence volunteering at Wesley's Brisbane Relief Hub, offering a Payforward Coffee program, delivering for Meals on Wheels, and extending our famous BBQ service beyond fund raising to support other organisations' events which use "our" New Farm Park to raise awareness and funds for their worthy causes.
2. **Continually enhance TLC Member Engagement and Partnerships** - by better promoting our programs, celebrating our history, commending our members, attracting younger members, increasing our social programs, enjoying monthly Dinner Meetings and better connecting with likeminded organisations in our area.
3. **Strive to be the Greenest Lions Club** - by championing Containers for Change, greening "our" Teneriffe Festival with container recycling, creating a Lions Garden at Merthyr Road ferry terminal, volunteering at Teneriffe Bushcare, and Rehoming unwanted goods to equip local charities, furnish those in need and reduce landfill.



Elaborating on one just one success is our energising of Brunswick Street Pantry. The Brunswick Hotel and many other caring locals have successfully stocked this street pantry for a few years now. Teneriffe Lions started contributing to this initiative by allocating funds and resources to stock the pantry twice weekly. We then adopted an advocacy role by promoting the Pantry through our growing social media presence. A wonderful anecdote involves a post on a community Facebook site where a generous local stocked the pantry over Christmas and encouraged others to do so. This post attracted 228 likes and 40 positive comments ... a wonderful example of how promoting this asset will increase the number of people contributing. We are in the process of establishing the "Brunswick Street Pantry" Facebook page to further promote community awareness.



The second item we'd like to elaborate on is the launch of our new website. Our Facebook page serves us well by promoting charitable causes in our region and informing locals of what Teneriffe Lions are doing now.

The role of the website is to provide a standing description of our Club so the community and prospective members can see a summary of what we do and how well it suits their interests. The new website is now live at <https://e-clubhouse.org/sites/teneriffe/index.php> .



Lion David Jonas
Secretary

RISK MANAGEMENT

Incidents of corruption and fraud in charities/Not-for-profits are among some of the most common compliance-breaches reported to the Australian Charities and Not-for-profits Commission. But unlike the private and public sectors, charities are less likely to invest in measures to stop fraud happening in the first place. Charities have a particular type of vulnerability that comes from a culture of trust.

What are your risks?

The starting point for all charities is to look at how and where fraud might happen, and how you might be able to nip it in the bud. Clubs need to be thinking about the kinds of activities the Club does, and where it does them. From there, think about how the fraud risks might materialise in that context. Making sure everyone in the organisation knows what fraud looks like, and how they can report it, is a massive part of stopping it spreading in Lions. The most effective way of controlling fraud risks is talking about it.

Fraud, like all forms of corruption and abuse, grows in darkness so you need to be talking to other Clubs and members about this issue because sunlight is the best disinfectant. We need to be really open about these risks so that we can share information about how to get better at dealing with them.

There should be various checks and balances in place so that nothing suspicious is able to slip through the cracks. This includes making sure all accounts are signed off twice and investigating invoices that don't look quite right. Even if it looks legitimate, it's always worth checking twice.

If your Club has money, scammers may pose as a representative for a really well-known charity or create a fake organisation to trick you into giving them money. In the 2020 financial year the ACCC's Scamwatch received 996 reports of fake charity scams, with reported losses of \$300,395 across the year.

The Clubs Safety Coordinator needs to check twice and then check again to ensure that everything the Club does is safe and above board. The role entails a complete use of the principles of Risk Management to try to ensure the Club safe and effective.

*Lion Garry J Bates
District Club Safety Coordinator*

TOP CLUB SERVICE AWARD DATES

The Application Form for this years **CA7 Top Club Service Award** has been in the December and January issues of the District Newsletter. Please note the following key dates:-

- * Club Entries to GST-D Coordinators by 15 March 2023
- * Winning District Entry to MD GST Coordinator by 31 March 2023
- * MD Judging by 15 Apr 2023
- * Winning MD Entry announced at the Gold Coast MD Convention 28 Apr - 1 May 2023
- * Winning CA7 entry announced at ANZI Pacific Forum in Christchurch Sep 2023.



