

# LIONS FAMILY LINES



ISSUE 55 – FEBRUARY 2024



Where There's a Need  
There's a **Lion**



[Be-A-Lion.org](http://Be-A-Lion.org)



THE OFFICIAL  
NEWSLETTER  
OF DISTRICT 201Q3

Lions  
Awareness  
Day



2<sup>ND</sup> MARCH

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

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## NEWSLETTER DEADLINE

**The deadline for the March 2024 edition of the Newsletter will be 20<sup>th</sup> February.**

**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.

### **Where There's a Need, There's a Lion**



### **LIONS AWARENESS DAY ... 2<sup>ND</sup> MARCH**

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.*



## DISTRICT GOVERNOR ANDY'S NOTES



Welcome back and Happy New Year to everyone in Q3. I do hope that Santa was good to you and your presents were what you asked for.

Unfortunately, not everyone was able to celebrate with family and friends. I had the opportunity to help with a lunch before Christmas for people who have a tough time or were on their own ... The smile on their faces and singing the carols was a sight to behold. Thank you to all those in the District who also looked after those less fortunate. It will have meant a lot to them.

As we start the second half of the Lions year, there are quite a few things on the calendar for us to be involved in.

Youth of the Year judging should be starting soon if you have not already started last year. This is a wonderful competition which involves our youth of today. Every year the bar gets higher, so I am excited to listen to this year's group and what they have to talk about. Contact PDG Doug Evans if you need any information or help.

Lions Awareness Day is Saturday March 2<sup>nd</sup>. This is an ideal opportunity to promote Lions in your area. Bunnings are supporting us, so if there is a store in your area contact them to put up an information booth. If there is another Club to join for this day, please do so. This is not the time to argue about whose right it is to be there or not.

We need new members, and this is such a great way to get our brand out to the community.

With all the disasters that have happened before Christmas, Lions have been involved in helping those that have been affected. In Q3, we have been able to help a couple with finance to replace their fences which were burnt in the bushfires. The couple were so grateful with our help. Thank you to all the Clubs who have donated. There will be more requests coming, so it is comforting to know we have funds to be able to support those in need.

A bit early ... but remember with the rate the year is already flying by, April will not be too far away. As you know that is the time Clubs need to have their Nominations in place for next year's Board. Now is the time to put out feelers, there may be someone out there that really wants to take on a job but is too frightened it might be too much for them or that they might make a mistake. Some people just need some encouragement!

So, welcome back. We are doing well with our membership numbers, but we do not need to slow down!! We need to get the word out there so that people want to join us. Remember when you are in public and in Lions uniform you are representing our wonderful organization and everything there is so good about us.

I hope you are all refreshed and ready to start the new year. So, keep up the great work in the best District and have the best time in 2024.

*Andy Fitzgerald*  
*Your Fearless Leader*



## **ANDY'S ROAR - JANUARY 2024**

I am conscious that for some this is a time of the year when we reflect on those who have left us so condolences to those who lost loved ones and friends as 2023 came to a close.

What do we have in store in calendar 2024?

Unfortunately, I believe we are facing a perfect storm of extreme weather events, a cost-of-living crisis, the worst housing shortage since the end of World War 2 in 1945 and job losses in manufacturing, the automotive industry and construction. This combination is the first time I can recall so many factors in play that will impact the lives of our communities since the Global Financial Crisis.

However, this is a time when Lions can come to the fore. It is what we serve for and is at the core of the volunteering ethos.

Charity however begins at home, and I would like our support to be first directed to family, friends, and those within our own Clubs.

We must however be aware that we, as Lions and Australians, are a proud mob and often reluctant to ask for help particularly as many people have never had to do it in our lives. Some of us may not have had the experience of dealing with those in need with sensitivity. The growing number of 'working poor' for example may need to be approached with a different style to offer assistance.

I know many Clubs run food and domestic assistance programs and I am sure they would be stretched and could use a hand from other Clubs. Please be mindful that Lions don't run in areas marked by hard boundaries.

The broader community only sees the headline brand, 'Lions' and the logo. The rest of our structure is quite correctly a blur so combined efforts by Clubs rather than 'reinventing the wheel' may improve service improvement.

