

# LIONS FAMILY LINES



*ISSUE 51 – OCTOBER 2023*



**THE OFFICIAL  
NEWSLETTER  
OF DISTRICT 201Q3**

***DISTRICT 201Q3 CONVENTION  
MILLMERRAN 2023  
29<sup>TH</sup> SEPTEMBER – 1<sup>ST</sup> OCTOBER  
MORE ON CONVENTION  
IN NOVEMBER NEWSLETTER***

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

## **CONTENTS**

- 3 District Governor Andy's Notes  
Worth While Watching
- 4 Andy's Roar  
Faces From Millmerran Convention
- 5 Searching for the Holy Grail
- 7 Cabinet Secretary Barbara's Report
- 8 Service Matters
- 9 Dalby Lions Children of Courage 2023
- 10 Ashgrove the Gap News  
Lions "To Do" List
- 11 Melbourne 2024 International Convention
- 12 Darwin Multiple District Convention 2024
- 13 Bracken Ridge Central Backyard Bonanza 2023
- 14 Cake and Mint Portfolio
- 15 Toowoomba West Lions "Grocery Grab"  
Teneriffe Lions Buy One/Bank One Coffee
- 16 Youth of the Year
- 17 Blackall Range Knitting Group
- 18 Our Newest Lions Family Members  
Membership and Activity Report
- 19 Doggy Diabetes Day Information
- 20 Lions Hearing Dogs
- 21 Lions Club of Inala Citizenship Ceremony
- 22 Your Membership Matters
- 23 Paying it Forward  
Called to Higher Service  
Newly Elected DG Team for 2024-2025
- 24 Convention Montage ... Thank you Richard
- 25 Awards Presented in 2022-2023
- 26 Around the World with Lions
- 27 Global Action Team Round-up Notes
- 29 Pause for a Cause
- 30 Global Cause – Diabetes
- 32 Global Cause – Hunger
- 33 Global Cause – Childhood Cancer
- 34 Global Cause – Environment Review

## **NEWSLETTER DEADLINE**

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

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

Please email your articles to  
[lionbeverleyq3@outlook.com](mailto:lionbeverleyq3@outlook.com)

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

**Even if you end up between a rock and a hard place, you can still make yourself into something beautiful**



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.**

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.*



**Taken at the Gala Dinner at Anzi**

# DISTRICT GOVERNOR ANDY'S NOTES



What a wonderful, jam-packed month I have had.

Firstly, I went to Sydney for my first Council of Governors. I was a bit nervous going, hoping that I had done enough preparation and reading. Luckily, I was not the only one and we all seemed to fly through with flying colours. It was great meeting up with my other District Governors and swapping lots of talk and experiences. It was very interesting learning all the different aspects of Lionism that is conducted through our Multiple District.

We were hosted by one of the Sydney Clubs to a Chinese banquet in Chinatown, organized by Council Chair Vin. We took over the upstairs of the restaurant as many of the Lions from different Sydney Clubs came to eat with us. It was a very interesting evening.

From Sydney I flew to Christchurch for the ANZI Forum. Having never been to one, I had no idea what to expect. What a magical time we had. I refreshed my friendship with the two New Zealand District Governors from my International Group, which was so good. The sessions were very enlightening, and I learned a lot. Of course, meeting International President Dr Patti Hill and being designated to sit at her table for one of the meals was a sheer joy. She and her husband Lion Greg are easy to talk with. I do not know how they keep smiling for all the people that want to talk to them and take their photo.

They have been travelling since Boston and do not get back to their hometown until the last weekend in November! I also got to know 3IP Mark Lyon as we seemed to cross paths continuously. He and his wife are also really friendly, and both cannot wait until next year to come to Melbourne.

Enough of my travels, I must mention the Convention in Millmerran. The organizing committee have done a massive job getting everything together. They have all been magnificent.

This newsletter will have some, not all, the shenanigans that happen over the weekend. For those coming, please drive safely, leave your stresses at home, trade your diamonds for denim, your linen for gingham, your Lions hat for an Akubra and your heels for RMs.

***IT IS TIME TO BOOT SCOOT!!***

*District Governor  
Andy Fitzgerald*

**W**orth

**W**orld

**W**hile

on the

**W**ide

**W**atching

**W**eb

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)

[Facebook](#)

[Flakefleet Primary School gets first GOLDEN BUZZER of 2019! | Auditions | BGT 2019 - YouTube](#)

[Graduation ceremony goes silent when student with autism accepts diploma | GMA Digital - YouTube](#)





# Lookout for: **ANDY'S ROAR!**

Quarterly videos to inspire Lions Clubs

Video #1

## "Refresh Your Club For Spring"

Check District FB page for details



**FACES FROM**  
**MILLMERRAN CONVENTION**  
**2023**

*With thanks to Lion Lindsay Proudlock*



## **SEARCHING FOR THE HOLY GRAIL: STOPPING THE SPREAD OF PROSTATE CANCER**

One of Australia's most promising prostate cancer researchers believes she's on the cusp of what could be a holy grail discovery in stopping metastatic prostate cancer switching off the body's natural immune response as tumours spread to the bone.

The pioneering research, supported by Prostate Cancer Foundation of Australia (PCFA), could help identify men most at risk of their cancer spreading and make existing therapies more effective.

“We've identified an immune signalling pathway, which is suppressed when cancer cells move from the prostate to bone, making the tumour cells invisible, allowing them to evade the body's natural immune system and enabling the tumour to grow undetected and making them resistant to therapy,” says Doctor Katie Owen, who has received two PCFA research grants for her work at the Peter MacCallum Cancer Centre.

“We've found that in certain circumstances we can switch off these cancer cells and stop them expressing proteins which shuts down the good immune responses, creating a pro-tumour environment.

“This discovery is really exciting because if we can make these cells which are invisible seen, then we can explore ways to block it.

*“It could make existing therapies more effective, even using them in a different way.”*

PCFA Chief of Mission and Head of Research, Professor Jeff Dunn AO, says the findings could transform the treatment of advanced prostate cancer.

“The spread of prostate cancer cells to bone is hard to predict, hard to treat, and hard to beat. This research could help identify men who are most at risk and allow us to deliver targeted therapies to slow down or stop the disease and improve overall survival.”

Prostate cancer metastasis occurs when cells proliferate and spread beyond the prostate to other parts of the body, often to the bone.

*“Prostate cancer is different to other cancers. It's unique in the way it metastasises because it almost always goes to the bone, which makes it even more challenging to treat effectively,”* Dr Owen says.

“With many of the most deadly forms of prostate cancer, the cancer cells trigger a protein which makes them invisible to the immune system, turning off the immune response that would ordinarily stop the cancer growth. This is where it gets tricky for the body, because the body can't fight what it can't see.” One of Australia's most promising prostate cancer researchers believes she's on the cusp of what could be a holy grail discovery in stopping metastatic prostate cancer switching off the body's natural immune response as tumours spread to the bone.

The pre-clinical trials examined and profiled tissue samples of men with metastatic disease, with the scientists looking at not only changes in the primary tumour but also in the metastatic sites themselves. “Identifying these biomarkers through something like an initial blood test, which is fast and cost-effective could help identify men most at risk, giving them

the best chance at survival and also greatly improving their quality of life,” she says.



PCFA has recently established Australia’s first Prostate Cancer Future Fund with the goal of accelerating world-leading research to save the lives of more men.

“Australia has one of the highest rates of prostate cancer in the world. It is a disease that accounts for more hospitalisations than any other type of cancer and claims the lives of more than 3,500 Australian men each year,” Professor Dunn says.

Prostate cancer is the most commonly diagnosed cancer in Australia, with over 24,000 men likely to be diagnosed this year.

“While the rate of men dying from prostate cancer in Australia has been gradually falling over the past 20 years, around 10 Australian men still die every day to the disease, and the number of aggressive prostate cancers diagnosed is increasing dramatically as the population ages.”

