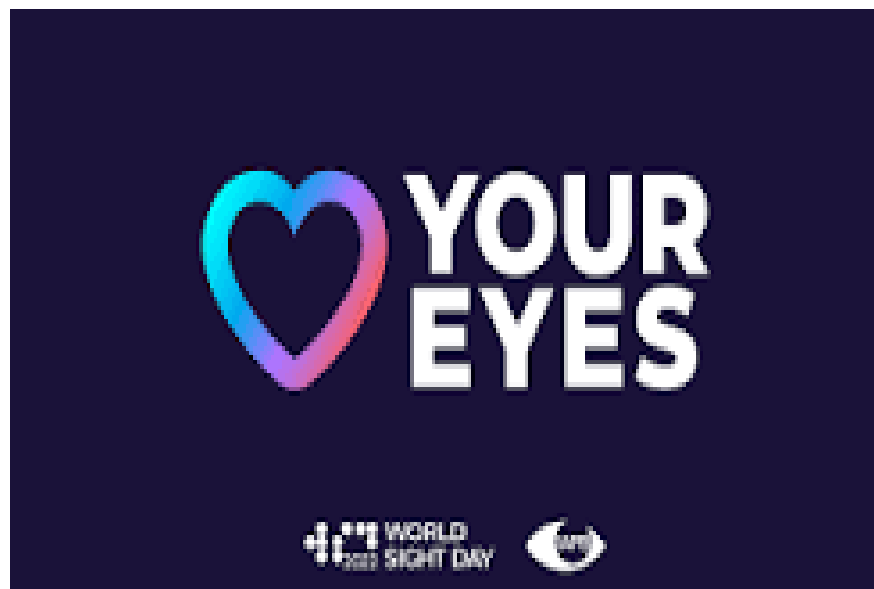


# LIONS FAMILY LINES



*ISSUE 50 – SEPTEMBER 2023*



**THE OFFICIAL  
NEWSLETTER  
OF DISTRICT 201Q3**

***WORLD SIGHT DAY  
THURSDAY 12<sup>TH</sup> OCTOBER 2023  
ARTICLE BY VISION CHAIR  
GEOFF MOOR IS ON PAGE 31***

***“COMMUNICATION, EDUCATION, ENJOYMENT – STRONGER TOGETHER”***

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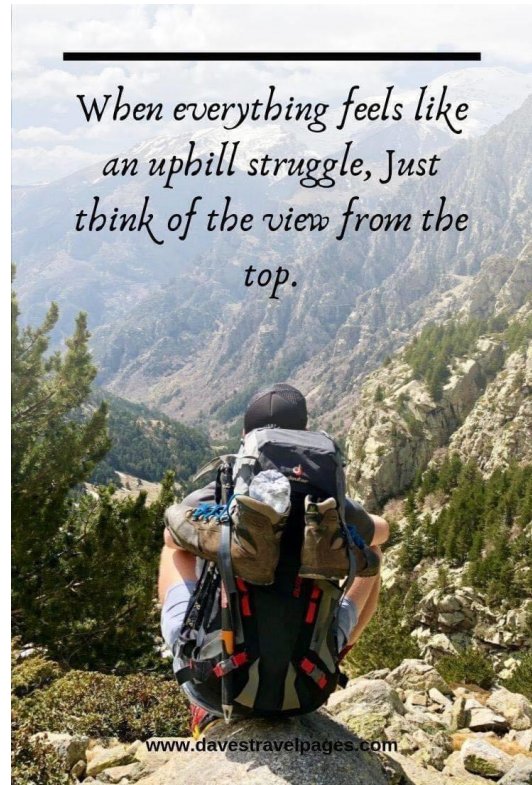
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## **NEWSLETTER DEADLINE**

**The deadline for the October edition of the Newsletter will be 20<sup>th</sup> September.**

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

Please email your articles to  
[lionbeverleyg3@outlook.com](mailto:lionbeverleyg3@outlook.com)



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 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.**

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



August is almost gone and hopefully the few days we have had the Westerly winds which means Ekka!! In all honesty we really have not had much winter here on the North Coast. Lovely sunny days with occasional cool mornings but no rain. This, of course, means very dry vegetation, which then means lots of fuel for bush fires. We do not need a repeat of those terrible times down South or in fact what is currently happening in Canada – so please be very careful when you are out and about.

Good news -the application for Club Branch Caboolture North has been sent in to LCI for authorization. My sincere thank you to Wamuran Club for sponsoring this club branch, ZC Lisa Gourley, GMT Alan Brooks and his side kick PDG Greg Rollason for their fortitude in continuing their quest for this Club Branch. This before too long will become our latest club – The Lions Club of Caboolture North.

While attending a zone meeting on the weekend, it was reassuring to hear different Presidents saying – We have just inducted 2 new members, we have 1 prospective member, and we are organizing an information table at our local supermarket. This is all music to my ears, even if our District numbers look good now, we cannot stop recruiting.

Those of you who attended the District Changeover will remember my wonderful friend and mentor of 30+ has sadly passed on my birthday.

He, along with some members from our District will be sadly missed. My thoughts and prayers go to those families and friends at this sad time.

September is looming and with that comes my first Council of Governors. I am slightly nervous about this but will represent you all to the best of my ability. It will be fun to meet my other governors and catch up on their journey so far. As at Club level, it is always interesting to hear what they have been doing in their district, and maybe pinch an idea or two!!

Convention is just around the corner and again my thanks to Chairperson MaryAnn and her merry band of warriors. Plans are all coming together, and it promises to be a fun weekend with many interesting guest speakers and lots of information available. There might even be a little friend coming to visit too! So, if you have not registered, do so now, I would hate to see you miss out.

That's enough from me. Keep up the great work you are all doing, enjoy working together. Be kind to one another, you never know what is going on behind closed doors. Remember, a smile uses more of your facial muscles than a frown, so who needs a face lift when smiling and laughing can do the job free.

Till next month.

*Andy*

Worth

World

While

on the

Wide

Watching

Web

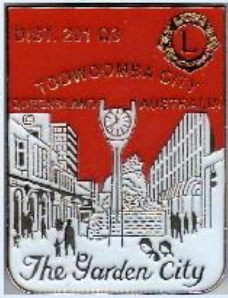
Do you have any links you would like to contribute? Please send them to

[cabsec.q3@lions.org.au](mailto:cabsec.q3@lions.org.au)

[Misheard Lyrics | Peter Kay: The Tour That Didn't Tour Tour - YouTube](#)

[Changing the World | International President Dr. Patti Hill - YouTube](#)

[100 Ways to Recruit New Members | ClubRunner](#)



The Lions Club of Toowoomba City Inc.  
invite you to join us for a fun *Doggy Diabetes Day*  
at *Kingsthorpe Park (opposite the school)*  
on *Sunday 15th October 2023* starting at *8.00am*

**Darling Downs Vets**

**Off the Chain K9 Rescue**

**Pawfect Paws Daycare/Grooming**

***Dress up your dog for Diabetes Awareness***

***Come along and have a fun day***

***Mini Agility Course***

***Every Dog gets a treat***

***Prize for "Best Fancy Dress" outfit***



***Sausage Sizzle***



Diabetes Awareness

Gail Jones  
District Global Causes Chair - Diabetes  
District 201Q3  
phone:- 0447 009 064  
e-mail:- [gjjones2807@gmail.com](mailto:gjjones2807@gmail.com)



**lions australia**

75 years and counting



# Your Membership Matters

## OPERATION SPRING REFRESH



### CLUB and DISTRICT GOAL

To grow our influence and service impact, our goal is for every Club to achieve a **net increase of one member** in the 2023 /24 Lions year.



### THE POSITIVES

- ✓ Twenty-four Clubs are already achieving an annual increase in membership!
- ✓ Eleven clubs have maintained their membership over the last 12 months.

