





WE SERVE

ISSUE 56 – *MARCH* 2024



THE OFFICIAL NEWSLETTER OF DISTRICT 201Q3

EARTH DAY

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<u>NEWSLETTER DEADLINE</u>

The deadline for the April 2024 edition of the Newsletter will be 20th March.

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

> Please email your articles to <u>lionbeverleyg3@outlook.com</u>

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



a Very Happy Easter

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

https://lionsclubs.org.au/wpcontent/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 <u>NOT</u> format your articles as I use a template and I work to place your articles in the available space. Also, please <u>DO NOT</u> 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



Opps I nearly forgot! With the months flying by I feel it was only yesterday when I was writing the report for February! I am sure everyone else is finding the same – or at least it is not just me - I hope.

Clubs are now getting back into work again after the Christmas break - this can be difficult as the momentum has slowed, and we are facing the last six months of our tenure. However, we have to keep going and this is now the building time of our Clubs with nominations. Committees around the District calling on Lions to take on the running of the Club. This should not be an onerous job, there are many people to help you if you decide to put your name forward. Trust me, it is worth taking on a job and learning new things - look where it got me!! Seriously, being a Director, Vice President or Secretary, there are information days put on by the District for you to learn and meet new people. To me it is very interesting to see how things work and be part of the decision making for the Lions year.

At the end of January, the heavens opened, and Bray Park and Samford got inundated with water. I would like to thank Pine Rivers and Samford Lions Clubs for getting out there and helping the community. We were able to get great media coverage with the District donation of money to pay partially for Reggie's tools which were all lost, and vouchers to those who needed food and clothing. I would like to thank all those who donated furniture, bedding and clothes. Walking around the area that was affected, it was soul destroying to see everything out on the footpath. Nothing could be saved as it was sewerage water that had come up with the flood water from the creek.

The people were so grateful, especially as Pine Rivers lent their BBQ trailer and cold room so that the residents could eat and store food. I was very proud to be able to say, "Where there is a need, there is a Lion". Sorry to PDG Graeme and Lion Dell, who were holidaying on Norfolk Island, turned on the News and there I was. They could not get away from me!!!!

We had a wonderful Cabinet meeting last weekend at Westbrook. Thank you to the Club for hosting us. Indeed, thank you to all the Clubs that host the meetings. The atmosphere and food is always magnificent. Without your support the Cabinet would starve!! Thank you.



Cabinet Meeting in progress at Westbrook

In the next few weeks we will have Lions Awareness Day, Youth of the Year (YOTY) judging and Nominations Committees all hard at work. I wish all the entrants of YOTY the very best of luck and this year I have the privilege of being at the State judging in April. The young adults always blow me away with their knowledge, poise and ability to stand in front of a crowd and speak.

Planning is well underway for the Multiple District Convention in Darwin and the International Convention in Melbourne. If you have not yet registered, you should as they both are well worth going to. It is a wonderful experience to meet other like-minded Lions and exchange ideas. The Parade of Nations at the International is to be seen to be believed, with several countries in their national costumes. All very colourful – hopefully it will not be too cold in Melbourne.

Thank you all for all what you do in the community. We are the top District, at the moment for membership and retention in MD 201. Well done to all Clubs who have listened to us asking for each Club to be plus 1 at the end of the year. Keep up the great work.

That's all from me. Have fun at your Awareness Day time at Bunnings.



Cabinet Members at Westbrook

District Governor Andy FitzGerald





Every day is a good day to acknowledge your members and deserving community members for their community service.

Now is the time to use your Club's LCIF instalment credits for a Melvin Jones Fellowship. Don't wait make someone's day to-day.



LIONS CLUBS INTERNATIONAL FOUNDATION





DISTRICT GOVERNOR ELECT RICHARD'S NEWS

So much is happening in District Governor Elect (DGE)-world at the moment it is time to take stock:

- 2024-25 Cabinet is coming together well
- Club Officer Forums set for 1, 2, 8 and 9 June. As soon as we have the venues sorted we will let you know
- The admin for the year is starting to fall into place
- I have ordered bannerettes and pins
- As you read this I will be at training in St Charles near Chicago with all the District Governors Elect from around the world
- I am revising and refining my thoughts for priorities for the year, for discussion with the various teams
- District Changeover is happening on 13 July at the Kedron Wavell RSL
- Redcliffe District Convention (4-6 October) is taking shape

But there is much more happening. I have a vested interest in your Club's election, which must be held by 15 April. I encourage you to have a Club Service Chair (an appointed position) and a Membership Chair (elected) – two roles critical to our mission and survival. I hope we can explore ways for them to work together and grow membership through service.

Please consider taking on a leadership role in your Club – we don't survive without Club officers. Most positions are not onerous, and do not necessarily take up a lot of time. And there is plenty of help around. John Bingham, a hero of bad marathon runners said in No Need for Speed: A Beginner's Guide to the Joy of Running 'The miracle isn't that I finished. The miracle is that I had the courage to start.' Applies to running for Lions Cub office as well!

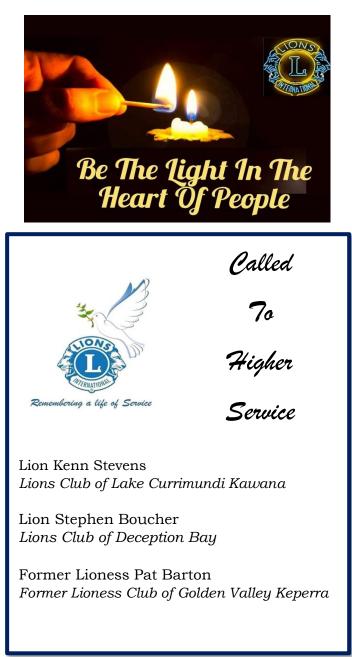
Hope you have a successful Lions Awareness Day, and we will catch up soon



The problem with being a leader is that you're never sure if you're being followed or chased. - Claire A. Murray

In most cases being a good boss means hiring talented people and then getting out of their way. - Tina Fey

With great power comes great electricity bill. Unknown



"COMMUNICATION, EDUCATION, ENJOYMENT - STRONGER TOGETHER"

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CABINET SECRETARY BARBARA'S REPORT

Another month has flown by and I'm writing my article for Family Lines yet again. We have just completed our 3rd Cabinet Meeting for District Governor Andy's year. The meeting was hosted by the Lions Club of Westbrook and District and we were extremely well cared for. Thank you, President Greg and members.

