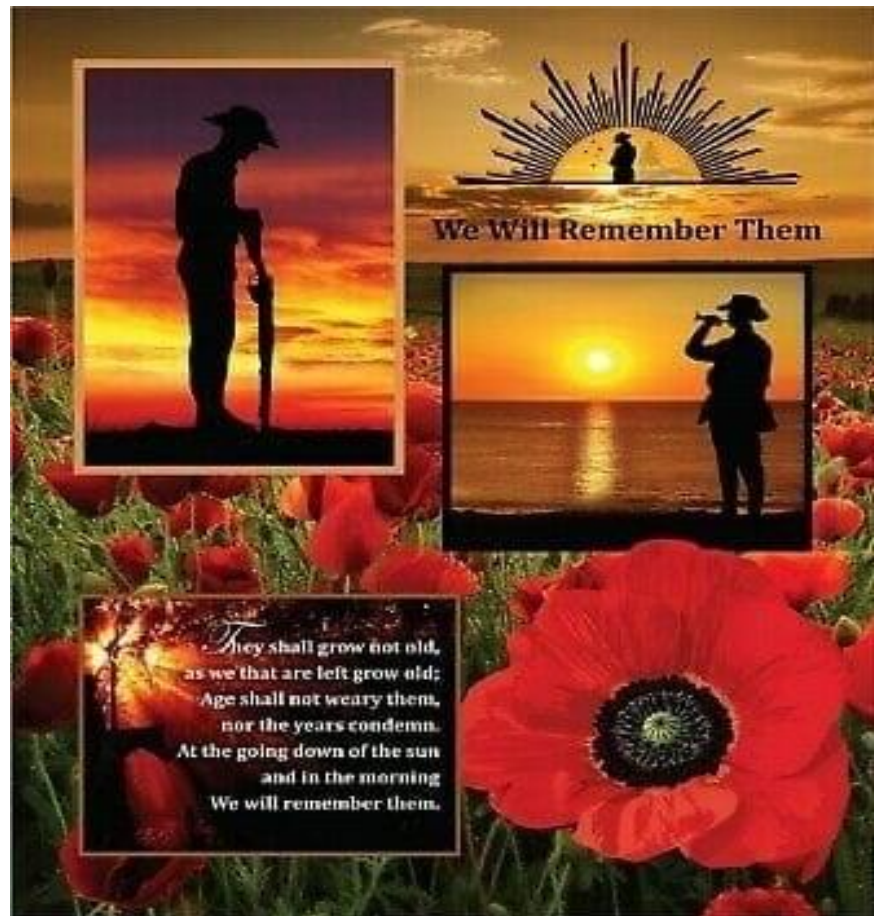


LIONS FAMILY LINES



ISSUE 56 – APRIL 2024



THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3



ANZAC DAY
25TH APRIL 2024

“COMMUNICATION, EDUCATION, ENJOYMENT – STRONGER TOGETHER”

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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

["Raise a Smile" \(Official Music Video\) - by The Marsh Family \(youtube.com\)](https://www.youtube.com/watch?v=...)

[#LionsCon24: An Innovative Lions Convention in Melbourne | International President Dr. Patti Hill \(youtube.com\)](https://www.youtube.com/watch?v=...)

<https://www.facebook.com/reel/3558468491062172> - BIN Members jumping on a Social Media trend

NEWSLETTER DEADLINE

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

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

Please email your articles to lionbeverleyq3@outlook.com

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



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

<https://lionsclubs.org.au/wp-content/uploads/2021/08/PHOTO-RELEASE-FORM-2021.pdf>.

I look forward to assisting the Clubs promote their many and varied activities via this Newsletter. Please do **NOT** format your articles as I use a template and I work to place your articles in the available space. Also, please **DO NOT** send them to me in PDF format or Publisher (I do not use that programme). **Please use Word or jpg.**

A suggestion is that if you are placing an item on Facebook ... copy it through to me for consideration for the Newsletter. Remember, we are a National publication ... good news does travel. In the meantime, have a great month.

Beverley Bates
District Newsletter Editor

Disclaimer: The views expressed in this publication are not necessarily those of the District Governor, Cabinet Members or Editor.



DISTRICT GOVERNOR ANDY'S NOTES



As I write this, it is just a week before Easter. Not having school-aged children in my house any longer, I tend to forget when school holidays etc. are happening and Easter has crept up very quietly.

Next week sees my last visit to Clubs around the District. It will be sad for me not to be visiting anymore, but pleasant to know that I have been able to meet most Lions in our great District. I have thoroughly enjoyed listening to all your plans, fundraising ideas and happy events and of course getting to meet as many as possible over the last three years. Thank you all for the hospitality and friendship that you have shown me.

The last few weeks have been very busy getting ready for the Multiple District Convention in Darwin with the meeting of the Council of Governors the few days prior. Type 1 Diabetic camp is happening directly after Easter with twenty young adults attending. It is always amazing to watch and listen to them as they recount their health journey and make everlasting friends with others with similar problems as them. I just hope the weather Gods will be kind to us. There is nothing much worse than being beside the beach, with all the wonderful facilities of the camp and not be able to use them.

Of course, how could I forget St. Patrick's Day. Fodhla and I drove down to the city Botanical Gardens, where we met up with eleven other likeminded people and walked in the parade with our Irish Wolfhounds. It was wonderful to see so many smiling faces and the dogs seemed to understand that they were there to be patted and photographed.

I know Nuala, my Irish Wolfhound, has become a Pat-Tart making a beeline for any children that show any interest in her. Of course, also, we did end up with a pint of Guinness at the local watering hole!!

At long last we have been told that the new Lions Portal will come online in April. I know that, Cabinet Secretary Barbara has written to all Clubs asking them to get their new boards on LCI ASAP and have their records up to date. There will not be a chance to enter anything for a month, so please do not contact Barbara and say that you cannot get onto the program. There will be hitches but once it is up and running it will be much easier and compact to use.

I hope that the Awareness day was successful for everyone. I know it was quite slow for my own Club, but the members kept on telling everyone what it was about. Our District is in a good place with members and retention, but sadly Beachmere has now closed, losing eleven members. I am hoping that some will transfer. So, everyone, keep up the great work that you are doing with getting new members. Now, we have to make our meetings interesting, our projects fun and above all enjoy the fellowship that the Lions Family can give. It is up to each and every one of us to make the new members welcome and included in all we do.