**To gain new members and encourage engagement of all members...**

- 1) **Share your Enthusiasm** – Attitude is infectious. How you feel about making positive changes to your Club will affect how members respond. Be upbeat and enthusiastic.
- 2) **Open Communication** is vitally important to the success of your Club. Encourage input from members. Use your Club meetings, newsletter, Facebook and Website to communicate Club activities.
- 3) **Visit Another Club** – This is a great way to build relationships, share ideas and consider procedures seen at another Club meeting or social activity.
- 4) **Share Praise Freely** – Important to all members is positive reinforcement for a job done well. Often, simple acknowledgements are best – a special

thank you during a Club or committee meeting, a personal note of thanks, a word of encouragement.

- 5) **Find the Key to Involvement** – You want to involve each member in your Club by getting to know them and selecting activities that they want to join. Active involvement is essential to keep members. Share happy occasions – birthdays, anniversaries, a special achievement of a spouse or child.
  - 6) **Attendance Cues** – Pay careful attention to attendance trends. Not attending meetings is one of the first signs of lack of member interest. Make a list of members who are “slipping.” If they have missed meetings, call them to find out why and how you can help.
  - 7) **Scramble Seating Arrangements** – Change seating arrangements at meetings from time to time to allow all members to become better acquainted.
  - 8) **Lion on the Month** – Highlight one member each month and have them give a short talk about something in their life. It could be business, travel, interests...
  - 9) **New Members Make Great Greeters** – Have new members and their sponsor/s serve as greeters for Club functions for the first several months of their membership. It’s a great way for them to meet all Club members.
  - 10) **Try Trimming Time** – Do you feel that your agenda is as lean as it can be, but your meetings are still running too long? Examine the content of your agenda items and try trimming just a little time from a few items.
  - 11) **Mix it Up** – Add a new quick agenda item to boost morale (such as suggestion of the month or recognizing a member who went beyond the call of duty).
  - 12) **Give Ownership** – Encourage members to lead an activity. Members will feel needed and motivated to do more in the Club. This is great for succession planning!
- ☺ **Are you prepared to give 1 or 2 of these ideas a go?**
- ☺ Let’s work together to maximize success. (Operation Refresh)

**Alan Brooks (Pine Rivers)**  
District Membership Coordinator  
0413 897 708; brooks.family004@gmail.com



## CABINET SECRETARY BARBARA'S REPORT

Hello to you all, Stuart and I managed to sneak away to Singapore for six days in August, at the time of writing this I have been home a little over twenty-four hours and feeling the cold. Here I am all refreshed, and now with the arrival of Spring ready for another really busy month.

There are two very important events this month, first our Q3 District Convention in Millmerran from 29 September to 1 October. Not too late to register and come along, personally I love Conventions.

Some reminders for Convention, your Club's memorial returns are due by 11 September for members and their families who have gone to higher service since our Convention in Caloundra in September 2022. Please get them in to me As Soon As Possible and don't forget to send a photograph too.

20 September is latest date for you to send me the names of your Club Convention Delegates and Alternates. This will enable your Club to have a voice in voting for your incoming District Governor, 1 Vice District Governor and 2 Vice District Governor as well as attending the Annual General Meeting and other business sessions on Saturday morning. Remember Delegates still need to register with the Convention committee to attend Convention in addition to the Club Secretary sending me their nomination.

Thank you to all those secretaries that have already sent in their Memorial and Delegate returns.

The month's second important event is that we are expecting to see the evolution of MyLion account into the new Lions Portal.

You should be receiving information from MyLCI to re-register. We are planning to have a break out session at Convention with more information on the new platform. From the previews I have seen I am hopeful that it will be a simpler system. Expect a few hiccoughs with the implementation and I'm sure we can work it all out together. I ask again that you ensure that your member information is accurate especially email addresses.

The District Governor Team have begun their Club visits. I once again ask that you make every effort to accommodate the date of their requests and if it is not possible suggest some alternative dates. Keep the nominations for Club members for the District Governor Excellence Award and Distinguished Service Award coming in. It is always so lovely to receive acknowledgement for a job well done.

Have your Club accounts been audited? Time to begin thinking about your Annual General Meetings. You will need to give your members fourteen days, notice in writing and it should take place by 31 December 2023.

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

*Barbara Matthews*  
*Cabinet Secretary 201Q3*



## **CAMP VALTELLINA – ITALY**

Mikki Doonan, a Gold Duke of Edinburgh Award participant with Caloundra West Club initially did her Gold Residential project attending Lions Youth Exchange Camp Noorla Yo-Long in January. Her uniform was sponsored by Maleny Blackall Range Club as the Award Centre was attached to them at the time. She was inspired by Sue Newton at that camp to attend an overseas camp while travelling for six months in Europe before going back to university to complete her Honours research year in late July where her area of study is developmental biology, neuroscience, and bioinformatics.

Mikki's comments: "It was indeed a wonderful and life-changing experience to attend the homestay experience and to participate in Camp Valtellina. I was hosted for one week in the Lombardy region of Northern Italy by an Italian family, of which the mother, father, and grandmother were Lions members. The homestay experience was invaluable and opened my eyes to the customs, traditions, and lifestyles of some Italian families. I practised speaking Italian, learned how to make tiramisu, and attended an Italian high school for a day! I formed a bond with the family that will continue for many years to come and am very grateful to have had this opportunity.



Camp Valtellina was organised by MD108 Lions Youth Camp and Exchange Chairperson, Cinzia Franchetti, and Camp Director Mario Trearichi. The camp was based in the small Italian town of Tirano, Valtellina, in the province of Sondrio in the Lombardy region of Northern Italy. Just 1km from the Switzerland border!

There were twelve youth participants aged 16-21 from eleven countries including Australia, Brazil, United States of America, Germany, Finland, Turkey, Greece, Israel, Hungary, Romania and Lithuania. We embodied the sentiment of Lions Youth Exchange members, by fostering a relationship built on understanding and appreciating each other's cultures.

The two-week camp was fantastic – filled with community engagement activities, Italian immersion days, nature, hiking, swimming, sightseeing, and delicious Italian food. I went on a boat in Lago di Como, ate panzerotti at Luinis in Milan, and travelled on the red Bernina Glacier Express train from Tirano to Switzerland! We visited the Limbiate Lions Guide Dog Center (Servizio Cani Guida Per Ciechi), where we learnt about the amazing efforts and teamwork of Lions members and volunteers who donate the invaluable gift of guide dogs to visually challenged and blind people. We watched a presentation, toured the facilities, and saw some very cute Labrador puppies."

Mikki is obviously an advocate of our Lions Youth Exchange camps as she attended Camp Krokodile at Currimundi for two years pre-covid as a junior leader and co-incidentally, the son of her homestay family attended Camp Krokodile this year.

*Lion Judy Brodie  
Caloundra West*



## **SPEAK UP NOW**

The Lions Club of Maleny Blackall Range continues to support the “Speak Up Now” initiative. Val France and Sherryl Gregory were the guest speakers at the July dinner meeting held at the Maleny Hotel.



*Val France and Sherryl Gregory from Speak Up Now*

Both representatives of “Speak Up Now” addressed the various aspects of Domestic Violence and Elder Abuse and provided us with copies of the resources they have produced to help educate the Maleny and Surrounds community. These resources explain in simple terms how to identify these issues and contact details for the many organisations who can help people in need.

As part of the “Speak Up Now” initiative, Val and Sherryl are collecting old mobile phones. These phones are cleared by IT experts and then distributed as Safe Phones to people who are victims of abuse so they have a safe phone, that is not tracked by the abuser, to contact family and friends. This Safe Phone enables communication which is critical for ongoing safety and support.

The Lions Club of Maleny Blackall Range has provided financial support to the Speak Up Now group, as well as assisting with catering at educational seminars and will continue to assist this fantastic initiative to help deal with the growing Domestic Violence and Elder Abuse affecting our community.

*Lion Mary McIver  
Communications Chair  
Bulletin Editor  
Lions Club of Maleny Blackall Range*



## **Lions Clubs International FOUNDATION**

Toutes les causes soutenues par la LCIF



No matter what language we speak we all know the areas that the Foundation supports on behalf of all its members. All Clubs and Lion members are encouraged to support your Foundation by donating through our District Treasurer.