I would like to give a shout out to District Governor Andy and the Lions Club of Pine Rivers for all the wonderful assistance they gave to the residents in Bray Park Queensland who were badly inundated in the recent heavy rain event. Wasn't it great to see Lions get National TV coverage. 'Where there's a need there's a Lion' was truly demonstrated yet again.

Some dates for your diaries, for the Club Officer Development Days.

Saturday and Sunday 1 and 2 June 2024

Saturday and Sunday 8 and 9 June 2024

Club Presidents, Treasurers, Secretaries and Membership Chairs are strongly advised to attend no matter how long you have been in your roles. There are some very important changes around the Club constitutions and audit requirements from Office of Fair Trading. Any and all Club members are welcome we would especially like to see the 1st Vice Presidents and Service Chairs come along with new and longer serving members.

Venues are still to be confirmed. If your Club wishes to host one of these days, I know District Governor Elect Richard would love to hear from you.

By the time this newsletter is published I will have sent out the PU 101 forms.

Club Secretaries please complete this form as soon as you have held your Club elections. This information needs to be as accurate as possible. Check vour Lion Account Information is correct and up to date in name, contact information and MyLCI, communication preference. This information is required to ensure you have the correct access level you require on MyLion, MyLCI as well as in the 2024-2025 Multiple District Directory.

I also hope to have sent out the returns for the Celebration of Life Service (formerly the Memorial Service) for the Multiple District Convention in May in Darwin. Delegate returns with an estimate of the number of eligible delegates for your Clubs will have also been sent to Clubs. Remember that delegates still need to register themselves for the Convention. I have been asked to remind Lions when they register to ensure they state if they are Lions, Past District Governors, Lions Partners, LEOs etc. This will assist accurate returns with the Convention Report to Lions Clubs International.

Should your Club have any members attending the International Convention in Melbourne in June, your eligible delegate numbers is in MyLCI and **you** need to enter the person attending into there yourself.

A reminder again to Club Secretaries to enter no changes to membership by the 27th of each month. As always I am here to assist, please ask.

Barbara Matthews Cabinet Secretary 201Q3



<u>HELPING OUR COMMUNITY</u> <u>WHEN TIMES ARE TOUGH</u>

Before Christmas Wamuran Lions Club got a message from one of our members informing us of a local family facing devastating news that their three year-old had leukemia. What shocking news just before the festive season.

Well, our Club stepped up to help as best we could. Having two of our own members children facing the same difficulty, we turned to them and asked what was the thing that would help this family immediately? The suggestion was that this family will struggle with money for petrol and parking as they will have to visit the hospital on a weekly, possibly daily basis, for an extended time.

Our Club immediately got a fuel voucher and another voucher for parking to the family to help ease the burden. There were other offers of cooking for the family, yard work (as they wouldn't be home), these were graciously declined as they have an extended family that will help with this area.

Knowing that this is not the end of how we needed to help, a few of our members organised a New Years Eve dinner event to help raise some more much needed funds for the family. The event went ahead, and proceeds given to Pippen and her family.



Above a photograph of the hall set up with fairy lights and balloons. Wayne, Wendy, Brian, Tanya and Michelle (I think I covered them all) did a marvellous job setting the mood for the evening.

> Lion Lisa Gourley Wamuran Lions Club

Worth



on the

- -

World

Wide

Web

Watching

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

The importance of the past

The look on his face when the interviewer inadvertently takes him to a memorable moment in his life that happened more than half a century ago <u>BBC interview with former Liverpool goalkeeper - so</u> <u>heartwarming (youtube.com)</u>

Meeting someone who had a huge impact on him as a child and the respect that still exists <u>lan Wright gets a big shock! (youtube.com)</u>

The importance of memories as we get older <u>"My</u> <u>Storybook" (Official Music Video) - by The Marsh</u> <u>Family (youtube.com)</u>

REVISED CLUB CONSTITUTION

On the 25/02/2024 an email plus attachments was forwarded to all Clubs outlining the reasons for the changes to the Club Constitution, all the documentation required and instructions to complete the documents and to lodge them at the Office of Fair Trading (OFT) for acceptance.

It is important that all Clubs follow the procedure outlined to ensure retention of the Clubs "Not for Profit" status and so they can adopt the revised procedures approved by the OFT for audit of Clubs annual financial accounts.

If you have not received the email or require additional information, please contact me on Mob 0417714284 or Email

<u>lionnorm@optusnet.com.au</u> and I will arrange to resend the email to you.

Norm Alcock District 201 Q3 Constitution and By Laws Chairperson.

"COMMUNICATION, EDUCATION, ENJOYMENT - STRONGER TOGETHER"

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This Project continues to hold a current licence to seek funds and is operated by the Brisbane Holland Park Lions Club.

As you come to the end of the year this is a key opportunity to provide some muchneeded funds to the Project which supports research and the purchase of equipment for use by the Mater Foundation.

You may recall that I provided copies of a publication from the Mater Foundation at the last Convention on the way these funds are being used.

More information is available from their website – <u>WWW.lionsprostatecancer.org.au</u>

Funds can be donated by EFT directly to their bank account – **BSB 124151 A/C#22447462** which will get to the account much quicker than by a cheque. You can send the details of you donation to the Project Chair, Lions Patrick O'Donough at <u>prostatedist201@gmail.com</u> with a copy to me as well.

For the record, so far this year a total of **\$9,150** has been donated by nine clubs from Q3. So there is still plenty of time to add to that amount.

If you are considering holding an event to help publicise the project and raise some funds let me know so I can help you with information from the Project and with information from the Prostate Cancer Foundation of Australia and help locate a guest speaker from one of the support groups or Ambassadors linked to the PCFA.

It is very important that we Lions help promote the importance of early testing and what type of support is available out there for Lions and their families when they receive a diagnoses of Prostate Cancer. Finally, you may recall that the Chops I started for the ALCCRF **JULIKE MY CHOPS** initiative were retained and used to help promote the District Movember Team which raised \$455 this year.

I have decided to retain the chops and I am working on a fundraising initiative for the Lions Project, probably called **"PDG NORMS CHOPS FOR PROSTATE CANCER"** – Watch this space. Any suggestions from any of you in Club land who have run this type of campaign on how I might be able to make this work would be appreciated.