The great news is that Caboolture North is about to lose its Branch status and become a fully-fledged Club. I have signed off on the application and I believe there are only one or two more steps to go. My heartfelt congratulations must go to Lion Allan Brooks, PDG Greg Rollason and Zone Chair Lisa Gourlay for having the fortitude to continue when it looked like it was not going to happen. Their strength and commitment to starting this Club going is to be admired. We all look forward to the Charter date once all the paperwork is done.

District Governor Elect Richard and his team are planning all the incoming forums. I encourage you to attend them and bring other members that are not on your board to listen to what is being said. This might dispel the myth that the job of President, Secretary or Treasurer is such an onerous job and very difficult. Unfortunately, we have had Clubs closed because they could not fill those positions. Please do not let this happen again.

We are in the middle of all the judging for Youth of the Year. The contestants I have met so far are amazing. Their knowledge and ideas for our future is heartwarming. The future is looking good. Congratulations to all who have supported the program, Lions, Contestants, judges and of course the families.

As I close, please have a Happy and safe Easter. I know Fodhla and I are having four days at home, so look out cupboards, we are on our way!!! **Andy**



Lions Clubs International
FOUNDATION



Lions Celebration Dinner welcoming ... as our key note speaker



Immediate Past International President
Brian Sheehan



EVENT DATE: 15th JUNE 2024

RSVP by 1st JUNE 2024

TIME/VENUE: 6:00pm at Twin Waters Golf Club
151 Ocean Dr., Twin Waters QLD 4564

COST: \$45 per person alternate drop

ATTIRE: Smart Casual/Cocktail Dress

FOOD PREFERENCES / DIETARY REQUIREMENTS:

GF, V & Vegan options available.

CONTACT: Tim Fraser PDG

MOBILE: 0410 102 751

EMAIL: tsfraser777@gmail.com

ACCOUNT NAME: Lions Club Mooloolaba

BSB: 633 000

ACCOUNT NUMBER: 158 785 394



DISTRICT GOVERNOR ELECT RICHARD'S NEWS

I hope you all had a relaxing Easter, though I know a few Clubs had projects to keep them occupied on some days over the weekend.

Once we get into April all the things we need to set up for the next Lions year come at us at a quick clip – we tick one thing off and another is upon us.

But first, I returned from District Governor Elect training in Chicago – it is inspiring to be in a facility with almost seven hundred District Governors – and, while we are all different, we are all the same as well. We spent time with the Incoming International President, who spoke about his expectation for the year, visited Lions Clubs International headquarters and did a lot of classroom work. All in all, a good few days. One thing I will say – some districts have awesome shirts and polos!

So, what's coming up.

- 15 April ... Your Club must complete elections – thrilled to see four Clubs have already put their details in MyLCI, and I'm writing this on 20 March.
- 20-21 April ... Cabinet Officer Forum in Toowoomba.
- 18-19 May ... Incoming Cabinet invited to Cabinet Meeting.
- 24-27 May ... Multiple District Convention in Darwin.
- 1 June ... Club Officer Forum – Wamuran 9.15am – 3.30pm
- 2 June ... Club Officer Forum – to be confirmed 9.15am – 3.30pm

8 June ... Club Officer Forum – to be confirmed 9.15am – 3.30pm

9 June ... Club Officer Forum – to be confirmed 9.15am – 3.30pm

21 – 25 June ... International Convention Melbourne

13 July ... District Changeover – Kedron Wavell Services Club

4 – 6 October ... District Convention – Redcliffe

And, while the planning for next year is happening, please remember there is a quarter of the current year still to go. And, if there is a vacancy on your Club Board, please consider filling it – the jobs aren't difficult, and you can get help! The world needs a strong Lions organisation – I hope we all do our bit to help the world.

Do more than belong – participate. Do more than care – help. Do more than believe – practice. Do more than forgive – forget. Do more than dream – work. William Ward

Act as if what you do makes a difference – it does. William James

Be adaptable, flexible and never stop learning. The rate of change will never stop and neither should you. Brian Regan



Remembering a life of Service

*Called
To
Higher
Service*

*Lion Kerry Wright
Lions Club of Bribie Island*

*Former Lion David Rose
Formerly Lions Club of Aspley*



CABINET SECRETARY BARBARA'S REPORT

Welcome to April in Club land. By now Clubs should have set dates or held your nominations night and your elections for your Club officers for 2024-25. I hope that most of you are staying on your Club boards either to serve another year as Secretary or to experience a different position. I believe that an excellent way to succession plan is to have an assistant in your role. As the year progresses you can mentor them so that by nominations night they feel confident enough to continue in the role, you could even take the assistant role to further support and mentor your protegee.

Please complete your PU 101 as soon as you can after your Club elections are completed and email it to me. At the same time enter the names for your 2024-25 Club Officers into MyLCI. I require this information by 16 April 2024 this will enable me to populate my spreadsheet with the details to be included into the 2024-2025 Multiple District Directory and send it to Newcastle to meet my deadline.

How is your planning for your Club changeover? It's a good time to think about disbursement of funds. Does your club have any credits with the various Lions Foundations that can be used towards awards for your Lion or community members?

Multiple District Convention is from 24-27 May in Darwin. I received the first notifications of the Q3 Lions and partners at the beginning of March and was thrilled to see that we already have thirty-eight registrations.

If you are attending and wish to join the Q3 conventioners at the Darwin Trailer Boat Club, Fanny Bay on Saturday 25h May please let District Governor Andy know by 20 May so that we can confirm booking numbers.

I have sent out returns for names to be included in the Celebration of Life Service (formerly the Memorial Service) and your Delegate returns. Remember that your delegates are still required to register themselves for the Convention. I have been asked to remind Lions when they register to ensure they state if they are Lions, PDGs, Lions Partners, LEOs etc. This will assist accurate returns with the Convention Report to LCI.

Should your club have any members attending the International Convention in Melbourne in June, your eligible delegate number is on MyLCI and **you** need to enter/register the person attending yourself.

A reminder again to Club Secretaries to enter no changes to membership by the 27th of each month. It is really important for you to be up to date with all your reporting by the 12 April. See below for important dates for the new Lions Portal. Follow the link for further information and watch the training videos.

