

LIONS FAMILY LINES



ISSUE 49 – AUGUST 2023



**THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3**

***VISION AWARENESS MONTH
IS SEPTEMBER 2023
LIONS EYE HEALTH PROGRAM ARTICLE
BY CHAIR LION GEOFF MOOR
IS ON PAGE 28 OF THIS EDITION***

“COMMUNICATION, EDUCATION, ENJOYMENT – STRONGER TOGETHER”

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NEWSLETTER DEADLINE

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

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

*Please email your articles to
lionbeverleyq3@outlook.com*

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



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

[https://lionsclubs.org.au/wp-
content/uploads/2021/08/PHOTO-
RELEASE-FORM-2021.pdf](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 use a template and I work to place
your articles in the available space. Also,
please **DO NOT** send them to me in PDF
format or Publisher (I do not use that
programme). **Please use Word or jpg.**

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 ANDY'S NOTES



As I write this report, I am sitting in Vancouver airport waiting for our flight to Brisbane in six hours' time!

Fola and I have had the most magic time at the International Convention. It was mind-blowing seeing so many different nationalities represented. This was shown by the length of the parade. Matilda, the 20-foot kangaroo which followed up the end of our group was as always, the favourite. Our new parade shirts looked vibrant and colourful, also cool to wear as it was about 30degrees and very humid.

Of course, the highlight for me was my installation as your District Governor on the last day in the very last ten minutes. Fola ripped my elect tab off with a big swipe and I promptly burst into tears. I asked the person behind us to take photos of it all, but when I looked at my phone, he had not taken any!!! There are lots of the group of Aussie District Governors hugging each other – that will have to do!!

It was also impressive watching International President Dr Patti being inducted as well – they can make slip ups when they are saying their oaths!

One thing we were taught in our final classroom was – Past International President Jimmy Ross said, “I do not retain my wife, I look after her”. Just as we do not retain our members – we look after them – which I feel is a very valid point.

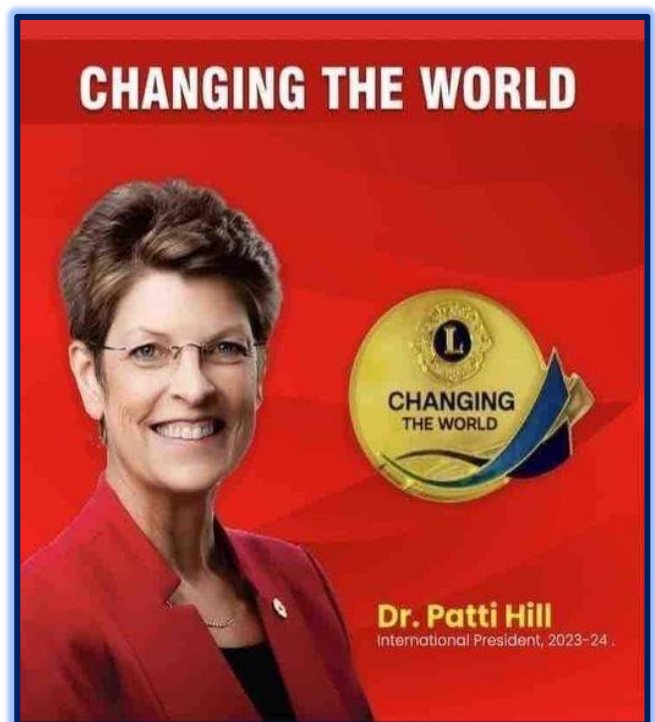
I am looking forward to the District Changeover on Saturday 22nd. This is our chance to thank Past District Governor Graeme and his Board and Cabinet for their service for the past year. Thankfully now, we have almost finished with the devastation of COVID, although it still hangs around but not as bad as before. The last two years have not been easy, but I feel our District has held their heads up- and battled on.

Our new plan is the Big Audacious Mission, which has now been extended by LCI to – 1.5 million by 2027, will be foremost in our plans so watch this space for more information. So far we are doing well and our numbers are up – so keep up the great work.

I would like to thank Past District Governor Graeme for keeping an eye on the incoming emails while I have been away – I hope there is not too much to deal with when I return as I have not heard anything as yet.

Till next month, when we will have had our first Management and Cabinet meetings, take care of each other.

*District Governor
Andy Fitzgerald*





Lookout for:
ANDY'S ROAR!

Quarterly videos to inspire Lions Clubs

Video #1

"Refresh Your Club For Spring"

Check District FB page for details



Past International Director Tony Benbow with the Australian District Governors

lions australia

75 years and counting





FIRST VICE DISTRICT GOVERNOR RICHARD'S NEWS

After the go-cart track we went to Australia Zoo. I hadn't been for a dozen years, and it has changed significantly.

Sitting on the veranda on a South East Queensland winter's morning is a great spot to write my report. Even if the silence is shattered intermittently by passing go carts, one of which is piloted by our club's Youth Exchange student.

The exhibits are differently presented, it is more accessible electronically, there is different technology, and there is new merch – to appeal to new audience and encourage return visits. But the core business is unchanged – allowing people to interact with and learn about other animals, promoting conservation and animal welfare.

This month Debbie and I will be starting on our Club visits again, and (along with attending Changeovers) it is always a pleasure to meet Lions, humbling to see what some Clubs achieve, and enlightening to see how they do what they do. I have spoken with some Lions who see their Clubs as non-conformist, or perhaps maverick.

Which got me thinking, these self-appointed (or externally nominated) maverick Clubs who do things differently – are they mavericks, or are they a glimpse of one of our futures?

Richard



There
is no
'typical'
Lion.....



.....on the outside



CABINET SECRETARY BARBARA'S REPORT

The first month of our new Lions year is over and I hope that you are all settling into your roles. For those of you who have been in this role previously I hope you are finding it a breeze and for those new to the role I hope that you are settling in and take time to pat yourself on the back and reflect on how much you are learning and achieving.

This month you will receive an email from me with an estimate of the number of delegates and alternates your Clubs are entitled to for the Q3 Convention 29 September to 1 October. Table this at your next Board Meeting and let your Club members choose their representatives. Remember as a delegate you are still required to register to attend Convention.

I will also be asking you to complete a memorial return for the Millmerran Convention for any of our members and their families who have gone to higher service since our Convention in Caloundra in September 2022.