“Over the past 40 years five-year relative prostate cancer survival rates have increased from around 58% to 95%. That’s a remarkable achievement which demonstrates the impact of research into better diagnosis and treatment,” he says.

Dr Owen said the research has the potential to make real and achievable change in treatment of the disease, making it less invasive, more effective, affordable to deliver, and easily accessible.

“Research into bone metastasis is often put into the too hard basket and deserves more support. We need to know why treatments are failing and why tumour cells behave differently. “Ultimately, the work being funded by PCFA right now will help to save lives, minimising the harms of prostate cancer and ensuring all Australian men have an opportunity to beat it before it spreads.”

Donate online via [pcfa.org.au/donate](http://pcfa.org.au/donate) or call 1800 22 00 99  
RESEARCH DISCOVERIES 5 YOU + RESEARCH = HOPE Survival rate improvements Your return on research investment

### PCFA’s FUTURE FUND

For every \$1 invested in prostate cancer research, around \$3.90 in benefits is returned to the community. With our focus on world-leading projects in areas such as nuclear medicine and genetics, you can trust that PCFA’s Prostate Cancer Future Fund will deliver the outcomes we need. Call **1800 22 00 99 to find out more.**

Taken from the August edition of “Blue Sky News”. This and earlier copies of this publication can be accessed via this [link](#) to the PCFA website.

PDG Norm Jensen  
‘Ph 0404 984 455



## CABINET SECRETARY BARBARA'S REPORT

By the time you read this article the Millmerran Convention will be done and dusted, I hope that all of you who attended had a good time and learnt something new about Lions and were able to network and make new friends and reconnect with old ones. Time to start planning to attend the Redcliffe Convention in 2024.

On a personal note, firstly my own Lions Club, Redcliffe Central is hosting this for 1 Vice District Governor Richard Williams. Secondly my husband Stuart has nominated for 2 Vice District Governor for 2024-2025. I look forward to supporting him on his journey.

Some dates to note for future planning Multiple District Convention 24-27 May 2024 in Darwin. Lions Clubs International Convention 21-24 June 2024 in Melbourne. 201Q3 Convention 4-6 October 2024.

All Clubs should have received their annual return form from the Office of Fair Trading. Remember that you are required under State Legislation to have your Annual General Meeting (AGM) within six months of the close of your financial year and then the annual return must be submitted within one month of the AGM together with your lodgement fee. Your Management Committee will set the date of the AGM but as Secretary you must notify Club members in writing the date, time, and venue at least fourteen days prior to the meeting.

Your Lions Insurance Certificates of Currency from 1 September 2023 to 1 September 2024 are available for downloading from the Lions Australia Website.

If your club has taken the optional additional insurance, you will have received a renewal notice for that.

The District Governor team continue with their Club visits, thank you for your prompt replies and please continue to send in nominations for your Club members to receive a District Governor Excellence Award or a Distinguished Service Award.

Some news on the New Lion Portal, we can now expect it in January 2024. A quote from the Global Lions Forum "Our Lion testers are in the new portal! They will find issues and report. That is what User Acceptance Testing is all about. We are thankful for their work to ensure a successful launch in January 2024". So, watch this space and I will bring you information as I get it. In the meantime you can continue to look for updates on the LCI site and watch the promotional videos.

My monthly reminder to Secretaries please enter your membership changes/nil membership changes into MyLCI by the 27th of each month. Enter all your service activities in MyLion as soon as they are completed or by the first few days of the new month. As always, I am here to help, should you need any assistance or advice, please do not hesitate to ask.

*Barbara Matthews  
Cabinet Secretary 201Q3*



**International President Dr Patti Hill in action in New Zealand**



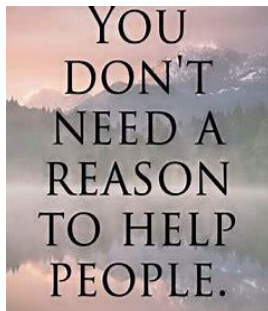
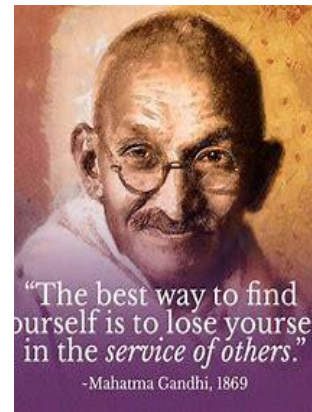
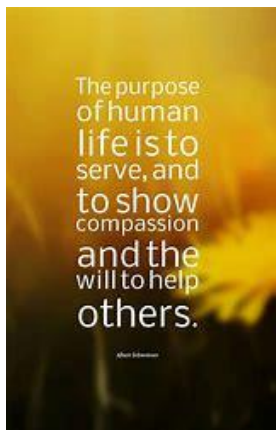
# SERVICE MATTERS



While visiting the Clubs in our Q3 District, Richard and I have repeatedly heard from members that helping others in our communities, makes us proud to be Lions. And so it should!

Whether your Club has funded a support dog for a young girl so she can settle at school or done a yard tidy up for a pensioner with no family nearby, you have made a worthwhile and positive difference to someone's life. This is what our motto, "We Serve" means. And it is no small thing in an increasingly busy world, where all too often people think to themselves, "Someone should do something about that, but it can't be me."

Our Lions Clubs fill a void in many communities and take on projects that would otherwise not get done, so take the time to reflect on something your Club has done recently that you are proud to have been part of. That is why we are Lions!



Lion Debbie Williams



## **DALBY LIONS CLUB CHILDREN OF COURAGE**

The event was organised by the Children of Courage Chair, President Julianne Shipway, with the assistance of the teachers of the four Dalby primary schools and Tara Shire State College. Ten children were recognised at the event for their courage in the face of adversity in their lives.



The awards were presented at the Dalby Lions Club Den on Saturday morning. Lion Julianne chaired the event and she was accompanied by Children of Courage District Chair Lion April Lindell of Forest Lake. Three of the children were unable to be there but the seven children who did attend did so with families, friends and teachers from their schools. A number of Lions Club members also attended. The three children who were unable to attend will be presented their awards at their schools.

Lion Julianne brought each child forward and spoke about their strengths and what they enjoyed doing.

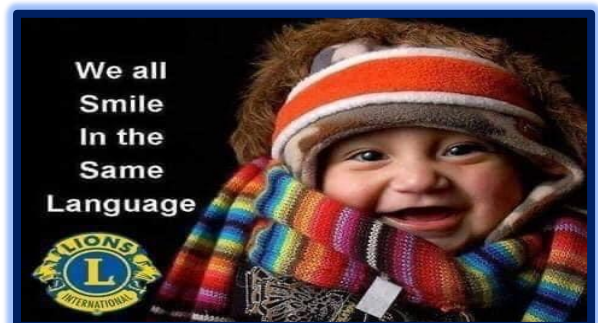
She then presented each child with a Lions Care Bear, a medallion, a Certificate and an Arrow Energy bag containing a football. Each child received a roaring round of applause as they were presented with their awards.

Arrow Energy, in addition to providing the footballs and bags, kindly bore the cost of the morning tea which followed the event. Lion Julianne thanked Jayne Weier of Arrow Energy for doing this.

Lion Julianne said that the event could not have proceeded without the assistance of the administration staff and teachers at the five schools which participated. She also wished to thank the members of her Club who worked up until Friday preparing the recently renovated Den for Saturday's event.



*Julianne Shipway  
President  
Convenor Children of Courage Awards*



## **ASHGROVE THE GAP NEWS**

Ashgrove The Gap Lions Club welcomed Kaz Willis from the Valleys Cricket Club All Abilities Cricket Program who are dedicated to fostering a safe and inclusive environment for people with disabilities to enjoy and participate in cricket. Our Club is very happy to be a sponsor of the program for another year and at this meeting we made a donation to All Abilities.