*Kevin Hedges (LCIF District Coordinator 201Q3 – [kevhedges@optusnet.com.au](mailto:kevhedges@optusnet.com.au) (0437088868)*

LIONS 201Q3 DISTRICT

*You're Invited* ★

★  **New Member  
Information Session**

**Date: Saturday 9 September 2023**

**Venue: Chermide Library, 375 Hamilton Rd, Chermide 4032**

**Time: 10.30am to 12.30pm**

**Have you joined Lions in the past few years and would like to expand your knowledge about the Lions Organisation? Then, this workshop is for you.**

**Please RSVP by 4 Sept to Donna Hedges [Q3 District Leadership Coordinator] with your Name & Lions Club.  
Email: [dmhedges@optusnet.com.au](mailto:dmhedges@optusnet.com.au)**

**Contact Donna if you need further information**





**WELCOME TO THE 2023-2024**  
**YOUTH OF THE YEAR PROGRAM.**

We are now up and running with the Multiple District website and the Youth of the Year pages ready for use.

We would love to have your Club on board. I have emailed a copy of the Club registration form to Clubs. We have kept the registration fee at \$140. Payment details are listed below. Please send completed forms to me via email at [yoty.q3@yahoo.com](mailto:yoty.q3@yahoo.com)

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

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

Once the Club Registration Form is completed, and returned, an invoice will be raised and forwarded to your Club. **Payment details are printed on the invoice and the Invoice number should be used as the reference.**

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

The YOTY Judging Deadlines are as follows:

LEVELS	To be completed by	Start date	End date
<b>Club Judging</b>	Sunday, 10 March		
<b>Zone Judging</b>	Sunday, 17 March		
<b>Region Judging</b>	Sunday, 24 March		
Easter		29 March	1 April
School Holidays		29 March	14 April
<b>District Judging</b>	Saturday, 13 April		
<b>State Judging</b>	Friday/Saturday, 26/27 April		
<b>National Judging</b>	24 – 27 May - MD Convention Darwin		

**To access all resources**, click on the following and it will take you to the **Youth of the Year website** <https://lionsclubs.org.au/our-programs/youth-opportunities/youth-of-the-year/>

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

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

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

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

For information or if you have any questions, please contact me via email at [yoty.q3@yahoo.com](mailto:yoty.q3@yahoo.com) or by phone on 0429 816 788 I look forward to working with you.

Kind regards  
PDG Doug Evans  
Youth of the Year Chair District 201 Q3

## **PRE-LOVED FASHION AUCTION** **AN OUTSTANDING SUCCESS**

Thanks to the 200+ guests, Sandstone Point Lions raised \$4,500 to be donated to Lions Prostate Cancer Research.

The pre-loved fashion auction was the brainchild of Lion Wendy Rollason. She thought an event like this would not only assist with recycling pre-loved clothes and accessories, but also provide an afternoon of fun and frivolity.

According to Lion Wendy, "This was the third time the event has been held and it is becoming extremely popular. This year was a SELL OUT", she said.

On the day, ladies were welcomed, given a numbered paddle for the auction, a glass of bubbly and a chocolate. Raffle tickets were also sold and our MC, Lion Jenny, auctioned the whole outfit including the accessories. With her quick wit she had the audience enjoying a good laugh.

Mid-way, we had a break for tea, coffee and scones with jam and cream. During the break, Lion Wendy drew lucky entry ticket numbers and gave away thirty surprise jewellery bags.



**Volunteer Rhonda McKenzie ready to strut the catwalk**

Once all outfits had been auctioned and raffles drawn, racks full of clothes were brought out and sold for \$2 per item, this was when all guests grabbed a great bargain.

The events success was attributed to many workers - thanks to the scone makers, the ladies in the kitchen, the raffles sale ladies, the greeters, the bubbly and chocolate givers, the dressers behind the scenes and, especially the models who were not Lions members, but chosen from the Anglican Church, Bongaree Bowls Club, the Chaplaincy and Gem Life. A big thanks to Lion Jenny, the MC who has done a wonderful job over the last three years.

And we can't forget the men who set up the tables and chairs under the tight supervision of the ladies, of course!

Thanks to Sandstone Point Lions, for your time and effort in making this a successful fund raiser for Lions Prostate Cancer Research. And last, but not least, a very special thank you to the Bribie Island community who supported our cause. See you all again next year!

*Lion Gay Power*

## **Useful Calendar Dates for Lions**



- 04 January - World Braille Day
- 05 February - International Childhood Day
- 15 February - International Cancer Day
- 03 March - World Wildlife Day
- 08 March - International Women's Day
- 20 March - Lions Day at the United Nations
- APRIL - ENVIRONMENTAL AWARENESS MONTH
- APRIL - WORLD LEOS CLUBS MONTH
- 22 April - Earth Day
- 24 April - Lions Worldwide Induction day
- 15 May - International Day of the Family
- 28 May - World Hunger Day
- 01 June - Helen Keller Day
- 05 June - World Environmental Day
- 07 June - Lions Clubs International Birthday
- 30 July - International Day of Friendship
- 12 August - International Youth Day
- SEPTEMBER - HUNGER AWARENESS MONTH
- 21 September - International Day of Peace
- OCTOBER - VISION AWARENESS MONTH
- 04 October - World Animal Day
- 08 October - Lions World Service Day
- 13 November - World Kindness Day
- 14 November - World Diabetes Day

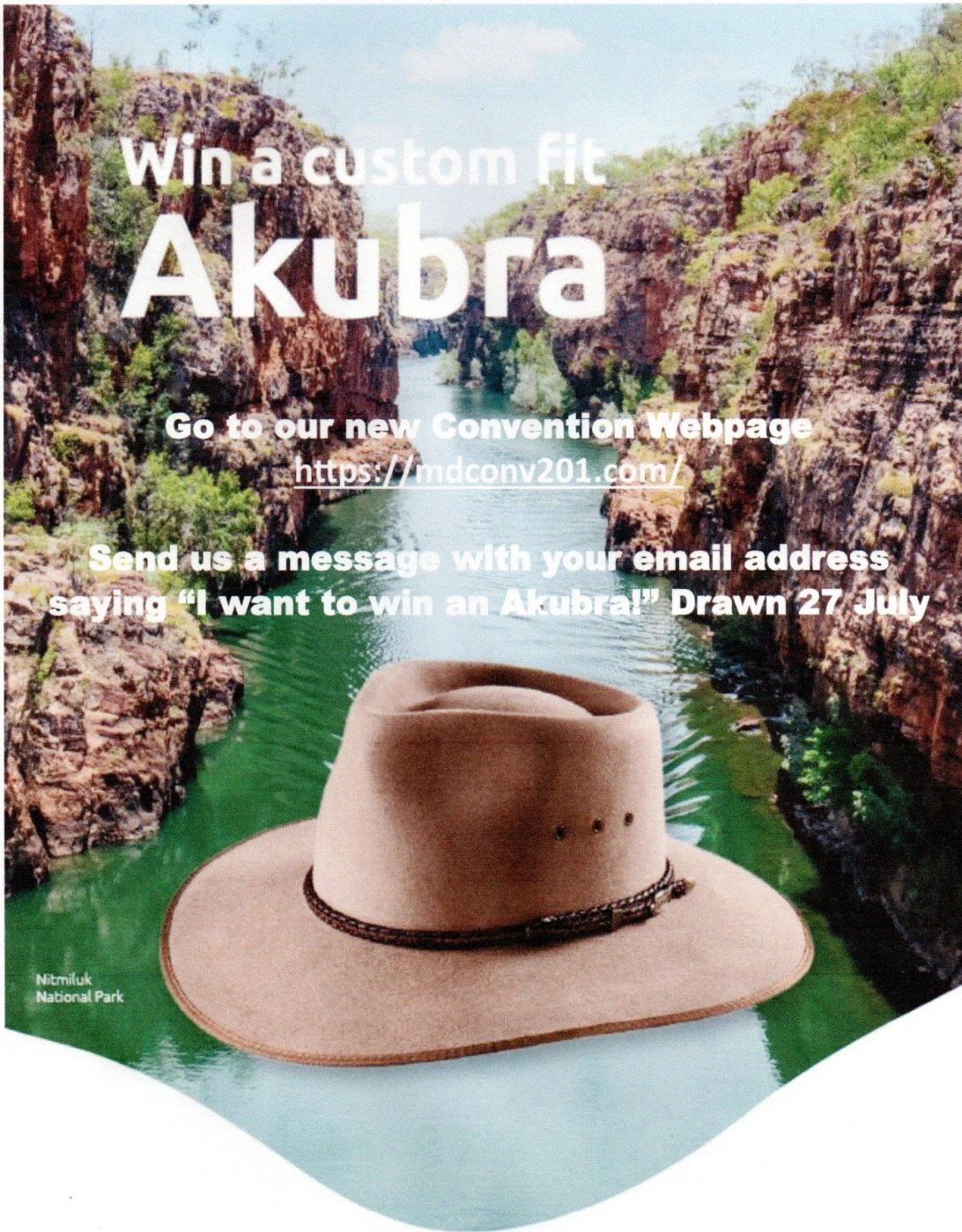


**Register your interest to attend the Multiple District Convention  
Darwin 24th – 27th May 2024**

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*



## **PROSTATE CANCER**

A key part of my role with this portfolio is to provide information and updates on research, latest treatments and support for Lions and their families who receive a diagnose of prostate cancer.