PDG NORM JENSEN

'Ph: 0404 984 455

norwennew@bigpond.com

SAVE THE DATE

DISTRICT CHANGEOVER DINNER



KEDRON WAVELL SERVICES CLUB 21 KITTYHAWK DR, CHERMSIDE QLD 4032

ON

SATURDAY 13TH JULY 2024



LIONS INTERNATIONAL PEACE POSTER CONTEST

"DARE TO DREAM" Multiple District Winner for 2023-2024

The Multiple District Winner for 2023/2024 was Alicia Choi from District 201Q1.

A copy of her Poster is shown later in this article. Her quote from her winning entry was "No matter how far apart we are, we come from the same root and can make dreams come true."

The MD Presentation will be at the Darwin Convention 24-27 May 2024.

Alicia receives \$200 and a trophy.

Her poster will now proceed to the International level of judging at the International Convention in Melbourne in June.

There are 24 Posters from around the world in the final judging.

I know you will join with me and wish Alicia the very best of luck!

The International President Dr Patti Hill will present the USD \$5,000 award to the Grand Prize Winner. The Winner also receives a beautiful peace trophy.

There are also 23 Merit Award Winners who each receive USD\$500.

For those of us attending this very special occasion, we will be able to witness the judging first hand. Very Exciting!

We had 90 entrants in our District this year from 4 Clubs. Congratulations to everyone involved. Your support is very much appreciated!

Advertising the 2024/25 LCI Peace Poster & Essay Contest

The Peace Poster is an art contest for young people conducted internationally by Lions Clubs International.

The age bracket for students is 11, 12 and 13 years of age by the 15th November 2024.

The theme for both Contests this year is "Peace without Limits".

These contests are easy to organise, usually through your local schools. If your Club would like to try something refreshingly different here is a project just for you.

Don't forget the Quote is important. It needs to be relative to the poster's composition.

In the end it can determine the winning entry.

Details:

- 1. Drawings must be no smaller than 33cm x 50cm or no larger than 50cm x 60cm
- 2. Art paper: to be flexible material so that it can be rolled up for mailing tube.
- 3. All artist's signatures or initials should be written on the back of the poster (upper right or left side of artwork)
- 4. Winner Sticker attach on the back lower right-hand corner on winning entry.

Peace Essay Contest

The Lions International Peace Essay is for visually impaired children in the same age bracket. Details of the Peace/Essay rules are in the Kit.

Clubs can purchase their Kits from Lions Australia On-Line Shop: <u>www.lionsclubsshop.com.au</u>. The cost is \$25.00 plus postage.

Here are some great incentives for students to enter.

Prizes are below:

- Club Level Clubs decide on the prize and arrange payment of their prize
- District Level District Winner District donates a \$100 voucher
- Multiple District Level The Australian Winner receives \$200 and a trophy
- International Level International Winner USD\$5,000 and a Peace trophy.

The deadline and information for Clubs for the Peace Poster are as follows:

- Clubs Winning entries to be submitted to me by the 1st September 2024
- Clubs conduct their own Judging
- Clubs can post artwork in a mailing tube to my address provided below.
- Please follow the rules and regulations outlined in the Kit
- District Convention Judging: Dates are 4th to 6th October 2024

If your Lions or Leo Club would like to consider entering the Peace Poster or Peace Essay Contest please let me know. If you have any questions, you can contact me anytime. I am here to help. My details are below.

Below are photos for Q3 District Winner and Multiple District Winner in 2023-2024.

The theme was "Dare to Dream"

Isabella Carey-Gordon

Alicia Choi



Lion Diane Unwin ... 'Ph 07 3886 0044 ... Mobile 0418 904 999 ... email: brucendi@gmail.com



You are invited to the judging of the

District Final

Lions Youth of the Year

To be held on Saturday 13 April 2024

6.00pm for 6.30pm Start

At Toowoomba Golf Club 235-323 Rowbotham St, Middle Ridge QLD 4350

Program for the Evening:

Student interviews will have been conducted during the day Public Speaking begins with impromptu questions and then prepared speeches **Dinner** (alternate drop) served during the function followed by the Announcement of Winners

Cost: \$70.00 per person

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

For catering purposes, please complete the attached booking form and return by email to:yotylionsq3@gmail.com by Thursday, 4th April 2023.

PDG Doug Evans Youth of the Year Chair District 201Q3





2024 District 201Q3 Lions Youth of the Year Final Toowoomba 13 April 2024



CLUB	Names of attendees	DESIGNATION I.e. entrant. Club President Family etc.	DIETARY If applicable
1			
		t	
			and the second se
-			
1			

Booking form to be emailed ... <u>no later than</u> Thursday, <u>4th April 2024</u> to: PDG David Orton @ <u>yotylionsq3@gmail.com</u> Spaces are limited to 100, so early registration secures your booking

Any phone enquiries to David Orton on 0407 468 770

Payment: \$70 per person			
Options:			
Payments should be made by bank transfer: Lions Club of Toowoomba West Community Service Account BSB 633 000 A/C No. 120114467 Reference: YOTY Surname or Club Name	EFTPOS or cheques payable to: Lions Club of Lions Club of Toowoomba West Community Service are acceptable at the door PREPAYMENT IS DEFINITELY PREFERRED		

LIONS CLUBS INTERNATIONAL FOUNDATION **LCIF** your Foundation CHILDHOOD DIABETES DISASTER ENVIRONMENT CANCER RELIEF IUMANITARIAN HUNGER VISION FFFORTS Through your donations to LCIF, Lions are changing the world and changing lives. Thank you, Lions. Contact: Kevin Hedges 201Q3 LCIF Coordinator kevhedges@optusnet.com.au 0437088868



Together, Lions good goes further.

Students from the Lions Club of Redcliffe Central Youth of the Year Quest Article appears on Page 17



CAKE & MINT PORTFOLIO March 2024

CAKES -

I would like to thank all of those Clubs that paid for their Cakes early, you are all champs, to the Clubs that leave it until the end of January, please remember that this is the deadline, it is not halfway through February it is the 31January each year.

I find it hard to comprehend those Clubs that for whatever reason do not pay their debt on time.

Once you have sold your cakes and puddings you have made your profit, you have the funds to pay for your account. Traditional Foods are out of pocket millions of dollars until Clubs pay, they do not have to give us until the end of January, but they do, so it is your responsibility to honour your commitment to them to at least pay on time.

Thanking you in anticipation of a very different ending this year.