As always, I am here to assist, please ask.

Barbara Matthews
Cabinet Secretary 201Q3

Please refer to Page 12 of this Newsletter for news on the new Lions Portal.



Lest We Forget



The greatest wealth is health.

Wellbeing cannot exist just in your own head. Wellbeing is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.

- Martin Saligman

In our Lions clubs, associations, families and friendship groups, we have many opportunities to make a positive difference.

An important objective of leadership is to help those who are doing poorly to do well and to help those who are doing well to do even better.



- 1. Connect** – Building good relationships can help improve your self-worth. Checking in with a friend, family or club member helps you feel connected.
- 2. Be Active** – Finding ways of being active that you enjoy can improve your mood. A short walk each day makes a difference.
- 3. Learn** – Taking time to try something new or learn new skills can help improve your self-esteem and confidence.
- 4. Give** – Helping others gives a sense of purpose. Show concern and practical assistance to others around you.
- 5. Take Notice** – Being attentive or ‘mindful’ in the present moment can help your mental wellbeing. Notice what is around you and what you are feeling, rather than worrying about the past or future.

Alan Brooks – Director
Australian Lions Wellbeing Foundation
brooks.family004@gmail.com

BLUE CARDS

Does your Club understand its obligations under the Blue Card System?

Please check out the information on the Blue Card Services website. The link to access the information is:

[Blue Card Services | Your rights, crime and the law | Queensland Government \(www.qld.gov.au\)](https://www.qld.gov.au/blue-card-services)

- Ensure the details of the organisation (ie the Club) are updated, which includes address, the name and contact details of the authorised person/s – there is a form to update changes
- Linking requirements
- Executive Officers and Board or Committee member requirements
- Checking if a card is valid
- Is the Club registered on the Blue Card Organisational Portal
- Ensure you have a documented Child & Youth Risk Management Strategy –refer to Q3 website



Organisations

- › [Support for the Organisation Portal](#)
- › [Child and youth risk management strategies](#)
- › [Receiving notice about blue card approvals](#)
- › [Check if a card is valid](#)
- › [Update your organisation's details](#)
- › [Linking requirements for organisations](#)
- › [Executive officers and board or committee member requirements](#)

Solutions for organisations

Please contact me if you require assistance/clarification with any of the information provided above.

Donna Hedges – District Child Safe Officer

DALBY LIONS CLUB

GOING TO THE DOGS FOR LIFEFLIGHT

Lion Tom Schloss, a builder of renown and member of Dalby Lions Club, built a dog kennel for the Club to raffle. Tom had previously built a cubby which was raffled and raised \$10,000 for Lifelight. The dog kennel was raffled and \$4,200 raised for Lifelight.



Lions Mark Morrison and Bill Chard in the foreground of the trailer and dog kennel

Additional prizes were donated by Jess from Jess' Barnyard and by Veronica from Total Vet Care. Lion Roger Henderson, the project coordinator, needed a trailer to move the kennel around from site to site and Joshua Betts and Timothy Bliesner of Dalby Trailers kindly donated a trailer to the Club.

This enabled Roger and his team to move the trailer around each Saturday, and sometimes during the week, to maximise ticket sales. Thank you to Jess' Barnyard and Dalby Foodworks who allowed ticket sales in front of their businesses, and to Western Downs Regional Council who issued a permit for sales in Cunningham Street.

Our District Lions will be pleased to know that the winner of the dog kennel has dogs and a Beagle mum and dad and ten 6-week-old puppies moved into the kennel upon delivery.



The ten Beagle Pups

Thank you to all members of the community, and visitors from other centres, who purchased tickets and ensured a sizeable donation to Lifelight.



President Julianne Shipway and Project Coordinator Roger Henderson presenting the donation cheque to Marg Bailey representing Lifelight

WORLD WIDE INDUCTION DAY

27th April 2024

Is an exciting global membership celebration held annually on the last Saturday in April to unite Clubs around the world in welcoming new members.

SO, YOU'RE GONNA BE IN 2024-2025

By the time this newsletter reaches your inbox, most Clubs will have completed (or on the way) the Election process for Club Officers for the year ahead. Congratulations to those members who have put their hands up to take on these roles – some will be taking on positions for the first time and others will be continuing or returning to the roles.

So, what can these Club officers do over the next three months to prepare themselves in readiness for 1 July.

1. Firstly, I urge you to attend Club Officer Forums (aka Club Development Days). There are so many changes happening, it will be important to hear the information at the Forums. The forums are scheduled for the first two weekends in June – there are four of them – only need to attend one of them – make a commitment to attend.
2. Talk to your predecessors and/or Club officers from other Clubs. Seek out Clubs with best practice. Members of the District Governor (DG) Team and Global Action Team (GAT) Coordinators can help you identify such Clubs/Club officers. Ask for a Mentor.
3. The Lions International website has some great resources to help you
 - a. I highly recommend the e-Books. There are ones for Presidents/Vice Presidents, Secretaries, Treasurers and Membership Chairs. The e-Books provide all the tools and resources to fulfill the respective roles and responsibilities.
 - b. There are Manuals for Service Chairs and Marketing Chairs.
 - c. Click on the link below and do a search for a particular role

[Resource Center | Lions Clubs International](#)

4. Register on the Lions Learning Centre and work through some self-paced online modules targeted for Club Officers. Access the [Lions Learning Center \(LLC\)](#) to complete the following recommended courses: [\(Accessing the LLC\)](#).
 - **Club Officer Training:** This module delivers an introductory overview of Club officer roles and responsibilities and Club structure
 - **Club President Responsibilities:** This module provides basic information and resources necessary to prepare for the Club president position
 - **Club Secretary Responsibilities:** This module summarizes responsibilities, explains time lines and provides information and resources necessary to prepare for the Club secretary position
 - **Club Treasurer Responsibilities:** This module provides basic information and resources necessary to prepare for the position of Club treasurer

In addition, sharpen your leadership skills in areas such as Goal Setting, Meeting Management, Conflict Resolution, and Effective Listening. Browse the LLC content library for these and other courses.

If you need further information in accessing the resources mentioned above or wanting to reach out to other club officers within the District, please email or phone me so that I can direct you to the right person for assistance.