Remembering a life of Service

*Called
To
Higher
Service*

Lion Eileen Kelly
Lions Club of Dalby

COMMUNICATION ... EDUCATION ENJOYMENT STRONGER TOGETHER



The next Meeting of the Convention Committee will be held on **Sunday 4th February at 10.00am**

CAKE AND MINT PORTFOLIO

FEBRUARY – 2023

CAKES –

Congrats to each Club that took part in the Cake programme this year, we have had the best year by far. I haven't finished the final figures yet,



but as a District we had a great year and we reached sales of 5067 cartons sold which is roughly an increase of 10.54% on last year, so give yourselves a big pat on the back, well done.

Nationally we have had a great year as well with an approx. increase of 15.29%. With these results I urge Clubs to make our Cakes available all year. We have a great product, and I am sure that we can work out the kinks that happened again this year with Traditional.

I would like to thank you all for supporting this great programme, it is one that supports financially your Club and our District.

NOTE - As you read this article, I certainly hope that your Club has cleared its debt with Traditional Foods and if it has not, please do so immediately.

Those Clubs that had outstanding debts would have received an email from me giving you your outstanding amount and the banking details for Traditional Foods to make it easy for you to have cleared your debt.

Again, if you are reading this article and your Club has not paid for your purchase of Cakes and or Puddings from last year please make your payment promptly, if not yesterday.

If Outstanding: Pay It!

Ordering between January and June 2023. This system has not changed, if you put in an order during this six month period you must pay with the order, these orders CAN NOT be put on account, they must be paid for when you order.

Please remember that you can order all year 'round and stock is available now.

MINTS

I have not received any news at all from or about Dollar Sweets since early November when I believe that COVID hit their premises again.

I'm guessing that they would have shut down for some time over the Christmas/New Year period and I have not heard if they are back yet.

Please if you have received any Mints at all in the last say six months please let me know. I am not aware that stock has come our way since probably this time last year, but I do stand to be corrected.

Please let me know.

I have not received a report on outstanding payments to Dollar Sweets either, so if you have received an order please make sure that you pay for it.

I know we had a couple of Clubs that were on the last Outstanding Report which I contacted; I hope that you have paid for those prior orders before all the chaos hit.

I will certainly let you know once I hear anything. Anything at all about or from Dollar Sweets. I do live in hope that they will get back on track soon, so that orders can and will be filled.

I know how frustrating it is especially for Clubs with outlets that are now out of stock, I am aware that some Clubs may lose outlets because of this, my own Club is in the same boat.

I will endeavour to find out what is going on and I will let you know. Until then, keep the faith.

Kaye Smith (PDG)



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



FEBRUARY QUIZ

Here are five Q3 related listed for sale on E-Bay – your challenge is to put them in ascending order of the asking price. Details correct at 21 Jan



Lions Club Maroon Yellow White Possum Enamel Pin Australia 2012 - 2012 201 Q3



Lions Club Lapel Pin District 201Q3 Petrie Queensland 18 July 1977 Australia



Vintage Lions Club International Banner Flag Eagle Farm Australia District 201Q3



Lions Club INTERNATIONAL CALIFORNIA NEVADA Pin AUSTRALIA KANGAROO 1991 CA. MD4



1979 AUSTRALIA 27TH CONVENTION OF LIONS CLUBS INTERNATIONAL OFFICIAL COVER

Answer next Month

Woodford MEGA Cash Raffle



TICKETS
ONLY
\$20

**\$25,000
CASH PRIZE**



2500 TICKETS ONLY

Draw 1st June 2023

Or when Sold Out

www.woodfordlionsclub.com.au





The Lions Club of Toowoomba Wilsonton Inc

invites you to

Dress UP Your Dog For Diabetes Awareness

on

Saturday 11th March 2023 at 10.30am

all dogs will earn treats and one dog will be judged

"The Best Dressed Dog For Diabetes Awareness"

with a prize and a certificate

So come along to

Newtown Hall

49 Rome Street

Newtown

with your fur baby and have a fun day

Diabetes in pets (Diabetes Mellitus) is a common disorder that affects animals similarly to the way it affects humans. It is caused by a lack of insulin in the body, or the body's inability to respond to insulin. Insulin is produced in the pancreas and allows the body's cells to utilise glucose from the blood for energy. When an animal does not have enough insulin, glucose levels in the blood increase. Without insulin, the body is forced to use energy sources other than glucose. This leads to a build-up of toxins in the blood.



Gail Jones
District Global Causes Chair - Diabetes
District 201Q3
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lionsaustralia
75 years and counting





Our Youth of the Year program is up and running. Clubs are organising their Club finals.

We now have twenty-seven Clubs participating in our Youth of the Year program. We are still open for new Club registrations. If your Club is still interested, I am available to visit your meeting or help you in any way I can to get things rolling.

