

LIONS FAMILY LINES



ISSUE 69 – APRIL 2025



THE OFFICIAL
NEWSLETTER
OF DISTRICT 201Q3

*THIS EARTH DAY LET'S TAKE A STEP TOWARDS A
GREENER FUTURE! EVERY SMALL ACT
CONTRIBUTES TO A CLEANER PLANET.*

fun future fearlessness lets roar

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"Sometimes we laugh, sometimes we cry,
but never do we throw our computers out the window."

NEWSLETTER DEADLINE

The deadline for the May 2025 edition of the Newsletter will be 20th April 2025.

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

Please email your articles to
lionbeverleyq3@gmail.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.



FROM RICHARD

Hello again – March has certainly been a busy and interesting month! We have just returned from the District Lions Youth of the Year (LYOTY) Final – so well hosted by Lions Club of Maleny Blackall Range and organised by LYOTY Chair Judy. The highlight is meeting and hearing from the students – I never get sick of that! I encourage as many Clubs as possible to get involved next year – it is very rewarding, and participation by students appears to be increasing. But please – if you have a student in later rounds, please go along and support them – they welcome seeing the friendly face.

In the middle of the stages of LYOTY, we had a cyclone on our doorstep. From checking with Clubs around the District, we seemed to get through without major impact. However, some Clubs were on alert to provide food for evacuation centres or host an evacuation centre. Others were called out to do small jobs for people in preparation. Thanks to those who put their hands up and proved that Lions is an important part of your communities. I was even more pleased when ringing around that the people I spoke knew that their Club members were prepared (calls before the cyclone) or were not affected (calls after). Thank you all for caring for your fellow Club members (or should I say your friends).

By now I guess you are well into your Club election process. Without Club officers, Clubs can't exist, so please consider accepting nomination for a position on your Board. With few exceptions around the District, the duties are not onerous, and there is plenty of support.

It is also important that we rotate people through positions and on and off the board so that we get new ideas, and people don't feel as if nomination to a position is a life sentence. If you have been doing the role for a while, find someone to shadow you so you share the knowledge. And, when talking about your role, please be honest and don't make it sound like a full time position. As I write this, seven Clubs have recorded their new boards on the portal-please make sure you do this as soon as possible, but definitely no later than 15 April.

How welcoming is your Club? What do you do to capture the head, heart and hands of every member, and everyone who might be a member? How do you help people grow into Lions? We really need to focus on how we help people decide they want to be part of our organisation – it's too important a decision to leave to chance.

Easter is coming up, then we get into some important dates – the Multiple District Convention in Traralgon, the Club Officer Forums, International Convention and District Changeover to name a few. We all know about working on the business, but these events provide opportunities to help us better work on the business and have some fun. Hope to see at a few!

No doubt some Clubs will have Easter projects, but please take some time to catch up with those you love and who love you and relax in time for the push to the end of the year.

Take care

Richard and Debbie

We can change the world and make it a better place. It is in your hands to make a difference.