2023-2024 PRESIDENTS

Current Presidents, this is a reminder that we are now in our final quarter for the year. What do you still need to do to achieve the goals set nearly 12 months ago? Now is the time to review and adjust the goals depending on progress.

Will the Club meet the criteria for a Club Excellence Award? See below.

The image shows a screenshot of the Lions International 2023-2024 Club Excellence Award Application form. The form is titled "2023-2024 CLUB EXCELLENCE AWARD APPLICATION" and includes a date field. It contains several sections for data entry: Club Name, Club Number, District, 2023-2024 Club President's Name, Member Number, and Email Address. The form is divided into four main sections: 1. MEMBERSHIP, 2. SERVICE, 3. LEADERSHIP & ORGANIZATIONAL EXCELLENCE, and 4. MARKETING. Each section contains specific criteria and checkboxes for evaluation. The Lions International logo is visible in the top left corner of the form header.

All the very best for remaining three months of your term.

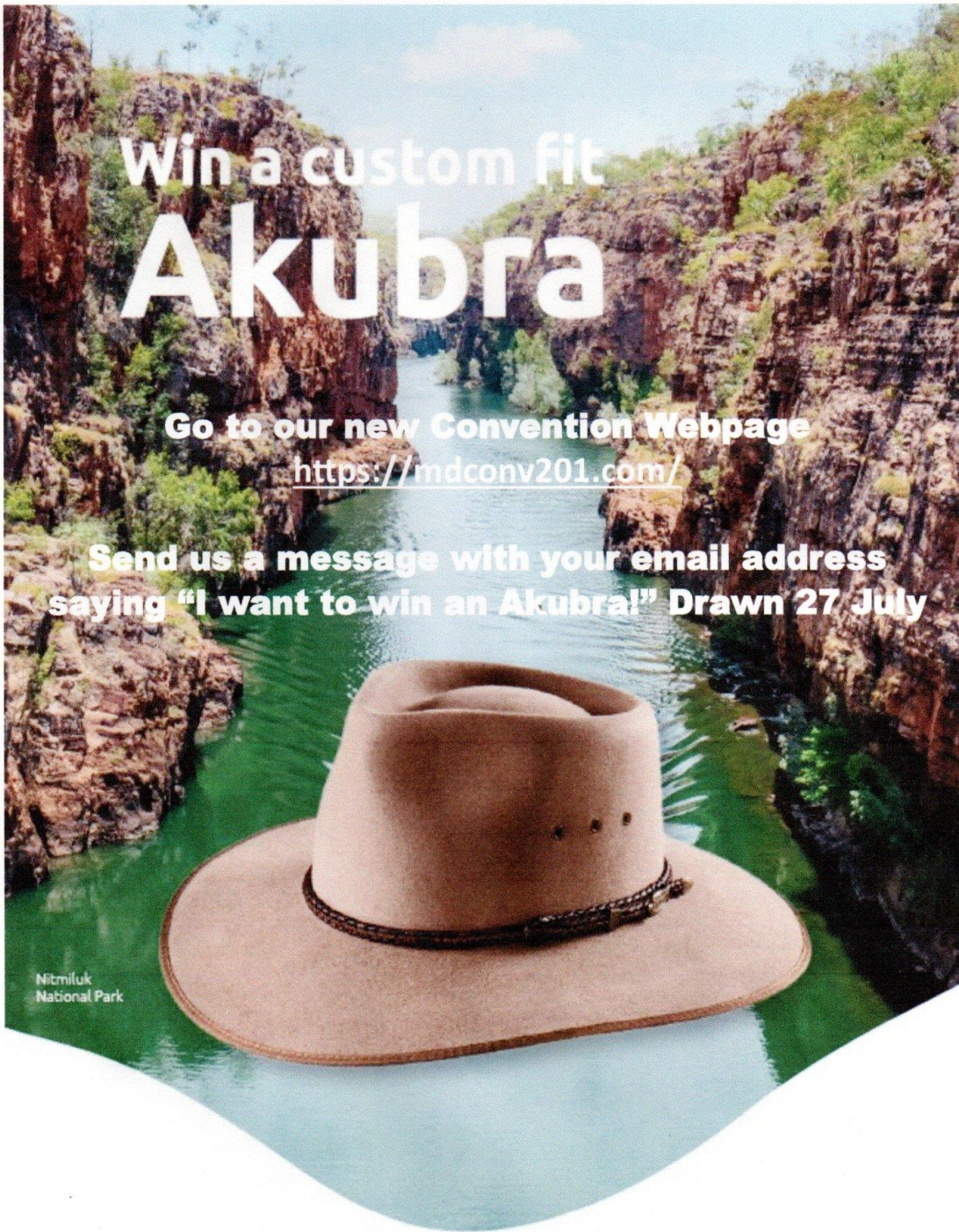
Donna Hedges - GLT Coordinator
Email: dmhedges@optusnet.com.au
Phone: 0402180509

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

Win a custom fit
Akubra

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

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



*Different in every sense
for business events*



This is what you will see

Get ready for the Lion Portal

We're preparing to launch the new Lion Portal. See below for some key dates and be sure to check out our recently updated frequently asked questions and new resources.

Key dates

- **April 12 and beyond:** MyLion, MyLCI, and Insights are no longer available.
- **April 15 – May 13:** Invitations to access the new Lion Portal via email on a rolling basis to existing Lion Account users.
- **May 13 and beyond:** All visitors attempting to access the previous digital tools will be automatically redirected to the new portal.

[Training videos](#)

[Frequently asked questions](#)

[Launch resources](#)

PROSTATE CANCER

The importance of Lions members and their families encouraging each other to ensure that where a family risk of prostate cancer is identified to ensure they have a test. Current guidelines are being reviewed to encourage GPs to play a more proactive role in ensuring that men are regularly checked in the same way that women are encouraged to have regular breast checks.

I also re-started the District Movember Page to encourage members to join in this activity to help raise funds for men's health with a specific focus on prostate cancer. A total of **\$455** was raised via the Lions of District 201Q3 team page this year. I also repurposed my Chops from the ALCCRF **JuLikeMyChops** Fundraiser as the face of the District Movember page. I have offered my services in support of the Lions Prostate Cancer Project to assist at the National and International Conventions. I have also offered to continue to use my chops (with the addition of the mo) to be used as a fundraiser for the Lions project.