I encourage as many of you as possible to attend Convention. It is a great opportunity to network, find out more about our District and activities. Attend your District's Annual General Meeting. Meet up with old friends and make new ones. The Friday night opening and Flag ceremony is a lovely start to the weekend. The Memorial Service is always moving as we honour those of our Lions families that have left us in the last twelve months. The static displays are so interesting and enable us to learn more about our Lions Projects and Foundations. A favourite of mine is the Youth Forums normally on Sunday morning. Think about entering the Cake Icing Competition. These cakes will be actioned at the Saturday night District Governors Banquet.

The DG team are preparing their schedules for

their Club visits, please try to accommodate their date requests and if it is not possible suggest some alternative dates. Think about Club members that would be worthy recipients of the DG Excellence Award and Distinguished Service Award that can be presented to Club members during their visits.

For some months now I have been telling you of the changes that will be coming to MyLCI/MyLion. This will happen shortly (possibly mid-September) and every Lion will need to re-register to access the new Portal.

The introduction of Salesforce requires that each Lion has an individual email address unique to them to access the new system (LCI rules not mine). This means that any couples who normally operate from the one email address MUST address this problem. Equally, many Lions do not have their own email address but rely on a Club email address for information. This is not acceptable under the new system and needs to be addressed for the reasons indicated.

If your data is not correct by the time Salesforce comes in, your Club runs the risk of serious anomalies at that time. Thank you to those Clubs, and I know there are many, that have checked and updated their members data.

Below is a link to a few videos showing a preview of the new system. It is all that I know at this time but I will keep you updated as I receive further information.

<https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates>

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

Barbara Matthews
Cabinet Secretary 201Q3



TENERIFFE LIONS CLUB NEW BOARD

Teneriffe Lions Club (TLC) held its annual Changeover Dinner at Medley Café on 8 July. Outgoing President Matthew Bellgard is currently in London but summarised Teneriffe Lions Club's year in a prepared speech. Matt noted that the Club developed a strategy dear to members' hearts, created a website to outline Club services and capture members who served and (most importantly) provided two thousand eight hundred and seventy-four service hours. Forty-one members served the Club last year and raised (and disbursed) over \$12,000 to worthy causes.

Vice District Governor Richard Williams inducted new President Caroline Thompson and her Board. After chatting all night, Richard and Caroline realised that they had gone to the same Brisbane secondary school. In fact, they graduated together in Year 12! Local councillor Vicki Howard also spoke on how important service organisations are to our community and noted that "everyone" in our area knows about Teneriffe Lions.



Caroline recommitted to the Club Strategy which tackles homelessness and hunger, enhances member engagement, and strives for sustainability. She also noted that we are all time poor and doesn't mind if members come to every Club event or just one ... "just do what you can do and the community will benefit". In closing, Caroline asked members to keep focused on the fact that some people in our community are doing it tough, and let's keep on serving the community and have fun doing it.

Lion David Jonas

PROSTATE CANCER



A key organisation involved with research and the treatment of Prostate Cancer is the Prostate Cancer Foundation of Australia. They have a wide range of resources that can be obtained via this link to their website. <https://www.pcfa.org.au/media/790874/guide-to-pcfa-resources-may-2021.pdf>

In addition to other information on current research and changes to the current protocols for testing on the website, there is a great Online Community Network that members and their families who are dealing with a prostate cancer diagnosis can access. If you or members of your family are in that category, I would encourage to also check out this great resource via this [link](#).

I am also planning to have a range of information from the Foundation and our own Lions Prostate Cancer Research and Treatment Project at the Millmerran Convention. Our Lions Project has a current licence to seek funds and if your Club did not include them in your end of year donations, I would encourage you to consider helping this important Lions initiative running in conjunction with the Mater Foundation in Brisbane. Here is a link to their [website](#).

I am also happy to help arrange any guest speakers for your Club if you would like to hold an event either as a fundraiser or an information session. The Fernvale Lions Club recently held a very successful event which provided a great opportunity to promote the importance of men to take the simple PSA test. This is particular for any of your male relatives if you have received a prostate cancer diagnosis. This [link](#) also provides answers to any of the many questions you might have about a disease that are worth checking out.

PDG Norm Jensen
Ph 0404 984 455

norwennew@bigpond.com

KNIT A BEANIE FOR FEENY



YOUR HELP IS REQUIRED TO HELP THE HOMELESS KEEP WARM

KNIT A BEANIE...

Cecil Plains President Ann already in action. Beanies, squares, scarves and gloves for “Knit a Beanie for Feeny” organised by Cecil Plains Lions for the ABC Brisbane run program for the homeless via the GIVIT charity.

We feel our can-do community can do even better than this. There will be some items not completed by the time you read this article and we have our own Dalby Helping Hands that need these items along with scarves, sleeping bags, jumpers, gloves and blankets so we continue until the weather starts to warm up.

The local NFF Warehouse staffed by Debra a loyal supporter of Lions will keep donations until someone goes to Dalby for delivery.

So let's keep knitting everyone. The days are starting to warm up out here but the next winter is coming for sure.

*Lion Traudi
Lions Club of Cecil Plains*



Worth

World

While

on the

Wide

Watching

Web

Do you have any links you would like to contribute? Please send them to cabsec.q3@lions.org.au

[Presidential Theme | Lions Clubs International](#) – information and resources

[Humphrey... Made A Mistake | Yes, Minister | BBC Comedy Greats - YouTube](#) own your mistakes (first 50 seconds at least)

[#LCIcon2023 Highlights Part 2: Parade of Nations - YouTube](#)



Remembering a life of Service

Called

To

Higher

Service

Denis Holman
*Former Charter Member
Lions Club of Morayfield and District*

Margaret Tutton
Lions Club of Inala

Paul Swan
Lions Club of Millmerran



A few small acts of kindness can make a difference to many

Kindness Matters

ASHGROVE THE GAP NEWS

On Saturday 1st July, Zegatos Restaurant celebrated eleven years at the Ashgrove Golf Club and Chef Tony produced a large birthday cake and all the money raised through donations was kindly donated to Ashgrove-The Gap Lions Club.

Our club conducted its Annual Changeover of the Lions Board at the Ashgrove Golf Club on Sunday 2nd of July where we celebrated our involvement with our local community over the last twelve months. This year we had an afternoon tea and welcomed over thirty Members, Partners and Guests and we presented 1st Vice President Lindsay Green with the Lion of the Year for all of his outstanding work throughout the year. Susie Green, Neil Phillips and Colleen Lang were elected as President, Secretary, Treasurer along with five other Board Members and thanks were given to the previous Board for their contribution to our Club over the last twelve months.