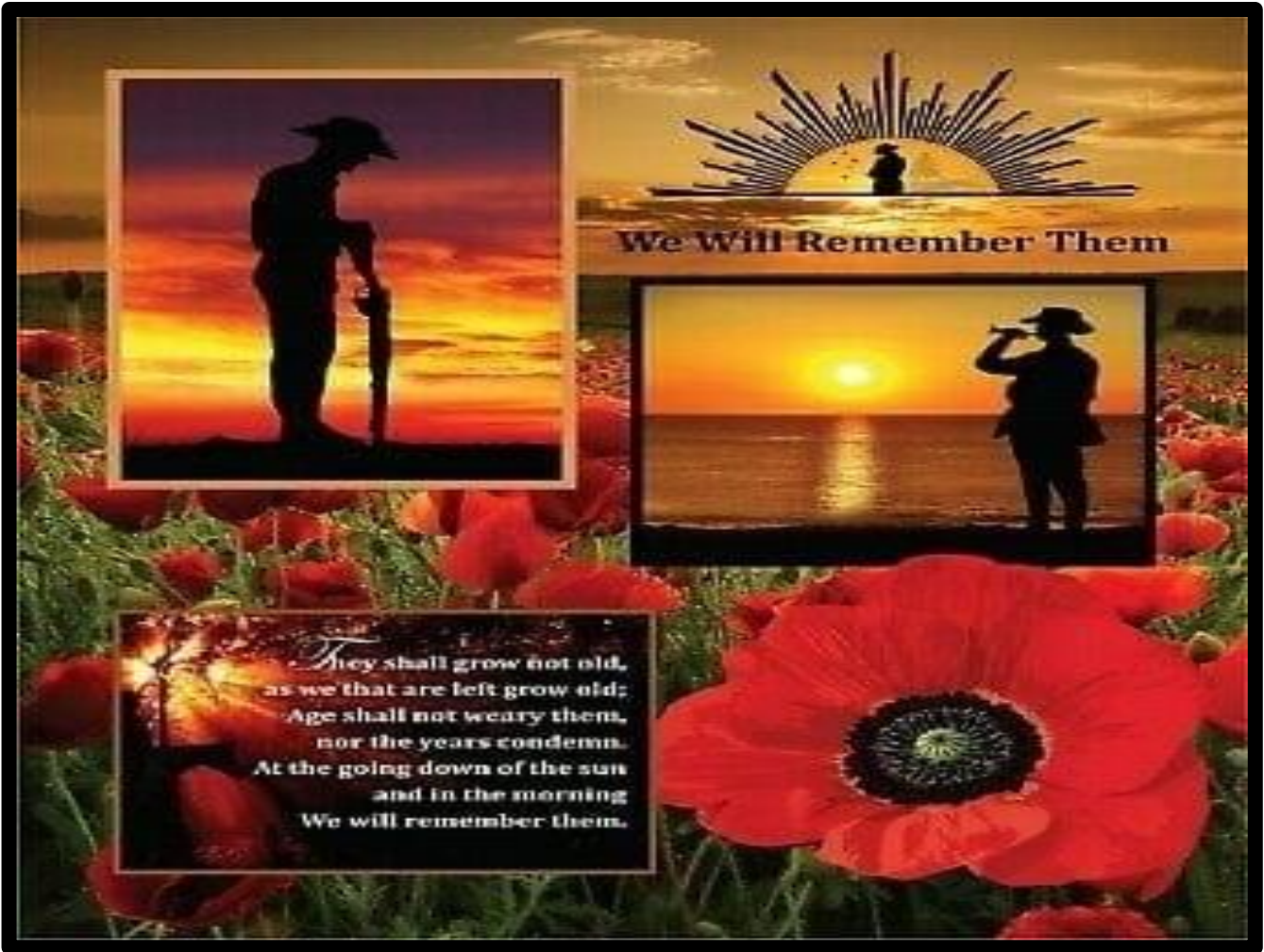
Nelson Mandela

Anyone who thinks that they are too small to make a difference has never tried to fall asleep with a mosquito in the room.

The Dalai Lama

We live in a world in which we need to share responsibility. It's easy to say it's not my child, not my community, not my world, not my problem, then there are those who see the need and respond. I consider those people my heroes.

Fred Rogers



DG Lion Richard Williams presenting PDG Lion Rob Craig with his Milestone Chevron Award and congratulatory letter from International President Fabricio Oliveira recognising 55 years of service.



Remembering a life of Service

*Called
To
Higher
Service*

Lion Mike Wise
Lions Club of Beerwah

Where there's a need, there's a Lion.



CABINET SECRETARY DANIELLE'S REPORT

Welcome to April. This is quite a busy month for the administration of our Clubs with the new Lions year fast approaching.

Business Matters:

MULTIPLE DISTRICT CONVENTION

The Multiple District Convention in Traralgon is only a month away – running from Friday the 2nd till Monday the 5th of May. Thank you to the Clubs who have already submitted their delegate return form and memorial return form. In the first week of April I will have access to the official number of delegates assigned to each Club from LCI and will advise if there was any changes to my estimates sent out earlier last month.

The memorial return is due by the 4th of April so that the Convention committee has enough time to prepare the presentation.

The delegate return form is due by the 25th of April.

CLUB ELECTIONS

Most Clubs will have finalised their elections for the upcoming Lions year or this will be completed this month. As soon as you have completed your election meeting please remember to submit your PU101 to myself and enter them into the Lion Portal. This is to ensure I can send off the details for the Multiple District Directory and that your members will have the appropriate permissions within the system.

I have had a number of people finding it difficult to enter the new officers into the Lion Portal. To do this you need to:

- Go to your Club page
- Select “Manage Club Officers” (blue box on the right of the screen)

- Select “Create new Assignment” and follow on from there

If you need any further assistance there is a training video on how to assign an officer on YouTube or I am also happy to help.

CLUB OFFICER DEVELOPMENT

Here are the dates and general locations for the upcoming Club Officer Development Days:

- June 14 – Hosted by Morayfield
- June 15 – Hosted by Brisbane Oxley Sherwood
- June 21 – Hosted by Dalby
- June 22 – Hosted by Crows Nest

I will be emailing all Clubs with the RSVP form and the exact details and venues over the coming week. I encourage all members to attend as not only are they a great opportunity to learn more about Lions but they also provide an opportunity to meet with your fellow Lions from surrounding Clubs. I have always enjoyed attending these workshops both as an attendee and also as last year’s Secretary Trainer.

CLUB & DISTRICT CHANGEOVERS

Clubs will be starting to prepare for their changeover events. This is always an exciting time of year as we honour the outgoing leadership for their service and recognize outstanding contributions from members. It helps reinvigorate us and sets the vision for the upcoming term.

District Changeover is being held at The Cathedral Centre in Toowoomba on the 26th of July. This is an enjoyable evening where we get to thank District Governor Richard and his team for a wonderful year and welcome in District Governor Elect Narelle. It’s more than just a formality—it’s a key moment for reflection, renewal, and reaffirming the Lions’ commitment to service.

Final Words:

As Cabinet Secretary, my role is to support you. If your club faces challenges, needs resources, or seeks guidance, please do not hesitate to reach out.

Danielle

**LAKE CURRIMUNDI KAWANA-LIONS JOINING IN THE Q DISTRICT
LOUD SHIRT FUNDRAISER**

The Club's monthly morning tea at Emjays was well attended on Wednesday and everyone looked great in their loud shirts. It was good to have Bruce, a past member, join us for the morning. A \$50 donation has been sent off to LMRF as has our three photos from our loud shirt event and this will give us an entry into the District competition with a chance to win \$250 in award credits.



Arrangements were made for a small gift (a \$10 Emjays Gift Card) to be provided to the best shirt on the day. This was judged by Emjay's manager Seth and the winner was the Clubs Vice-President Stan Hartill-Law in his jelly bean shirt.



LIONS CLUB OF ALBANY CREEK LOUD SHIRTS



lions australia

75 years and counting



Your Membership Matters

Go out of your way to make an outstanding first impression.

Priorities for Club Membership

How do you gain and retain membership?

Here are some simple steps to consider.

1. Develop a membership growth **strategy**
2. Make a list of prospects and follow up – you need to ensure that **invitations** are made to join the Club.
3. Use the **Just Ask!** Recruiting Guide
4. Ensure members are **efficiently oriented**
5. Keep the Club atmosphere positive
6. Promote the Club at **service events** in the public by working with the Marketing Communications Chairperson
7. **Participate** in Zone and District meetings
8. **Collaborate** within your Club, Zone and District. Share ideas and successes.
9. Build a club **FB page** with stories of your service and resources such your District's homepage, lionsclubs.org and LCIF.
10. Use all forms of **media** to promote activities; before, during and after.
11. **Report** your activities; the power of accumulation across the year!
12. Take the role of **sponsor** seriously; consider the need to **mentor** the new member in the first 3 months, extending into the first year.



New Member Checklist

Use the following checklist to ensure you are welcoming and valuing your members:

- Have I made the new member feel welcome?
- Have I given them responsibilities that matched what their aims were at the time of joining? What feedback have you taken?
- Have I valued their input, and respected their ideas? What evidence do you have?