My Club has agreed for me to use our activities account to run a fundraiser for our Lions Prostate Cancer Research, Treatment and Support Project in conjunction with the Mater Foundation. So it looks like "PDG Norms Chops for Prostate Cancer" will be on a Facebook feed near you soon – watch this space for further developments as I work out the mechanics of making this fly. Remember Lion Peter Jensen from Blackall Range Club raised over \$5,000 for this project a few years ago when he shaved off his beard. My aim is to take it to the next District Convention in Redcliffe and helping out the Project's team for Brisbane Holland Park if they decided to go to the MD Convention in Darwin in May.

PDG NORM JENSEN ... Ph: 0404984455

CAKE & MINT PORTFOLIO

April 2024

CAKES –

Now for some updated 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.

Orders from now, will only have eight of the 1.5kg Cakes 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.

One thing to **NOTE** – at this stage, the order form will remain the same, I am trying to find out if there will be an interim form showing the change for the 1.5kg Cakes both size and cost.

If Multiple District decides to leave the order form as is, please be aware when you are ordering that you may need to order more cartons for the number of cakes you want.

NOTE: when calculating the amount owing on the order form, remember to multiply the cost of 1.5kg Cakes in a carton of 1.5kg by 8.

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.

Lastly, with the cakes, I am also trying to find out whether or not the RRP will change for this year. We were led to believe that it would remain the same, that is (\$20 x 1.5kg Cake and \$16 for both the 1.0kg Cake and Pudding) but as things change I cannot confirm that at this point until I hear back from Multiple District and Traditional. As soon as I know I will send out all of the new details affecting our Cake programme.

I know this is a lot to digest, please bear with me until I can pass on all of the updates.

MINTS –

There have been no updates on the Mint side of my portfolio.

There have been a few reminders come through to pass on to the Clubs involved in the Mints.

- ✚ If you have an outstanding payment that has not been resolved, then Dollar Sweets will hold your next order.
- ✚ All orders **MUST** be on the current order form, if not, the order will be returned.

Policy for Damaged Stock

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

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

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

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

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

I will find out about a new product and any further updates at our training in Melbourne in June, so please stay tuned.



Kaye Smith (PDG)

District Q3 Cake & Mint Chairman

lion.kayesmith@bigpond.com

0477 212 242

Your Membership Matters

LIONS PROMOTION

It's time to hit the road with our latest District promotion. We have purchased enough magnetic car signs to 'dress' twenty cars.



Your Lions Club can add a local context. The Lions Club of Morayfield and District and Crows Nest have 'personalised' the message.

This is a simple, inexpensive way of advertising our Lions' presence. If you would like your Club to participate, just ask!

MEMBERSHIP CONTINUES TO GROW

Our **District (Q3)** is **#1 in Multiple District** for increasing / retaining membership in the past 12 months.



**As of 15 March 2024,
our District is + 70 members!**

Congratulations to everyone who is supporting our Club goal of at least **Net + 1 member**. Our strength is individual members supporting '**engagement**' in projects and activities

(**service**), encouraging **leadership** opportunities and valuing social interactions.



It is essential that new members are made to feel welcome and valued. They are our future, in association with current members.

“One Team – Together We Serve.”

LIONS AWARENESS DAY

The national event in March had the support of Bunnings. This is a major breakthrough and hopefully, will lead to annual support.

It is important to recognize all Clubs in our District that 'seized the day'... in some cases every man / woman / child and their dog were there to promote the difference that we make.



NOMINATIONS 2024 /2025

This is an important time for all Clubs, as you seek to move into the next Lions' year with the best team possible.

Please encourage one another to not only nominate, but to be supported in transition and the year to come.

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

OUR NEWEST LIONS FAMILY MEMBERS

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

<i>Blackall Range</i>	Karina Belloti Denis Malone
<i>Bribie Island (rejoined)</i>	Neville Shaw Gregory Whitaker
<i>Brisbane Inner North</i>	David Cox Julie Reid
<i>Brisbane West</i>	Jenny Davis Helen Hule
<i>Caboolture North</i>	Kristen Rogers Terry Young Desley Youngman
<i>Caloundra</i>	Steve James Kim Maxwell
<i>Deception Bay</i>	Acacia Hutton
<i>Morayfield and District</i>	Vernon Anson Rosie Pitt Paul Weatherson
<i>Pine Rivers</i>	Vicki Brennan Alfonso De La Cruz Justin Lewis Christopher Matthews Dannie Wheeler
<i>Sandstone Point</i>	Ariana Doolan Jeffrey Paskin Patricia Paskin
<i>Toowoomba West</i>	Greg Harvey Michelle O'Reilly
<i>Wamuran</i>	Deborah Sperman Ronald Sperman
<i>Woodford</i>	Phil Helgesen

MEMBERSHIP AND ACTIVITY REPORT

These figures are correct as at 11.40am on 28th March 2024

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

We have one new Club. Caboolture North has converted from a Club Branch and has twenty-two members. Sadly Lions Club of Beachmere has folded and dropped eleven members.

MyLion reports:

226,132 People Served

158 People Served per Member

2,431 Service Activities

- 72 Diabetes
- 152 Environment
- 78 Childhood Cancer
- 177 Hunger Relief
- 79 Vision
- 1873 Other

94,314 Volunteer Hours since 1st July 2023

USD \$262,192 funds donated and USD \$507,825 raised

Fifty-five Clubs and one Leo Club have reported their activities, that is two more last month (thank you Caboolture North). Twelve Clubs have not reported any service. Please report your service a record year, at the end of the last Lions year we had fifty-four Clubs reporting service.

Thank you to those who report each month.

Barbara



Meet Yannis, soon to be our 700th Hearing Assistance Dog! If you haven't already heard the buzz, Yannis is set to take the spotlight as the face of our upcoming National Hearing Dog Day; a fitting milestone to reach on such a special occasion!

National Hearing Dog Day marks the annual celebration of the incredible contribution made by Hearing Dogs, who dedicate their lives to positively impacting and even saving the lives of individuals who are deaf or hard of hearing. This significant event falls on April 19th, commemorating the day when Amber, our very first Hearing Assistance Dog, was delivered in Australia, free-of-charge to a recipient in need, marking the start of our journey. Since then, Australian Lions Hearing Dogs has provided 700 Hearing Assistance Dogs to Australians in need.