I haven't seen much response to our 'Operation Refresh' initiative, and we are halfway through summer!!! Can I remind everyone that this was an idea to encourage Clubs to refresh some outdoors of their operation to improve the look, efficiency, or productivity of its operation.

I know my Club has done a major clean-up of our storage shed and taken a new approach to our BBQ program by ditching a trailer (that we were finding it increasing hard to find members to tow) and acquiring a van to fit out as a BBQ on wheels. These are good examples but there are heaps of others and I'm sure your Club can easily find a project.

Finally, a timely reminder as we continue to move towards a technology revolution, or for some, are forced into it!!!!

The last Targeting Scams report has revealed Australians lost a record \$4.55 billion to scams in 2023. This is a 50 per cent increase on total losses recorded in 2022-23 and follows an 80% increase on 2021-22. Alarmingly' over 1/3 of losses still involve investment scams. The worst months are January and February so be vigilant.

The scams have reached a level of sophistication that it is becoming difficult even for the tech savvy to detect and with the massive increase in artificial intelligence this will get worse.

Please be aware we are all vulnerable and the most sinister scams now often come from a seemingly legitimate source and are more cons rather than scams i.e. they are simply trying to convince you to spend money you don't need to.

On a brighter note, I am proud and happy to have navigated my first half year as your District Governor and whilst it has been a steep learning curve, I have really enjoyed catching up with many members and I must say Convention was a highlight. I again thank the team who got it off the ground.

## **ASHGROVE THE GAP NEWS**

On behalf of Ashgrove The Gap Lions Club we hope you had a wonderful Christmas and New Year and we wish fellow Lions all the very best for 2024.

We would like to take this opportunity to sincerely thank all of the outlets in our region for supporting our Christmas Cake and Pudding project by selling Christmas Cakes on our behalf and also to all the members in the community for buying the Cakes and Puddings which supports local projects in our community.

From 24<sup>th</sup> January to 6<sup>th</sup> March Valleys Cricket Club will be conducting their All-Abilities Cricket Program in Yoku Road Ashgrove from 5.30pm to 7pm each Wednesday, as well as from 9<sup>th</sup> February to 1<sup>st</sup> March each Friday from 5pm to 6pm. This program is proudly sponsored and supported by Ashgrove The Gap Lions Club. Please come along and support this wonderful program.

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

### **Save The Date:**

17<sup>th</sup> February - BBQ at Bunning's in Keperra

27<sup>th</sup> February – Youth of the Year Club Final at Ashgrove Golf Club.

Our Youth of the Year program is designed to encourage, foster and develop leadership in conjunction with other citizenship qualities in our youth, at a time when they are about to enter the fields of employment or higher education and provides students with incentive to pay greater attention to general qualities like contribution to the community and school, public speaking, academic skills, sporting and cultural involvement, which aims to bring forth the next generation of outstanding Young Australians

27<sup>th</sup> March – Lions Awareness Day BBQ at Bunning's in Keperra

*Lion Allan Turner*

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)

[The Hardest Job of a Lion is Attracting Younger Members \(youtube.com\)](#)

[Service from the Heart | Lions in New York Feed the Hungry \(youtube.com\)](#)

[The Pencil's Tale - a story that everyone should hear \(youtube.com\)](#)



The Global Leader In  
**Humanitarian Service**

[www.lionsclubs.org](http://www.lionsclubs.org)



*Remembering a life of Service*

*Called*

*To*

*Higher*

*Service*

Lion Jenny Doring  
*Lions Club of Mooloolah Valley*

Lions Lady Susan Whitlock  
*Lions Club of Brisbane Bunya*

Lion Bob Banner  
*Lions Club of Beerwah*



## CABINET SECRETARY BARBARA'S REPORT

It's February and apparently, we only have one month of summer remaining for which I am very grateful. The predicted El Nino did not eventuate and summer has turned out to be very wet, hot and humid. My thoughts go to all those communities around Australia including our own and neighbouring Districts that have been affected. Once again I'm so proud to be a Lion and read some of the wonderful help and assistance given where possible.

Some reminders for this month. Time for your Clubs to set the dates for your nominations and elections of your Club officers for the 2024-2025 Lions year.