Incoming Board 2023-2024

On Saturday 8th July Ashgrove – The Gap Lions conducted a monster BBQ for Voices of Birralee at Girls Grammar School to celebrate the Pemulwuy Concert that the choir was participating in. Our Club catered for approximately two hundred choristers, parents and guests where we provided a meal deal which included a hamburger, sausage and onion sandwich together a nice passion fruit slice or a gluten free option and a drink.

The event was very successful and a great fundraiser for our Club.

On 16th July we conducted a BBQ at Bunning's at Keperra which was an excellent fundraiser for our Club and it allows us to use those funds to support those in our community who require help and assistance.

Our club assisted Save Our Waterways now with a BBQ at Banks Street Reserve at Newmarket on 20th July where children from Newmarket School attended and participated in caring for the Environment in which we live.

On Tuesday 25th July, our Club held their Partners and Friends Dinner Meeting at Ashgrove Golf Club where we welcomed the Queensland Police Service as our special guest who spoke about their role in our community.

In August, our club will continue to conduct a number of BBQ's for Trek2Health as part of their program to assist First Responders and Veterans.

Lion Allan Turner



CHARITY TRIVIA NIGHT

LIONS CLUB BRISBANE INNER NORTH

**lucky door prizes, multi draw raffles,
bring a \$5 note chance to win \$100**

**use your trivia knowledge & support
Womens' Legal Services Qld & people
impacted by domestic violence**

CLUB CHERMSIDE 468 RODE RD

SATURDAY 5th AUG 7:30 - 9:30 PM

**DINNER, DRINKS & SNACKS AVAILABLE FROM 6 PM
EVENT DOORS OPEN 7 PM SPONSORS NEEDED**

**RSVP Jo Jomcdonald871@gmail.com
brisbane-inner-north@lionsq3.org.au**

**COST \$ 20 pp Family of 4 \$ 60
Table of 8 \$140 BSB 084 004 892 198 760 + name**



**CAN'T MAKE OUR EVENT
DONATE ONLINE USE QR CODE**



Lions Club of Cecil Plains



HOOK-UP

Fishing Competition

2nd & 3rd of September 2023

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

Lots of prizes

Saturday Night
Entertainment by

**JOHN
KOHLE**

“CHARITY AUCTION”
Starts @ 7pm Saturday



Bar & BBQ all weekend
Registration Fee: \$10.00 per person,
or \$15.00 per family,
Camping \$5.00 per site per day
open Friday afternoon, no dogs please.
Contact: ANN 0417 647 954

Kayak raffle drawn Sunday 3rd of September



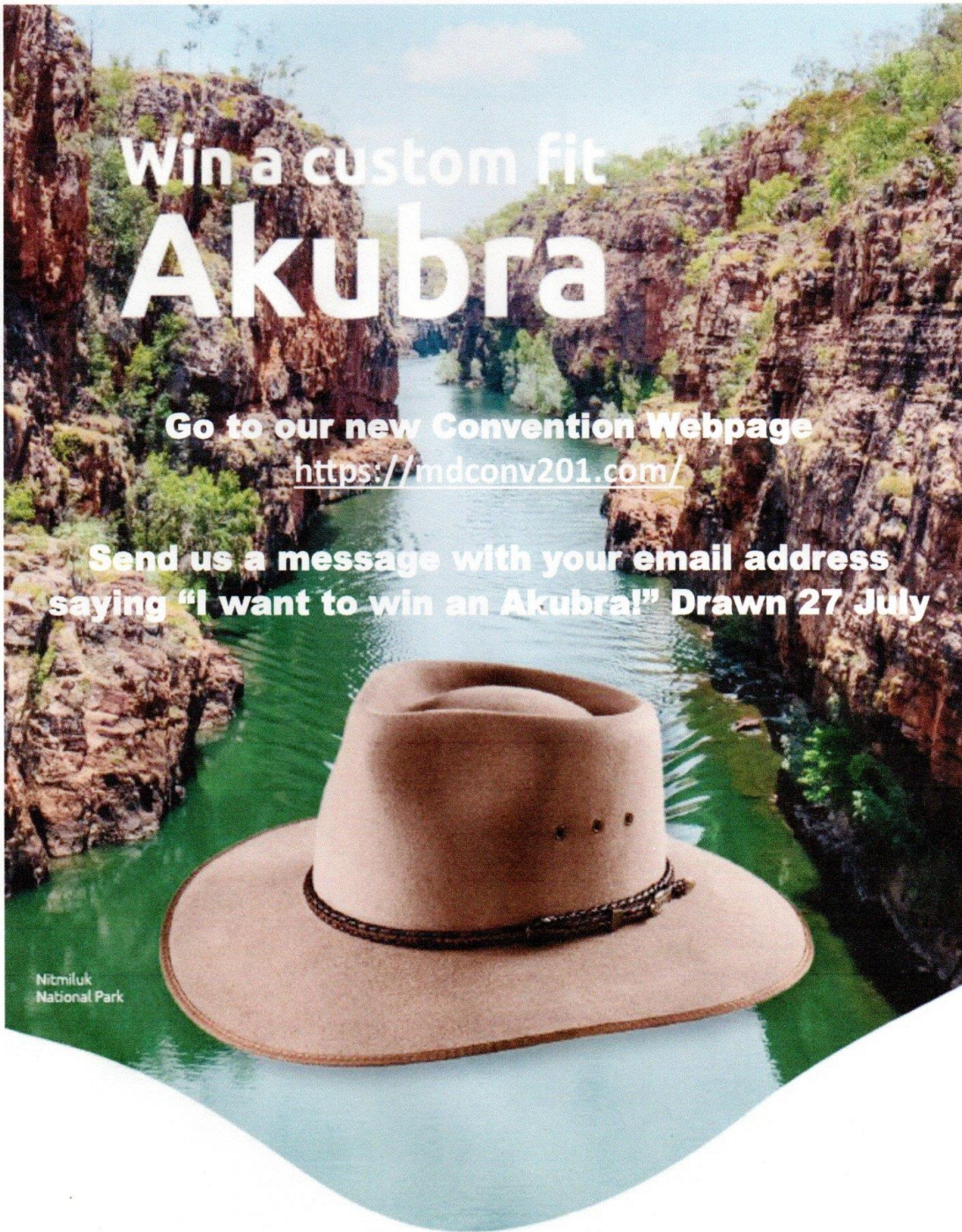
Cecil Plains Lions Club

**Register your interest to attend the Multiple District Convention
Darwin 24th – 27th May 2024**

Win a custom fit
Akubra

Go to our new Convention Webpage
<https://mdconv201.com/>

Send us a message with your email address
saying “I want to win an Akubra!” Drawn 27 July



*Different in every sense
for business events*





LIONS INTERNATIONAL PEACE POSTER CONTEST

The Club Judging needs to be completed before 1st September 2023. Please adhere to the rules and regulations as outlined in the Kit.