The **Member Satisfaction Guide**, along with the following resources referenced in the guide, available at...

lionsclubs.org/MembershipChair

... will help ensure your members are getting the experience they expect from the Club:

- **How Are Your Ratings? (Survey)**
- **New Member Orientation**
- **Lions Mentoring Program**

To ensure your Lions Club remains healthy and vital, you need to consider the experience and expectations of belonging to your Club.

If your Club members feel that their time is well spent at Club functions and activities, and have built friendships within the Club, they will remain part of your Club for a long time. Their engagement is valued and essential!

It is important to keep members **engaged** by incorporating various member satisfaction strategies and resources.

These tools focus on **collaboration**, member **spirits** and **enriched meetings** to keep members involved.

Membership Satisfaction

⇒ Did you know? There are several useful tools and resources **online**.

“All progress takes place outside the comfort zone” – Michael John Bobak

Lisa Gourley – District Membership Coordinator
201Q3
Lion.lisagourley@gmail.com

LIONS AND ROTARY SUPPORTING EACH OTHER

In January 2025, I joined a group of twenty-two people for a fundraising venture, a bike ride from Vietnam to Cambodia. We rode 375km in a week - through the heat, beside picturesque rice paddies and dragonfruit farms, past villages, along canals and over the Mekong River. There were many bridges big and small in Vietnam, but when we crossed the border into Cambodia, we encountered treacherous roads, steep hills and rough terrain. It was quite an adventure and not for the feint hearted. However, we were all determined to reach our goal.

We left Ho Chi Minh City by bus and were safely escorted out of the crazy city traffic. Soon after, we stopped, were assigned our bikes and began the ride. It was a scenic trip through the countryside with numerous crossings of the Mekong on weathered, old boats. Over the next few days, we explored the back streets of rural Vietnam and at one point, our route took us right through an indoor market. We frequently saw fine specimens of roosters standing proudly in tiny, individual cages, they were used for the illegal sport of cock fighting.



After four days, we left Vietnam behind and crossed the border into Cambodia. Everything changed, the scenery, the food, our whole experience. We were in a mountainous, seaside town bordering on the South China Sea, called Kep.

Our first day in Cambodia had a smooth beginning but then the terrain became wild - potholes, deep sand, shingle, rocks and steep, narrow paths. It was a crazy ride! And ... finished with a very steep climb up the mountain to our hotel, which was perched on the side of a cliff. I was breathless but determined to stay on my bike to the end. It was no surprise to see that my front tyre was flat when I arrived.



The next two days were more of the same, starting with a short coastal stretch only to evolve into long, gruelling rides with extensive hills. However, a highlight on the way, was seeing the occasional concrete multi-storied house built for white-nest swiftlets. There were no windows, just air holes. These grey monstrosities contained nests made from swiftlet saliva and were used for the highly sought-after delicacy, birds nest soup. A chorus of noisy birds could always be heard as we rode by.

Finally, we finished the last of our 375km ride and took a bus into the city of Phnom Penh. We were excited to visit CCF the next day and see the kindly we had worked so hard to fundraise for. Our Miles for Smiles group was rewarded. We arrived at the CCF kindergarten to a sea of eager faces. Cute little girls in their Cambodian dance costumes welcomed us. Tiny children formed a guard of honour and placed coloured, paper leis around our necks and then gave a performance. As I watched them all, I felt that all the blood, sweat and toil had been worth it. We had raised \$116,000, and the kindly would be able to run for another year. A huge thanks to the Morayfield Lions Club for your very generous donation. This surely highlights the support and cooperation between our Rotary Club and Morayfield Lions & District.



Sharon Scown
President-Elect
Caboolture Rotary



GLOBAL MEMBERSHIP APPROACH OR MAKING THINGS BETTER

The Global Membership Approach encourages us to do a SWOT analysis of our club's operation to make sure we are still meeting community, members' and prospective members' needs. I encourage you to do that – more information here [Global Membership Approach I Lions Clubs International](#) or ring me. If you prefer to take smaller steps, each month I will suggest a question or two that you can reflect on to see if you can do things differently.

Your Calendar (1)

Last newsletter I challenged to look at a couple of aspects of your meetings. More on meetings later, but let's turn our mind to service, which is what our motto suggests we do. So, thinking about your club's activities:

- Have you got an appropriate mix across service activities and fund raising?
 - o The reward for physically helping people can be greater than for writing a cheque. Help your members feel useful and valued by encouraging them to do something that directly assists others
- Are your service activities relevant (do they meeting community and members' needs, or are you doing them out of habit?)
- Do your service activities suit the capabilities of your members?
- Do your service activities enable all interested members to serve?
 - o If not, are there things that you can do to get others involved (e.g. things people can do with a lot of physical activity (e.g. clipping stamps, sorting and counting spectacles)

And please, record your service and fund raising on the Portal

As always, contact me if you would like more deets.

Richard Williams

GMA Lead

Start where you are. Use what you have. Do what you can. Arthur Ashe

No matter how big government gets, and no matter how many services it provides, it can never take the place of volunteers. Ronald Reagan



Going to the Traralgon Convention?

Why not join your Q Districts colleagues at our dinner on

Saturday 3 May

RSVP 14 April (limited numbers)

\$34 per person paid in advance

Full details please contact your Club Secretary or

debnrich@netspace.net.au

YOU'RE INVITED to HIGH TEA

to support
**Hope Horizons Cancer Wellness Centre
and McGrath Foundation**



Saturday 26th April 10am – 12 noon
(Door opens at 9.30am)

NEWTOWN HALL, 49 ROME STREET, TOOWOOMBA

- A glass of bubbly on arrival
- Entertainment – Cathy Drummond
 - Delicious Morning Tea
 - Fashion Parade
 - Quality Multi Draw Raffle
 - Enter Fashion on the Runway
 - Lucky Door
 - Virtual Seats Available



Diminishing the impact of cancer

TICKETS \$50 PER PERSON

**Can't attend but want to contribute ...
BUY A VIRTUAL SEAT \$20 PER SEAT**



BOOKINGS

<https://events.humanitix.com/lionshightea2025>

CLOSING DATE 19th April 2025

Enquiries to Bernie 0405 285 656

Hosted by



Lions Club

TOOWOOMBA WILSONTON INC.