Now for some new news regarding our Cakes for 2024.

Due to the packaging of our 1.5kg Cakes which as you all know there are ten cakes in the carton. NO MORE.

From orders from now, you will notice that the 1.5kg Cakes are packed eight in the carton. This means not as much weight so the cartons should have little to no damage and this should make life easier when lugging the cartons around.

This also means there will be an adjustment to the price on the invoice for this product. It will be adjusted accordingly.

Remember when ordering from now until the 30 June you must pay for these orders with the order, you cannot leave this payment until later. NOTE – orders between January and June each year must be paid for with the order.

Thank you to all of those Clubs that do the right thing, I am sure that Traditional Foods appreciate it, I know that I do, so thank you.

MINTS -

Due to continuing problems with some Clubs and their Mint orders, I have left the details below that came from Dollar Sweets on their new procedure for ordering your Mints.

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

It is highly recommended that you also copy/C.C. you order to <u>mints@lions.org.au</u> 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 2nd 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.

NOTE – with your Mint order you must pay for these with the order, or immediately after sending through your order a payment should be made. Please do not let these orders sit unpaid for any period of time. Once they get past 60/90 days you are reported and means that I will be on to you to pay, so please do not wait until that happens. Do the right thing.

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 <u>lion.kayesmith@bigpond.com</u> 0477 212 242

Your Membership Matters



MEMBERSHIP CELEBRATION

The latest Lions national membership figures have been released and we have a significant celebration to share!

Based on Multiple District results, our **District (Q3)** is **#1 in MD** for increasing / retaining membership in the past 12 months.

This clearly shows the energy of individuals and Clubs to gain new members.

Equally important is the focus on all members to ensure that they are happy, informed and engaged... our shared belief. \bigcirc

As of February 04, 2024, our District has...

- ✓ 1,423 members; 3rd largest in Multiple District
- ✓ 67 Clubs; 4th in Multiple District
- ✓ 105 new members + 14 transferred + 5 reinstated = 128 members
- ✓ Dropped 78.
 <u>Total gain = 50 members</u>
 (Clearly # 1 nationally of 19 Districts)

Congratulations to everyone who is supporting our Club and District goal of **Net** + 1 member.



Congratulations also to everyone who is supporting 'engagement' in projects and activities (<u>service</u>), encouraging <u>leadership</u> opportunities and valuing social interactions. A letter about our membership growth and retention has been emailed to all Clubs.

* "One Team – Together We Serve."
Our clear focus on planning, review (Traffic Lights, SWOT etc) and leadership development is paying dividends. Please share the success with all members.

TRAFFIC LIGHT SURVEY



Here is a simple, but effective way of checking in on how your club is going. Meet the **CHALLENGE** and give it a go.

Have a 'focused – 1 topic meeting' where you **stop, think** and **review** your Club activities.

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

Now is a good time to ask Club members to share their thoughts and ideas. Don't forget to recognize and celebrate your Club successes.



It is also timely to plan for succession.

Q: Are you using an 'apprentice scheme' to encourage and train members to fill Club leadership roles?

Q: How are you supporting the needs and interests of all Club members?

"Think left and think right and think low and think high. Oh, the thinks you can think up if only you try!" — **Dr. Seus**

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

<u>WAMURAN LIONS CLUB</u> <u>RESPONDS TO COMMUNITY</u>

From August 2023, Wamuran Lions Club was able to obtain management of the Wamuran Sporting Complex Hall. This was a major stepping stone for the Club as we had been meeting at the local School since chartering in 2017.

Whist we appreciate all that the Wamuran State School have offered us; it still wasn't like a den for us to meet. As word got out that Wamuran Lions Club was managing the hall, the plea for what is known as the 'Friday Night Dinners' to be brought back was made. These dinners were run by Wamuran Sporting Association for many years and were the highlight of the Wamuran Community. It was a place to go and unwind, have a very reasonably priced meal, a drink or two and catch up with your friends and meet some new ones.

We know we can't bring back the same Friday night dinners at the old prices (inflation is a killer), but we can bring back a place to come and unwind, have a Lions burger, chips or our famous snag, bring a drink and catch up with your friends. That is exactly what we achieved on 9th February, the atmosphere was buzzing with excitement and laughter.

Wamuran Lions Club communicated with Wamuran Little Athletics and offered to donate a sausage on bread to all the 'little athletics' that were present on Friday night. All they had to do was present their ticket and our members gave them their sausage. We also encouraged parents to buy a burger and chips and socialize with the community that poured through the doors.

The feedback given to our members on Friday night was heartfelt and grateful. Our community asked for it and we delivered. Thank you to all the members involved, it was a massive effort.



Great job! We hope that this is not the last and we can make this a regular community event, and with that we hope to find new ways to engage our community to join Lions and be a part of giving back. Feel the pride as we did on Friday night.

> Lion Lisa Gourley Lions Club of Wamuran

<u>LIONS CLUB OF WESTBROOK</u> <u>ASSISTS THE HOMELESS</u>



After the recent 201Q3 Cabinet Meeting hosted by Lions Club of Westbrook and Districts, Club President Greg Freeleagus and Secretary Jenny Tate donated the remaining food from the weekend to Toowoomba Homeless Outreach.

This Outreach service feeds the homeless breakfast 365 days a year. Also on offer is clothing, shoes, a shower along with a washing machine and dryer to enable pride in the appearance for these struggling people. Donations are most welcome.

Our Club also donated a gift voucher for Aldi for \$200.00. Lion Jenny Tate Secretary

LIONS CLUB OF REDCLIFFE CENTRAL YOUTH OF THE YEAR (YOTY) PUBLIC SPEAKING JUDGING AT SOUTHERN CROSS COLLEGE

The Public Speaking Judging for our 2024 Club Youth of the Year (YOTY) was held on Thursday 15 February in the School Library at Southern Cross College. The Interview component was conducted on Saturday 10 February. The scoring for these two sections is 70% for the Interviews and 30% for the Public Speaking. There are two winning categories Public Speaking and Overall winner.

President Kim Scheir was our MC for the evening and everything went off without a hitch. Lion Kim gave a brief history of the YOTY contest in Australia before introducing our seven Contestants Alice, Alysha, Zoe, Ripley, Maegan, Alex, and Claire. The Judges this year were then introduced, and we were given a little information on their experience and backgrounds. This year's judges were Andrew Reibelt, Nicole Hagen, and Zoe Carroll as Chair.