While there is not the same publicity for prostate cancer as there is for breast cancer, progress is being made as you can see this information from the latest **Blue Sky News newsletter** from the **Prostate Cancer Foundation of Australia** (PCFA). More information from PCFA will be available at the Convention.

I have reactivated the District 201Q3 Movember fundraiser this year. A double click on this **LINK** will take you to the page where you can either join the team or make a donation.

The “chops” I grew for raising funds via the **Julike My Chops** campaign for the Australian Lions Childhood Cancer Research

Foundation (ALCCRF) will now be transferred to help raise funds during Movember.



Remember donations of \$2 or more as an individual are tax deductible.

Finally, the numbers for donations to the

Lions Prostate Cancer Research Project for 2022-23 are in. The District provided donations totalling \$15,600 from twenty-seven Clubs with four of these clubs making more than one donation.

Thank you all for your commitment to helping with funding for prostate cancer research. Information on the project will be at the Millmerran convention.

*PDG Norm Jensen  
Ph: 0404984 455*

## **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**

**September 2023**

### **CAKES** –

I have just been double checking everything to do with the Cake Programme and I notice that there is an extra step in there this year.

For those Clubs that go in through the Lions Australia website you will be faced with the following steps –

- ✚ Get Involved (place cursor over it)
- ✚ Move cursor over Fundraising
- ✚ Click on Mints and Cakes
- ✚ Find Cake Order Form
- ✚ You'll see that the UserID is shown.  
(UserID - cakes)
- ✚ You'll need the Password.  
(westons2020)
- ✚ Then you will need to Download it

I know this is ridiculous, but this is what you will need. I would suggest that once you have downloaded it save it to your computer and then you will not have to go through this procedure again.

Remember too, that there is another mandatory field been added, please fill this in as it will make your delivery easier particularly if you are having it delivered to your den, or to a business, if you tick the appropriate box then this will help the courier get it to where you want it delivered.

It is important for those Clubs who have an unmanned Den, by doing this it will force the courier to make sure that they contact you prior to your delivery so that a member can be at the Den to accept your delivery.

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.

Please if you have any queries on Cakes or Mints do not hesitate to contact me, happy to help.

### **MINTS** –

Below is a copy of an email received regarding the situation with Dollar Sweets, let's hope that it is fact and things will be back to normal supply and delivery now.

*Good morning,*

*Please pass this on to your Clubs.*

*Good news deliveries are back on track.*

*22 July Orders sent out this week.*

*1 small problem Spearmint Out Of Stock - to be rectified by end of next week.*

*Bye*

*Brendan Delahunt*

### **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](mailto:lion.kayesmith@bigpond.com)

0477 212 242

## **GOLD AT CALOUNDRA WEST**

Four participants from the Lions Club of Caloundra West Duke of Edinburgh Award Centre were presented with their certificates recently at the Brisbane City Hall by the Governor of Queensland, Dr. Jeanette Young.

Jasper, Callum, Hannah and Edan persevered through covid lockdowns, bushfire seasons when all adventurous journeys came to a halt, and floods in some areas, and illness, to complete at least three levels of the Dukes International Award. Callum started his “journey” with the Queensland Bridge Award when he was just 11 ½ and proudly wore all five of his badges to the presentation.

They all kayaked down Pumistone Passage from Bell’s Pocket boat ramp at Caloundra to Bongaree jetty three days later, battling rain, strong winds and tides all the way, staying overnight at Mission Point for two nights. And this journey was just for one of their journeys for their Silver Awards.

Three of them sailed on the 30ft, two masted, gaff rigged schooner South Passage into unprotected waters outside the reef for their Gold adventurous journeys and they all have tales of experiences that really challenged them.

They all completed one hour per week for fifty-two weeks activities that included a non-sweaty skill, something physical, service to their community as well as their two, four-day adventurous journeys. These activities included learning wildlife photography, learning to drive, ballet, rowing, fly fishing, Leos, Edmund Rice camps and surf lifesaving patrols.

They all completed a five-day residential project and cleaning the headstones at Witta Cemetery was the activity chosen by three of them. Rob Hobson, Maleny Blackall Range’s current President and previous Award Centre principal officer presented them with trophies made from the worn-out scrubbing brushes at a celebration morning at Little Mountain Common prior to the main presentation. Deb O’Reilly, principal officer of the Award Centre at Caloundra West, presented them with their badges.



Hannah, Maleny Blackall Range’s Youth of the Year winner 2022 and 2023 gave the speech on behalf of all ninety Gold Awardees in front of the two hundred family members, distinguished guests and supporters at the City Hall.

The current hashtag for the Award is #WORLDREADY, and these four young people certainly are.



*Lion Judy Brodie  
Caloundra West*



**LIONS CLUB OF REDCLIFFE**  
**CENTRAL PEACE POSTER**  
**JUDGING 2023**

In keeping with tradition of previous years the judging of our annual peace poster competition was conducted at our Club dinner meeting, on Thursday 10 August.

We had a total of thirty-four attendees which included Lion Diane Unwin – Peace Poster District Chairperson for Q3, PDG Bruce Unwin, Ms Tania Geye local artist and our Art Judge for the evening, Ms Susan Gossow – Year 6 Art Teacher Humpybong State School, our entrants Isabella, Alexander, and Matilda with their parents’ and siblings.

After dinner President Kim introduced Lion Diane who gave a brief talk on the origin of the peace poster project and the next steps. Our winning poster goes to District finals, the winner of District proceeds to Multiple District. The National winner goes on to Lions International next year in Melbourne, for the final level of judging. Diane thanked the Lions Club for their continuing support of this wonderful project.

Art Judge, Tania gave a brief overview on what she was looking for in the drawings whilst keeping in mind the theme for this year’s peace poster which is “Dare to Dream”.

Each entrant gave a brief description of their paintings Alexander depicted the four seasons and continued theme of striving for peace. Matilda had the peace dove in the centre of the earth depicted as sea, forests, sky and mountains. Isabella showed an astronaut looking into space with the universe around dreamy and peaceful.

The winner, Isabella, was presented with an achievement certificate and a gift card from Office Works for \$50.

The runners up Alexander and Matilda were given certificates of appreciation and a gift card from Office Works for \$20.

We wish Isabella good luck at the next level of Judging at the District Convention to be held in Millmerran at the end of September.



***Matilda, Alexander and Isabella with their paintings***

A big thank you to Lions Lesley and John Pamplung for organising this event again and to the contestants, our judge, Tania, and art teacher Susan. Without their continued support we could not have held this event. The entries just get better every year. It was noted that the contestants do their paintings as extra-curricular work at home.

*Lion Barbara Matthews  
Director Marketing & Communications  
Lions Club of Redcliffe Central*



*Remembering a life of Service*

*Called  
To  
Higher  
Service*

Lions Lady Cynthia Conway  
*Lions Club of Clifton Inc.*

Lions Lady Marion Gurowski  
*Lions Club of Gatton Inc.*



## **ASHGROVE THE GAP NEWS**

In September our Club will continue to conduct a number of BBQ's for Trek2Health as part of their program to assist First Responders and Veterans

Ashgrove The Gap Lions conducted a successful BBQ for Save Our Waterways now which was held in the Banks Street Reserve in Newmarket where children from the Newmarket State School attended and took part in caring for the environment.