Our Club conducted a very successful BBQ Lunch for the British Railway Modelers of Australia as part of their conference which was held at the Tramway Museum in Ferny Grove on 24<sup>th</sup> September.

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.

On 26<sup>th</sup> September we welcomed John Woodcroft from No Boundary Disability Services as our guest speaker at the Partners and Friends Dinner Meeting at Ashgrove Golf Club. The presentation was most informative and value adding to all those present.

Ashgrove The Gap Lions Club conducted a Plant Sale Fundraiser in Ashgrove Avenue in Ashgrove on 30<sup>th</sup> September. All Lions and Partners worked hard to pot and provide plants for the sale which was a huge success and we would like to thank all of the community that came along and purchased plants with funds raised being used to support those in need in our community. Please note there will be another Plant Sale on 14<sup>th</sup> October in Fernberg Road at Paddington.

On 9<sup>th</sup> October we will be presenting our newly instituted Senior and Junior Excellence Awards in Public Speaking to two outstanding students at the Marist Brothers Awards Night at the Queensland Performing Arts Complex.

### **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 Chermiside by cooking up a BBQ to support all the participants, visitors and those living with Brain Cancer.

On 28<sup>th</sup> October we 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, the 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*





## MESSAGE FROM PID TONY BENBOW OAM

### HOST COMMITTEE CHAIRPERSON

It is such a privilege to be the host of a Lions International Convention which attracts more than 14,000 delegates from all around the Lion world each year.

For any Lions or Leos in Australia who have never attended a National or International Convention, LCICON24 in Melbourne is the perfect time to do so. This is a unique opportunity for our members to connect with Lions leaders, members and Leos from across the globe. Attendees are sure to be inspired, entertained and meet new friends.

The last time an International Convention was held in Australia was in Sydney in 2010. Those of you who attended will know first-hand the unique experience and privilege it is to host an event of this kind.

This is an incredibly exciting time for Lions in Australia and all Australians as we prepare to welcome guests from across the globe and come together to celebrate the magic of community service. We are sure our Convention in Melbourne will be bigger and better than ever.

The host committee will continue to share up dates with you along the way and cannot wait to work with you all on what we know will be an incredible event. Thank you for your support.

#### **Convention Details**

**Save The Date: Friday 21st June 2024 – Tuesday 25th June 2024**

**Host City: Melbourne. Venue: Melbourne Exhibition & Convention Centre**

#### **Registration Link:**

<https://lionscon.lionsclubs.org/registration-information/individual-registration/>

The International Convention is a big job, and we would love the help of our local Lions.

From greeters, transport and Convention guides to a range of projects in the lead up to Convention there are some fantastic opportunities for Lions and Leos to volunteer and make some special memories that will last a lifetime.

Please help us spread the word and encourage anyone interested to register their interest.

#### **Volunteering Opportunities Registration**

[melbourne2024.org.au/volunteers-and-supporters](http://melbourne2024.org.au/volunteers-and-supporters)

*District Q3 Ambassador: Norm Alcock email [lionnorm@optusnet.com.au](mailto:lionnorm@optusnet.com.au) Mob 0417714284*

**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*



## **BRACKEN RIDGE CENTRAL BACKYARD BONANZA 2023**

This annual Community Event hosted by Bracken Ridge Central Lions and in conjunction with the Brisbane City Council was held on Sunday 27 August 2023. It was full of FREE fun activities for kids as well as several great performances showcasing local talent, children's shows, professional bands, community and school choirs, dance groups and instrumental ensembles.

McPherson Park came to life with the Bracken Ridge Central Lions Club's Miniature Steam Train Rides, many kids' and youth activities, delicious food trucks and community market stalls and displays along with FREE carnival rides, petting zoo and reptiles.

The day was shared with Bramble Bay Lions Club who assisted with set up, and we had stalls from Brisbane Inner North and Golden Valley Keperra Lions Clubs. The day also helped Scouts, Girl Guides, Guide Dogs, PCYC, local Little Athletics, Cricket Club and many more local organisations raise some much needed funds and all lift their profile within the community.



All free activities such as a Paw Patrol Show, show rides, petting zoo, reptile animals, face painting, photo booth and lots more were all sponsored by the Brisbane City Council and local businesses.

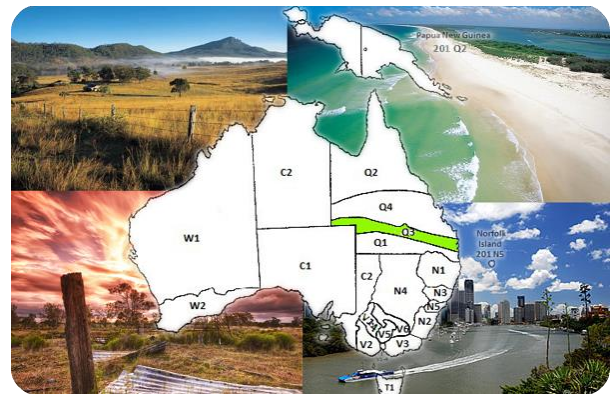
With sunny skies and an inexpensive family fun day out we had more than 8,000 people attend and hope for more next year.

Member for Parliament Luke Howarth, Brisbane Lord Mayor Adrian Schrinner, Cr Sandy Landers and the Town Crier all took part in the festivities with radio station 99.7 Bridge FM broadcasting from the park.



While this is a wonderful platform for the Bracken Ridge Central Lions Club, it is also rewarding to be part of helping lots of other community groups, school groups, sporting clubs, market stalls and local small businesses within the local area promote themselves and we are looking forward to another great event on Sunday 25<sup>th</sup> August 2024.

*Lion Sharon O'Sullivan  
Bracken Ridge Central Lions Club*



## CAKE & MINT PORTFOLIO October 2023

### CAKES –

I have had a number of calls and emails looking for the password for printing out this year's Cake Order Form. I have published this in several newsletters as well as sending it to all of the Clubs.

If, as your Club Cake Chairman this information has not reached you or if you have not copied this information, I will again put it into this month's edition.

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 & 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
- ✚ Might I suggest that you then save it to your computer just in case you need to put in a second or third order.

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.

Some really good news is coming forward from feedback that deliveries have been well and truly under the 10-day turnaround, so please, when you key in your order be prepared for it to come a little earlier than you may have experienced in the past.

If you happen to have any challenges, please do not hesitate to contact me, happy to help. This of course means both Cakes and Mints, to those Clubs still on the Mint Programme do keep an eye on your orders.

### MINTS -

Mints continue to be a challenge, so if you experience any issues at all please let me know as we need to keep a record of any order and or delivery problems that you may encounter.

If you have an order in or have just received your order you must make payment straight away. If your Club appears on the next outstanding payments report, I will be in touch.

### **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

## **TOOWOOMBA WEST LIONS**

### **“GROCERY GRAB”**

Lions Club of Toowoomba West is again participating in the Lions Australia Grocery Grab to support Lions Cord Blood Foundation Inc.

The Foundation was formed some twenty-seven years ago for the purpose of eliminating leukaemia and other blood disorders especially in children. Last year the Foundation had the opportunity to link with Monash University to support their research in use of umbilical cord blood and stem cells to treat foetal stroke in premature babies and support Phase clinical trials to test the feasibility and safety of this therapy. The Foundation will also support Phase 2 involving 200-250 babies in Australia and the USA soon. All proceeds from the Grocery Grab Raffle are supporting this research and the resulting outcomes into improving the lives of premature babies.



***PDG David and Lion Cheryl Orton with Drakes Store Manager Benjamin Houstin***

Drakes Supermarket, at the High Street Shopping Centre in Rangeville have been very supportive of this project and have allowed the Club to sell tickets outside the supermarket on Wednesdays, Friday and Saturday, between 10 am and 2 pm. Tickets are \$1-00 each with the prize draw being on 30 September 2023 or sooner if tickets sell out.