Attendees included Lions, members of the Lions Auxiliary, parents, siblings, friends, and representatives from Southern Cross College.

The Public Speaking has two parts.

A. Impromptu Questions (answers no longer than two minutes)

1. What impact do you think social media platforms have on fast fashion trends and clothing waste?

2. What directions would you take if you were in a position to decide if the 2032 Brisbane Olympics should be continued or be cancelled?

B. A prepared speech of five minutes duration. Topics chosen by the contestants were.

Alice- Travelling Alysha – Music through the Soul Zoe – Positives in life – Love of Musical Theatre Ripley – Books in a digital age Maegen – Travel Alex – Media Claire – Natural World

While the judges were deliberating, we had supper of sandwiches and fruit, this also was an opportunity to socialise.

The Winner for the Public Speaking was Maegen who was also declared the overall winner. She was presented with both the Gordon Bust Trophy for Public Speaking and the Les Watson Trophy for the overall winner. These will be engraved and then presented at a school assembly.

Meagen will go on to represent our Lions Club at the Region Finals on 24 March. All seven participants were of a very high standard and the Judges had a difficult time choosing.



Barbara Matthews Director Marketing & Communication Lions Club of Redcliffe Central

<u>OUR NEWEST LIONS FAMILY</u> <u>MEMBERS</u>

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

5 5 5 1	
Albany Creek	Kathy Robertson
Dalby	Michelle Chant
Golden Valley Keperra	Rebecca Kleid Cherie Wolfe
Inala	Kylie Gates
Ipswich Kassa	ndra Townsend
Kilcoy	Vicki Sweedman
Maleny Blackall Range	John Murray Pattie Murray
Samford	Paul Slater
Wamuran	Jan Spinks Robert Welsh
Nel	ome



<u>MEMBERSHIP AND ACTIVITY</u> <u>REPORT</u>

These figures are correct as at 10.05am on $28^{\mbox{th}}$ February 2024

Our total membership number this month is one thousand four hundred and twenty-five, with twelve added and nine leave a gain of three for the month. Our positive growth continues and have an overall positive membership growth of fifty-two since July. We are well on our way of meeting our target of +1 per club for 2023-2024

MyLion reports:

195,767 People Served

137 People Served per Member

2136 Service Activities

- 65 Diabetes
- 132 Environment
- 74 Childhood Cancer
- 157 Hunger Relief
- 69 Vision
- 1639 Other

80,889 Volunteer Hours since 1^{st} July 2023

USD \$239,500 funds donated and USD \$463,524 raised.

Fifty-three Clubs and one Leo Club have reported their activities, that is one more than last month, however fourteen 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 54 clubs reporting service.

Thank you to those who report each month.





MOOLOOLAH VALLEY LIONS COMMEMORATIVE GARDEN



The Mooloolah Valley Lions with the permission of the Mooloolah Valley Men's Shed have planted our 75 years of Lions in Australia commemorative Garden in front of the recently built shed.

This has been a labour of love for our Club and we are now using the shed for our committee meetings. Our Lions Club has been involved with the development of the Mens shed since day one.

Lion Michael McMahon passed away whilst he was President of the Mooloolah Valley Men's Shed committee so the garden will also be in honour of his services to Lions and the community.

Our volunteer gardeners have put in a variety of native plants and succulents which are colourful this gives a lift to the Men 's Shed.

Lion Ron Flanagan Lions Club of Mooloolah Valley





Hearing Awareness Week runs from $1^{st} - 7^{th}$ March and is an annual event that highlights the issues affecting Australians living with hearing loss.

One in six adults in Australia experience some degree of hearing loss. However, only one in three do anything to address it. For most people, hearing begins to deteriorate from their mid-thirties, and it usually declines slowly over time, meaning it can be hard to detect. The small, sensitive hair-like cells within the inner ear get worn out over the years.

When this happens, you don't simply go deaf, but it becomes more and more difficult to understand sounds clearly, particularly speech. Eventually, untreated hearing loss can become a significant problem, impacting your relationships with others, participation in the community and even your independence.

So, how do I know if I need to see an audiology professional?

- You have the TV or radio volume louder than is comfortable for others
- You find hearing over the telephone hard work
- Group conversations have become difficult to follow
- You ask people to repeat things or misunderstand what they say
- You've started avoiding places because you can't hear properly
- Someone suggests you might not be hearing as well as you used to

If these tell-tale signs sound familiar, you may benefit from a free* 15-minute Hearing Check with a Specsavers Audiology Professional. To find your nearest store or to book online, visit <u>www.specsavers.com.au/hearing</u>

**If further testing is required, a fee may apply.*

Belinda Henschke Office Manager

AROUND THE WORLD WITH LIONS <u>THE THIRTY-SEVENTH IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN</u> <u>LIONS' RESPONSE TO TONGA'S SUBMARINE VOLCANO DISASTER</u>

In late 2021, a massive submarine volcano erupted in Tonga, unleashing a catastrophic event. The eruption left a trail of destruction in its wake, with boats destroyed, neighbourhoods covered in ash, and entire islands submerged. To make matters worse, an undersea cable became disconnected during the storm, leaving the true extent of the damage unknown to the outside world, while affected communities navigated uncertainty and chaos in a communication blackout. Eventually, when communication was restored and the news came out, nearby Lions in District 202K, including the Vava'u Lahi Lions Club in Tonga, knew they had to lend a helping hand, but they were not sure how. "Unfortunately, when disasters like this strike remote locations, access is limited and their remoteness reduces the speed at which external help can get to them in times of emergencies," Past District Governor (PDG) Roger Robinson says. Moreover, the impact of this disaster was extreme. Hunga Tonga Hunga Ha'apai began erupting on December 20, 2021, and its ash cloud was visible from the distant capital city of Nuku'alofa, 70 kilometres (43 miles) away. The eruption peaked on January 15, 2022, almost four weeks later, sending massive ash clouds 57 kilometres (35 miles) into the sky. This caused panic among the local population, struggling to breathe amidst the choking ash. The Tongan government issued a tsunami warning after witnessing waves in Nuku'alofa.

As the news broke, Lions saw aerial footage revealing devastating scenes of sediment-laden waters, villages swept away or severely damaged, roofs buried under layers of ash, and coastlines permanently altered. They could not watch without feeling compelled to serve their neighbours. "New Zealand has had a long association with the islands in the South Pacific and we are all located far away from the rest of the world, so we need to look after ourselves," PDG Robinson shares. "When disaster happens in their area, we, as New Zealanders are immediately there to help. The eruption and the tsunami that followed in Tonga were no exception."