At our Partners and Friends Dinner Meeting in July we welcomed Inspector Corey Allen from the Queensland Police Service as our Guest Speaker where we heard a really interesting presentation regarding the Police being involved in our community and the benefits associated with that.

We have just received Christmas Cakes and Puddings which we will be selling in our community.

### **Upcoming Events:**

Our Club will be conducting a BBQ lunch for the British Railway Modelers of Australia at the Tramway Museum in Ferny Grove on 24<sup>th</sup> September.

Ashgrove The Gap Lions Club will be having a Plant Sale in Ashgrove Avenue at Ashgrove on Saturday 30<sup>th</sup> September 2023 as a fundraising event.

### **Save The Date:**

On 22<sup>nd</sup> October we will be supporting Cure Brain Cancer Foundation in their annual walk-through 7<sup>th</sup> Brigade Park in Chermside by cooking up a BBQ to support all the participants, visitors and those living with Brain Cancer.

On 28<sup>th</sup> October our Club will assist Serenata Singers with their annual concert and The Gap Uniting Church, all members of public are welcome to attend, and there will be further details available soon.

We will be busy selling Trifecta Tickets in the Melbourne Cup at The Gap Shopping Village and Ashgrove Marketplace on 28<sup>th</sup> & 29<sup>th</sup> October and 3<sup>rd</sup> to 6<sup>th</sup> November.

On 3<sup>rd</sup> and 4<sup>th</sup> November our Club will be assisting The Gap Uniting Church with "Celebrating The Gap" conducting a BBQ and also having a stall for the sale of Christmas Cakes and Puddings together with information on our projects and membership as a Friend of our Lions Club.

*Lion Allan Turner*



Does your Club sponsor a Leo Club?

Has your Lions Club ever sponsored a Leo Club?

I am looking for more involvement with our young people.

Currently our District has six Leo Clubs, with two of them not actually operating.

The Leos are an enthusiastic group of young people who carry out many and varied projects. They are all covered under our Lions insurance. If, by forming some new Leo Clubs, and getting young people involved in our community, we just might be able to steer some young people in the right direction.

L E O stands for "Leadership Experience Opportunity" but as our Leos say, "Let's Enjoy Ourselves."

Leo of the Year is a great opportunity, just as Youth of the Year is, for our young people to express themselves. And of course, there is the Leo Conference held every year, with it being held this fiscal year in the southern part of our state. This is a great time for all Leos to get together and share their experiences, learn new ideas for projects, and have a great time together. If your Club is interested in forming a Leo Club or would like me to visit please contact me.

*Lion Jan Evans  
District Leo Chairman, Q3  
Ph: 0419 027 161.*



## 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.**

Brisbane Metropolitan	Kellie Haeusler Peter Philip
Brisbane Oxley Sherwood	Wayne Fallon
Chinchilla	Edward Allen
Kallangur	Sam Catanzariti-Smith
Maleny Blackall Range	Mick Nash
Morayfield and District	Jennifer Rogan
North Lakes	PDG Ian Gammage
<i>Transferred back from Australian LIONSONOZ</i>	
Pittsworth	Christopher Proudlock
Toowoomba City	Nicole Hammermeister
Toowoomba West	Wenny Dahlan Tania McEwan
Toowoomba Wilsonton	Elizabeth Chappell
Wamuran	Trevor Clarke Amanda Perkins Mark Perkins Katie-Anne Tatnell
Withcott Helidon	Carl Currie
Woodford	Michael Billett Jessica Haley Anglina Liggins Wanita Stanley

# Welcome

## MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 8.00pm on 28<sup>th</sup> August 2023

Our total membership number this month is one thousand three hundred and ninety-six, with twenty-two added (plus five transfers that were outstanding from last month) and five leave a gain of twenty-two for the month.

### **MyLion reports:**

27,947 People Served

20 People Served per Member

391 Service Activities

- 12 Diabetes
- 27 Environment
- 12 Childhood Cancer
- 20 Hunger Relief
- 15 Vision
- 305 Other

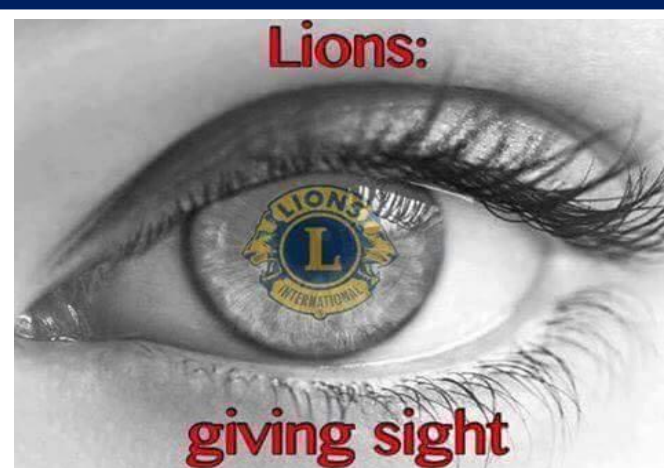
12,237 Volunteer Hours since 1<sup>st</sup> July 2023

USD \$14,494 funds donated and USD \$49,763 raised

Thirty-four Clubs have reported their activities, that is eleven more than last month. Come along the remaining thirty-three Clubs report your service and let's make it a record year.

Thank you to those who report each month.

*Barbara*



## **2023 YOUTH EXCHANGE CAMP**

WOW! What a way to end their four week stay in Australia for twenty International students from thirteen different countries and two students from Australia. Although the weather started out not very inviting, but by the end of the week it was back to beautiful Queensland sunshine.

The first afternoon was spent preparing their rooms and organising bedding (some were not impressed with no fitted sheets), I can only imagine their bed making skills or lack of. Later that first night we were entertained by two Gubbi Gubbi people with some dances and songs and of course their welcome to country.

Day 1 – Sunshine Coast Hinterland and we were blessed with a scrumptious morning tea at Mary Cairncross Park supplied by Lions Club of Maleny Blackall Range. Kondalilla Falls and Montville where we enjoyed a delicious lunch at Russell Park supplied by Lions Club of Blackall Range.

Day 2 – We woke to a dismal rainy, windy day. Surfing. PDG Donna Hedges and Lion Kevin Hedges joined us today. Change of schedule to suit the weather conditions, opting for Archery and Rock Climbing instead of Aerial Adventure. 'Where You Live' presentations. We learnt about countries from food to traditions/customs.

We had dehydrated whey (rehydrated with warm water) from Mongolia, said to be very popular and drunk daily. (It smelt like rotten cheese and didn't taste much better). We learnt that people do not greet each other in passing in Finland, not even their neighbours. They just ignore them.

Day 3 – Caving, Archery Zone, and more rock climbing. They enjoyed a game of dodge ball.

Day 4 - Raft building. Maroochy River for some Dragon Boat paddling. 'Where You Live' presentations.

Day 5 –Currimundi Lake - stand-up paddle boarding. Jant (junior supervisor) was trying to get photos and videos of the students and accidentally threw her phone into the water trying to correct her balance. Whoops! 'Giant Swing'. Free time in the heated pool (29° ). A visit from DG Andy FitzGerald and her daughter Fola. DG Andy presented all the students with a kangaroo pin and her bannerette.

Day 6 –Another day of surfing or body boarding instead of canoeing. We said goodbye to PDG Donna and Kevin. Swim in the pool. A short walk to Stewart Park, Currimundi to be treated with masses of pizzas supplied by Lions Club of Lake Currimundi – Kawana. Lazerzone. What a way to end the day.

Day 7 –The iconic Australia Zoo. Then it was off to Sunshine Plaza where the students were able to buy some souvenirs for their family and friends back home. Lion Lisa shared a PowerPoint presentation of the week gone by with the students and they also farewelled the first student.