This year, we're embracing the theme 'All Shapes and Sizes' as we celebrate the diversity of breeds that can become Hearing Assistance Dogs, each one capable of profoundly changing someone's life for the better.

Your Lions Club can support and celebrate the day with us by sharing stories of a Hearing Assistance Dog you know. Or better yet, why not host your own celebrations! We have PR resources [free to download](#) on our NHDD webpage to spice up your event. Let's make this special day unforgettable!

Our annual appeal will also be coming out soon, reaching all Lions Clubs in just a few weeks' time. We kindly ask for your support in helping us continue providing amazing Hearing Assistance Dogs, like Amber and Yannis, to Australians who are deaf or hard of hearing.

Moreover, you can catch our team at both the MD201 Convention in Darwin and the International Lions Convention in Melbourne in the upcoming month. Swing by and say hi! We're always more than happy to share updates on our programs with you!



Belinda Henschke
Office Manager

Lion Kevin Hedges
Q3 LCIF Coordinator
0437 088 868
kevhedges@optusnet.com.au

DISTRICT 201Q3



Lions Clubs International
FOUNDATION



NEWS FROM YOUR LCIF DISTRICT CO-ORDINATOR

BREAKING NEWS: NORTHERN AUSTRALIA FLOOD RECOVERY - LCIF DISASTER RELIEF: MAJOR CATASTROPHE GRANT.

Queensland communities continue the long process of recovering from the recent devastating floods. The LCIF International board have in recent weeks approved a US \$100,000 Disaster Relief (Major Catastrophe) Grant. This grant will be administered by our Multiple District and will commence allocation as soon as possible. Your LCIF donations are making a difference in our own back yard.

DONATING TO THE FOUNDATION

Whilst it is only February our thoughts now turn to nomination and election of our Club leaders for 2024/25 and to how our community service funds might be distributed amongst the many worthy Lions Foundations and local initiatives. I ask every Club to consider a donation to LCIF as that support will enable the Foundation to **change the world, to change lives**. LCIF supports all our global causes which includes disaster relief and humanitarian efforts. Natural disasters, both here in Australia and around the world are being responded to by LCIF as is the continued humanitarian crises still impacting the lives of millions. The value of the continued support of Clubs in our District who regularly donate to the Foundation cannot be praised enough and I ask those Clubs who have not given LCIF support to please consider doing so.

RECOGNISE YOUR MEMBERS AND COMMUNITY INDIVIDUALS:

Recognising your members for outstanding contribution to community service, fund raising and leadership of your Club etc is vital and an important tool in their retention as members of our Association. A Melvin Jones Fellowship or a Progressive MJF is an outstanding way to give this recognition and is accepted as the highest form of recognition that a Club/District can give to its members. LCIF credits which can be used for MJF never expire and accumulate with each donation a Club makes to LCIF. With each US \$1000 credit a Club has through donations it can apply for a Fellowship.

LIONS CLUB MEMBER NUMBER PLATE FRAMES

The Lions Club of Noarlunga Morphett Vale have for sale, promotional Lions Club Vehicle Number Plate Frames.

The Club is pleased to announce that, profit generated from all sales will be forwarded to the Australian Lions Foundation to be used in the provision of grants to Lions Clubs for approved projects for the betterment of their communities.

The frames are suitable for use on standard size Australian vehicle number plates.

The cost is \$15.00 per pair plus freight.

Therefore should members in your Club wish to obtain these frames it would be beneficial to order a quantity rather than singly.

Lions No Plate Frame Order Form



Submitted by _____
 Phone _____
 Email _____
 Address _____
 City & _____
 Postcode _____

Quantity	\$15 per pair of frames	Amount

Total _____

Lions Club of Noarlunga Morphett Vale
 Contact email lionsnmv@gmail.com
 Ph 0493 282 622
 PO Box 101 Morphett Vale 5162

Bank account details
 BSB 105136
 Account no 521709340

AROUND THE WORLD WITH LIONS

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

OFF THE GRID - LION-OWNED WILDERNESS CAMP HELPS CHILDREN AND THE ENVIRONMENT. – VICTORIA, AUSTRALIA

After a week at Lions' Licola Wilderness Village in the high country of Victoria, Australia, campers go home with more than increased confidence and fun memories with new friends. They also take with them a feeling of pride from living off the grid and helping the environment. But that wasn't always the case.

The township of Licola, about 250 miles (254 km) east of Melbourne, is owned entirely by the Lions Clubs of Victoria and southern New South Wales. Occupying most of the land is the Licola Wilderness Village, where Lions have run summer camps for special needs, refugees and disadvantaged children ages 8 to 11 since 1973.

In 2019, the Lions invested AU\$860,000 to switch the camp from diesel generators to solar power. Six hundred solar panels now harvest sunlight from the roof of the stadium and the side of a hill, and two large shipping containers hold the batteries. It's the only town in the state that generates its own power, pumps and treats its own water, and handles its own waste management. "It's one of the best things we've ever done," says Licola Board Chairman Lion Denis Carruthers.

The camp saves roughly 135,000 Australian dollars a year in fuel costs and the Lions expect to recoup their initial investment after eight years. More importantly, the camp has cut carbon emissions — a primary cause of global climate change — by 65%. The township has come a long way, not only in the past few years, but in the past half century. The 34-acre property was originally a bush village with a sawmill operation. Workers lived in the 16 washboard houses that are now cabins for campers, and there was a small general store, post office and gas station. In 1966, the mill burned down, and the town was put up for sale. Despite marketing the sale worldwide, the land sat idle, and its only visitors were vandals and a few roaming sheep.

Two Lions saw the beauty in the land and the opportunities it offered and shared their vision with their fellow Lions. In 1969, they bought the town for AU\$20,000 to establish a wilderness camp for kids. Lions from all over Victoria spent weekends rehabbing and building the camp, and in 1973, it opened. Today, Lions sponsor children, covering all costs and transportation. Individual Lions clubs in Victoria also sponsor the cabins, hosting "working bees," or club workdays followed by a cookout to help with maintenance and show pride in their piece of Licola.

With a small staff and an acute shortage of volunteers since the coronavirus pandemic, life at camp is still challenging at times, says camp manager Trevor Carstein.