Lions in District 202K realized clean drinking water was a very precious commodity they could offer in response to the disaster, so they decided to install water tanks and request <u>Disaster</u> <u>Grant funding from Lions Clubs International Foundation (LCIF)</u>. District 202K, which includes Lions clubs in Fiji, Samoa, American Samoa, Vava'u Tonga, and Northern New Zealand, submitted and received US\$24,100 in grant funds to support this project. Due to communication challenges and government-issued COVID-19 protocols preventing travel, LCIF and the Lions collaborated with the Tongan Red Cross to install nine water tanks to collect rainwater at three public schools on three different islands.

Since many of the Tongan islands are low-lying coral atolls, the groundwater could become contaminated with salt water, making it undrinkable. With the collection tanks, people can have access to clean water. This was a very challenging project due to the extent of the damage, their remoteness, and the limited facilities available on these islands. However, the Lions made it through these challenges with patience and perseverance. PDG Robinson even made the difficult journey to the islands to see the water tanks firsthand and enhance his relationship with the head of the Tongan Red Cross. "It is a great feeling knowing you made a positive difference in the lives of those who have benefitted from this project," PDG Robinson says. "LCIF grants have a long history of making a positive impact on the lives of those in need." In spite of the chaos and bleakness of the eruption, the compassionate efforts of Lions in instituting this sustainable water source are not only aiding in the community's healing and restoration, but also providing a ray of hope, giving citizens a glimpse of the promising future ahead.

<u>SERVICE MATTERS</u>

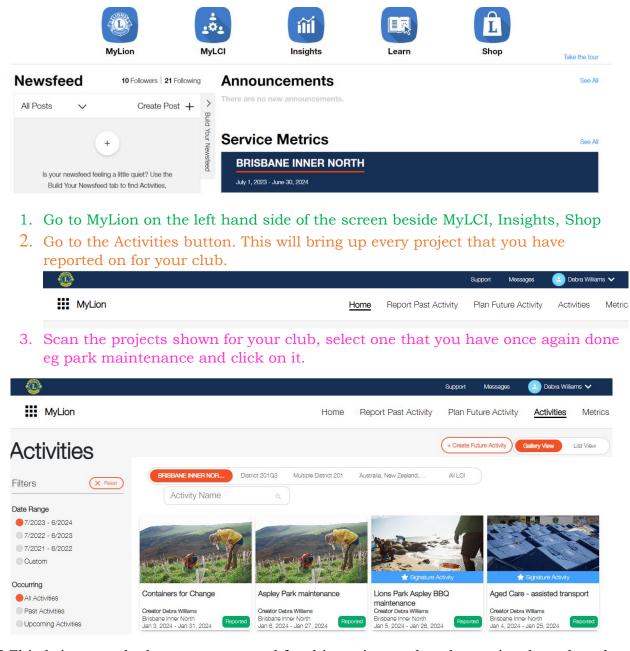
In a previous Newsletter article, I hinted that there was a way to streamline reporting on MyLion for those projects that Clubs do on an ongoing or periodic basis.

Projects like:

- Park maintenance
- Spectacle collection for recycling
- Breakfast clubs and so the list goes on

For these projects, there is the Magic **"DUPLICATE" button**! And here is how to use it each month when you enter your data.

- 1. Log in to Lions Clubs International
- 2. Sign In or Register if you are new to Reporting.



6.This brings up the last report entered for this project and at the top is a large box that has that magic word, DUPLICATE. Hit that one and voila, you have the last report again, ready for you to alter if necessary.

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"COMMUNICATION, EDUCATION, ENJOYMENT - STRONGER TOGETHER"



Are you the club in this Constitutional Area with the Top Service Project?

Every Club in our Constitutional Area 7 covering, Multiple Districts 201 (Australia & Papua New Guinea), 202 (New Zealand, Islands of the South Pacific), 307 (Indonesia), and Region 203 (New Caledonia, Vanuatu, Tahiti) has an opportunity to be recognised by entering their top service project in this program.

"Service" is our key focus so why don't we tell everyone about what we are doing!

Your Global Service Team is going to help you showcase your projects not only for Lions to see, but the wider community through our network of media channels, local advertising, Facebook, and our various publications across our Constitutional Area 7.

So how will the program run?

- The program will run from individual Lions Clubs, through District, Multiple District and finally at Constitutional Area level, with the winner being announced at our next ANZI PACIFIC Forum in 2024.
- It must be an innovative and inspiring Club project that has either been completed in this current Lions year or be an on-going project. Note: - this must be a project by an individual Lions Club, not of combined clubs or a Zone project and must have been entered into MyLion for reference.
- Club Project entries will be judged by a committee established in each District by the District Governor and will include the GST District Coordinator.
- All finalist projects will receive District recognition and will be advertised in District communications and Newsletters.
- One project is chosen from within the District as the "Top District Service Project". This project is submitted to the respective Multiple District/Region level Committee for judging.
- The District finalist must be received by their MD GST Coordinator by the required date.
- To judge the Multiple/Region District finalist, the Council/Region Chairperson will select a committee, which will include the Council/Region Chairperson, Multiple District GST Coordinator, and two other Lions.
- The Multiple District or Region committee judging the Top Service Project will select one project from all projects submitted to become the Multiple District/Region "Top Service Project".

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- All finalist Multiple District/Region projects will receive Multiple District recognition with publication on Multiple District Website, Lion Magazine & through Global Action Team communications.
- Each Multiple District/Region winner (one winner per Multiple District/Region) will proceed to the Constitutional Area 7 judging prior to the ANZI Pacific Forum to enable preparation of finalist's certificates and winner's trophy. These need to be sent to the GAT Constitutional Area Leader by 20 June 2024.
- Constitutional Area Judging will be undertaken by a committee including GAT Leader, and the four GAT Area Leaders & 1 Past International Director.
- Promotion of the project at the ANZI Pacific Forum will be the responsibility of each submitting Multiple District/Region GST Coordinator, with each area responsible for displaying their winning entry as a Power Point Display or video at the Global Action Team (GAT) Booth at the ANZI Pacific Forum in 2024.
- The finalists, together with their Multiple District GST Coordinator and Council/Region Chairperson will be recognized on stage at the next ANZI Forum in 2024, with all finalists presented with a Certificate. The overall CA7 winner will also be presented with the winning plaque/trophy by the International President.
- Project Winning details will then be forwarded by the CA7 GAT Leader to the Service and Marketing Divisions of LCI for inclusion in the International Lions Magazine, website recognition etc.