So far our Club judging dates are as follows:

Club	Club final date	Club	Club final date
Redcliffe Kippa-Ring	Completed	Bribie Island	Completed
Pittsworth	Completed	Highfields & NE Downs	Completed
Brisbane Oxley Sherwood	4 February 2023	Brisbane Metropolitan	9 February 2023
Golden Valley Keperra	15 February 2023	Kallangur	15 February 2023
Brisbane Bramble Bay	20 February 2023	Brisbane Bunya	20 February 2023
Brisbane Jindalee	21 February 2023	Chinchilla	22 February 2023
Forest Lake	22 February 2023	Caloundra	22 February 2023
Redcliffe Central	23 February 2023	Roma	25 February 2023
Toowoomba Wilosnton	25 February 2023	Ipswich	25 February 2023
Dalby	26 February 2023	Lake Currimundi Kawana	26 February 2023
Lowood	26 February 2023	Ashgrove The Gap	28 February 2023
Maleny Blackall Range	28 February 2023	Toowoomba Inc	TBA
Brisbane Inner North	TBA	Morayfield	TBA
Sandstone Point	TBA		

Correct as at 20 January 2023

I would advise you to download the Youth of the Year Guide as it has all the details needed to host a final at any level. Please read through these details including prizes for your level of final and please adhere to these as much as possible.

There are rules for the impromptu questions and the speeches which need to be adhered to so all students are judged at the same level and will continue on through the levels.

NB: All persons who are helping out with your Club, Zone or Region finals need to have a **Blue Card** or equivalent. **This includes your judges.** Please make sure you check when asking them to judge.

Zone and region finals: I am still waiting for some dates and times of some of the region finals. Once all the dates have been set, I will send these out to our Clubs. Details will also be in the March 2023 newsletter.

Date Claimer: The District final will be held in Redcliffe on Saturday, 25 March 2023 hosted by the Lions Club of Redcliffe Central and will be held at the Redcliffe Leagues Club in Redcliffe. Invitations and booking forms are included in this Newsletter. Clubs will be emailed with these details.

Thank You
Lion Narelle Gluer



AROUND THE WORLD WITH LIONS

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

She Doesn't Do Eyeballs (Joan Cary February 15, 2018) - Diabetic Retinopathy “Dictator” Uses New Technology to Screen more than 6,500 Florida USA)



Past District Governor Norma Callahan remembers telling people, “I don’t do eyeballs,” meaning she didn’t do vision screenings. She did diabetes screenings. “Now what am I doing? Eyeballs,” says the executive director of the Florida Lions Retinopathy Foundation. She laughs, but she knows how serious diabetic retinopathy—a complication of diabetes—is, and how the number of cases are rising throughout the world as diabetes numbers escalate.

Callahan, with the assistance of ophthalmologist and retinal specialist Dr. Shalesh Kaushal—both Volusia County Lions—has led the march for three years now, guiding Florida Lions in conducting more than 6,500 retinopathy screenings across their state. Kaushal, the medical director for the foundation, says Florida has some of the highest retinopathy rates in the country.

With the support of a LCIF SightFirst grant in 2015, Callahan has been able to stage cameras across the state, making screenings available throughout Florida and into the Bahamas. And she has personally trained twenty four Lions to serve as certified screeners.

Diabetic retinopathy is caused by damage to the blood vessels of the retina, the light-sensitive tissue at the back of the eye. There might not be any symptoms at first, or the retinopathy may cause only mild vision problems. But in some cases the blood vessels swell and leak, causing an eye bleed, while in others there is abnormal growth of new vessels. It can be prevented with good control of diabetes, but without treatment, retinopathy can cause blindness. And once vision is lost from diabetic retinopathy, it cannot be restored.

In the past, screening for retinopathy required dilating the eyes, but dilating is no longer required with the high-tech cameras that were purchased with grant funds. Callahan says both screeners and participants are thrilled with that news. “We’ve had people—diabetics included— say they haven’t done a screening before because they don’t like having their eyes dilated,” says Callahan. “They don’t like that they can’t see afterwards. But new technology solves that problem. The other big thing we find is that 50 percent of the people we’re screening have never had an eye exam.”