SERVICE MATTERS

There comes a time when many senior Lions find that standing for long periods at a BBQ or undertaking other physical tasks is too much for them. However, that is not to say that they no longer wish to serve. Here are some less physically taxing but very worthwhile projects that our senior Lions can be involved in or initiate with their Club.

1. Recycle for Sight. With some 450,000 pairs of spectacles being recycled and sent to someone in need, whether locally or in a developing country, this most worthy project fits both the global causes of Sight and Environment (recycling).

It simply requires an approach to local businesses – an optometrist is ideal, but not all locations have one. A clearly labelled shoe box left in a doctor's surgery, Chemist, popular café or other facility such as a library can soon be filled with old pairs of glasses.

Check your boxes every few weeks and collect the glasses. A Lions cake box will hold about one hundred pairs, with cardboard between each layer to protect them. (Post Offices do not generally like larger free post boxes than that).

Address them box to:
Lions Recycle Centre, Redcliffe
Reply-Paid PO Box 3021
Clontarf DC Q4019.



2. Emergency Medical Information Books. These can be purchased from the EMIB shop, a with a pocket edition which fits into a standard wallet. They assist paramedics and hospital give the best treatment quickly. Stressed family and others cannot always immediately inform of medications, next of kin, and so forth.

Most doctors' surgeries are keen to distribute them, as are chemist shops. More information on these booklets for the Humanitarian cause can be found in the **February 2025 District Newsletter**.

3. Knitting projects. Many senior women (and some men) can knit, and those who haven't knitted for a while soon pick it up again. Helen from the Blackall Range Club welcomes an opportunity to explain and help with Read Bears projects for beginning readers in our schools.

Read Bears is not the only opportunity for knitters, however, Many local hospitals and Aged Care Homes love to receive items for Alzheimer's Patients and Premmie babies. Items for Alzheimer's patients include rice filled feely bags, teddies, fingerless gloves/mittens, while premmie babies need beanies and enjoy premmie octopuses (small knitted /crocheted toys with thin dangling legs that tiny hands can grasp).

Your local hospital and care home can give more information. If you are on the Sunshine Coast, Wishlist provides patterns and distributes items to several local hospitals.



While knitting can be done at home, projects like these are much more fun if you have a group that meets regularly. Some clubs' knitters get together fortnightly to 'knit and knatter' to enjoy other's company with coffee and cake. The Lion's global causes? Youth and Humanitarian.

4. Stamps and Phones

We receive few letters with stamps these days, but there are still a few to be had. There are still stamp collectors, and collectors mean that stamps are still sold to dealers and at a stamp auctions. Boxes can be left out for stamp collection in the same way as boxes for glasses are.

Do not soak the stamp or try to remove it from the envelope. Simply clip around the edges, leaving about 1/8 inch of paper around the stamp.

What do you do with them? Gather them up and send them along with your club representative to a Zone meeting. The Zone Chairperson will deliver them to a Cabinet Meeting, and from there they will be on their way to raising funds for the Lions Children's Mobility Foundation.

Old mobile phones are collected and distributed by DV Connect. Domestic violence victims often have their phone 'confiscated' by their controlling partner. DV Connect provides an old phone with a \$5 prepaid card that can be hidden away, unknown to the perpetrator.

The phones are erased and reset before being distributed. There are registered collectors in many areas who will post phones to PO Box 1440, Mooloolaba Q4557, or you could send them yourself.

Lion Marcia Jensen

PROSTATE CANCER

Just a reminder that one in six Australian men will be diagnosed with Prostate Cancer by the time they are eighty-five. As many of you are probably aware, my journey started back in 2015 and at this stage while still under treatment, the prognosis is pretty good as I sidle up to eighty this year. However, compared to other cancers prostate cancer has one of the highest survival rates if it is diagnosed early, even though the Prostate Cancer Foundation of Australia says that around 26,000 men in Australia are diagnosed each year with around eleven men going on to higher service every day from the disease. For more information and a range of resources check out their website at www.pcfa.org.au .

From my own experience I can't emphasize how important it is to have a regular PSA test and if you do test positive to encourage your sons and other male family members to have the test. September is Prostate Cancer Awareness month each year so there will be more information available before then. In the meantime consider making our Lions Prostate Cancer Research and Treatment one of your end of year donations if you have not already done so. The Project supports the work of the Mater Foundation in Brisbane and I have made a decision to use the Chops I grew as a fundraiser for the Australian Lions Childhood Cancer Research Foundation to help fundraise for the Mater Foundation for their work on prostate cancer. The information provided on page 14 invites you to consider supporting this fundraising effort and make your own personal donation to the cause and receive a tax receipt for your donation. Just access the QR code and make your donation with the addition of a small amount to cover the processing costs, an optional extra.

PDG Norm Jensen

District 201Q3

Lions Prostate Cancer Research and Treatment Project

CAKE & MINT PORTFOLIO

April 2025

Cakes:

Now that we have last year's Cake peak selling behind us, we should be starting to plan for this year. Clubs should be taking in to account their selling patterns and sales of a few years to project what they could be doing this year.

We should be looking now at putting a Club Cake Chair in place so that you do not miss out on any prospective sales for this year. Could I please ask all Clubs to let me know who their Cake Chairs will be for the 2025/26 Lions year which will obviously take in our peak selling for 2025.

It would work for both sides if I could send any and all information, updates and ideas directly through to Club Cake Chairs and not through any other channels that would be great.

I thought this month seeing as some Clubs are still selling and others are not that rather than brow beat you with things you already know that I would add to the article a little bit of Cake History. I am sure that we have lots of new members that probably have no idea where this project first took hold.