Our constitution states this must be completed by 30 April. Once your elections are over please enter the details of the elected Club officers into MyLCI and then complete the PU 101 and return it to me. We require this data to have the Multiple District Directory as accurate as possible. Although I have constantly asked that you all do a data cleanse on MyLCI there are still data inaccuracies in particular with the phone numbers and Dates of Birth.

We are still awaiting on news of when the new Lions Portal will be implemented. It is good that they are ironing out all the bugs and thoroughly testing the new system.

I urge all of you to promote the Incoming Club Officer Development Days to all members of your Clubs whether they are continuing in their roles or returning to positions they have held previously or are total newbies.

As in past years I believe that these will be held over two weekends at four different venues (to be advised) around the District to enable as many Lions as possible to attend.

As the Lions Club International (LCI) Convention is in Melbourne, Australia this year there will be more Lions attending from our District than normal. Enrolling your delegates differs from our District and Multiple District Conventions. You need to log in to MyLCI then click onto my Lions Clubs, click conventions, click on view delegates, click add delegate and add their name. You must be registered and attending the International Convention in person to be a delegate.

Stuart and I will be attending the Multiple District Convention in Darwin in May and then three weeks later the LCI Convention in Melbourne in June. We are really looking forward to LCI Convention as this will be our first International Convention. June in Melbourne will be a welcome change from the heat this summer.

A little plug for our District Convention in Scarborough in October, my own Club Redcliffe Central is hosting it. I'm sure it will be a great event. Look out for the registration forms on our Q3 website they should be there soon.

Remember to input changes /no change to membership on MyLCI by the month end. As always I am here to assist, please ask.

*Barbara Matthews*  
*Cabinet Secretary 201Q3*



## **SOCIAL MEDIA**



### **Go Hard for Lions Awareness**

We know it's more than a month until Lions Awareness Day (2 March), but it's not too early to start planning!

Most Clubs have a Facebook page, and that provides a great opportunity to reach members of your community to tell them what you are doing or how they can help out. Here's a few things you could be doing now to be ready for early March.

\* Prepare a couple of posts so you are ready to go. Remember to have a photo with a couple of words on it to attract attention, and a couple of lines of text to tell them more. And add a way of contacting you – if nothing else, use the join function on the Lions Australia website.

\* Join suburb or community Facebook pages and understand on what days they allow advertising so you can promote Lions.

\* Encourage Members of Parliament and Councillors to share your post or send them the post by email and ask them to put it on their page.

\* Between 1 and 3 March, publish the posts onto your Facebook page.

\* Share the posts (or post them) onto the community pages you joined on the day or days when they allow.

\* Encourage your members to share the posts to their personal page.

\* Respond to any comments or messages promptly.

I look forward to seeing your posts on Facebook next month.

*Richard*

## **SAVE THE DATE**

### **DISTRICT CHANGEOVER DINNER**



### **KEDRON WAVELL SERVICES CLUB**

**21 KITTYHAWK DR, CHERMSIDE QLD 4032**

**ON**

**SATURDAY 13<sup>TH</sup> JULY 2024**



## **TOOWOOMBA'S CHRISTMAS WONDERLAND 2023**

Lions Club of Toowoomba West again hosted Toowoomba's Christmas Wonderland in December 2023. With the support of the community of Toowoomba and surrounding regions and all of our sponsors the event was again a huge success.

Whilst one night was lost to rain and another night affected by inclement weather overall the Committee was pleased with the visitor numbers.

The event did have its challenges, namely hot days during set up, power outage in a small area on opening night and some minor vandalism however it was a pleasure to provide the community with this family friendly event.

Funds from the 2023 event will be distributed to our beneficiaries, mainly Lifeline Darling Downs and SW Queensland, Toowoomba Hospice and Toowoomba Hospital Foundation. To date and not including 2023 figures, funds raised and distributed back to the community have exceeded \$1.4 M. with these funds assisting them with their ongoing needs.



*Special Visitors*

The event has become a regular feature on everyone's calendar with a common theme of "see you at the lights" heard around town prior to and during the event. We must also acknowledge the cooperation of Toowoomba Regional Council for their continuing support and especially the Parks and Garden staff members who ensure that the Botanical Gardens area is always spic and span for our visitors each night.

Our sponsors deserve a special thank you for their continuing support of this event through goods in kind and cash donations and this support has allowed our Club to continue to host the event and provide the public with a family-oriented activity that brings smiles and joy to everybody that visits.