Day 8 – Breakfast and clean up and pack up, ready to get on the bus at 7.45 am. While some had to sit and wait for what seemed a lifetime, others were treated to an extra adventure (their flights were not until late in the evening or early the next morning) with Fola and Kate as they escorted eight students down to Southbank in Brisbane for the afternoon. Geoff waited with all their luggage as they enjoyed the last of wonderful Australia. It was a jam-packed week with lots of laughter and enjoyment. I hope that the students return to Australia again. It was a 'bonzer' week and I look forward to the next one. Thank you to all that helped make this week happen.



*Lion Lisa Gourley  
Zone 11 Chairperson*

## **LIONS HEARING DOGS**

### **INTERNATIONAL WEEK OF DEAF PEOPLE**

The National Week of Deaf People (NWDP) is an event that will run from September 18<sup>th</sup> to September 24<sup>th</sup>, focusing on celebrating Deaf individuals, the Australian Deaf community and their achievements. The theme of the event this year is 'A World Where Deaf People Can Sign Anywhere'.

Since the establishment of Australian Lions Hearing Dogs, Lions Clubs across Australia have supported the Deaf Community through the placements of Hearing Assistance Dogs with their deaf or hard of hearing recipients. Today, we want to give back by sharing with you some simple Auslan signs that can help you communicate with the Deaf community!



Find out some more tips on communication with Deaf or hard of hearing people.

- Make sure you have the person's attention and that they can see your face before you begin speaking to them.
- Avoid standing with your back to a bright light or window. Make sure your face is visible and in the light.
- If a person is lip-reading, speak clearly and don't shout. Shouting can make your facial expression change.
- Try to reduce background noise when you are speaking to a Deaf or hard of hearing person.
- Don't cover your face when you are speaking. Keep your mouth visible for the person to see.
- Use visual clues where possible. Point to what you're talking about and use gestures.
- Group conversations can be challenging for a Deaf person. Ask everyone in the group to take their turn and speak one at a time.
- Try to learn basic sign language that you could use in your learning environment.
- Don't give up! Use all the tools that you have to communicate. Write your message down if you're struggling.

**Belinda Henschke**  
Office Manager

# LION RICHARD WILLIAMS

## CANDIDATE FOR DISTRICT GOVERNOR

2024-2025



I was three when I arrived in Australia from England. We settled at Nundah and I attended Nundah State School and Hendra State High. Looking back, I must have been one of the cool kids, because I was a library monitor in grade 7 and on the magazine committee in grade 12.

When I left school I went to teachers college. We decided we wanted different things (lectures and assignments vs 500 and leaving early) so we parted company.

At this point, I had a gap fortnight and something my mother said forced me out to get a job. She said, 'you need to get a job'. Having no idea what I wanted to do when I grew up, the public service seemed to be a good interim option. The State Government was the quickest to recognise my potential, so I joined the Titles Office. Four years later, I still had no idea what I wanted to do when I grew up, but knew I had to move. Despite some great people, the work in the was mundane, boring, and repetitive.

I joined the Commonwealth Public Service, and they offered me Customs or Tax. As it was not my forever job, I chose Tax because it was closer to the station and I would get home sooner.

By this time I had joined the Rotaract Club of Nundah. I found I enjoyed the community work, the fellowship, and the opportunity be part of a group who ran the Club. Rotaract

brought me out of my shell (I was, and still am, very shy – but I have worked on it). It was here I met a future Leo of the Year, and we married.

I stayed in Tax for 34 years. I found it a good organisation to work for. They supported my study and provided me with the opportunity to change careers regularly. While there, I completed a Bachelor of Business and a Graduate Diploma in Business Administration, majoring in Organisational Change. I spent only six months working with income tax - my first few years in Sales Tax, then in various HR roles (learning, recruitment, Health and Safety, Change Management, organisational development), and ending up in policy (developing administrative policy, managing complaints), with stints in front line management.

I have long had an interest in railways and spent a number of years volunteering with the Australian Railway Historical Society. Debbie and I enjoy travel and get away when we can.

I am currently on the Stafford Meals on Wheels Committee and deliver once a week. I volunteer with Tax Help, completing tax returns for those on low incomes with simple affairs. I am also on the Nundah and District Historical Society Committee.

In 2008 Debbie and I became members of the Lions Club of Brisbane Inner North. We have served in most board positions. This is my eleventh year on District Cabinet - one on GMT, five as GLT District Coordinator, three as Cabinet Secretary and 2nd VDG. Debbie is in her tenth year on Cabinet and is currently the District Service Chair. We completed ALLI and I have been Guiding Lion for two Clubs. My happiest moments in Lions have been doing local projects for local people (although I do like running learning activities as well!)

I am also the Q Districts Trustee and Chair for the Australian Lions Children's Mobility Foundation – a very rewarding Lions project!

Debbie supports our decision to nominate for District Governor, and I ask that you consider supporting us with your vote.

# LION NARELLE GLUER

## CANDIDATE FOR FIRST VICE-DISTRICT GOVERNOR

2024-2025



I thought I would start with a bit about myself. Born in Inverell, New South Wales, I have always had a bit of country in my bones. My parents did the 'sea change' and moved to the Sunshine Coast when I was nearly eight. Apart from school much time was spent either at the beach or playing sport, mainly basketball. This was my introduction into fundraising so we could improve our facilities and continue to play in competitions.

A career in teaching saw me travel back to the country teaching in St George, Warwick, Inglewood and Toowoomba. After 7 years of teaching and a secondment to the Sunshine Coast regional office as a staffing officer we made the 'tree change' to Crows Nest where I was working as the Practice Manager.

I have two daughters who are now off doing their own things. While they were growing up, I was always involved in the running of their school and community groups taking on various rolls.

In 2015, after helping out at a few Lions functions and fundraising for the Miss Personality Quest, I joined Lions. Getting involved in local community events, organising the local Lions markets, taking

on the Christmas cake chair, catering functions and serving on the executive, as Treasurer, Vice President and now President.

I have been involved in District positions including the Global Service and Leadership teams, Miss Personality Quest, Youth of the Year District Chair for the past three years and helping out as a fill in zone 3 Chair. I attended the RLLI and have completed the Guiding Lions course.

Youth of the Year is one of my passions but after three years as District Chair, it was time to hand over the reins. To keep in touch with this wonderful program, I have taken on the Q Districts State Coordinator Chair.

Teamwork has been a big part of every group I have had the privilege of working with. It is this teamwork which gives me the drive and motivation to do well and the willingness to push forward, including Lions and their initiatives.

Through motivation, I feel I have the ability to determine the strategic direction of the organisation, inspire others and get people moving in the right direction, working towards common goals and shared aspirations. Members need to feel that their work is important and valued.

Communication both verbal and written is crucial in a leadership position. I do like to have a chat but I am also an active listener.

I believe I have the confidence, positive attitude, skills and experience to perform the role of First Vice District Governor and to learn from the experience.

I look forward, with your support through your vote, to the challenge of the role, and my ongoing development as a Lion.

# LION STUART MATTHEWS

## CANDIDATE FOR SECOND VICE-DISTRICT GOVERNOR

2024-2025



I was born in England but went to Rhodesia with my parents at the age of eighteen months to a farm about 45 km from the capital Salisbury. My father who worked in Fleet Street before the war decided after the war that farming in the colonies was for him and so the great adventure began. It was a great life growing up in the great outdoors with new experiences every day and never a dull moment.

My freedom to run around at will came to a sudden end when I was informed that it was time to learn something which meant boarding schools, where I was for the duration of all my schooling. I was an average student but grew up around machinery and was always fixing things, something I have always been good at.

My choice of a career was simple because of my farming background and ability to repair machinery an apprenticeship was the obvious choice, so it was back to England to complete an apprenticeship as a construction and farm machinery mechanic. After completing my apprenticeship and working on site for a few years repairing machinery I became Service Manager of the division.

I returned to Rhodesia after seven years as Assistant Branch Manager of a Massey Ferguson dealership in a remote area in the north of the country. After a couple of years, I was offered a position as Farm Manager on a large arable property only 50 km east of the capital much closer to civilisation and family.

I married Barbara a registered nurse at this time, and we now have three children and ten grandchildren.