Where did it all start –

The Christmas Cake Programme had its beginnings prior to the 1965 International Convention in Los Angeles where the late PDG Captain Philip Lusher was to be inducted as District Governor, District 201B. PDG Philip, whilst in North America prior to the Convention, visited a number of Clubs in Canada, and whilst attending a meeting of the Lions Club of Montreal, heard of the "Lions Christmas Cake" programme, and returned to Australia with full organizational details for the information of his fellow Governors.

The following year, Lions of the Multiple District were seeking a national fund-raising project to support "**SAVE SIGHT**" activities and the Council Chair, the late PDG Jamie Jamieson, called for ideas for a project to fund the campaign.

The first "**LIONS SAVE SIGHT CHRISTMAS CAKES**" were baked by Big Sister, part of the Reckitts and Coleman group of companies, and were three-pound cakes. The project immediately proved successful, and sales have been constant over the past two decades, after reaching astronomical sales on the inception of the programme.

In 1975 the cake became "metric" and converted to 1.5kg and reduced in packaging from twelve to ten per carton. This resolved many headaches for Club Chairs with stock control records and bookkeeping made so much easier.

In 1986, it was decided that the cake be manufactured to a lower, larger profile which has proved popular. Cakes have been baked by Australia's leading food companies, including Big Sister, Gartrell White, Arnotts, Sara Lee, and since 1983 by Top Taste with the present manufacturer, Traditional Foods Pty Ltd taking on the baking in 2021.

1998 saw the introduction nationally of the 1kg Lions Christmas Cake, baked to the same high standards and the same recipe as the original 1.5kg Cake, added to the programme.

2010 saw the formal introduction of a 900gram Lions Traditional Christmas Pudding into the product range, again following the same recipe lines are our cakes with a blend of 45% fruit and wonderful traditional spices.

2012 saw the introduction of the Lions Traditional Mini Cake 80gm, this too follows the same recognized recipe and is ideal for that quick indulgent craving.

2024 we added a 400gm Pudding to our range to compliment and give us an entire range to suit all types of customers. More to come in the next month.

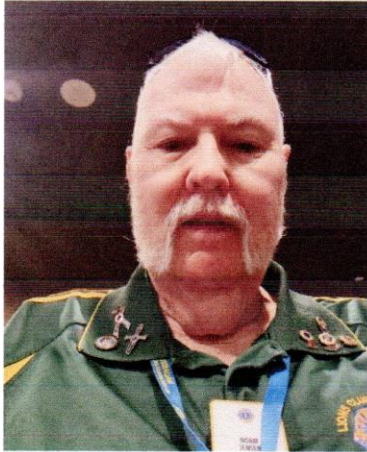
Take care and remember that I am here to assist you and if you would like me to visit your Club, I am happy to do that too, call me.

Kaye Smith (PDG)

District Q3
Cake and Mint Chairman
0477 212 242

dkayesmith52@outlook.com





 Fundraise for Mater I'm a

Mater community champion and I'm raising much needed funds for a cause close to my heart.



I am a member of Lions Clubs Australia, with a diagnosis of Prostate Cancer back in 2015 and still undergoing

treatment, and a supporter of the **Lions Prostate Cancer Research & Treatment**

Project.

This project supports the work of the Mater Foundation with their research and treatment for prostate Cancer. Members from the project recently provided a cheque of **\$225,000** raised from members of Lions Clubs around Australia towards the work of Professor John Hooper and his team from the Mater Foundation.

I am using the **Chops** I grew for an **Australian Lions Childhood Cancer Research Foundation** fund raiser to help raise additional funds for the work of the Mater Foundation's research into prostate cancer and treatment options for prostate cancer to complement the funds regularly being provided to the Mater Foundation by the **Lions Prostate Cancer Research & Treatment Project.**

Will you support me?

**PDG Norm Jensen - Lions Club of Lake Currimundi-Kawana
0404 984 455**

Use this QR Code to make a tax deductible donation and receive a receipt from the Mater Foundation.





UNDER THE RADAR

Over the past few months, our team have learned that the span of 201Q3 Lions' activities is remarkable and that every Club puts a very "personalised" twist on their service programs. That twist is the product of Location, Community, Membership and Opportunity – which is a long-winded way of saying "You can only do what you CAN do." When the Club is in sync with its location and its community and there is membership interest and an opportunity that presents itself, you can get some special results when those four products come together, whether it is a city or a country Club. It's enough to make our vacuum tubes glow!



Giving us a bit of a shine today is the Lions Club of Bramble Bay, a city Club on the coast north of Brisbane, and like the rest of the Clubs in the Radar selection, it is very much tied into the local community needs with its service program.

Serving the Sandgate and Bramble Bay area, Bramble Bay Lions does most of the 'usual activities' that most of our Clubs get to be engaged in – but Radar reports on the *unusual*. Someone said to us that Bramble Bay had been involved with Youth of the Year "forever", which is no surprise - but giving **over 25 years of support to the "Wordless" is!** Wordless is an organisation for disabled folk who struggle to communicate and the Bramble Bay Lions supports "*the wordless*" with a meeting place where they undertake learning, practice, mentoring and simply a place to associate. The victims of trauma, disease or stroke also suffer from **loneliness** – how do you make friends when you can't communicate? Bramble Bay Lions are helping.

Another interesting Bramble Bay outlet for service is the "*shark shed*" located at Sandgate and District State High School. The shed is a facility for metalwork and woodwork where time is given to help "challenged" high school students succeed in the manual skills. This skilled help is provided by ex-teachers, retired tradies and handymen – based on the recognition of a need, which is a particular feature of Clubs covered by this column.

The **Sandbag** (also known as the Sandgate Community Centre) is another outlet for Bramble Bay Lions service, assisting with food, finance and two freezers for storing frozen meals, as well as members providing working hours at the Centre.



The Sandbag Centre assists with advice and information about the local area and can provide some food or a bed in an emergency.



While the Centre is in Sandgate, it services the wider Bramble Bay area so it maintains a useful Notice board carrying details of current events, courses in various skills, etc., providing information for different interest groups in the community. Lions support and/or assist in some of these activities.