The lucky winner will receive a \$300 voucher to be spent in Drakes Supermarket and a second prize of \$100 of vouchers to be spent in the High Street Shopping Centre. This has been kindly donated by Centre Management.

Our Club gratefully acknowledges the support received from Drakes Supermarket and Centre Management of High Street Shopping Centre in assisting our Club support this worthy cause.

*Lion Merv Symons  
Lions Club of Toowoomba West.*

## **TENERIFFE LIONS**

### **BUY ONE/BANK ONE COFFEE**



Sippy Tom on Vernon Terrace is a proud supporter of our Buy One / Bank One Coffee Program. Customers can pay for an extra coffee and drop a token in the jar so someone less fortunate can enjoy the simple pleasure of a decent cup of coffee.



**DATE CLAIMER!!!!**

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

We are off and running!!!

Congratulations go to the Lions Club of Maleny Blackall Range for being the first Club to register in August. So far we have 14 Clubs registered as follows with their Club final dates.

Club	Club final date	Club	Club final date
Bribie Island	TBA	Lake Currimundi-Kawana	26 February 2024
Sandstone Point	29 February 2024	Brisbane Bunya	2 March 2024
Brisbane Oxley Sherwood	TBA	Caloundra	24 February 2024
Brisbane Inner North	24 February 2024	Redcliffe Central	15 February 2024
Ipswich	24 February 2024	Ashgrove The Gap	27 February 2024
Maleny Blackall Range	27 February 2024	Pittsworth	8 November 2023
Brisbane Bramble Bay	TBA	Chinchilla	TBA

Now is the time to consider your Club's participation in the Program for the 2023- 2024. We would love to have your Club on board. I can email another copy of the Club registration form if you need another. 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). An Invoice will be issued upon receipt of your Club Registration Form.

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

**Account Name:** LCI District 201 Q3  
**Account No.** 58 0522  
**Bank BSB:** 034 676  
**Reference:** Invoice Number.

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

The YOTY **Judging Deadlines** are as follows:

Levels	Dates
Club Judging	To be completed no later than Sunday, 10 March, 2024
Zone Judging	To be completed no later than Sunday, 17 March, 2024
Region Judging	To be completed no later than Sunday, 19 March, 2024
District Judging	Will be held on Saturday, 13 April, 2024
State Judging	Will be held on Friday, 26 & 27 April 2024 – Q2
National Judging	Will be held 24 – 27 May 2024 - MD Convention, Darwin

Venues for **Zone and Region Finals**. Some finals are yet to be determined so I am still on the hunt for Clubs who will host these. If your Club would like to host one of these, please contact me as soon as possible. Details will be advised hopefully in the next update.

The **Lions Club of Toowoomba West** has graciously voted to host the District Final. **This final will be held in the Toowoomba area on Saturday, 13 April 2024.** More details will be forthcoming in future newsletters. I am willing to come and speak at a Club or Zone meeting to help promote the program.

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 0429816788. I look forward to working with you.

Thank you

PDG Lion Doug Evans ... Youth of the Year Chair District 201 Q3



## **BLACKALL RANGE KNITTING GROUP**

Love rugs, trauma teddies, baby beanies, owl puffs, octopuses, cuddle bunnies – these are some of the things being knitted by the Blackall Range Club’s Knitting Group for Youth in Search and the Sunshine Coast Health Foundation at Sunshine Coast University Hospital.

The group has 6 regular members and was formed by one of our newer Lions within a couple of weeks of her joining. Helen claims to be a knitting addict and provides assistance and guidance to those who are new knitters or who haven’t knitted for decades. Their fortnightly meetings provide a happy social time with coffee and a chat while producing beautiful products as a service to others. Much of the wool has been provided by another new Lion who advertised widely on Face Book for unwanted odd balls of wool. Small amounts of various colours are ideal for small items such as owl puffs and clothing for trauma teddies.



The group’s initial intention was to focus on Love Rugs, but the task of working solely on such large items was rather daunting for those new to knitting. SCUH was contacted regarding baby beanies - the air conditioning is very cold for young babies - and local police and ambulance officers referred the group to the hospital for trauma teddies as well. The Sunshine Coast Health Foundation, which is based at the hospital, was delighted to have keen new knitters and sent along

patterns for the items that are popular with young patients. These smaller items are less daunting for inexperienced knitters and provide a change from large rugs for the more experienced.

The Health Foundation acts as a central collection point and sends donated items around the coast, including to Nambour and Maleny hospitals and to the University Hospital itself.

It is wonderful to see newer members quickly suggesting projects they will lead so soon after joining. Helen, and Ann, who collected over 100 balls of wool for the group, are among our older members as well as being new, and their enthusiasm has been very encouraging to all of us in the Blackall Range Club.

*Lion Marcia Jensen  
Lions Club of Blackall Range*



## 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>Bracken Ridge Central</i>	Ann Coffey
<i>Brisbane Metropolitan (Rejoined)</i>	David Williams
<i>Brisbane Bramble Bay</i>	Grant Connolly
<i>Golden Valley Keperra</i>	Dr. Karel de Laat Dianne Halliday Dora Starr Michael Starr
<i>Maleny Blackall Range</i>	Greg Hayter
<i>Mooloolah Valley</i>	Lindsay Neven
<i>Redcliffe Central</i>	Tina McLeod
<i>Taroom (Rejoined as a Transfer)</i>	Alexis Bradley Mooyer
<i>(Rejoined as a Transfer)</i>	Dustin Burton
<i>Teneriffe</i>	Carol Birrell
<i>Toowoomba</i>	Mark Orford
<i>Toowoomba Wilsonton</i>	Paul Thomas
<i>Wamuran</i>	Jennifer Carter Kate Dowling Karleah Watson
<i>Westbrook &amp; District</i>	Piter de Souza

# Welcome

## MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 9.30am on 28<sup>th</sup> June 2023

Our total membership number this month is one thousand four hundred and six, with nineteen added (sixteen new members, one reinstated member and two transferred members who were dropped some months back and six leave a gain of thirteen for the month. This is really good news as for this Lions year we are on target for our membership growth).

### **MyLion reports:**

46,000 People Served

33 People Served per Member

618 Service Activities

- 19 Diabetes
- 48 Environment
- 24 Childhood Cancer
- 38 Hunger Relief
- 21 Vision
- 467 Other

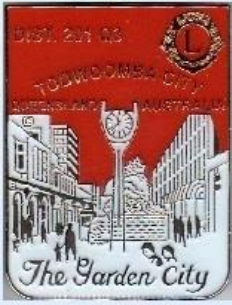
17,715 Volunteer Hours since 1<sup>st</sup> July 2023

USD \$45,375 funds donated and USD \$75,928 raised

43 clubs have reported their activities, that is 9 more than last month. Please report your service and let's make it a record year.

*Barbara*





# 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** **8.00am to 12.00mid**

- \* *Darling Downs Vets*
- \* *Charlie and Mia's Barkery*
- \* *Pawfect Paws Daycare/Grooming*
- \* *Off the Chain K9 Rescue*

**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



**lions australia**

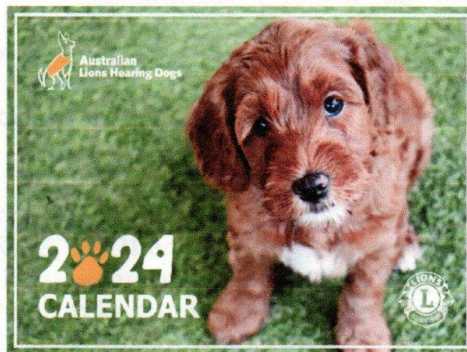
75 years and counting





## **CHRISTMAS IS COMING!**

Have you started thinking about Christmas presents yet? We have some exciting new merchandise in stock for you to purchase – whether that be for friends and family, guest speakers at local events, or people in your community who support your Lions activities. (Plus, it all goes to a good cause!)