In 1978 because of the deteriorating political situation, we decided to return to England where I became Service Manager for a Massey Ferguson Dealership. After a few years I made a change to sales and held several managerial positions in dealerships as Sales Manager, and General Manager construction equipment. Prior to immigrating to Australia, I spent eleven years at Kubota UK as Regional Sales Manager Construction Equipment.

We emigrated to Australia in 1989 and I found myself working with machinery again up until we took early retirement in 2008. It was now time to travel, Barbara and I have travelled extensively both overseas and within Australia. We were caravaners and have travelled to every state, some we covered better than others, it didn't matter where we were we had a wonderful time.

I joined the Lions Club of Pine Rivers in 1991 and was soon followed by Barbara. We had an introduction to Lions from a well organised and busy Club. I was President in 1993/94 and had a great year whilst forming lifelong friendships. We had a break from Lions to travel and rejoined the Laidley Club in 2013. We moved to the Redcliffe Peninsula joined Kippa Ring and then our present Club Redcliffe Central. I have held several board positions in all my Clubs, Director, Membership, Assistant Treasurer and President.

This is my 5<sup>th</sup> year on Cabinet, 1 year as a GLT member and now this is my 4<sup>th</sup> year as Zone 10 Chairman, I have been fortunate to receive a number of Lions Awards including Zone Chair of the Year award for 2021-2022 and a Melvin Jones Fellowship.

As a few candidates have said in the past if you vote for me as 2<sup>nd</sup> Vice District Governor you are also getting Barbara in the package. We have been a partnership for forty-eight years and she supports my decision to nominate. I feel that with the management positions I have held and my twenty or so years of Lions experience I have the ability and qualities to lead Q3 as your District Governor and I trust I have your support too and that you will vote for me.



**COMMUNICATION ... EDUCATION**

**ENJOYMENT**

**STRONGER TOGETHER**

**29<sup>TH</sup> SEPTEMBER TO 1<sup>ST</sup> OCTOBER 2023**

**MILLMERRAN SHOWGROUNDS**

**DISTRICT CONVENTION -WHAT YOU NEED TO KNOW AT A GLANCE**

Where is it?	<ul style="list-style-type: none"> <li>• Millmerran Showgrounds signs will direct.</li> </ul>
When is it?	<ul style="list-style-type: none"> <li>• 29 September till 1 October 2023</li> </ul>
How Do I Register?	<ul style="list-style-type: none"> <li>• District Website or District Newsletter</li> </ul>
How Much Does It Cost?	<ul style="list-style-type: none"> <li>• Costs are outlined on the Registration Form</li> </ul>
Program	<ul style="list-style-type: none"> <li>• Full Program is available on the District Website</li> </ul>
Partners Outing	<ul style="list-style-type: none"> <li>• Saturday Morning starting at 9.20am</li> </ul>
Saturday Night	<ul style="list-style-type: none"> <li>• District Governors Banquet – Theme – Back to the Bush.</li> <li>• Dress Code – Country – Boot Scootin’ Footwear</li> <li>• 2 Course Meal.</li> <li>• Entertainment – Ridgee Didge Bush Band</li> <li>• Iced Cake Winner Announced and Auction of Cakes</li> <li>• Multi Draw Raffle – tickets available on the night</li> <li>• Environmental Photo Competition Winner Announced.</li> </ul>
Putt Putt Competition	<ul style="list-style-type: none"> <li>• Mill Inn Tavern, 11.00am – Free to enter with plenty of room for hecklers.</li> </ul>
Any other Questions	<ul style="list-style-type: none"> <li>• Contact Lion Maryann 0428848814 or Lion Jenny 0423452595 or email <a href="mailto:convention2023@gmail.com">convention2023@gmail.com</a></li> </ul>



**29<sup>TH</sup> SEPTEMBER TO 1<sup>ST</sup> OCTOBER 2023**

**MILLMERRAN SHOWGROUNDS**

## **AROUND THE WORLD WITH LIONS**

**THE THIRTY-FIRST IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN**

### **WE ARE CONNECTED**

Can you describe 'Peace'. Below is an extract from the Lions Magazine of Summer 2022 quoting the thoughts of the winners of the Peace Poster contest and Peace Essay contest of the 2021-2022 year.



The 2021-2022 Grand Prize winning poster.

I don't understand wars, how people can let them happen or what leads people that far." Rožen was sponsored by The Slovenj Gradec Lions Club and her poster was chosen for its originality, artistic merit, and portrayal of the contest theme, "We Are All Connected."

Peace contest winners look at what it means to be a global family Anja Rožen, 13, from Ravne na Koroškem, Slovenia, is the Grand Prize Winner of the 2021- 2022 Peace Poster Contest. "Peace is very important," said Rožen.



Anja Rožen, 13, from Ravne na Koroškem, Slovenia

"There is inner peace, which is finding happiness and contentment no matter how stressful your life is. Peace is also freedom from violence. When there is peace, nations and the whole planet can be stable and promote cultural growth.



Shreya Zoy, 13, from Kerala, India.

Shreya Zoy, 13, from Kerala, India is the Grand Prize Winner of this year's Peace Essay Contest. Her powerful piece titled "We Are All Connected" centres on the idea that the world is one family. "We are interconnected and dependent on [one] another's kindness." says Zoy. "The recent pandemic teaches us a lesson that nobody can survive alone." Zoy was sponsored by the Mannuthy Agri City Lions Club. For a complete list of winners and to read the winning essay visit [lionsclubs.org/peaceposter](https://lionsclubs.org/peaceposter).



# 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](mailto: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:

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

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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.)

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

# PAUSE FOR A CAUSE





## **GLOBAL CAUSE ... DIABETES**

### **DIABETES HAS AN IMAGE PROBLEM AND HERE IS WHY IT MATTERS**

Would you mind being judged for your food choices? Would you mind being shamed for taking necessary medications in public?

Many people with diabetes do mind. They experience 'Diabetes Stigma' every day through comments that judge, blame and shame them for having diabetes, for how they manage it, and for developing complications.

No-one chooses to get diabetes, no matter what type of diabetes they have. No-one should be blamed or shamed for having diabetes.

Professor Jane Speight partnered with Diabetes Australia and published a report **"Heads up on Diabetes and Stigma"**

The research showed, people with diabetes expressed ideas where they think these myths and misunderstandings come from. For example, how diabetes is portrayed in the media. Articles about diabetes typically show images of unhealthy food, such as sugary donuts. Images of headless or faceless people being overweight or obese, or people with amputations or other complications.

Further diabetes campaigns around the world promote the simple message that too much sugar causes diabetes and its complications. Some health professionals focus on what the person could or should have done to prevent their diabetes. They suggest that if they had "just tried harder" or shown more willpower they wouldn't need medications or have complications.

All of this serves to portray diabetes as a terrible condition that terrible people bring on themselves. When diabetes is a complex set of conditions that can impact anyone. **Diabetes does not discriminate.**

#### **What are the consequences of diabetes blame and shame?**

When fingers are pointed, they are pointed at real people. First it affects their emotional and mental health, causing feelings of guilt, shame, anxiety and distress. More than 25% of people say attitudes and stereotypes about diabetes have affected their emotional or mental health.

Second, it affects how they manage their diabetes. People who have been shamed for injecting insulin or checking their glucose (with finger prick) often avoid doing so in public. Sometimes they skip or omit necessary injections or monitoring altogether.

Third it affects long-term health. The impact on self-care can cause high or low glucose levels in the immediate term. Over the longer term, higher glucose levels put people at greater risk of developing serious complications.

Finally, stigma and discrimination can have a harmful impact on relationships, work, travel and other opportunities in life. To avoid negative reactions, one in three people with Type 1 diabetes don't tell other people that they have diabetes.



## GLOBAL CAUSE ... DIABETES

### CONTINUED

This can lead to **loneliness and isolation** which affects both mental and physical health. People have explained that their close personal relationships have ended, they have lost jobs, and lost opportunities for promotion.

#### **So what can we do to #EndDiabetesStigma?**

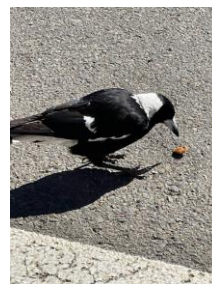
We know that the media, diabetes organisations, some health professionals and researchers have, in the past, been part of the problem.