Further community cooperation by Bramble Bay Club is their regular association with other charity and parent groups in providing Chaplaincy Breakfasts in local schools. The Club works twice each month (once at Brackenridge State High School and once at a primary school) providing/serving “chappie breakfasts” to students who would otherwise do without a feed to start the day. Many communities across our State have non-denominational chaplaincy committees in their schools providing and financing a chaplain as support for students. When times are tough, many local committees enter the “brekkie business” and frequently Lions can and do help, even though it is not always seen as being traditional Lions’ service.

What it does demonstrate however is a Club “plugged into” its community and doing what it can do – and it’s great. As noted before, it warms the cockles of your vacuum tubes AND makes your reflector dish shine!

A promotional banner for the 73rd MD 201 Convention. On the left is a circular logo with a mountain range and a boat, containing the text "73rd MD 201 Convention", "TRARALGON High Country", and "2ND - 5TH MAY 2025". To the right of the logo, the text "Registration Closing Soon!" is written in large, bold letters. Below this, the website address "lionsclubs.org.au/members/73rd-md-201-convention-2025/" is provided. The background of the banner features a stylized green and blue wave graphic.

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>Bribie Island</i>	Dawn Williams
<i>Brisbane Bunya</i>	Sharna Brown Kristine Cooper
<i>Brisbane Inner North</i>	Mary-Ann Creagh
<i>Brisbane West</i>	Rod Kippax Deborah Murray-Kippax Sharnie Makinson
<i>Cecil Plains</i>	Melinda Fanning
<i>Clifton</i>	Mark Munro
<i>Fernvale</i>	Vanessa Isbell Gary Noble
<i>Forest Lake</i>	Dave Jarvis
<i>Golden Valley Keperra</i>	Sharon Agar Fay Ashton Coral Hallinan Karen Iken Julie Izsolt Wendy Moules Marilyn Oliver
<i>Ipswich</i>	Alicia Edwards Moya McLucas
<i>Oakey</i>	Donald Drews Wendy Dux Judy Parsons
<i>Roma</i>	Tita Abriot Rosalinda Simpson
<i>Westbrook and District</i>	Josh Colless



MEMBERSHIP AND ACTIVITY REPORT

Our total membership number this month is one thousand four hundred and thirty-one, with twenty-eight added, one transferred member, two reinstated members and twenty-two leave a gain of nine for the month.

Our retention rate for retaining new members for at least 1 year is currently 80% (89.4% across all members).

Service Activities:

2,072 Service Activities

- 81 Childhood Cancer
- 17 Diabetes
- 33 Disaster Relief
- 167 Environment
- 119 Hunger Relief
- 1121 Humanitarian
- 60 Vision
- 85 Youth
- 389 Administration
- 83,601 Volunteer Hours
- LCIF Donations 31,766.52 US Dollars

Danielle



*THERE IS A LION
REFLECTED IN
EACH OF US, IF WE
HAVE A DESIRE
TO HELP OUR
COMMUNITIES & THOSE
IN NEED.*

*BE YOU
BE A STRONG LION*

HAPPY NATIONAL VOLUNTEER WEEK



National Volunteer Week is Australia's largest annual celebration of volunteering and will be next held on 19-25 May 2025.

We here, at Australian Lions Hearing Dogs (ALHD), commemorate this special week as one of the most important weeks in our calendar year. It is an annual celebration of the individuals who go above and beyond to help a cause in which they believe in. For us here at ALHD we cannot do what we do without the help of those who so selfishly lend their time and commitment towards us.

Our organisation and Assistance Dog programs operate on the trust and help from volunteers of the community, and our appreciation of our volunteer community is underpinned by our work with Lions. Our volunteers are involved in many aspects of ALHD, from our Kennel Enrichment Program to individuals who provide low and high level BGL saliva samples to help train our Medical Alert Dogs. We also have volunteers who are involved in our Puppy Program, caring for 8-week-old pups for up to ten months, and people involved in the Guardian Program, caring for dogs in our Breeding Program between litters and into retirement. We value each and every Lions member who commits their time and energy to the many community initiatives that can only succeed with the support of volunteers.

As always, we invite all Lions Clubs and their members anywhere across Australia to join us in celebrating this important week in any way you can.



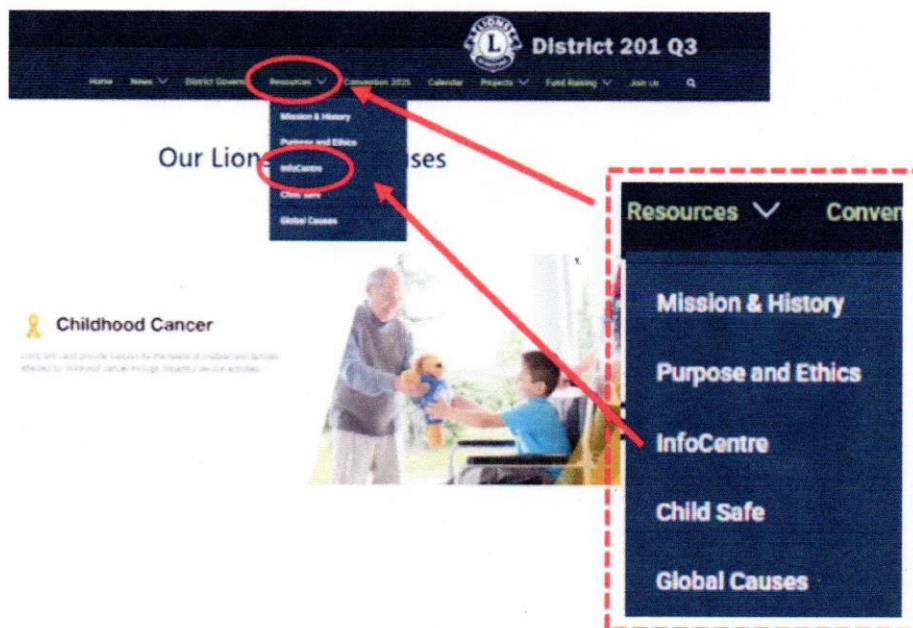
I HAD AN INCIDENT ... WHAT DO I DO??