Visitors in 2023 were 58,448 with only one night lost and another night weather affected. Despite this, the event has exceeded the Club's expectations, and we thank the public for their support and generosity. Our entertainers, who give freely of their time to perform for our visitors, also deserve our accolades – without their support we could not provide the public with this activity.

A special thank you also to our volunteers, both during set up and the event. We require around forty-four people per night to help with running the event and without people giving us freely of their time the event could just not happen.



The total numbers of volunteers were 1,695, with volunteer hours during the event were 5,168 - just amazing. These figures do not include the time spent in set up and pull down.

Our volunteers worked extremely hard in our BBQ area cooking up over 7,600 sausages, 2300 steaks and hundreds of kilos of onions.

We purchased over 9,700 Glo Products items for this event. Christmas Raffle tickets totalled 5000 and sold out early with over 20 donated prizes on the board.

Ice creams again were popular. Popcorn was again a bit hit with our visitors. Christmas cake sales also were again high as most visitors were looking for cakes and puddings.

This year we also added a special attraction where families could have a family photo taken by a professional photographer for a nominal fee and the photos were emailed direct to the family. Whilst this service was only available on certain nights it proved a bit hit.

The Tap N Go machines at the entrances worked overtime with 3,111 taps with funds going directly to our beneficiaries who provided us with the machines. EFTPOS transactions were high with 4,978 transactions from BBQ, Glow Products, Raffle and Photo Booth plus a further 544 transactions for Cake sales were processed.



*One of the light displays.*

This year we also had some special visitors – two “reindeer” surprised us with a visit. We believe that they must have been looking for a safe landing spot. Their handlers walked them through the park which our visitors enjoyed, and Facebook lit up with requests to bring them back. Maybe this may be something we need to add to this year’s event.

Final figures are currently being finalised with the handover of funds to our beneficiaries in February with a time and venue to be decided upon..

Planning has already commenced for the 2024 event and our Club looks forward to continuing the tradition and providing a great event in December 2024.



*Lion Merv Symons  
Lions Club of Toowoomba West*

**Lions - Always there for the community.**



**Always. Lions Awareness Day**  
lionsaustralia 75 years and counting



# NATIONAL HEARING DOG DAY

All shapes and sizes

National Hearing Dog Day marks the annual celebration of Australia's first Hearing Assistance Dog, Amber, who was delivered on 19<sup>th</sup> April 1982. Over 40 years ago, Amber was provided free-of-charge to a Deaf recipient who resided in metropolitan South Australia.

In the decades since, Australian Lions Hearing Dogs has extended its impactful reach, training and delivering now almost 700 Hearing Assistance Dogs to individuals across the Australia who are deaf or hard of hearing. From Albany in Western Australia to Far North Queensland, these Hearing Assistance Dogs have made a significant difference in the lives of their recipients.

This year, National Hearing Dog Day is providing a platform to celebrate Hearing Assistance Dogs of **all shapes and sizes**, underscoring the diversity and uniqueness of each individual companion, and that not just one breed of dog can change someone's life for the better.

We would like to invite all Lion Clubs to celebrate National Hearing Dog Day with us this April, join us and spread the love whatever way you can: purchase and wear a pair of our iconic National Hearing Dog Day shoelaces, or even hold a good old Lions BBQ in celebration of the day! Your participation will make a meaningful contribution to the special day.

Updated resources will soon be available on our website at <https://lionshearingdogs.com.au/hearingdogday/> and further correspondence will be circulated to Clubs closer to the event. We can't wait to celebrate with you!



**Australian Lions  
Medical Alert Dogs**

**Belinda Henschke**  
Office Manager



**Australian  
Lions Hearing Dogs**



# Congratulations



## Australia Day Award



Members of the Lions Club of Oakey



Congratulations to the members of the Lions Club of Oakey Inc. who received the **Oakey Community Group Award** at the Australia Day Ceremony on Friday.

**Presented in recognition of promoting the welfare and wellbeing of the local community and providing a positive role model for others.**

Inspirational from a relatively small Club.