### **PRICES**

NEW Dog Christmas Stockings \$8 each

2024 Calendar \$10

Puppy Xmas Cards (5 for \$5 or 10 for \$10)

Keyrings \$5

And much more available – visit our shop online at

[www.lionshearingdogs.com.au/shop](http://www.lionshearingdogs.com.au/shop)

## **LIONS CLUB OF INALA** **CITIZENSHIP CEREMONY**

The Lions Club of Inala Inc. Club members were thrilled to welcomed eighty-two new Australian Citizens from twenty-eight different countries at their Citizenship Ceremony on Sunday 17 September on Australian Citizenship day at The Blue Fin Fishing Club in Inala.

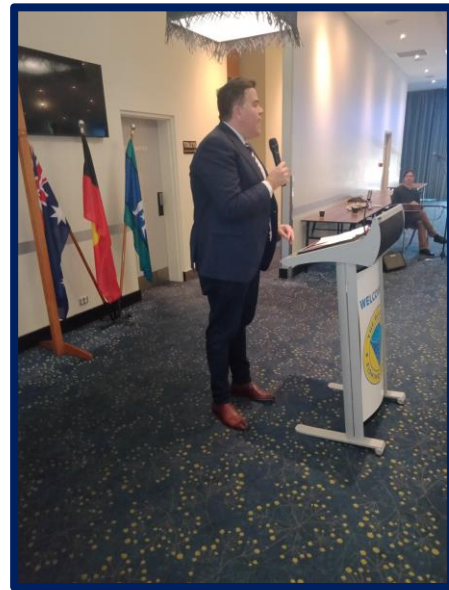
Inala Lion John Moynihan, Club Administrator and Coordinator said he has organised Inala Lions Club Citizenship ceremonies for more than a decade on Australia Day each year. This year, with the support of Club members he organised for the first time a September Australian Citizenship ceremony at the Blue Fin Fishing Club.

“It is an honour to play a role in facilitating this important ceremony that allows recipients who have chosen Australia to call home. Many value the importance of having the opportunity to vote in a safe and democratic manner”, he said.

John expressed his thanks to the Inala Lions Cub and Blue Fin Fishing Club representative Rangi Ross, President Bob, Lions Nayda, Xavier, Del, Bill, Clara, Ann, Teresa, Les, Tao for making sure that everything was ready for the day and that everyone that attended was given VIP treatment.



Lions Club of Inala President Bob Richards said he was honoured that Uncle Gordon gave a heartfelt Acknowledgement to Country, alongside other invited special guests.



***Hon. Milton Dick MP Speaker of the House  
and Member for Oxley***

The Club would like to thank the Speaker of the House the Hon. Milton Dick MP Member for Oxley and Charles Strunk Councillor for Forest Lake Ward for their ongoing support and taking on important roles to ensure all the attendees could become citizens of our great nation.

Also, we are incredibly grateful to our guitarist Rylie for a beautiful performance and singing the National Anthem, and Lion Clara for singing her welcoming song with heart and passion.

The local Councillor Charles Strunk takes great pride in being the presiding officer over this special event each year and he states we are very fortunate that our community is enriched with culture thanks to the Lions Club of Inala who continue to host these wonderful local citizenship ceremonies.



*Lion Nayda Hernandez  
Lions Club Of Inala*

# Your Membership Matters

## OPERATION SPRING REFRESH



### CLUB and DISTRICT GOAL

To grow our influence and service impact, every Club will achieve a net increase of at least one member in the 2023 / 2024 Lions year.



### THE POSITIVES

- ✓ We are the 4<sup>th</sup> largest District in MD 201.
- ✓ Nationally, there are 22,456 members in 1,142 Clubs.
- ✓ We are experiencing positive growth, which generates quality service projects.

### RAISING AWARENESS

I have been looking at the reasons why people leave Lions! So, I have taken this data and 'refreshed' it, by focusing on the opposite!

To gain new members and encourage engagement of all members, the following seven characteristics are essential...

1. Work in harmony. Address conflicts / disagreements early and seek positive resolutions.
2. Make a difference.
3. Sense of belonging.
4. Activities match interests.
5. Clear goals and timelines.
6. Positive recognition.
7. Opportunities for leadership positions.

How members 'feel' about their Club is a key ingredient to long term success.



### WHAT IS BAM?

The **Big Audacious Mission (BAM)** is Lions Australia's plan to grow to 30,000 members by 2030 and 50,000 members by 2050.

Inviting new members to join your Club will increase your capacity to serve the community. Every new Lion brings a fresh set of ideas and an extra pair of hands.

We increase our visibility, making communities stronger, healthier and more personally connected.

### TIME TO PLAN

Many Clubs are scheduling time to **Stop, Discuss** their current ways of working and **Plan** for the current year and into the future.

A focused evaluation of how your Club is going is essential. Encourage members to share their experience and ideas. Summarize what's working and what is not.

Don't be afraid to ask for support. Let's work together to maximize success!



**Alan Brooks (Pine Rivers)**

District Membership Coordinator  
0413 897 708; brooks.family004@gmail.com

## **PAYING IT FORWARD**

After being the recipient of a donation from the IGA stores Community Chest initiative, by our local IGA store at Eatons Hill the Club decided that we should use this money to help out another volunteer organisation in our area that do great work for our community too.

We were very happy to be able to support our local Riding for the Disabled group at Samford and the photo shows Misty accepting the cheque for \$1,000.00 on behalf of the group.



**Trish, John, Phil, Misty, Sarah (From the Riding School) and Kaye**

This is a group of dedicated volunteers who give their time and love to assisting those in our community who under different circumstances may never get the chance to feel as free as you do when you are on a horse, this is a very leveling experience, we are so proud to be able to help in this very small way.

The staff are wonderful, the horses too show compassion and are gentle with the riders on board. This gives the rider the opportunity to learn balance, to sit straight and during their ride the organisers have other challenges along the way to assist the riders to enjoy this experience.

Again, we feel that as Lions we can also help other organisations and or groups who have the same philosophy as we do and we feel very blessed to have been able to assist this wonderful group who help so many enjoy the experience of riding, we thank them for their dedication and love that they pass on.

*Lion Kaye Smith  
President  
Albany Creek Lions Club*



*Called  
To  
Higher  
Service*

Lorraine Goldspink  
*Past Member Former Bracken Ridge Central  
Lioness Club*

Beverley Brown  
*Past President Former Bribie Island  
Lioness Club*

## **THE NEWLY ELECTED DG TEAM FOR 2024/2025**



**From left to right, 2nd Vice District Governor Elect Stuart Matthews (Lions Club of Redcliffe Central), District Governor Elect, Richard Williams (Lions Club of Brisbane Inner North), and 1st Vice District Governor Elect, Narelle Gluer (Lions Club of Crows Nest).**