Your winning posters are then to be sent to me by the 1st September 2023:

- Rolled up in a Mailing Tube
- Posted to me at my Home Address below, or
- Delivered to me at Cabinet Meetings, or
- I can collect at a Club Presentation if you invite me along.

The next Level of Judging will be at our District Convention in Millmerran at the end of September. District Governor Andy Fitzgerald will Judge the District Winner.

The District Winner will then be sent to our Multiple District Peace Poster Coordinator PDG Lorraine McKenzie for the National Judging.

I look forward to receiving and seeing these amazing creations the young students produce this year.

Lion Diane Unwin
District Chair 201Q3

94 Copeland Drive North Lakes Qld
M: 0418 904 999
E: brucendi@gmail.com

2023 Lions Convention Millmerran Registration Form Access



To register for the 2023 Millmerran Convention, simply use your mobile phone and scan the QR code, or if you prefer to use your computer, click on the hyperlink below.



<https://lionsconventions.com.au/2023/>



Lions Clubs International

CAKE & MINT PORTFOLIO

August 2023

CAKES –

Just a reminder with Cakes this month, to get onto the website to get the 2023 Order Form (remember that you **must** use the current form no other form will be accepted this year) you will need the logon info.

UserID - cakes

Password - westons2020

I know this is ridiculous, but this is what you will need.

Why not consider your order for this year and try and get it in earlier than usual, you will then guarantee to get the stock you want. Having said that we should not have too many stock problems this year as we now have our own holding warehouse at Acacia Ridge where our deliveries will come from.

MINTS –

I do need to catch you up on the latest Mint information that has come in, so this month it will mainly be about Mints.

STOCK UPDATE

As you are aware we have been behind with our deliveries. However, we have almost caught up with our backlog and now we are sending our orders from May/June.

NEW PRICING

This new pricing will be effective from 15/05/23. Any orders received from this date will be at the new pricing and any orders we are still fulfilling from the backlog will be at the current prices.

NEW ORDER FORM

The current order form has been updated due to new pricing. This will be effective from 15/05/23. Please ensure you are using the updated form (attached) when placing future orders.

If you have any queries, please do not hesitate to contact me. I will be contacting some Clubs shortly as there are outstanding payments due.

LIONS HEADER CARDS

The header card will need to be updated with the new minimum donation price.

We have created an easy solution to update the pricing. Print, cut and glue the attached sheet with the new pricing of 80c for all existing Lions header cards.

DAMAGED OR LOST INTRANSIT

If a product is damaged during transit, contact Dollar Sweets. You will need to provide details of the extent and type of damage and the quantity and type of goods affected. Dollar Sweets will lodge a complaint with the freight company on behalf of the relevant Lions Club.

Photographic evidence of damaged goods may be requested so it is advised to hold onto any damaged goods until you have spoken to Dollar Sweets.

Goods lost in transit will only be replaced once confirmation has been received from the courier that the order is unrecoverable. Once confirmation has been received, replacement goods will be sent on the next available dispatch day.

Dollar Sweets must be notified as soon as possible of any damaged or lost in transit goods. Credits claims may be rejected if too much time has lapsed.



Kaye Smith (PDG)

District Q3 Cake & Mint Chairman

lion.kayesmith@bigpond.com

0477 212 242

Your Membership Matters

OPERATION SPRING REFRESH



As we enter the new Lions' year, it's time to face the challenge. How is our Club travelling?

Can we take some **time** to stop and think about our successes and what is holding us back? Can we afford to disregard planning?

TRAFFIC LIGHT SURVEY

Here is a simple, but effective way of checking how your Club is going. Are you prepared to give it a go? (What have you got to lose?)

Plan a '**1 topic meeting**' where you **stop, think** and **decide** what is important... now and in the future.

- ◆ **RED:** What is holding the Club back – what do we need to stop doing?
- ◆ **YELLOW/AMBER:** What's ok, but with a little effort could be better?
- ◆ **GREEN:** What is working well? (Celebrate!)



SIMPLE STEPS

1. Advise the agenda in advance.
2. Encourage everyone to have a say.
3. Consider areas including Service, Leadership, Membership and Social.
4. Record your results.
5. Summarize the most important.
6. Set your priorities and the actions to achieve them.
7. Prepare a timeline for implementation.
8. Set review dates; these are checkpoints to monitor your progress.

If you want to delve deeper, please consider...

- ◆ Your Club Your Way
- ◆ Club Quality Initiative
- ◆ Membership Satisfaction Guide
- ◆ Exceeding Expectations
- ◆ SWOT Analysis
- ◆ Club and Community Needs Assessment.

CLUB and DISTRICT GOAL

To grow our influence and service impact, our current goal for every Club is a **net increase of one member**. Twenty-one Clubs are already maintaining this annual increase!



Let's work together to maximize success.

Your 2023/24 **District Membership Team** is:



- **PDG Greg Rollason**
(Sandstone Point)
0431 598 560 greg.rollo@bigpond.com
- **Lauren Sankey**
(Golden Valley Keperra)
0414 483
877 laurensnky@yahoo.com.au
- **Alan Brooks**
(Pine Rivers)
0413 897
708 brooks.family004@gmail.com

201Q3's Environmental Photo Competition for
2023 -2024

This year's Theme is

WATER CONSERVATION

PROTECTION OF OUR WATER WAYS.

Deadline for your photos to be submitted is

Monday 4th September 2023.

Name of entrant

Club Name

Email address of Entrant

Title of your Photograph.

- Only 1 photo per person will be accepted
- More than 1 club member can enter the competition
- **Photos MUST be submitted electronically to dell.emery5@bigpond.com**
- Photos are not to have any marks, names, or identification that will clearly identify the Photographer or Club.
- Please keep your photo a secret, so the photo stays anonymous, for judging purposes to be fair.
- **Photos will be on display at the Environment Stand at the Millmerran Convention, for voting purposes.**
- **We ask that you support the competition via a GOLD Coin donation to be forwarded to an environmental project.**
- The winner will be announced on the Saturday night, where a Certificate of Appreciation will be presented.