## Congratulations also to

Lion/Councillor Winston Johnston OAM

*(Pictured at right with wife Lion Helen)*

Lions Club of Maleny Blackall Range

**For service to local government, and to the Community of the Sunshine Coast.**



## CAKE & MINT PORTFOLIO

February 2024

### CAKES –

We are definitely in the business end of our Cake Programme for 2023, and if you are reading this, the February edition, and you have not paid for your cakes yet, please do so immediately, these should have been cleared by the 31<sup>st</sup> January, which is now behind us.

I would have liked to be able to thank everyone for paying before or at least on time, maybe this year, I live in hope! On a brighter note, I can congratulate all the Clubs that sold cakes and puddings, it is due to the hard work that each of you did that again allowed Q3 to have the highest carton sales nationally. Well done.

We finished the year with 6051 cartons purchased (I hope that most Clubs have not been left with bulk stock, remember though that you can sell all year long).

6051 cartons which is up by 2074 to last year, again a great effort by all. I thank each and every Club for your commitment to the programme, which is also our best fundraiser out there. I hope that you all made good profits allowing you to assist in the community when and where needed.

Nationally we were up by 2056 cartons to last year, so that goes to prove that changing to Traditional Foods has not lost us sales at all but in actual fact these moister cakes and puddings sit very well with the general public. Which is very good for us in the future.

Please don't forget when you are out there in March at Bunnings with the Lions Awareness Day, pop some cakes on the table and you might be surprised how well they will go, particularly if you have any Minis left, let's cash in on every opportunity you have to promote our products.

### MINTS -

Mints, what can I say, the last newsletter from Dollar Sweets has an update on how Damaged or Lost in Transit Stock will be dealt with (Please read) –

*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. Credit claims may be rejected if too much time has lapsed.*

### LIONS MINT ORDERING PROCESS UPDATE.

Due to problems with the current ordering process, some changes are being introduced to avoid future problem occurring.

# Orders will only be accepted via email. No phone or post orders.

# The only email address to be used for order/s is [admin@dollarsweets.com](mailto:admin@dollarsweets.com)

# It is highly recommended that you also copy/C.C. you order to [mints@lions.org.au](mailto:mints@lions.org.au) this will allow your order to be monitored to ensure that the processing of your Order is done in a timely manner. Within 48 hours you should receive a Dollar Sweets email confirming your orders receipt.

# Please allow 14 working days for processing and delivery of your order.

# Orders must be on the current Order Form dated 2<sup>nd</sup> October 2023

# Terms of payment – nett 30 days from Invoice Date.

# New Orders will be placed on hold if the Club has an outstanding amount owing to Dollar Sweets from a previous Order. An Invoice for the outstanding amount will be emailed to the Club, at this time.

I look forward to seeing what 2024 will bring for our Cake and Mint Programme, bigger and better things, I hope. Stay tuned.



*Kaye Smith* (PDG)

District Q3 Cake & Mint Chairman

[lion.kayesmith@bigpond.com](mailto:lion.kayesmith@bigpond.com)

0477 212 242

## **AROUND THE WORLD WITH LIONS**

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

### **FINLAND**

#### **Play Together, Stay Together**

Juurikkalahden Kiri (JUKI), the largest youth soccer club in Sotkamo, Finland, has joined with the Sotkamo Lions Club to organize a free weekly sports activity available to everyone – locals and tourists alike – to help families stay connected and increase physical fitness.

With so much competing for our attention these days, it can be hard for families to find ways to be together that don't involve a screen. But research shows that families who keep active together not only improve their health, but also improve their bond.

Sport and exercise psychologist Jocelyn Penna told the Sydney Morning Herald, "Although downtime is important, many people spend far too much time inactive, so when families exercise together, they gain the combined benefits of being together, growing together, and encouraging each other to be active."

Last year, more than one hundred children, parents, and grandparents participated in the JUKI/Lions program, which they called "A Lions Hour of Exercise with Your Child."

The activity is designed for everyone, regardless of their ability or previous experience with organized sports. Most importantly, the collaboration makes it possible for all families to participate regardless of their ability to pay. As an added bonus, families are finding new connections in the area and tourists get to know local families.

In 2018, the JUKI soccer club was awarded the annual "Sports Award of the Year" for promoting both outdoor and indoor soccer in the area for several years with outstanding results.