This is an all-too-common question after an incident has occurred as we scrambling around to try and find out what we should do, and where to find information.

The good news is that the Risk Management Manual supplies us with pretty much all we need to know. Hyperlinks have recently been added to the District webpage to make finding this and the associated incident report a lot easier to find.

[Home - District 201 Q3](#)

Below is a step by step guide how to navigate to the manual and where to find an incident and or a hazard report and where they should be sent.



When the Info Centre opens, look under the legal and General heading and you will see both the Risk Management Manual and the Incident report.

Legal and General

[District Constitution October 2024](#)

[CEP_Request_Resources](#)

[Lions Australia Child Safe Policy Resources](#)

[insurance certificates](#)

[Reduce Conflict](#)

[Risk Management Manual](#)

[Generic Club Policy Minutes](#)

[District Policy Minutes 2024-25](#)

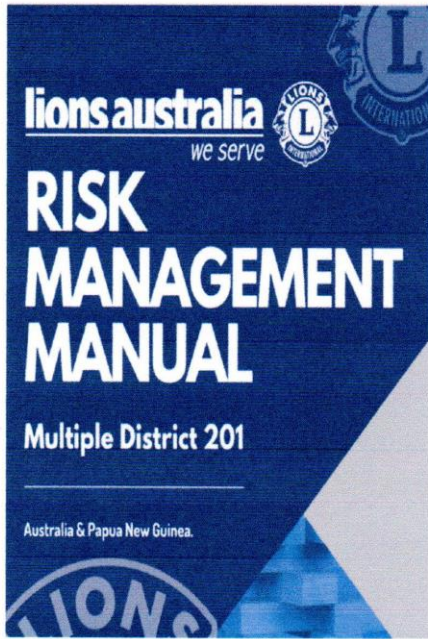
[Photo Release Form](#)

[Humidex](#)


[Income Tax Exemption Self Assessment Fact sheet](#)

[Club Constitution 2024](#)

[Incident report - download](#)



Appendix C – Incident & Work Related Illness/Injury Report



Incident & Work Related Illness/Injury Report

Lions Clubs International Multiple District 201

Lions Club of: _____ Incident No. _____
PART A To be completed by Lion, Leo, volunteer or other, with assistance if required.

PERSONAL DETAILS				
Title:	Family Name:	First Name:	Designation:	
Email:	Phone (w):	Phone (h):	Mobile:	
Lions Club of:		Project/Function:		
<input type="checkbox"/> Lion/Lioness/Leo	<input type="checkbox"/> Volunteer	<input type="checkbox"/> Contractor	<input type="checkbox"/> Employee	<input type="checkbox"/> Other:
Position:		Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
1. Residential address:				
INCIDENT DETAILS				
Tick one box only		<input type="checkbox"/> Incident with no injury or illness	<input type="checkbox"/> Work related illness	<input type="checkbox"/> Work related injury
Date incident occurred:	/ /	Time of incident:	am/pm	
Date of onset of symptoms (if applicable): / /				
Date incident reported: / /				
To whom was the incident first reported:				
Incident location:	<input type="checkbox"/> At project	<input type="checkbox"/> Away from Project	<input type="checkbox"/> In area of Project	<input type="checkbox"/> On journey to or from project
Describe location of incident as follows: building name, room number or street address or project site.				
Names and contact details of any witnesses:				
Describe how the incident occurred and any contributing factors:				
Attach additional information if space insufficient including sketches and photographs				

Inside is a wealth of information around safety. Take some time to make yourself familiar with the document, and to use a term often used when I was in the Navy 'If in doubt. Shout!' or give me a call.

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As always, if you have any questions, please do not hesitate to contact me.

Kind regards,

Steve Hood

M: 0488 417 333



Lions District 201 Q3 Convention 2025
 The Salo Centre, St Ursula's College, Toowoomba
 3-5 October 2025

Registration Closes 22 September 2025

Attendee Details	Person 1	Person 2
Title (Lion, Partner, PDG etc)		
First Name		
Last Name		
Preferred Name for Badge		
Club		
Phone (required)		
Is this your first Convention – Tick for YES	<input type="checkbox"/>	<input type="checkbox"/>
Email Address		
Special Dietary Needs		
Other Requirements (eg wheelchair access)		

Please choose Hospitality Pack (A) or Pack (B)

Hospitality Pack (A)	Cost	Person 1	Person 2	Total Qty	Total \$
Friday Night (Welcome)	\$27.00				
Saturday Breakfast	\$22.00				
Saturday Morning Tea	Free				
Saturday Lunch	\$16.00				
Saturday Afternoon Tea	Free				
Saturday Night DG Banquet	\$65.00				
Sunday Morning Tea	Free				
Sunday Lunch	\$15.00				
TOTAL Pack (A)					

Hospitality Pack (B)	Cost	Person 1	Person 2	Total Qty	Total \$
Full Package consisting of all the above with District Rebate of \$25 per person	\$120.00				

Convention Extras (C)	Cost	Quantity	Total
Partners Outing – Downs Steam	\$25.00		
DG Pin	\$5.00		
Multi Draw Raffle Tickets (3 tickets for \$5)	\$5.00		
Friday Afternoon Activities – Please tick what you would like to attend. Cost tbc payable on the day	Golf		
	Lawn Bowls		
	Orienteering		

Sub Total (Pack A and/or Pack B + Extras C)	
Less Early Bird Registration	
TOTAL PAYABLE	

Please Pay by Direct Debit to:

Account: Lions Club of Crows Nest Inc
 BSB: 638 010
 Account No: 9983449
 Reference: Surname and Initials

Please send completed form to:
 Contact Convention Treasurer

Rob Crosato 0427 107 148 lionsq3conv2025@gmail.com

Lions youth of the year

District Final

Hosted by Lions Club of Maleny Blackall Range



*Participants ... Clockwise from Top Left ... Inayat (Region 2) Megan (Region 1) Semisi (Region 4)
Freya (Region 5) Gina (Region 3) Melody (Region 6)*



*Overall and Public Speaking winner Melody
from Bribie Island State School representing
Region 6*



The Audience

AROUND THE WORLD WITH LIONS

THE FIFTIETH IN A SERIES OF ARTICLES SOURCED BY LION LYN PYSDEN

100 Years of Unstoppable Spirit

In 1925, Helen Keller ignited a fire in Lions that burns brighter than ever today.