But now they appreciate reliable power. Campers no longer fall asleep to the hum of generators, and instead awaken to the songs of the birds. "The camp is a life changer for the children," says Lion Cynthia Sederino, a dedicated camp volunteer. "It gives them all the confidence in the world."

PAUSE FOR A CAUSE





GLOBAL CAUSE ...
CHILDHOOD CANCER

The latest March Newsletter from the Australian Lions Foundation is not on the website yet. I am checking to see if they send out the link details to all Clubs at a later date. I receive it as your District Chair for Childhood Cancer and I am still attempting to find out if they will be sending it out to Cab Secs and/or Clubs or if they expect me to send it on via our Clubs list. Watch this space.

It is certainly worth a look when we finally get to see it. In the meantime here is a copy of the Foundation Chairs contribution to the newsletter:

We will also be at the Lions International Convention in Melbourne, shortly after Darwin – more in our June newsletter, which will come out just prior to then. I have received a couple of enquiries regarding direct approaches to Clubs from organisations also involved Childhood Cancer Research. These are reputable organisations that have worked with the Foundation in the past. Unfortunately, there is little that we can do about these approaches.

Most Clubs now have websites with contact email addresses. If you receive emails from a non-Lions organisation that you do not wish to receive in the future, there is usually an opt-out option at the bottom of the email that you can select in order to no longer receive their emails. Alternatively, you can phone the organisation and ask to be taken off their mailing list.

Through lack of support the Trustees have decided to drop the ***Julikemychops*** initiative. That of course doesn't stop Lions wishing to grow sideburns and shaving them off for a fundraising activity option. This initiative, like the Biggest High Tea, offers Clubs an alternative to the Lions Biggest BBQ. Realistically only your imagination restricts Clubs fundraising options.

At the start of February, we have had some changes in personnel. Long time Trustee PDG Peter Lamb (11 years), has retired as W Districts Trustee and has been replaced by Brian Williams. Kerrie McMahon, V Districts (7½ years) has also retired, we have yet to find a replacement. I thank both Kerrie and Peter for their hard work and devoted service over the years and welcome Brian, who many will remember as our National Chairperson, Youth of the Year 2013-2019.

OFFICEWORKS – I would like to take this opportunity to publicly thank Office works for carrying out some printing of posters for the Foundation free of charge. Officeworks has a small budget at each location for carrying out free printing for Not-For-Profit organisations. So, Clubs that have an Officeworks close by it is worth talking to their local Manager as they may be able to assist with your small print runs, particularly posters as we no longer carry posters to supply to Clubs simply as the postage of these items is prohibitive. Even paying to have a poster printed is a fraction of the cost of the postage.



GLOBAL CAUSE ...
CHILDHOOD CANCER
CONTINUED

In relation to fundraising within the District my last Cabinet officers report said I was still waiting for a report from the Foundation on amounts raised by the Districts this Lions year when I finally receive it I will publish the details in the nearest District Newsletter. In the meantime I have been advised that the Lions Clubs of Toowoomba West and Crows Nest joined together at a Bunnings BBQ and raised \$1000 for the Biggest BBQ Challenge.



They have also submitted their application to be in the 2024 BBQ draw. The Lions Clubs of Collie, Mareeba and Wollongong were the successful clubs in the 2023 Biggest BBQ draw. Information on this great fundraising project with promotional material and how you can get into the draw for the next lot of BBQ's like Crows Nest and Toowoomba West are available from this [link](#). Good luck.

PS: I still have one 2023 Christmas pin of Santa in his sleigh with two white boomers if anyone is interested. I will have it at the next Cabinet meeting or I arrange for you to receive it if I receive the required \$6. For the record my Club managed to sell some at our Christmas Cake stall in our local shopping centre. So if you are interested I can arrange to have the 2024 pins sent to you on consignment to your Club.

PPS: Don't forget the Foundation as we come to the end of the Lions year when you are looking to spend some of the funds raised. Straight donations are fine which will enable your Club to be able to obtain one of the awards available. Details are available from this link <https://alccrf.lions.org.au/resources/alccrf-awards/>.

PPPS: I have also heard a rumour the that all DGs were challenged to raise at least \$2,000 and for each additional \$2,000 raised they would receive another Barry Palmer fellowship to pass on to a worthy recipient.

PDG NORM JENSEN

Ph: 0404 984 455



GLOBAL CAUSE ... DIABETES

DIABETES AND EXERCISE

Whilst researching for information for this newsletter I came across this blog from Credentialed Diabetes Educator Ann Kennedy.

As someone who does not have diabetes but many family members do have diabetes, I found the article informative, interesting and a good read.

So even if you do not have diabetes have a read and hopefully you will enjoy it as I did.

Gail

Doing exercise and managing your diabetes can provide a real challenge. In fact for me it provided one of the biggest challenges I have faced with managing my diabetes. Until six years ago I had never really entertained the idea of getting into too much exercise – I would go for a walk most mornings but I had never pushed myself. Then I attended a diabetes workshop focused on diabetes and exercise with another two Diabetes Educators – Kate Mundy and Carol Ellway. It was organised by a fabulous group – HypoActive which is a group of people who have T1 diabetes and a serious interest in all things exercise. They are mostly based in Victoria, www.hypoactive.org.

Kate, Carol and I attended this weekend workshop in Creswick Victoria where we got the opportunity to listen to the most brilliant speakers who all had T1 diabetes and for once Kate and I did not feel out of place – but perhaps Carol who does not have diabetes may have felt a little on the outer?? It was a very different experience being surrounded by so many people with diabetes especially at meal times as we were staying at the University campus accommodation. Gary Scheiner – famous for his book- Think Like A Pancreas spoke along with Roger Haney an ultra-marathon runner who had not long been diagnosed.

At this weekend we had to nominate a sporting activity to participate in. Kate, Carol and I had primarily attended to further our knowledge as diabetes educators rather than our own interest in developing skills in exercise. Carol and I elected to do bike riding which I had never done and Kate – well I think she may have read a book ...

It was then that my interest in all things bikes developed and quickly spiralled out of control into a mad passion. This was not your casual group interested in exercise this was a mob of exercise crazy people who had serious goals – Murray to Moyne bike marathon for one. Carol and I heard people speaking about the Brisbane to Gold Coast bike ride and all of sudden it was our goal—I didn't even have a bike or know how to ride one really!