Criteria for a Project:

To enter your project, it must align within one of the Lions cause areas of: -







Cancer

Youth





Humanitarian

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How to enter:

All clubs wishing to enter, please complete the application form below. It will allow you to provide basic information about your project, but we encourage all entrants to provide a short Power Point or video which may include photographs, media releases, any published articles or interviews would be welcomed. The more information you provide about your project and the impact it has the better for the judges to review.

When do I have to have my entry submitted by:

All club entries must be received by your **District** Global Service Team (GST) Coordinator by **15th April 2024** to allow time for judging at the District level.

In MD201, the winning District entries must be forwarded to your Multiple District GST Coordinator by **22nd April** 2024 to enable Multiple District Judging on **29th April** to select the MD winning entry prior to the MD201 Convention.

Multiple District:							
District:	- 1	3			*		
Club Name:							
Club Number: #					n ya 62 mili mili na 14	(4)	
Project Name:			0			, 4	
Project Manager.		-					
Project Manager Email:		47 1					
Project Manager Phone:	e						

Project Alignment: please indicate which of the following Lions International cause areas your project aligns with –





Provide details of the Club involvement, the impact your project has had on the Club and the community you serve:

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Has the project been completed, or is it still on-going? (Please provide any detail)

How many people have been directly served as a result of the project? (Must be quantifiable)

What date was your project entered into MyLion?

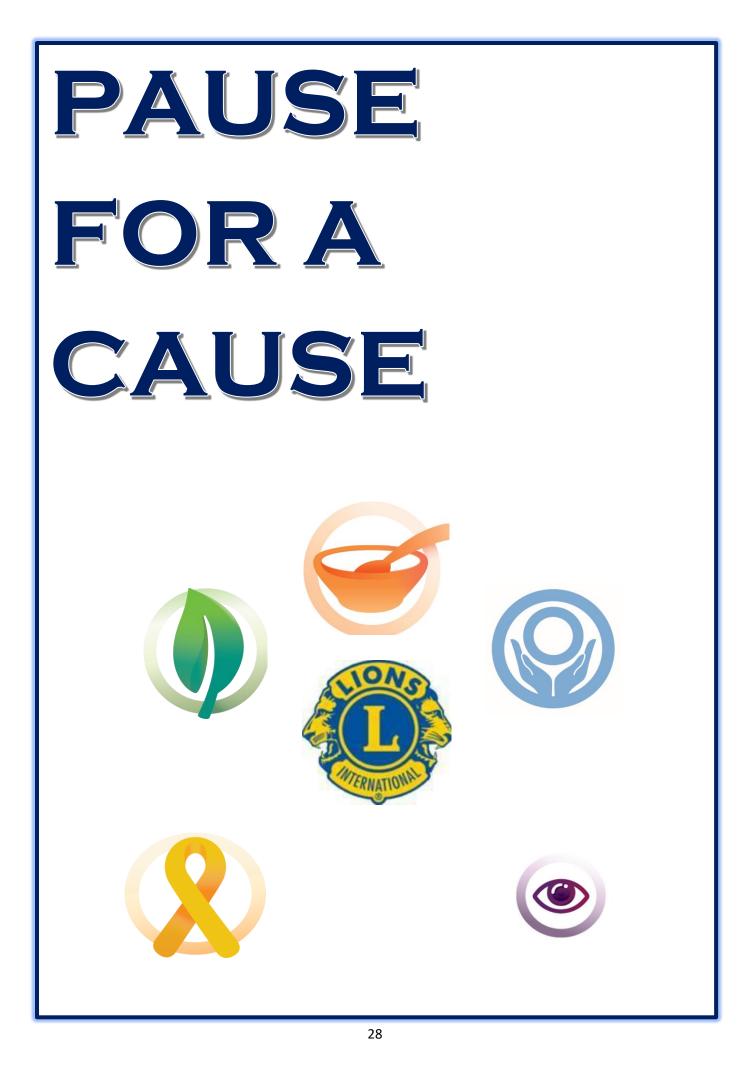
Include any other supporting information you wish to submit:

Please include a Power Point Presentation, video or other visual presentation which includes any publicity, articles written, photographs or advertising supporting your project

····· *J*..... *J*......

APPLICATION RECEIVED BY DISTRICT	/2024	OBAL ACTION TEA.
DISTRICT JUDGING COMPLETED	//2024	STONS A
APPLICATION RECEIVED BY MD	//2024	
MD JUDGING COMPLETED	//2024	MEMBERSHIP

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Children's Vision Screening in District 201Q3 – An update.

Lions Eye Health Program Australia has a Children's Vision Screening Program for kindergartens, pre-schools and primary schools for children aged 3 years and over. This Program has been running for some time in Lions Districts in other parts of Australia, but in Q3, we have been fully operational for about 16 months. In that time, our screening has been mainly in the Moreton Bay area, Caloundra and the Sunshine Coast Hinterland. Apart from a couple of schools in the Sunshine Coast Hinterland where children's eyesight was much better, we are finding that <u>one child in every five screened has an eyesight deficiency which is warranting optical attention.</u>

Now that we have two screening kits in our District 201Q3, I am trying to expand the program in Brisbane's West, Ipswich, further west to Toowoomba and even further west to Charleville. At our District Cabinet Meeting on the weekend of 17/18 April, I was impressed with the reaction from Lions from these areas in wanting to expand the program. I would encourage as many Lions as possible to follow the pathway below to be part of our great team which is making a significant difference in the lives of our young people. You do not have to be a Lion to be a screener, as interested community members can participate as well. All you need is a Blue Card.

What can we do to prepare for the commencement of the Program?

There is a 3 step accreditation process to become a LEHP screener.

- 1. Complete the online Children's Vision Screening Training on the LEHP website. I would encourage as many as possible to do this.
- 2. An LEHP instructor then comes to your area and conducts face to face training. We have two qualified Trainers in Q3 with Peter Wilkes and myself. We would love to come to your area to do face to face training.
- 3. Once you have completed the above training when you will have a chance to see, handle and interact with the equipment used in the four screening areas, you are then ready for a practical session in a school environment with the guidance of a trained facilitator.