JUKI is co-ed and has been growing every year. The club pays special attention to getting girls involved in soccer, and the partnership with Lions was acknowledged as "a remarkable example of keeping children active and engaged."

**lions australia**  
*75 years and counting*

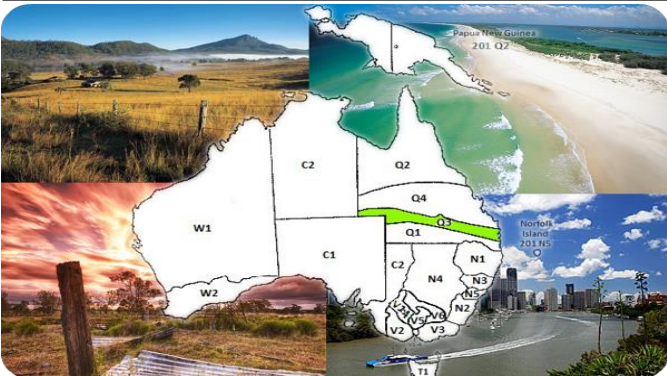


## OUR NEWEST LIONS FAMILY MEMBERS

**A big welcome to the following new Lions who recently joined us. We all hope you enjoy your Lions experience.**

Boondall	Michael Bligh
Maleny Blackall Range	Lynne Wallis
Morayfield and District	Cheyenne Hailes
Wamuran	Kevin Francis
Westbrook and District	Mikaela Smith
	Donald Church

# Welcome



## MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 11.10am on 28<sup>th</sup> January 2024

Our total membership number this month is one thousand four hundred and eighteen, with six added and four leave a gain of two for the month.

We are back in positive growth and have an overall positive membership growth of forty-three since July.

### **MyLion reports:**

164,342 People Served

116 People Served per Member

1852 Service Activities

- 66 Diabetes
- 116 Environment
- 65 Childhood Cancer
- 135 Hunger Relief
- 59 Vision
- 1417 Other

65,121 Volunteer Hours since 1<sup>st</sup> July 2023

USD \$205,264 funds donated and USD \$409748 raised.

Fifty-two Clubs and one Leo Club have reported their activities, that is two more than last month. Fifteen Clubs have not reported any service.

Please report your service and let's make it a record year. At the end of the last Lions year we had fifty-four Clubs reporting service.



*Barbara*

## Your Membership Matters

# Lions Awareness Day

**Saturday 2 March**

**Bunnings are coming to the Barbie**



**Bunnings are on board to celebrate with us!**

Across the nation, Bunnings have offered their support and their stores to host **local Lions Awareness Day** events.

Promote the wonderful work that we do at a Bunnings near you. Contact your local store now, to book a space in their foyer / Sausage Sizzle on **Saturday 2 March**.



If you don't have a Bunnings nearby, approach a major local business and ask them to come onboard with this national initiative!

⇒ **Let's make it our best promotion ever!**

## Join the Celebration!

**Share and celebrate the good news...**

Our latest membership results (10/01/2024) show we have achieved the 2<sup>nd</sup> highest annual gain in Multiple District. We have...

✓ **115 new members**

73 dropped.

⇒ **A gain of 42 Lions to serve and lead!!** 😊

This growth is spread across **32 Clubs**.

**Publicize your event before and during Saturday 2 March.**

Prepare your banners and balloons. Have business cards and a short talk ready. What giveaways are available? Are you running a raffle? Have a published list of your Club's activities. Practise your best welcome! Be enthusiastic. Promote neighbouring Clubs. Capture contact details and follow up.



### CLUB and DISTRICT GOAL

To grow our influence and service impact, every Club will achieve a **net increase** of at least one member.



**Alan Brooks (Pine Rivers)**

District Membership Coordinator

0413 897 708 [brooks.family004@gmail.com](mailto:brooks.family004@gmail.com)

# PAUSE FOR A CAUSE







**GLOBAL CAUSE ... DIABETES**  
**DIABETES IS INCREASING**

Diabetes is the fastest growing chronic condition in Australia, increasing at a faster rate than other chronic diseases such as heart disease and cancer. All types of diabetes are increasing in prevalence.

Type 1 diabetes accounts for 10% of all diabetes and is increasing.

Type 2 diabetes accounts for 85% of all diabetes and is increasing.

Gestational diabetes in pregnancy is increasing.