# AWARDS PRESENTED

## IN 2022-2023



2

0

2

2

-

2

0

2

3



LCIF - Helping Hands Award ... .. .Kevin Hedges  
 GAT AWARD - Certificate ... .. . Mark Bates  
 GAT AWARD - Certificate ... .. . Donna Hedges  
 GAT AWARD - Certificate ... .. . Alan Brooks  
 GAT AWARD - Certificate and Medal .. .. .Debbie Williams  
 INTERNATIONAL PRESIDENT CERTIFICATE and Medal  
 .. .. . Alan Brooks  
 INTERNATIONAL PRESIDENT CERTIFICATE and Zone Medal  
 .. .. . Roland Sjollema  
 INTERNATIONAL PRESIDENT CERTIFICATE and Medal  
 .. .. . Narelle Gluer  
 JD RICHARDSON HONOUR AWARD ... CONV SEC 2022  
 .. .. . Christine Pentecost  
 IAN M STOCKDALE HUMANITARIAN AWARD and Medal  
 .. .. . Aileen Knowles  
 JAMES McLARDIE AWARD (ALDAF) and Medal  
 .. .. . Maryann Bisdee  
 PROFESSOR IAN FRASER HUMANITARIAN AWARD ... Kevin Hedges  
 AUST LIONS CHILDHOOD CANCER RESEARCH FOUNDATION AWARD  
 .. .. . Stuart Matthews  
 PROGRESSIVE PROFESSOR IAN FRASER HUMANITARIAN AWARD  
 .. .. . Donna Hedges  
 MEDIA PLAQUE and Badge ... .. . Beverley Bates  
 JD RICHARDSON HONOUR AWARD and Medal ... .. . Graham Foote  
 DG APPRECIATION MEDAL ... .. . Mark Bates  
 DG APPRECIATION MEDAL ... .. . John Whitby  
 PROGRESSIVE MELVIN JONES FELLOW AWARD .. Barbara Matthews  
 PROGRESSIVE MELVIN JONES FELLOW AWARD ... .. . Norm Alcock  
 HELEN KELLER FELLOWSHIP AWARD ... .. . Dell Emery  
 ZONE CHAIR OF THE YEAR . ZONE 11 CHAIRPERSON  
 .. .. . Lisa Gourley  
 ROLEY McATEE OAM VISION AWARD.. .. . Geoff Moore  
 IAN M STOCKDALE HUMANITARIAN AWARD  
 .. .. . Alan Brooks  
 LCIF CHAIRMAN'S MEDAL (BRONZE)... .. . Lion Kevin Hedges  
 LCIF CHAIRMAN'S MEDAL (BRONZE)... .. . Lion Graeme Emery  
 BILL HOLMES AWARDS (HEARING DOGS).. .. . DG Andy FitzGerald  
 APPRECIATION AWARD FOR SERVICE TO LEOS ... Lion Des Sawyer  
 LIONS CRIME WATCH ... .. . Dalby Lions Club  
 LEO CLUB OF THE YEAR ... .. . Mitchelton State High School  
 DISTRICT 201Q3 ON LINE PRESENCE ... .. . Lions Club of Teneriffe  
 CLUB BULLETIN AWARD .. .. . Lions Club of Blackall Range  
 CLUB PUBLIC RELATIONS . ... .. . Lions Club of Teneriffe  
 CLUB SERVICE PROJECT ... .. . Lions Club of Redcliffe Central  
 CLUB MEMBERSHIP GROWTH AWARD . Lions Club of Brisbane West  
 CLUB TREASURER OF THE YEAR ... .. . Lion Peter Brown  
 CLUB SECRETARY OF THE YEAR ... .. . Lion Dianne McNee  
 CLUB PRESIDENT OF THE YEAR ... .. . Lion Greg Freeleagus  
 LIONS CLUB OF THE YEAR... .. . Lions Club of Brisbane Bunya

O  
U  
T  
B  
A  
C  
K  
T  
O  
O  
C  
E  
A  
N  
\*\*\*  
T  
O  
G  
E  
T  
H  
E  
R  
A  
S  
O  
N  
E

## **AROUND THE WORLD WITH LIONS**

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

### **“I KILN I PITIM KILN!” - “MORE THAN CLEAR!”**

Clarence has battled diabetes since she was a baby. Unable to afford medical care, she developed cataracts which seriously impaired her vision. She lives in the gorgeous archipelago nation of Vanuatu, home to lush rainforests, soft sand beaches, and surrounded by turquoise water; however, the 23-year-old woman could no longer see its beauty.

In Clarence’s area of Vanuatu, healthcare resources are often unavailable or unaffordable. Without a diagnosis for many years—something that is all too often the case in Vanuatu—diabetes took a toll on Clarence’s body. She suffered through a series of infections, which led to having her toes amputated. Mobility is now difficult, although a wheelchair helps her get around.

Lions of New Caledonia knew they could improve the situation in Vanuatu with support from Lions Clubs International Foundation (LCIF). In collaboration with Fred Hollows Foundation New Zealand, Lions of New Caledonia secured a US\$330,043 LCIF SightFirst grant to expand and enhance cataract screening and surgery services in Port Vila, the capital of Vanuatu and Clarence’s hometown.

At an existing eye clinic, the grant made it possible to update old equipment and build a new operating theatre. In addition, Dr. Johnson Kasso is the new, permanent ophthalmologist there at the clinic. Prior to Dr. Kasso, Port Vila did not have an ophthalmologist and operations could only be performed once per year when a team from Fiji visited.

Having a permanent doctor in the area came as an enormous relief to Clarence, who had her cataract removal operation postponed four times due to battling repeated infection. When the new operating theatre opened, Clarence was the first patient to receive an operation. She even sang at the inauguration.



After the surgery, Dr. Kasso checked Clarence’s vision and asked if she could see clearly. Clarence had a smile on her face she couldn’t hide. She shouted, “I kiln I pitim kiln!” – meaning “more than clear!” in her native language. It was a significant and memorable moment for Clarence, Dr. Kasso, and the clinic’s nurses. Clarence says she is “happy tumas” – very happy – to receive the surgery. What was once dark, cloudy, and blurry, became bright, crisp, and clear.



## **GLOBAL ACTION TEAM** **ROUND-UP NOTES**

Your Q3 Global Action Team (GAT) has been out and around the district, supporting Clubs when requested.

Remember the team is a major district resource with a wide range of Lions experience and skills.

All the team have key roles in their own Clubs and have a lot to offer Clubs in the way of strategies and ideas to aid your Club. All you need to do is ask!

### **Global Membership Action (GMA)**

In case you didn't know, our district has a 5-year strategy from which District Governor Andy has developed a 1-year plan to lead our district.

I have attached a copy of our District Goals progress so far this year. This appears on Page 27 of this Newsletter.

The good news is we are improving in many of the areas!

In fact, we are very excited by the growth in membership.

I recently had the pleasure of talking to the Zone 6 meeting about goal setting and surveying members through a SWOT analysis and other methods to enhance satisfaction amongst members and plot some simple goals for the Club.

I know there are many Clubs who have done so and have reported a renewed enthusiasm and drive amongst their Club members.

### **Global Leadership Team**

On 9<sup>th</sup> September Donna facilitated the "New Member Orientation" workshop at the Chermside Library with six Lions in attendance. Donna reports that the group was keen and enthusiastic.

As a few members could not make this date, there will be another organised in the future.

Guiding Lions have been allocated to support Clubs in the district. If you are a Guiding Lion who has let the training lapse, now might be the time to update. Contact Donna for further information.

### **Global Service Team**

Debbie has visited Zones 7, 8, 11 and 2 as guest speaker for all things service. She is also booked for Zone 10 at end of November.

One of the District goals is to have 80% of clubs reporting regularly by the end of this Lions year.

Not counting two of our Clubs that have indicated they will not be continuing, that leaves us with sixty-six active Clubs. Of those sixty-six, forty-eight are reporting their service regularly, which is 72.7%. Of the eighteen Clubs that haven't reported for over two months, six of those Clubs have recorded no service for over twelve months.

If Clubs need support on recording on My Lion contact Debbie.

### **Global Membership Team**

An application for the new Caboolture North Club Branch has been sent to Lions International. So far, the Club has a membership of nine with a mixture of new and transfers or returning to Lions. A membership drive in Toorbul has gathered some interest. Thanks to the Lions Club of Wamuran for stepping up as sponsor Club. The Club branch has a leadership team and has some project ideas. Looking good!

See you at Millmerran!