For further info or questions. Please direct them to

Lion Dell Emery Phone 07 54324572.

Or Email dell.emery5@bigpond.com

So get your fingers snapping, try and make it a Club Event.

ENVIRONMENTAL PHOTO COMPETITION PAYMENT DETAILS

Welcome All members of 201Q3.

Each year District runs an Environmental Photo Competition as part of our five Global Causes.

This year's Theme is

(Water Conservation and Protection of our Waterways)

Therefore, your photo should depict the above theme. **Photo's need to be submitted NO LATER than the 4th September for voting to commence online.**

PAYMENT:

Payment to the voting rights to the Photo competition are as follows:

If each Club could make a **payment of \$20** thus allowing each and every member to view the photos online and make their photo selection as to the best photo reflecting the competition theme.

Using Electronic Transfer:

1.Ensure you enter your Club's name /or individual person's name in reference to Lions District 201Q3 Activities Account; BSB 034-676; Account number 580522.

2.PLEASE Confirm your payment by sending an Email to **BOTH** Cabinet Treasurer Bruce Unwin and me, advising that a payment has been made, and the date deposited.

Voting at Convention:

1. Voting will commence once the displays are open on Friday afternoon.
2. Voting CLOSSES at 3pm on Saturday afternoon.
3. If you are attending Convention, make a **\$2 gold coin donation,**

the best photo. There will be numbered boxes at the Environment display, representing each photo.

The winning photo entry will be announced at the Saturday night function.

A Certificate of Appreciation will be awarded to the winning entry.

ALL monies raised will, be donated to WWF for the protection of our Platypus population.



Regards

Lion Dell Emery

District Environment Chair 2023- 2024

Email: dell.emery5@bigpond.com

Home Phone: 0754 324 572.

LIONISM

IT'S A WAY OF LIFE!

FUN / FELLOWSHIP / SERVICE

It's a great feeling!



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>Brisbane Inner North</i>	Eliza Knott Jimmy Sullivan
<i>Caloundra</i>	Joyce Houldsworth
<i>Dayboro</i>	Gordon Goebel (Rejoined)
<i>Lake Currimundi Kawana</i>	Fran McVittie (Rejoined)
<i>Lowood</i>	Colleen Allen John Gould Dale Lee Narelle Walker Sean Choat (Rejoined)
<i>Redcliffe Kippa Ring</i>	Tonianne Barry
<i>Teneriffe</i>	Phil Evans
<i>Wamuran</i>	Wayne Herdy Wendy Payne
<i>Withcott Helidon</i>	Janice Holstein



MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 3.15pm on 28th July 2023

Our total membership number this month is one thousand three hundred and seventy-five, with fifteen new and thirteen leave a gain of two for the month.

MyLion reports:

9,628 People Served

7 People Served per Member

128 Service Activities

- 2 Diabetes
- 2 Environment
- 5 Childhood Cancer
- 5 Hunger Relief
- 3 Vision
- 111 Other

2,988 Volunteer Hours since 1st July 2023

USD \$5,108 funds donated and USD \$20,668 raised

Twenty-three Clubs have reported their activities, as this is the first month of a new reporting cycle and most Clubs report their service for July early in August. I know that the number of Clubs reporting will increase as the year progresses.

Barbara



DISTRICT CHANGEOVER PHOTOS



*With Thanks
First Vice-District Governor
Richard Williams
Lions Club of Brisbane Inner North*



National Diabetes Week was marked from July 9 - 15 and the event is all about raising awareness about diabetes, its impact on individuals and the community, and promoting strategies for prevention and management. This week-long campaign, organised by Diabetes Australia, focuses on bringing the community together and to highlight the importance of understanding diabetes.

The campaign also aims to provide a supportive environment for individuals and their families living with diabetes, highlighting the significance of self-care, regular monitoring of blood glucose levels, healthy eating habits, physical activity, and medication adherence.

With diabetes as a global cause of Lions International, Australian Lions Hearing Dogs is proud to join other organisations in providing solutions for people living with diabetes in Australia through our Medical Alert Dog program.

A Lions Diabetic Alert Dog is provided to eligible applicants living with diabetes to assist with detecting blood glucose level changes and various life-saving tasks in the home. You can read more about our Medical Alert Dog program and the role of a Diabetic Alert Dog here: <https://lionshearingdogs.com.au/medical-alert-dogs/>



FROM SUPPORTING HER HUSBAND TO LEADING LIONS WITH EXCELLENCE

A woman who became involved with Lions to support her husband has been recognised with one of the organisation's most prestigious awards. Marcia Jensen, secretary of the Blackall Range Lions Club, has been presented with a Melvin Jones Fellowship, which recognises outstanding contributions to Lionism or the community.

Marcia joined Lions to support her husband Peter when he and others formed a Lions Club Branch to serve the communities of Montville, Flaxton and Mapleton on 12th February 2019. She has been the founding Charter Secretary, Vice-President, Marketing and Communications Chair, the Range Views Newsletter Editor and has developed and run morning teas. She ran the Taste of the Hinterland events at the Barn on Flaxton, coordinated Club dinners, tirelessly iced Christmas cakes every year, assisted with compiling the annual Blackall Range Calendar and has filled the Secretary's position last year and this year.

"In creating a Lions Club Branch, I had to find a President, Treasurer and a Secretary. I am sure Marcia had no idea when she joined Lions to help me get a Club started, that she would get so involved," said Peter, the Club President.

Peter felt she was deserving of an award and sought the Melvin Jones Fellowship for her at the suggestion of other members. They managed to sneak it past Marcia, who had no idea she was in line for such an honour until the presentation at the June 22 changeover dinner. "I thought the awards were done and then Peter said there was a special award and he began reading out what this person had done," Marcia said.

"I thought, 'This sounds like me,' and when he said it was a Melvin Jones Fellowship, I just about fell off the chair," she said.

She said it was gratifying to invest time in helping the community, even if it meant making sacrifices. "I did have more time to spend in my garden. Now I just grow weeds." Marcia is the first member of the Blackall Range Lions Club to receive the distinguished honour.