According to the latest figures one in three of today's young Australians will go on to develop diabetes. A new assessment of national health data released by Diabetes Australia shows 1.5 million Australians currently have diabetes.

It says the diabetes rate is likely to at least double in Australia over the next decade and predicts 3 million people will have type 2 diabetes by 2025.

Type 2 diabetes is potentially preventable in many people. The report says there is a continuing rise in the occurrence of Type 1 diabetes, especially among children aged up to four years, although it is unpreventable, it said prevalence of Type 1 diabetes in Australia was one of the highest in the world and was increasing at about three per cent a year.

The alarming report entitled "Diabetes: the silent pandemic and its impact on Australia", has prompted some of Australia's leading research and consumer advocacy groups to demand a renewed focus from the Federal Government on the health issue.

The head of Diabetes Australia, Lewis Kaplan, called for a national action plan to be developed to help control what is a potentially preventable disease. "Time is of the essence because, unlike other developed nations (and) despite agreeing to these global recommendations, Australia has failed to take comprehensive action and implement change", he said.

"If nothing is done the likelihood is that the numbers will continue to grow to 3.5 million by 2033", he said.

"If we do something about the situation, we might reduce that growth down to only maybe 2 million additional cases by 2033", he said.

He said there needs to be better diagnosis and treatment of people with the chronic condition. "So that they can prevent or delay complications. Complications are serious – people go blind from diabetes, they have many limb amputations, they're likely to get end-stage kidney disease, heart disease, stroke and death."



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

### **CONTINUED**

#### **So how do we do our bit?**

1. Keep our weight down, especially around the middle.
2. Be more physically active. There lots of benefits in regular physical activity.
3. Eat healthy plant foods. Plants provide vitamins, minerals, and carbohydrates (but not too many), in your diet.
4. Eat healthy fats, i.e. avocado's, fatty fish, nuts, Olive Oil.
5. Skip fad diets and make healthier choices.
6. Drink water as your primary beverage
7. Quit smoking.
8. Cut back on sedentary behaviours.



#### **And always remember the big four.**

1. Thirsty
2. Tired
3. Unexplained weight loss
4. Too much going to toilet.



Crows Nest Lions will be hosting a diabetes forum at Crows Nest Bowls Club on Thursday 15th February at 1830hrs.

Guest speakers will be Diabetes Educator Kate Mundy and Nutritionist/Dietician Hannah Gresham – Britt

There will be lots of dietary information along with advice and tips on diabetes management.

*Gail Jones*  
*Global Services – Diabetes*  
***District 201Q3 Chair 2023 – 2024***  
***[gjjones2807@gmail.com](mailto:gjjones2807@gmail.com)***  
***Ph: 0447 009 064***





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

It has been brought to my attention that many of you do not know where to direct members of the public to gain help for feeding themselves and their families.

The trust the following information will be of assistance.

Here in Toowoomba, where I live, we are serviced by many community organisations that offer meals to the homeless and those struggling to provide meals for themselves or their loved ones.

We have:

*Tony's Community Kitchen ... 174a James Street, Toowoomba that operates every night from 4.30pm.*

*Base Services ... The Basement Soup Kitchen ... 9 Thomas Street, Toowoomba that operates at lunch time.*

*Toowoomba Homeless Outreach ... Water Street South Toowoomba ... that operates every morning for breakfast from 7.45am to 9.45am – 365 days of the year.*

*Rosies Friends on the Street does outreach services several times a week.*

There is also *Loaves and Fishes Care Service ... 106 Hill Street, Newtown and Food Assist ... 148 Campbell Street, Toowoomba* that offer hampers of groceries at a low cost.

### **Loaves and Fishes Care Service:**

Food for the Struggling ... Loaves and Fishes has been feeding those in need since 1995. Twenty-five years ago, Pastor Jock made a dozen sandwiches, bought an urn to make tea and coffee and went out onto the streets and fed some street people in our local community.

Some of the services provided are:

**Meal Program** that provides nutritious meals for the unemployed, homeless or those who are down on their luck. Meals available Monday, Wednesday and Friday 11am to 3pm. See the Facebook page <https://www.loavesandfishestoowoomba.org/> for more information.