Our District has the equipment to conduct the screening in all areas and now all that is required is for as many people to complete the accreditation process.

The LEHP website gives all the details but if you have any questions, please give me a call or an email. When you complete Step 1, your information is recorded by LEHP. **I also ask that you drop me an email to let me know as well.** It will be great if we can get a larger number of screening teams in action across our District. I would like to see as many schools as possible come on board and participate in the Screening Program. Please let me know of any schools with which your club has a close association and we will approach them to participate or give you resources for you to approach them.

Geoff Moor Q3 District Chairperson – Vision, including LEHP. <u>ggmoor@bigpond.com</u> 'Ph 0411 503 033



<u>GLOBAL CAUSE ... DIABETES</u> MENTAL HEALTH AND DIABETES

Living with diabetes can be a challenging and stressful experience. From monitoring blood sugar levels to managing medications and making lifestyle changes, diabetes management requires constant attention and effort. However, the emotional toll of diabetes is often overlooked, and many people with diabetes experience feelings of distress and burnout.

Diabetes distress is a term used to describe the emotional burden of living with diabetes. It can manifest in a variety of ways, including anxiety, depression, frustration, and feelings of helplessness. Diabetes distress can be caused by a range of factors, such as the daily demands of diabetes management, fear of complications, and social stigma.

Diabetes burnout is a related concept that refers to a state of emotional exhaustion and disengagement from diabetes management. Burnout can occur when the demands of diabetes management become overwhelming, leading to feelings of apathy, hopelessness, and a lack of motivation to manage the condition.

Both diabetes distress and burnout can have serious consequences for diabetes management and overall health. People who experience diabetes distress and burnout are more likely to have poor glycaemic control, increased risk of complications, and reduced quality of life.

So, what can be done to address diabetes distress and burnout? Here are some strategies that may help:

1. Seek support: Talking to a healthcare professional, diabetes educator, or mental health provider can help you manage the emotional challenges of diabetes. Support groups and online communities can also provide a sense of connection and understanding.

2. Practice self-care: Taking care of your physical and emotional health is essential for managing diabetes distress and burnout. This can include activities such as exercise, meditation, and hobbies that bring you joy.

3. Set realistic goals: Diabetes management can be overwhelming, but setting realistic goals can help you feel more in control. Break down larger goals into smaller, achievable steps, and celebrate your successes along the way.

4. Address social stigma: Diabetes stigma can be a source of distress for many people with diabetes. Educating others about diabetes and advocating for yourself can help reduce stigma and improve your emotional well-being.

In conclusion, diabetes distress and burnout are common emotional experiences for people with diabetes. By understanding and addressing these challenges, we can improve diabetes management and overall quality of life. Remember, you are not alone in this journey, and there is support available to help you manage the emotional side of diabetes.

Some very helpful tips there, we must always be mindful of the other effects that diabetes has on our bodies and our minds.



GLOBAL CAUSE ... DIABETES

<u>CONTINUED</u>

Sometimes we get so preoccupied with our medications and ensuring that all our blood sugars and carb counting is done correctly we forget about the all-important mental health aspect which can be quite severe if it goes unnoticed.

So it is always a good idea to take some personal time out of our busy lives just to relax and reflect. Read a favourite book, listen to some music, or just merely close our eyes and relax.

On another note I would like to thank Lions Club of Crows Nest for holding the latest Diabetes Forum in February.

There was wonderful support from the local community and Lions from other Clubs in Zone 3.

The speakers Diabetes credentialled educator Kate and nutritionist/dietician Hannah from AH Diabetes in Toowoomba were very informative and were very well received.

And thanks again to Crows Nest for providing a lovely diabetes friendly supper.







Lion Gail Jones Global Services - Diabetes 2023-2024 District 201Q3



GLOBAL CAUSE ... HUNGER

A lot of families are not able to enjoy a nutritious meal on a daily basis for one reason or another.

One reason may be that there just isn't enough money in the household budget to prepare good nutritious meals for the family.

This is where Food Banks are providing an invaluable service to struggling families. Do you know if there is a Food Bank in your area? Is your Club able to provide time or money to help out?

Your Club may be able to collect foodstuffs/fruit and vegetables on behalf of the Food Bank. Many supermarkets or bakeries donate to the Food Banks in their areas.

Another way of helping Food Banks is to donate a sum of money that can be used by the Food Bank to purchase the food that is then sold to struggling families.

Food Banks provide not only cheaper food for families but sometimes a gathering place there by people can enjoy a cuppa and chat which alleviates the isolation that some people may feel when struggling to provide for their loved ones.

> Lion Jenny Tate Chair Global Cause ... Hunger









<u>GLOBAL CAUSE ...</u> CHILDHOOD CANCER

Here is an update on two key fund raisers for the Australian Lions Childhood Cancer Research Foundation (ALCCRF). Also, as we head towards the end of the Lions year it is also time to consider ALCCRF when you are preparing you final donations for the year.

The availability of Awards from ALCCRF for both your own members or District or even members of your communities who have helped you during the year are also available. Details are available from the <u>website</u>

Coin Line

The Coin Line has raised \$29,044.30 this year. Our target of \$250,000 has been met with \$25,9152.22 raised and a distance of 100.6 km of 5c coins achieved. It is a wonderful result and would not be possible without the support of Lions Clubs throughout Australia. The coin line committee have worked very hard over many years and this result would not be possible without them. We have had two very dedicated Committee Chairs in Garry Patten and PDG Keith Stewart with the support from the members of Elermore Vale Lions.

The ALCCRF Trustees have decided to continue with coin line and we would appreciate your continued support. All resources are available https://alccrf.lions.org.au/events/australian-lions-longest-coin-line/

<u>Biggest High Tea</u>

ALCCRF has raised **\$22,050.16** for Biggest High Tea and are currently looking for Lions Clubs to add to the ALCCRF Newsletter. If you have hosted a High Tea over the past couple of months, ALCCRF would appreciate the details and some photos to use please. The deadline is 28/2/24.

It is a lot of fun and is a great way to share the work of Lions for 100% survival of children with cancer. All resources are available <u>https://alccrf.lions.org.au/events/biggest-high-tea/</u>

The new promotional materials for Biggest High Tea will be released at The International Convention in Melbourne.

PDG NORM JENSEN 'Ph: 0404 984 455 norwennew@bigpond.com