Pictured: From left, Melvin Jones Fellowship awardee Marcia Jensen, Past District Governor Kaye Smith and Blackall Range Lions Club President Peter Jensen

Article and Photograph Courtesy of Sunshine Valley Gazette

NORTH LAKES HIGH SCHOOL LEO CLUB



Leo Daniel was busy today packing up boxes of ring pulls for his Leo Club Project - Ring pulls for Kids Mobility. All the ring pulls will be taken to the recycler and the cash will go to Australian Lions Childhood Mobility Foundation to buy wheelchairs, walkers, stand up boards, special bikes and scooters for kids who need them. Great work Daniel and thank you to Lion Mark who will take them to the recyclers and to Mrs Hindle who picked them up from a lovely kind gentleman when donated them.

INCIDENT REPORTS

An incident report is a tool that documents any event that may or may not have caused injuries to a person or damage to an asset. It is used to capture injuries and accidents, near hits, property and equipment damage, health and safety issues, security breaches and misconducts. Lions MD201 has two incident reports. One is for incidents involving children which comes under the Child Safe Officer which I will not refer to here.

The other incident report has been formulated to comply with ISO3100, the International Standard for Risk Management, as the Australian Government has adopted the International Standards Organisation (ISO) publications. It applies to any incident that has happened or could have happened i.e. any untoward event.

This report is on the Insurance page of the MD201 Website for downloading when needed. It is important that as much information as possible is included in the report. This report should be distributed to:

- Club President and Secretary
- District Governor
- District Safety Coordinator
- LIONS RISK MANAGEMENT CONSULTANT

Email: riskmanagement@lions.org.au

The Lions MD Risk Management Consultant will follow through with any further distribution needed to the MD201 Insurance, Risk Management, Child Safe Committee members.

These reports could be needed in the event of a common law action taken at a later date so it is important that every incident is documented fully along with any further actions taken with regard to the incident. In the words of Justice Lionel Murphy, "In a Court of Law, if it ain't written down, it didn't happen."

Lion Garry Bates,
MD201 Risk Management Consultant.

SOCIAL MEDIA.



Following last month's article – I should have mentioned that it is important that your social media is up to date. Out of date information is arguably as bad as no information.

Looking at currency another way, it is important that your website does not include out of date images and logos. If you have the Lions logo with the red tongue, you are using an outdated image.

Not the end of the world, but out of step with our marketing and product image.

To help you find the right logo, here are a couple of links:

[Logos and Emblems | Lions Clubs International](#) – Lions, LCIF, Leo, Service icons and logos, GAT

[LCI MKTG Web Presidential Theme Pin and Guidelines | Powered by Box](#)

Richard



BRISBANE INNER NORTH MEET FITZY

Lions Club of Brisbane Inner North Members were super excited to meet Fitzy earlier this week. He is one of our Australian Lions Hearing Dogs and arrived on Monday by plane, along with trainers Brianna and Darren.



Lynda with Fitzy along with Helen at the front with Fran, John, Eliza and Debbie at the back.

Our Club has three teams of two who will check in on Fitzy, three times a week for twelve weeks.

We met Lynda, the lady Fitzy is assisting and Brianna demonstrated the tasks we need to assess Fitzy on each time we visit to optimise his ability to help Lynda.

He is a very sweet dog but absolutely no cuddles until after each session is finished so he focuses on his tasks!



Trainers Brianna and Darren



COMMUNICATION ... EDUCATION

ENJOYMENT

STRONGER TOGETHER

29TH SEPTEMBER TO 1ST OCTOBER 2023

MILLMERRAN SHOWGROUNDS

Planning for convention is progressing with things coming together. Including the District Governor's Gala Dinner on the Saturday Night. As previously mentioned, this will have a Bush Theme with the entertainment (other than our District Governor Andy and Sergeant at Arms Geoff) being a Bush Band that have been around on the Downs for just over forty years. Ridgee Didge Bush Band only has two of its original members but over the years over twenty members have passed through the ranks (mainly school teachers) also a scrumptious two course roast meal will be served. A Raffle will also be held that night (only for those that are present on the night) this will have a few different large prizes along with the usual event of the cake auction.

As we begin the countdown to Convention 2023, I ask you to look at the competitions that are run that weekend. Including the decorated Christmas cake competition. The theme this year is **"A Bush Christmas"** and details can be obtained from Past District Governor Lion Kaye Smith. We would love to see as many cakes as possible there this year, you don't have to attend Convention to put a cake in for the competition. Of course it is the icing that is looked at as everyone will ice a 1kg Lion's Cake. This is judged by the Convention attendees by popular choice.

As well is the Environment Photography competition with this year's theme **"Water Conservation"** details can be obtained from your Club Secretary, or Environment Chair Lion Dell Emery. The winner will be announced at the Saturday night function.

One of the most moving parts of the Convention is our Memorial Service for those Lions and Partners that have gone to higher service since last Convention if you have someone in your Club who you have lost through the year could you please start looking for a good high resolution photo of your member. That can be displayed on the big screen. And have someone organised to collect the small token on behalf of the family. We ask you mention who will be collecting this. Be it family, Club or Zone.

Well folks that's about it from me this month other than I urge you to get your registrations in and buy your raffle tickets in the multi draw raffle (we have over eighty prizes now with more to come)

Lion Maryann Bisdee



29TH SEPTEMBER TO 1ST OCTOBER 2023

MILLMERRAN SHOWGROUNDS

AROUND THE WORLD WITH LIONS

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

JOY RIDE

Sometimes a person just needs to get out of the house. And sometimes that person just needs a little extra help getting out. The Walker Lions in Minnesota are determined to be those helpers. As part of the Cycling Without Age program, they hope to help their seniors — including retired veterans — breathe some fresh air, feel the wind in their hair, and enjoy the company of friends. Although known as “The Land of 10,000 Lakes,” Minnesota actually has 11,842 lakes listed on their state inventory, and many are accompanied by scenic hiking and bicycling trails.

With the aid of the Lions’ new trishaw, or Triobike Taxi, from Texas, the seniors can skip the peddling part of bicycling. They will be front and centre, enjoying the sights while somebody else does the work from behind. The trishaw is a light, three-wheeled bike driven by a trained cyclist who can transport two passengers anywhere a normal bicycle could go. The passengers ride up front in what resembles a carriage seat, and the cyclist, or “pilot”, pedals and steers from behind. Although the Cycling Without Age program started in Denmark in 2012 and is in fifty countries and several states now, this is the first north of the Twin Cities in Minnesota.



The Lions, along with Cass County Statewide Health Improvement Partnership and May Creek Senior Living, began working on the project in the fall of 2019, and contributions for the US\$10,000 bicycle came from various community sources. But shortly after their trishaw was assembled and ready to ride, COVID-19 arrived, says Club President Gary Walworth.