Food Parcels:

- If you are finding it hard to put food on the table, they have food parcels for \$50 at Toowoomba, Logan and Caboolture that will help to reduce the stress. These food parcels have an approximate value of \$250.



**GLOBAL CAUSE ... HUNGER**  
**CONTINUED**

- **Cost Recovery Outlet** (Discount Food Outlet) where people can buy discounted groceries.

Food Parcels are now being delivered on a regular basis to Roma, Charleville and St George.



*Set Up In Roma*



**Caboolture**

[loavesandfishescaboolture@gmail.com](mailto:loavesandfishescaboolture@gmail.com)  
Shop 2/8 Torrens Road, (07) 54955240  
[loavesandfishescaboolture@gmail.com](mailto:loavesandfishescaboolture@gmail.com)

**Slacks Creek**

Mon to Fri 8.00am – 3.00pm  
U1 /26 Monte Street  
Slacks Creek QLD 4127  
Food Parcel Hotline:  
(07) 38085713  
[enquiries@loavesandfishes.org.au](mailto:enquiries@loavesandfishes.org.au)

Chinchilla and Dalby have similar services available.

**Food Assist:**

Food assist has been providing food relief to people in need within the South East Queensland Regional Community since 1996. Food Assist operates with a team of dedicated volunteers who give their time to support people within the local community.

They offer hampers at a reduced cost, currently \$30.00.

Food Assist  
148 Campbell Street,  
Toowoomba QLD 4350  
T. 07 46381939  
E. [foodassist@actscare.com.au](mailto:foodassist@actscare.com.au)



## **Foodbank Queensland Source of Foods For Hungry**

Foodbank Queensland  
179 Beverley Street (off Lytton Road),  
Morningside QLD 4170  
[07 3395 8422](tel:0733958422)  
[admin@foodbankqld.org.au](mailto:admin@foodbankqld.org.au)



Foodbank is the largest hunger relief charity in Australia. They are the pantry to the charity sector, linking surplus *food* and groceries to people in need

### **Oz Harvest:**

Founded by Ronni Kahn AO in 2004 after noticing the huge volume of food going to waste, OzHarvest quickly grew to become Australia's leading food rescue organisation. Food is at the core, saving surplus food from ending up in landfill and delivering it to charities that help feed people in need. Oz Harvest is committed to halving food waste by 2030, inspiring and influencing others to do the same, and transforming lives through education.

You can't miss their distinctive yellow and black vans across your community.

I have written previously about Eat Up Australia that funds sandwiches for school children and Nick Steiners Mini Farm Project.

There are many more services that provide meals and groceries for the disadvantaged throughout our community. I came across services that I didn't know existed when I googled [Food Vans and Kitchens | Welfare Assistance & Services](#) .

The Salvation Army, Lifeline, and many more charities offer food parcels to the needy.

It is worthwhile having a look on the internet to see what is available in your area.

All of these services need our financial assistance as well as volunteering to help cook or serve meals to the needy – as the saying goes – Every Little Bit Helps.

*Lion Jenny Tate  
201Q3 Hunger Chairman*

## GLOBAL CAUSE ... ENVIRONMENT



The environment throws a curved ball when you least expect it.

The summer season has given us a never-ending change of weather every day, be it rain, heat, humidity at its highest, storms at their most violent, not to mention cyclone Jasper as a Christmas present for those residents up north or visitors heading that way for holidays.

What have these storms done to our water storage? Those with house tanks are full and overflowing, main stream water has risen a few percent, rivers have started flowing be it only a fraction here in the south east compared to those up north.

What has it done to those rivers and creeks from the range west?

Do they need ample follow-up rains from the Monsoon troughs heading south, the answer is a definite yes.

As I write this report, we are advised that another cyclone is developing in the Coral Sea.

Therefore, what does that mean to the communities of Q3?

Nothing at this stage, all will depend on when and where it makes landfall, and where its heading. It is sure to bring devastation, wind, rain, tidal surges, that may impact parts of the coast line in our district.

What impact will the rise in river and creek levels do the native marine life, erosion to the banks, sediment and rubbish being washed downstream into our oceans. All these things have an impact on our environment.



Clean up Australia is coming soon, why not volunteer as a Club.

**Please be water smart ... Until next month**

*Lion Dell Emery  
Environment Chair*