*Mark Bates – Global Membership Approach District Leader*

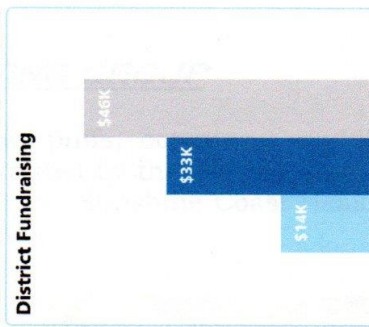
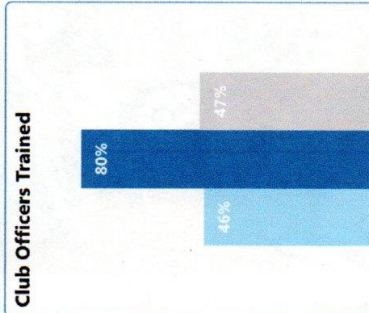
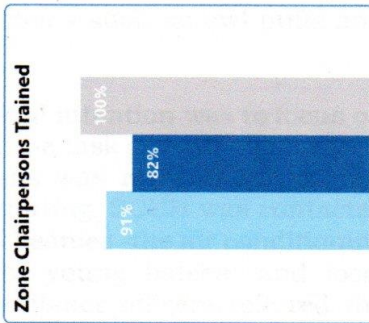
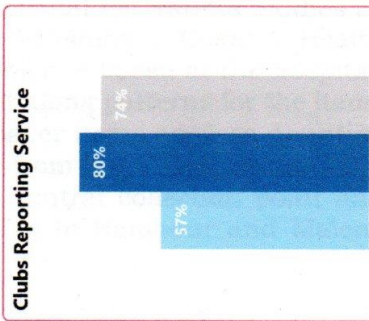
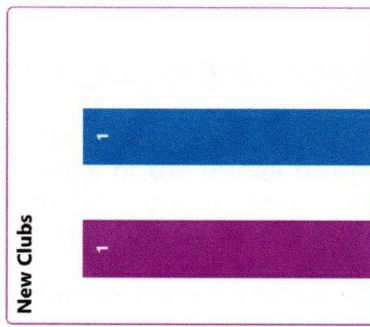
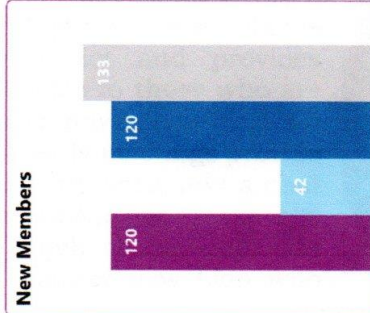
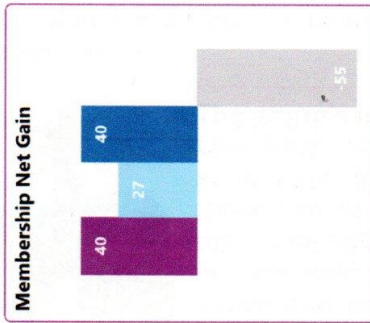
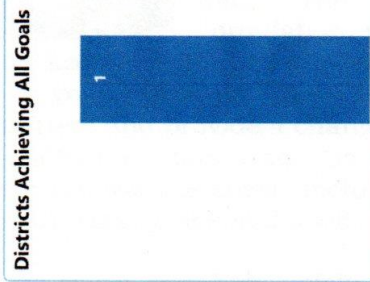
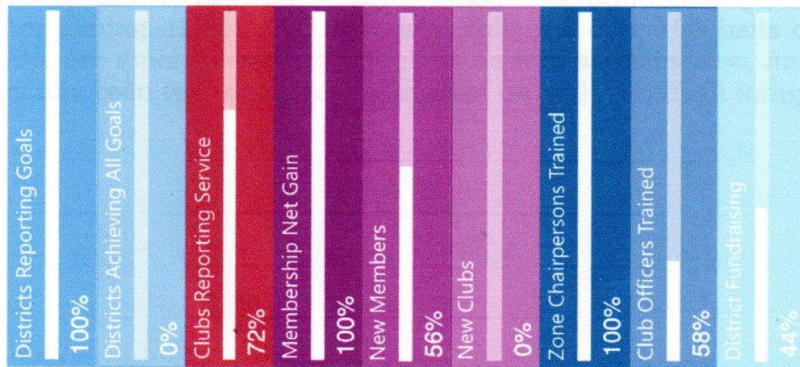


# District Goals Progress

Overview | Service Activities | MISSION 1.5 | Leadership Development | LCIF

**Constitutional Area** Australia, New Zealand, P... | **GAT Area** All | **GAT Group** All | **Multiple District** Multiple District 201 | **District** District 201Q3  
 ● MISSION 1.5 Goal ● Current Fiscal Year ● Goal ● Previous Fiscal Year [RESET](#)

## Goal Completed Summary



# PAUSE FOR A CAUSE





**GLOBAL CAUSE ... DIABETES**  
**DIABETES, ALCOHOL, AND SOCIAL**  
**DRINKING**

**So we all like a little tippie, if you are a diabetic this can cause some issues.**

**HERE'S WHAT YOU NEED TO KNOW.**

Alcohol can interact with diabetes medications and impact your blood sugar. If you're living with diabetes talk to your Doctor about how alcohol may impact your condition management plan.

**ALCOHOL INTERACTS WITH DIABETES MEDICATIONS.**

Alcohol can cause blood glucose levels to rise or fall, depending on how much you drink. Some diabetes tablets also lower blood glucose levels by stimulating the pancreas to make more insulin. Combining the blood-sugar-lowering effects of the medication with alcohol can lead to hypoglycaemia or "Insulin shock" which is a medical emergency.

**ALCOHOL PREVENTS YOUR LIVER FROM DOING ITS JOB.**

When you drink alcohol, your liver has to work to remove it from your blood instead of working to regulate blood sugar, or blood sugar glucose. For this reason, you should never drink alcohol when your blood sugar is already low.

**NEVER DRINK ALCOHOL ON AN EMPTY STOMACH.**

Food slows down the rate at which alcohol is absorbed into the bloodstream. Be sure to eat a meal or snack containing carbohydrates if you are going to drink alcohol.

**ALWAYS TEST BLOOD SUGAR BEFORE HAVING AN**  
**ALCOHOLIC BEVERAGE.**

Alcohol impairs your liver's ability to produce glucose, so be sure to know your blood glucose number before you drink an alcoholic beverage.

**ALCOHOL CAN CAUSE HYPOGLYCAEMIA.**

Within a few minutes of drinking alcohol, and for up to 12 hours afterward, alcohol can cause your blood glucose levels to drop. After consuming alcohol, always check your blood glucose level to make sure it is in the safe zone. If your number is low eat a snack to bring it up.

**YOU CAN SAVE YOUR LIFE BY DRINKING SLOWLY.**

Drinking too much alcohol can make you feel dizzy, sleepy, and disorientated—same symptoms as hypoglycaemia. Be sure to wear a medical alert bracelet that alerts the people that you have diabetes.



**GLOBAL CAUSE ... DIABETES**  
**CONTINUED**

**KNOW YOUR LIMIT ... IT CAN SAVE YOUR LIFE.**

Your healthcare provider will tell you how much alcohol is safe for you to drink. Depending on your health condition, that may mean no alcohol at all. In some cases women with diabetes may have no more than one alcoholic beverage per day. Men no more than two.

If you have high blood pressure or nerve damage from your diabetes, drinking alcohol may worsen these conditions.

You should check with your healthcare professional to determine whether alcoholic beverages are safe for you to drink.

Some distilled spirits are typically mixed with sugar-containing liquids or juices which can raise blood sugars.

A study conducted in 2016 in more than 383,000 people found that alcohol intake was associated with a higher risk of prediabetes. However, mild to moderate consumption of alcohol was actually linked to a lower risk of developing Type 2 diabetes.

Some studies have shown a beneficial effect of red wine on diabetes, although the evidence remains uncertain. If you are planning on having an alcoholic beverage red wine may be a good choice as it has some antioxidant properties and can be lower in carbohydrates. Sweet tasting wines do have more sugar content.

More research is needed to understand the potential relationship between diabetes risk and alcohol consumption.



By now all Clubs that are organising a Lap the Map event, you should be well on the way to completing arrangements.