Within a few weeks of our return my friend Katrina who is also a diabetes educator and I purchased road bikes and enrolled in Bike Lines Women on Wheels eight week bike course which included yoga and weekly group rides along with weekend workshops. It was then that I found my diabetes had a mind of its own and that exercise opened up a whole new world of issues to sort – it became a big pain in the butt. This is compounded by the frustration that you feel you are exercising to improve your health but it is making your diabetes very difficult to control.



GLOBAL CAUSE ... DIABETES

CONTINUED

I had managed my diabetes with an Insulin pump and had done so since 2003. This exercise thing threw me a whole new curve ball. At first I tried to ride my bike with less insulin on board to stop going low but all this did was send me sky high – it was about finding the right balance. I would usually find that my BGL would drop either later in a longer ride or overnight.

I managed to find a couple of other cyclists who had T1DM and was able to ask them how they managed. Hearing other people's struggles helps to know you are not the only one having issues.

It becomes a trial and error learning situation and as we with diabetes know every day is different. For me finding a group to ride with that I was able to say stop I need to check my BGL or need to eat was helpful. It is only in the last six months that I feel I have found a regime that works for me which includes the reduced TBR where I adjust the percentage of my basal rate according to my BGL at the time and try and factor in how long and hard my ride is going to be (finding the right reduction in percentage has taken a while) and having easily assessable carbohydrates which for me has come in the form of drinking Gatorade on my ride. This may not work for everyone though.

There are many helpful sites available one being Allan Bolton's ExT1d site (www.ext1d.com.au) which has modules to work your way through in an effort to get some understanding of the impact of exercise on your diabetes management. Another is www.runsweet.com which covers all different types of sport along with Hypoactive which I have mentioned above. Different types of exercise create different situations which as an individual you will have to problem solve your way through hopefully with the aid of your health care team.

Aerobic exercise such as cycling and swimming which is of a longer duration with low intensity will often be more likely to result in hypoglycaemia – low blood sugar levels and will usually benefit from a reduce basal rate pre-set an hour or two before your exercise or a reduction in your long acting and short acting insulin. It is important to continue to fuel exercise after one hour and continue to refuel every half hour with easily digested quicker acting carbohydrates- this could be gels or bananas – whatever works for you.

Anaerobic – short high intensity exercise such as weight lifting, sprinting or team sports can result in high blood sugar levels, hyperglycaemia. This may require a reduced correction dose of insulin to allow you to perform at your best remembering that it is likely you will go low later.

The **delayed onset hypoglycaemia** which will occur after both types of exercise varies from individual to individual and can be longer than twenty four hours. To manage this if on a pump you could try a reduced Temporary Basal Rate (TBR) after the event or even overnight in combination with a reduction in boluses – the same applies for those on Multiple Daily Injections (MDI) – reduce both the basal and bolus insulin.



GLOBAL CAUSE ... DIABETES

CONTINUED

How much is a trial and error thing and as those with diabetes know every time will be different – of course! **Please discuss this first with your health care professional as everyone requires a different approach which will work for them.**

Children and adults who get excited or nervous before an event will sometimes have more adrenaline running around which resulting in higher blood glucose levels. This may again require a reduced correction.

Good attention to nutrition is an integral part of exercising well and getting the most from your performance whilst trying to maintain some sort of control of the frustrating BGL's. Consuming carbohydrates and protein immediately post exercise can assist with reloading muscle glycogen. It normally takes 24-36 hours to replace muscle glycogen. Chocolate milk is a great choice for assisting with this.

Below are some tips –

- Check BGL pre event a couple of times to assess if trending up or down and treat as necessary
- Be prepared to try different strategies to work out what suits you best
- Having too much insulin on board combined with exercise has an additive effect resulting in double the lowering of BGLS and speed at which this will occur
- You need some insulin on board
- Generally insulin doses need to be lowered for exercise, you need to work on determining the balance and remember the possibility of delayed hypoglycaemia
- Taking in carbohydrate during exercise can help prevent fatigue and keep BGL at a higher level
- Grape juice works quicker than apple juice
- Warm weather makes BGL fall more rapidly
- Familiarity with an activity affects BGL with exercise – burn less glucose with familiar activity
- The only time not to exercise is if Ketones > 0.5
- Never disconnect from an insulin pump during exercise for longer than 2 hours – and do a correction
- Keep hydrated- thirst occurs after dehydration – water is best

I hope this helps those of you wanting to get out and exercise, remember anything can be done and having T1DM can't stop you.

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



GLOBAL CAUSE... ENVIRONMENT



How vast and different is our District?

My theme is the importance of WATER in relation to the Environment.

When we consider how important WATER is to every living thing on Earth.

Do we go about our everyday life not considering what others have to go without, or struggle to put food on the table because they have no water, even to boil the jug, have a shower/bath, wash their clothes and the list goes on. Therefore, should we be more conscious of how we use our water supply as we only have to turn on a tap.

How much water is consumed in a year?

Consumption of water by industry and households Australia FY 2022, by State

Published, Jan 2, 2024

During fiscal year 2022, over 34 million megalitres of water were consumed by industry, while around 34.5 thousand megalitres were consumed by households. The Australian state of Tasmania and New South Wales had the highest household consumption of water in the same year.

Queensland Industry 7,042.82 million mega-litres Household 346.51 thousand mega-litres

Bottle Water on the Environment: The environmental effect that Bottle water containers, was never more evident than at the recent **Clean Up Australia Day** with the increase of empty bottles tossed aside to pollute the country side. When you consider it takes approximately 450 years to break down. Do people not care for the environment or just too lazy to recycle or correctly dispose. **(It is recommended when out spending the day in the bush/beach/picnic to take your rubbish home and dispose it correctly).**

Water has NO Boundaries: Currently the Queensland Channel Country is awash with water from recent ex Cyclone Kirrily. Currently the waters are flowing south towards Lake Eyre. In some places it is over 6 km wide and traveling approximately 20 km a day as it covers the country side. These waters are a welcome relief to the large properties who have been in drought for many years. These waters will be around for several months, although with another cyclone in the gulf region, more water will be flowing south, which could cause further to the country sides regrowth of pasture for the year ahead.



Lion Dell Emery