Pandemic restrictions put a quick stop to the program, but for a brief period in late summer, there was time for a few people to safely try it out. People were eager to ride, but many more are on a list, waiting, like the Lions, for the virus to be gone and for spring to arrive.

Rides for the seniors will be about an hour long and coordinated from five sites including churches, the senior living centre, and the American Legion Club.

Each site will have a coordinator and their own trained pilots, so the pilots and the passengers can develop a camaraderie while traveling over the many trails in northern Minnesota. Women from Hope Lutheran Church in Walker made quilts to keep passengers warm. “Everybody who has been out has been just thrilled with it,” says Walworth. “Now more than ever our senior citizens need to get out and enjoy life. Once we have beaten this pandemic — and we will — the Walker Lions will be ready.”

2023 Millmerran Convention Registration Form

Friday 29th September to Sunday 1st October 2023



Welcome! Please complete your details below and email to 2023convention@gmail.com if you are not able to register on-line. Once received you will be contacted by registration team with total cost and payment details.

Number of Attendees *Max two attendees per registration form. You can register multiple times.

First Attendee Details

Title: _____

Full Name: _____

Email Address: _____ Phone No: _____

Address: _____

Town: _____ State: _____ Post Code: _____

Enter your Club Name: _____ District: _____

Have You Preregistered Y/N

Is This Your First Convention Y/N

Second Attendee Details

Title: _____

Full Name: _____

Email Address: _____ Phone No: _____

Address: _____

Town: _____ State: _____ Post Code: _____

Would you like to book ALL meals? Full Hospitality package Y/N \$135 per person _____

OR choose individual meals

Meal	Cost	Quantity
Friday Dinner Meet, Greet & Eat	\$ 25 per person	
Saturday Breakfast - BBQ & Cereals	\$ 15 per person	
Saturday Lunch - Boxed Lunch	\$ 15 per person	
Saturday Night – DG’s Banquet	\$ 50 per person	
Sunday Breakfast	\$ 15 per person	
Sunday Lunch	\$ 15 per person	

Would you like to book for the Partners' Outing? (\$25 per person - includes morning tea) Y/N

First Attendee Any Dietary / Allergy Requirements? Y/N. If YES what are your requirements:

Second Attendee Any Dietary / Allergy Requirements? Y/N. If YES what are your requirements:

Which of the following would you like to order

Item	Quantity
Convention Badge (\$5.00)	
Multi Draw Prize Book (\$5.00) (3 Tickets Per Book)	
Alcoholic Drinks (\$5.00) (Beer, Wine, Cider)	
Soft Drinks (\$2.50)	

Other Information

Y/N

How Many

I will be bringing a Club Banner	Y / N	
I wish to play Putt Putt on Friday	Y / N	
I wish to play Indoor Bowls on Friday	Y / N	
Do you have mobility issues	Y / N	

Where will you be staying? (Please book early as limited accommodation available.)

Millmerran 2023 Convention Committee ... *stronger together.*

PAUSE FOR A CAUSE





CHILDREN'S VISION SCREENING PROGRAM

WHAT SCREENING ACTIVITIES ARE PERFORMED?

Spot Vision Screener



To detect any vision issues associated with:

Myopia (near-sightedness)

Hyperopia (far-sightedness)

Astigmatism (blurred vision)

Anisometropia (unequal refractive power)

Binocular Vision (eye misalignment)

Anisocoria (unequal pupil size)

Screener stands one metre away from the child.

A state-of-the-art portable camera is lined up with the child's eyes. Once in view, the machine takes a picture and formulates a report.

Colour Vision.

The purpose is to determine if the child perceives colour as most people do. Using a set of 7 cards, one by one the child is asked if they can distinguish the number on each card. Numbers are formed using a variety of different dots on contrasting coloured background.



Stereo Depth Perception.

The purpose is to assess the binocular function of the eyes at near tasks. Wearing polarising spectacles, the child is asked if they can see or "pick up" the fly jumping out of the page in 3D fashion.

Visual Acuity

The purpose is to determine how sharp a child's vision is at longer distances. A symbol chart is placed 3 metres away from the child at head height. Covering one eye at a time, the child is asked to read out shapes which are visible, line by line.



Geoff Moor
District 201Q3 Vision Chairperson/ Co-ordinator.
LEHP Screener, Facilitator and Trainer.



GLOBAL CAUSE ... DIABETES
COULD HOOKWORM SALIVA LEAD TO A NEW
TREATMENT FOR TYPE 2 DIABETES

Sometimes medical breakthroughs appear in the most unexpected forms and that's why researchers are hopeful that the humble hookworm could hold the key to a new diabetes treatment.

We cringe when we read about the Sunshine Coast woman who contracted hookworm whilst holidaying at An Bang Beach in Vietnam, yet Queensland scientists have been voluntarily infecting themselves with the same worms for the sake of medical research.



After the worms burrowed into her skin the forty-two years old woman suffered swollen feet with intense itching, tingling, then pain as she felt the worms wriggling when her medication began to kill the infestation.

Untreated the parasites would have travelled through her blood to her trachea, and then be swallowed before ending up in the small intestine. Upon arrival it would dig its teeth into the intestinal wall and begin to drink her blood.

But using the hookworms powers for good instead of evil, two research teams have turned to these parasites in their quest to find effective treatments for Type 2 Diabetes and Coeliac Disease.

Researchers at James Cook University and Macrobiome Therapeutics believe the anti-inflammatory properties of the creatures saliva may help prevent or delay the development of Type 2 Diabetes.

Molecular Parasitologist Dr Alex Loukas said "If the project is successful and we come up with a drug (For Diabetes) inspired by parasitic worms...that will be a game changer.

Studies in developing countries found that people who took deworming medication to remove parasites became more susceptible to conditions like Diabetes.

"Parasitic worms secrete all sorts of compounds that have anti-inflammatory properties to stop your immune system from flushing (the worms) out" he said.

Meanwhile researchers at the Australian Institute of Tropical Health and Medicine and the Centre for Chronic Disease Prevention at James Cook University are collaborating in a world first trial, infecting people with worms to test their effectiveness in preventing Type 2 Diabetes and Metabolic Syndrome.

We now know that most societies that still have high levels of worm infestation do not have Type 2 Diabetes, while communities and cities where worms have been mostly eradicated are experiencing a dramatic rise in metabolic diseases.