Don't forget November is Diabetes awareness month and Diabetes day is of course November 14<sup>th</sup> and if your Club is not running a Lap The Map event then why not get out and about and raise awareness, it can always double up as a membership drive, even a few hours in your local area, or going for a walk with your Club shirts or anything blue, is always a good idea with the spring weather being so lovely.

I would love to know what you're all planning so drop me a line and let me know what's happening and let me know what a good day it was. I can add a bit in my December article about how good you are all doing.

*Lion Gail Jones  
Global Cause  
Diabetes Chair*





## **GLOBAL CAUSE ...** **WHAT IS HUNGER?**

According to the UN's Hunger Report, hunger is the term used to define periods when populations are experiencing severe food insecurity – meaning that they go days without eating due to lack of money, lack of access to food or other resources.

### ***Definition of Hunger:***

Hunger is the distress associated with the lack of food. The threshold for food deprivation is fewer than 1800 calories per day.

### ***Food Security:***

Relates to the availability and access of food to maintain a healthy and active lifestyle. In 2015 the UN published a report whereby world leaders charted a new set of Sustainable Development Goals. The second one of these is to 'end hunger, achieve food security and improved nutrition and promote sustainable agriculture' by 2030.

### ***Hunger Fast Facts:***

- \* There is more than enough food produced in the world to feed everyone on the planet.
- \* As many as 811 million people go to bed hungry each night.
- \* Small farmers, herders and fishermen produce about 70 % of the global food supply, yet they are especially vulnerable to food insecurity. Poverty and hunger are most acute among rural populations.
- \* Conflict is a cause and consequence of hunger. In 2020, conflict was the primary driver of hunger for 99.1 million people in twenty-three countries.
- \* An estimated 14 million children under the age of five worldwide suffer from severe acute malnutrition, also known as severe wasting, yet only 25% of acutely malnourished children have access to lifesaving treatment.

There is a whole raft of literature on line that is looking at ways of alleviating World Hunger which is well worth a read. It is time for each and every one of us to reflect on how lucky most of us are here in our little patch of the world – particularly here in sunny Queensland.

Unfortunately there is a minority group of people who through no fault of their own are having a tough time providing three meals a day. Hunger can have a detrimental effect on kids in the classroom which is a proven fact. There are a few Clubs taking part in the Eat Up program – making Sandwiches for Kids – by making cheese sandwiches, taken to schools, they freeze them and when a child presents at school without lunch – one of the sandwiches is then toasted for them. Other clubs are involved Breakfast Clubs in schools.

All of this fantastic work is beneficial to kids – the future leaders of our world.

Next year's 75<sup>th</sup> Anniversary Garden is a timely way we can 'do something' - set up a vegetable garden at a school so that the kids could learn new skills to maintain garden. They then could take the produce home with a few easy recipes so the kids could make a meal for themselves

If teachers are unable to fit gardening into their curriculum why not make this a Club project that the gardening enthusiasts in your Club can be involved in.

The benefits of this I see are fostering a love of gardening and cooking which in turn may prevent hunger in the future.

*Lion Jenny Tate  
Chair ... Global Cause ... Hunger*





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

### **COIN LINE**

The Australian Lions Childhood Cancer Research Foundation (ALCCRF) have advised that the Coin Line is very close to the eighty kilometre mark. While the current record has been passed, the Foundation has been challenged by the Coin Line Committee Chair, Past District Governor Keith Stewart, to reach a distance of one hundred kilometre.

While the District has regularly held Coin Lines at our Conventions, the Coin Line Committee had asked all Districts to hold a coin line at the Convention or during the Convention dinners. We have even held a coin line when we got together at the Multiple District Convention in the past.

I did send out a request prior to the Convention for Clubs to bring along their coin jars to the Convention to help boost the final figure we raised from the collection box I had at the Convention. I will report the final figure we raised in the November newsletter. Additional information on the Coin Line fundraiser is also available via the following [link](#).

### **JULIKE MY CHOPS**

We also finalised the Julike My Chops fund raiser at the Convention and I will include the final figure raised by the end of the Convention in the next newsletter as well. While funds can be donated by individuals via the [website](#) and as all donations over \$2 are tax deductible, you will be provided with a receipt when you make your donation.

However, if your Club wants to support this fundraiser it is just a matter of sending the money directly to the ALCCRF Account via an EFT using the following account details – BSB 085 397 Account No: 942947 951. If you use your Club number or name and maybe add 201Q3, the District will get the credit for your donation.

As I explained at the Convention I have decided to keep my chops for a bit longer to help promote Movember so they will be around for a while yet. More on that in the Prostate Cancer report.

### **CHRISTMAS PINS**

Finally, if you were not able to collect the 2023 ALCCRF Christmas pin at the Convention I will probably have some left over after the Convention. I will have any pins that are left over at the next Cabinet Meeting if you did not make the Convention. You can also let me know that you would like one to add to your collection and I will put one aside for you.

*PDG NORM JENSEN*  
*'Ph 0404984455*



**GLOBAL CAUSE ...**  
**ENVIRONMENT REVIEW**



Spring is here, the sun is shining brightly, gardens have come alive, bright and perfumed.

***What more can a person ask for, to get rid of those winter blues?***

Why not take that walk through the parks and gardens open to the public and lose yourself for an hour or two. Why not attend the Carnival of Flowers in Toowoomba or head to Spring Bluff and see the display gardens dancing in the breeze.

As we head towards our hottest time of the year (Summer), the summer suns will parch the earth, evaporate water from our storage dams, rivers and creeks.

***What does that mean for us in the long run?***

Possible water restrictions without good soaking summer rains, maybe some violent electrical storms bringing hail, strong damaging winds, fallen power lines, flooded roads and so on.

***Are you prepared?***

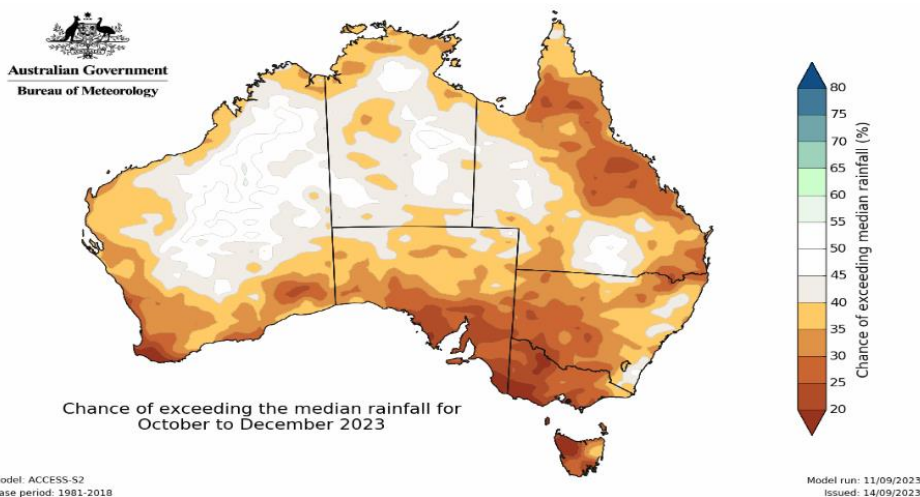
**Fire Season:**

Another danger that has already raised its ugly head is the outbreak of several fires in our District (near Tara, and now Beerwah pine forests on the Sunshine Coast).

Fire is so unpredictable. A fire kilometers away can send embers to a completely different area depending on the wind. Have an evacuation plan in place and obey all instructions to leave. *Human Safety is paramount.* Don't think for one minute that it can't happen in the city remember what happened in Canberra several years ago. Now with more and more people moving to country living, chances grow twofold.

Water is never more important than during the Summer months than other months of the year. With the predication of a El Nina event happening this summer season we will have to be extremely careful with our water usage.

See below for our possible rainfall chart predication for our summer



*Lion Dell Emery  
Environment Chair*