Most cases of stigma arise because of thoughtlessness or misunderstanding. It is unrealistic to expect everyone without diabetes to know everything about what it's like to live with diabetes. However, what we can expect from other people is respect, kindness and compassion for those living with a condition that they don't understand.

So we are calling on everyone to **THINK AGAIN.**

**Finally** on 12<sup>th</sup> and 20<sup>th</sup> August Toowoomba West and Toowoomba City Clubs assisted me in two Bunnings sausage sizzles in raising funds to run Camp Cockatoo Youth Diabetes camp in 2024.

I and the Camp Cockatoo committee and volunteers wish to wholeheartedly thank all those members who assisted in the fundraiser.





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

### **SANDWICHES FOR KIDS**

I have been asked by several Lions Club Members how the “*Sandwiches For Kids*” (our name for the program) that two Clubs in Toowoomba are involved with works so I contacted Eat Up Australia for information to pass on to you.

*Make, Pack and Deliver!*

**Eat Up Australia** is a not for profit organisation whose mission is to “feed hungry kids so they can grow, learn and succeed.”

The Mission of Eat Up Australia and one of the five Lions Global Causes, “Hunger” intertwine, making “Sandwiches for Kids” a Project the two Toowoomba Clubs could embrace with enthusiasm.

The health and education of our children is uppermost in our minds. Every family has its own dynamic and concerns but a constant is nutrition for children to enable them **“To learn, grow and succeed.”**

It is hoped that by providing lunch to vulnerable children, they can be helped make the most of their learning opportunities. Since the inception of the Project in 2017 over 1,800,000 sandwiches have been delivered nationwide. The number of schools supported has grown from twenty in 2017 to over two hundred schools in regional and remote areas around the country today.

Cheese sandwiches are made by groups of volunteers and then delivered locally to schools in need once every three to four weeks during the school term (sometimes along with donated snacks and fruit). Depending on how many volunteers are participating the activity ranges from a couple of hours to half a day. The schools then freeze the sandwiches so they can be toasted or defrosted as required, when a child attends without food from home.

All the ingredients and equipment needed are provided so there is no cost to the participants. Eat Up Australia also manages the administration and communication with the schools around any adjustments to sandwich requirements, so participating groups simply make the sandwiches and deliver them to the local schools.

Help is needed to reach kids in regional towns around Australia as there are schools waiting to receive support. Eat Up works with a range of clubs, community groups and schools in regional areas, and coordinates behind the scenes so the participant involvement is straightforward, cost free and impactful.

If you would like further information please contact me or visit the Eat Up Australia website.



*Lion Jenny Tate  
District Hunger Chairperson*



**GLOBAL CAUSE ...**  
**VISION ... WORLD SIGHT DAY**



**WORLD SIGHT DAY – THURSDAY, 12 OCTOBER, 2023**

World Sight Day focuses global attention on blindness and vision impairment and is an opportunity to remind ourselves of the importance of good vision to a healthy life. It was established in 2000 by the World Health Organisation (WHO) and International Agency for the Prevention of Blindness (IAPB).

Sight is considered our most important sense, so it is the sense that we fear losing the most. Yet do we know enough about our eyes and how to take care of them? I would ask all of you to be aware of the following conditions which we should be checking ourselves for every 2 years.

- **GLAUCOMA:** One in 10 people will develop Glaucoma which affects visual function through damage to the optic nerve. There is a higher risk in people with a near blood relative who has Glaucoma and increases after the age of forty years. Damage normally progresses slowly and vision is lost gradually. The early stages often go unnoticed, with individuals not aware until a significant amount of damage has occurred. **If the vision is lost, it cannot be restored.** It can be treated with eye drops or laser surgery.
- **Cataracts:** Typically develop over the age of 65 years and is treatable by effective day surgery. However, loss of eyesight with cataracts is very gradual and needs regular eye checks.
- **Diabetic Retinopathy:** Caused by the increasing health problem with Diabetes. If undetected, it can lead to blindness, People with Diabetes should have their eyes checked regularly so that any changes at the back of the eye can be dealt with at an early stage.
- **Macular Degeneration:** This causes poor vision by affecting the area responsible for central vision, the macula. It does not usually affect peripheral or side vision. However, reading, watching television, driving, recognising faces and colour discrimination become difficult. It most commonly occurs in a “dry” form, in which vision deteriorates slowly. There is also a “wet” form which progresses quickly and needs immediate attention. Smoking significantly increases the risk of developing Macular Degeneration. It is most prevalent after the age of fifty years and affects about 30% of the population.

**90% of all blindness and vision impairment is preventable and treatable if detected early. Regular eye examinations with an optometrist can save sight. In many cases, once vision is lost it cannot be restored. LOVE YOUR EYES.**

*Lion Geoff Moor ... District 201Q3 Vision Chair*



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

The final numbers are in for the last Lions year. As at 30 June 2023 a total of **\$49,056** has been raised by the District from thirty-five Clubs (up from twenty-six last year), two x Lioness Clubs, one Leo Club and one other donation. We provided \$500 for Awards, \$8,897 from Biggest BBQ; \$1,011 from the Coin Line; \$32,060 in donations; \$6,000 from the Brisbane Bunya High Tea event and \$588 from the sale of merchandise. The total in 2021-22 was \$25,810. Well done by all involved.

However, one area where we could improve is by making more use of the Awards option. In 2021-22 the District and two Clubs used \$2,643 just for awards. With only one Club using \$500 for awards this year this is an area worth investigation.

The figures I am given do not show if any of your donations have been used for awards. I will follow that up before my next report. This [link](#) takes you to information on the awards. More info on these awards will be available at the Convention.



Fund raising via the [Julikemychops](#) initiative is continuing. As you can see I have enlisted my Irish friend Murphy to help. (Thanks District Governor Andy for giving him his name). It is still my intention to have an event on 1 October where anyone else who has been growing their chops to have a shave off.

I have decided to maintain my chops and use them to help with a District Movember campaign. More on that in the Prostate Cancer report in this Newsletter.

*PDG Norm Jensen*  
*“Ph: 0404984 455”*



**Gold \$1,000**



**Silver \$500**



**Bronze \$250**





## **GLOBAL CAUSE ...** **ENVIRONMENT**

Winter has moved on and Spring has sprung into life, before we know it Summer will be upon us.

What does that mean, bright sunshine, nature coming alive with new leaves on the trees and flowers bursting into bloom. This will soon be replaced by hot, dry temperatures of Summer.

Now is the time to start planning ahead for our Summer months. Be it giving the house a touch up, but more importantly tidying up your yard. No matter where you reside in the city, in the suburbs or in the country.

**Be prepared;** for this is a motto we should all follow.

Know matter how, when, where or why, danger often lurks around the corner, as Summer is our FIRE Season, CYCLONE weather, not to mention undesirable STORM weather appearing unannounced. All these occurrences combine together can-do immense damage to everything, cause undue heartache and pain. **So, start your emergency response plan TODAY.**

**MY theme of Water Conservation and Protection of our water ways** comes to the fore from now on.

Our rainfall over the winter period has been extremely low, therefore we must be very frugal with how we use our water supply leading into the hottest season of the year. Rain for spring does not look promising. South East Queensland water catchments are going to be at risk of having NO water, let alone other areas of the District by seasons end.

Do city people understand the importance of how precious our water usage affects the environment, compared to country people who rely on tank, or bore water to survive.

Our waterways are also at risk of further damage due to the absence of no rainfall, pollution build up from oil residue, plastic bottles, cigarette butts, illegal dumping of tyres, household rubbish, blue green algae, chocking weed spreading, and the list goes on.

Our native platypus is having its habitat invaded and destroyed by the lack of clean fresh water flow. Will we have any Native marine life left in our rivers and creeks, due to the continued disrespect of our waterways in the future.

Our beautiful river gum trees are also slowly dying due the increase of salt build up from lack of fresh water flow in the rivers.

Do you think our state should consider erecting more water catchment areas to meet the demand of water requirements with the increase of population growth exceeding the amount of water already available?

Until next month, stay safe and well and look after our waterways.



*Lion Dell Emery ... Environment Chair ... District 201Q3*