GLOBAL CAUSE ... DIABETES

CONTINUED

Type 2 Diabetes is a disease of chronic inflammation which originates in the fat tissue which is found around the abdominal area. Parasitic worms are masters of controlling inflammation and experiments with mice have shown that worm infections are strongly protective against Diabetes, a condition that affects over one million Australians.

The phase one trial will examine the safety and tolerability of low doses of human hookworms in healthy women aged 18 – 44 who are on the road to developing Type 2 Diabetes, and who already have one or two other features of metabolic syndrome, ie high blood pressure and high insulin levels.

This trial will be critical for determining whether we should start looking at the active molecules that worms release into the body to control metabolism, which could be produced as a drug for preventing Type 2 Diabetes.

The Institute of Tropical Health and Medicine is also working on a \$2.5 million project to genetically modify hookworms to protect frontline soldiers against chemical and biological attacks.

Diabetes Australia figures show two hundred and eighty people develop diabetes every day – one every five minutes – and that hundreds of thousands are probably undiagnosed.

The disease is the leading cause of preventable blindness in Australia and can lead to amputations as well as heart and kidney disease.

Handy little fellas these Hookworms !!!

*Gail Jones
District 201Q3
Chair Global Causes Diabetes Awareness 2023 - 2024*



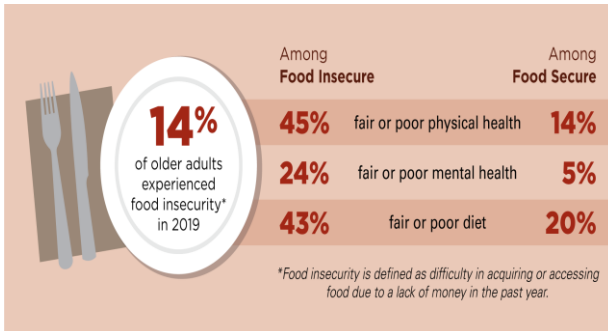


GLOBAL CAUSE ... HUNGER

Fellow Lions ...

We are told - hunger is a problem without borders.

Globally, more than eight hundred and twenty million people do not have enough to eat, corresponding to about one in every nine people in the world.

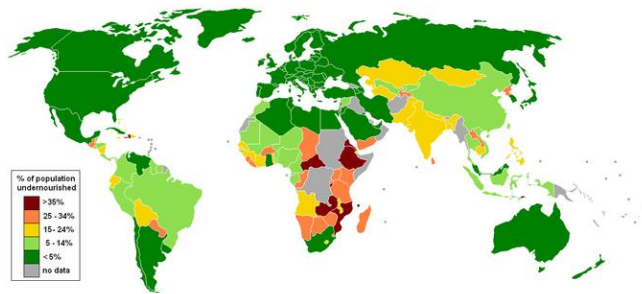


A broader look at food insecurity beyond severe levels and hunger reveals that an **additional** 1.3 billion people have experienced food insecurity, meaning they did not have regular access to nutritious and sufficient food.

For decades, the number of hungry people had been declining (believe it or

not) but this isn't true anymore.

We can't help but notice those pictures on television of families and individuals in Africa and other underdeveloped nations who don't know where their next meal will come from.



Do we actually know how many are suffering in our own community???

Perhaps not.

At the same time, no region is exempt from the epidemic of overweight and obesity. Lions Clubs International see ending hunger and all forms of malnutrition by 2030 as an immense challenge. Equally, I see with real political commitment and bolder actions by Clubs on a local level, zero hunger in our communities is still achievable.



*Lion Jenny Tate
District Hunger Chairperson*



GLOBAL CAUSE ...
CHILDHOOD CANCER



The team at the Australian Lions Childhood Cancer Foundation has asked me to invite Clubs to consider holding a Biggest High Tea to help raise funds for the Foundation. They have a wide range of resources to help any Club interested in taking up the challenge and these are available from this link to their website.

<https://alccrf.lions.org.au/events/biggest-high-tea/>

If you club decides to participate in this activity, can you please let myself and Kate Moore from the Foundation know to give us a heads up. I am aware that a couple of Clubs may have already participated in this activity in the past and I look forward to hearing of your efforts and checking out your post on the event on Facebook and the District Newsletter.

This fundraising initiative is still on track and I hope to see some of you wearing your Chops at the Millmerran Convention. I would hope we can have a final showing of our chops on the last day of the Convention before we break for the trip home. If any of you are keen to join in can you let me know so we can work on this activity as a team.

PDG Norm Jensen
'Ph 0404 984 455
norwennew@bigpond.com





GLOBAL CAUSE ... ENVIRONMENT

REDUCING WATER USAGE IN THE HOME



- Reducing water use in your home reduces your environmental impact and saves money.
- New water-efficient taps, showerheads, toilets, and appliances can significantly reduce your water use with no change to your lifestyle.
- Reducing your hot water use saves energy as well and can significantly reduce your energy costs.
- Investing in new appliances may save you money in the long run because of reduced water and energy costs.
- The Water Efficiency Labelling and Standards scheme allows you to compare the water efficiency of similar products. Check the label to choose the most efficient product you can afford that suits your needs.
- Dripping taps and leaks can rapidly use a lot of water. Ensure drips and leaks are fixed promptly.
- Small changes to your habits can also save water. You can:
 - take shorter showers and not leave taps running unnecessarily
 - only use the washing machine or dishwasher when they are full, or adjust your load settings for smaller loads
 - use eco cycles on machines where possible
 - scrape dishes before washing, instead of rinsing.
 - Watering the gardens/lawns. When is the best time to do this?
 - Washing the car
 - Washing the windows, drive ways,
 - Cleaning the floor/ shampooing the carpets
 - Topping up the swimming pool
- All of the above adds to our water usage. Therefore, what is an alternative method to cut back. Install a rainwater tank to use on the majority of outdoor cleaning projects, and water the garden. **Why not sweep a path instead of using water.**
- On average in South East Queensland each person uses approx. - **161 litres of water per person per day**, if we look at the weekly use - per week is roughly comes to **1,127litres per week** and so on.
- Usage will depend entirely on our seasons, e.g. Summer will be much higher than in Winter because it is hotter, hydration is essential, we are outside more often and the list goes on. Whereas winter is much colder we appear to use less energy, hence our intake of fluids is lower.
- **Why not take a survey? By reading your water meter on the 1st August then again on the 31st August and calculate how much water has been used in your home for that month. Do it again for September and October and compare your usage. Why not check your next water bill and compare.**

Until next month be frugal with your water usage.

*Lion Dell Emery
Environment Chair*