Retinopathy screeners set up their camera under a dark tent or in a dark room so the eyes dilate naturally. “We have screened anywhere and everywhere; at health fairs, car shows, veterans’ events, you name it,” says Callahan. Along with no dilation, there’s no uncomfortable puff of air like in the glaucoma test, and with two volunteers the screening takes less than five minutes, she says. With the latest internet-based software integrated into the cameras, the process is simple. The patient sits down and the camera does the work, focusing on the right eye to take a picture of the retina, then moving to the left to do the same. The images are instantly transmitted to Kaushal who can read 30 or 35 in 30 minutes, he says. Often he reads them in real time, but always within 12-36 hours, and the results are sent to Callahan who hand addresses a “report card” to the patient, giving them the results—to either follow up with an eye doctor in a specific time or to have yearly eye exams.

Roughly ninety Lions clubs in four Florida districts are involved in retinopathy screenings now, says Callahan. Although most screens are for both diabetes and diabetic retinopathy—and she prefers they also include hypertension— many Lions screen just for diabetes. Between July 1 2017, and January 1 2018 Florida Lions screened more than 9,000 people for diabetes, she says. While screeners can refer people to medical care, they cannot force them to follow up on the findings. “We’re not the blood sugar police and I’m not the retina police, although sometimes I feel like the dictator,” says Callahan. “But that’s true of all screenings.”

“This [retinopathy screening] project has been great. I’ve been a Lion for almost 25 years, and of all the things I’ve done, this is the most exciting. Kaushal says the time he spends reading images for Lions is his way of giving back. “I believe there needs to be more awareness of diabetic retinopathy,” he says. “I explain it to patients all of the time. Anything that is happening in the body is reflected in the retina. Diabetes, high blood pressure ... these problems can be addressed if they are picked up early.”

LIONS CLUBS INTERNATIONAL FOUNDATION

Fellow Lions,

For my monthly article to you, I want to let you know the Foundation is taking steps to put forward an “Adopt a Family” for those people affected by the disastrous floods in the southern states. We have been through this type of disaster here in Queensland and know from experience that everything is **NOT** back to normal when the sun comes out.

It is a long hard haul to come back from your home being flooded, animals lost, or have your employment or means of income disappearing down the river.

So with this in mind, we are asking Clubs and you to donate \$1000 (*or you pick a number*) to “Adopt a Family”, I have included a link that will take you to Past International President Barrys proposal the link is below:

<https://lionsclubs.org.au/donations/lions-adopt-a-family-flood-relief/>

This will give all the details correctly and has a small video as well.

On the Queensland home front, I would like to ask all the Club Lions Clubs International Foundation (LCIF) chairmen, to try to have their Club hold one fund raising function a year at least for LCIF, by doing this you won't be going to your bank accounts and all the District Chairmen will support you with material or come and talk to you if distance is not too great an obstacle, maybe hook up with zoom. Our District has a zoom set up for members, I am sure the other Q districts would also.

A booth will be operating at the MD Convention at the Gold Coast and I urge you to drop in and say “Hello” if you are attending the Convention.

We will have information on “Adopt a Family” there for you to take home as well as other LCIF news sheets and materials. More information re the stall as we get closer to the event.

Until next month, enjoy Life and enjoy your Lions service and fellowship.

Rgards Bob

Robert (Bob) Goldworthy

Past District Governor Q3 07-08
LCIF State Coordinator MD 201Q3
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PAUSE FOR A CAUSE





GLOBAL CAUSE ... ENVIRONMENT WATCH



Does your club participate in Clean Up Australia Day? Held on the first Sunday in March every year, which this year is 5 March, it is an excellent Environment project to get involved with.

Registration is easy using the official website.

<https://www.cleanupaustraliaday.org.au>

Apart from the fact that you are keeping our wonderful country clean and helping to keep our waterways clear of debris and rubbish which can threaten our native fauna, it is a great way to showcase your Club by making your site open to the public.

More and more people are willing to invest their time in environmental projects. Young families, in particular, are keen to be involved. Why not register a site and get involved? Follow it up with a Club brunch or coffee to add in a social aspect for your members.

Alternately, you could liaise with a local school that you have an existing relationship with and suggest a combined student/Lions cleanup either at the school or a local park nearby.

NATIONAL TREE DAY

Established by Planet Ark in 1996, National Tree Day has grown into Australia's largest community tree planting and nature care event. The program is a call to action for all Australians to get their hands dirty and give back to their community.



Each year, around 300 000 people volunteer their time to engage in environmental activities that educate Australians about the world around them. While every day can be Tree Day, the last Friday and Sunday in July, are the dedicated celebration of Schools Tree Day and National Tree Day.

Why am I bringing this up now? This is the perfect time to contact your local Council or Councillor or Bushcare group to find out what they have planned in July for this year and to see how we can collaborate to make it a memorable and educational day for our younger generations. If we wait until June, it may be too late to have an effective role on the day.

Many local Councils will donate trees to your Club and advise where they may be best planted to assist in regeneration of native flora and after all our flooding events, to help stabilize the banks of our waterways to prevent further erosion.

If you have members who have mobility issues, perhaps they can run a free sausage sizzle for the volunteers on the day and in doing so, are able to participate. Council may even pay you to run the Sausage Sizzle so it is of no cost to your club.

Neither of the projects above are difficult to organize and don't take more than a couple of hours on the day in question AND, it gives you something to add onto MyLion under the Global Cause of Environment! Something to ponder? Give me a call if you need more information.

Lion Debbie Williams
PH 0488 406 371



GLOBAL CAUSE ... DIABETES

EXERCISE AND DIABETES

Three commonly asked questions about exercise and diabetes

1. Whats the best time of day to exercise?

Exercise physiologists are often asked whether there is an ideal time of the day to exercise. The 'correct' answer to this is that the time that suits you best, as it means you're more likely to complete it.

Having said that there is a lot of research on the effect of exercise at different times of the day on Blood Glucose Levels {BGL's}, in particular, whether before or after a meal may be more effective. Research has shown that exercising both before or after food can improve your BGL's; however exercise after food is often seen as more effective.

Try checking your BGL's before and two hours after your next meal with a bout of light to moderate intensity exercise in between. See if you can spot a difference to what your BGL's might be without the exercise.

2. How do I start/Get back into exercise?

Starting and maintaining exercise is a challenge . Here are a few tips to getting (and keeping) the ball rolling.

: Don't bite off more than you can chew ! start with small but realistic goals and work your way up as you improve.

: Set a goal! Giving your exercise purpose and having a target is a great way to stay motivated.

: Plan ahead. Making it a priority in your day will help improve your chances of success.

: Speak with a professional. Sometimes a helping hand can go a long way. Consult with an exercise physiologist who can prescribe you individualised exercise and help you stay on track.

3. What exercise is best for diabetes?

Different types of exercise can have different effects on BGL's, and understanding these may help in deciding what works best for you.

Aerobic exercise: (or cardio) like walking/jogging, swimming, or cycling, can cause your BGL's to decrease during and after the exercise by using the glucose in the blood for energy, like a sponge soaking up water. These are great for managing spikes.

Resistance exercise : (or strength training) helps to increase muscle size means we have more space to store glucose in our cells, burn more energy when we are active (and even at rest), and keeps our ability to complete activities of daily living high! All of this results in lower BGL's over the long term.

Incidental activity : Involves things we do every day that are physically active (housework, walking at the shops etc) and makes up the largest part of our daily activity. The more active you keep your muscle the more glucose you use. Therefore, incorporating as much incidental exercise into our days as we can is an incredibly important part of maintaining good health.



GLOBAL CAUSE ... DIABETES

All of these types of exercise can help lower your BGL's, improve your insulin sensitivity for 6 – 42 hours post exercise, and improve your overall diabetes management.

Can I just remind any clubs wishing to sponsor a youth at Camp Cockatoo {type 1 diabetes camp}

Cost is \$300 per youth for the entire camp District Bank Details are as follows.

District Community Service Account

BSB 034 676 A/C 580 522 Marked Diabetes Camp with Club name .

Cheques can be posted directly to Cabinet Treasurer John Whitby at 9 Amanda Place, Bridgeman Downs 4035

Gail Jones

Chair Global Cause - Diabetes Awareness 2022 – 2023

0447009064

Gjjones2807@gmail.com

Spiced Crackers

Give plain crackers a flavourful boost when you roast them with paprika and oregano. For a touch of smokiness , try smoked paprika instead of regular ... Serve with hummus, cheese or your favourite low carb dip.

3 tbs extra virgin olive oil

1 1/2 tsp ground paprika

1 1/2 tsp dried oregano

Pinch salt

3 cups wholegrain crackers or pitta chips

Preheat oven 150

Combine oil paprika oregano and salt in a large bowl.

Add crackers (or chips) and toss to coat .

Spread on a baking sheet .

Bake for 10 mins.

Cool 10 mins and enjoy !!!