It was June 30, 1925, when 45-year-old Helen Keller took the stage at the ninth annual Lions International Convention in Cedar Point, Ohio. Her historic address was a rally cry that not only guided the course of Lions' service over the past century — it established boldness as an enduring trait.

Keller was a maverick in her own right. At just 18 months old, an unknown illness rendered her deaf and blind. Such impairments were especially difficult at a time when there was limited care and treatment for vision and hearing loss. Still, she persisted.

At age seven, Keller met her lifelong companion Anne Sullivan, the “miracle worker” who would teach her to spell — and understand — words in sign language. With the help of Sullivan and other teachers along the way, Keller mastered the alphabet (both handwritten and in braille for blind readers), learned to read and write, and eventually speak. She went on to become the first deafblind graduate of Radcliffe College in Cambridge, Massachusetts.

Keller's hardships motivated her to become a champion for the underrepresented. She was an activist for many causes, but she was best known for her work with the American Foundation for the Blind (AFB). And it was there that she made her biggest impact, advocating for the needs of those with vision loss. But she knew she couldn't do it alone. So she turned an invitation to speak at the annual convention of an up-and-coming service club organization into an opportunity.

Standing before a room filled with energetic Lions, Keller made her appeal. *“Try to imagine how you would feel if you lost your sight tomorrow. Picture yourself stumbling and groping at noonday as in the night, your work, your independence gone! In that dark hour, wouldn't your heart cry out for a friend to teach you how to live in the dark? “I appeal to you, Lions — you who have your sight, your hearing, you who are strong and brave and kind — will you not constitute yourselves Knights of the Blind in my crusade against darkness?”*

Moved by Keller's words, the Lions were ready and willing to take on the challenge. And over the past 100 years, they have persisted. Vision continues to be a leading cause that Lions around the world serve, working to improve the lives of the visually impaired and prevent avoidable blindness. But Keller's inspiration has transcended beyond vision. Lions have taken on numerous other challenges facing our world, supporting eight official global causes and serving communities in countless other ways. Perhaps most importantly, Lions serve the world with the same passion and boldness that Keller exuded on that stage in Ohio a century ago. Her fighting spirit will continue to be a guiding force well into the future.



BY KRISTIN DIMAGGIO

PAUSE FOR A CAUSE





GLOBAL CAUSE ... VISION
MAINTAINING EYE HEALTH

Eye Care

Taking care of your eyes can be a daunting proposition, and it is important that you take time to do it properly. These basic tips will get you on your way to protecting your vision.



Have regular eye check-ups

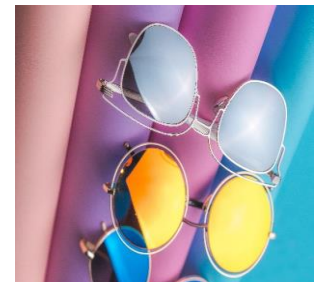
Regular eye check-ups are recommended for people without eye disease or specific risk factors. Examinations with a registered eye care practitioner (optometrist or ophthalmologist) are recommended every second year. **Follow your eye specialist's advice and attend all follow up appointments.**

It's equally important to follow your eye specialist's advice and treatment when you have been diagnosed with an eye condition because it can save your sight and prevent further vision loss.



Protect your eyes from UV light

Exposure to ultraviolet (UV) light is known to contribute to eye disease including cataracts and age-related macular degeneration. So protect your eyes by wearing sunglasses with good UV protection and a hat to reduce UV exposure. Most prescription spectacle lenses have good UV protection. Speak to your optometrist about whether additional UV protection is required for you.



Maintain a healthy lifestyle



Diets high in antioxidants (such as leafy green vegetables), Omega 3 fatty acids (such as from fish, linseeds), various vitamins (including Vitamins E and C and minerals (including Zinc and Selenium) can prevent or slow the progression of macular degeneration in some people. Good eating habits, combined with exercise, help prevent diabetes, which is a significant cause of vision loss in Australia. Don't smoke. Smoking has been linked to macular degeneration and is also a cause of cardiovascular disease, which may effect the eyes and vision.



GLOBAL CAUSE ... VISION CONTINUED

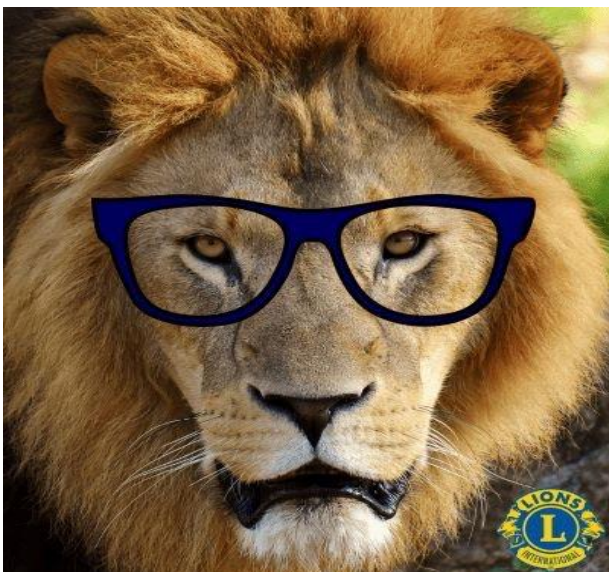


Protect your eyes from hazards

Protect your eyes with safety glasses when working outside if there is a risk of eye injury (such as when lawn mowing) and at work. Sixty percent of eye injuries happen at work and most incidents are preventable. Follow directions to lower shields on machinery and wear safety glasses.

Arrange eye examinations for family and friends at risk

Children are often unaware or unable to express the fact that their vision is blurry. Over sixty percent of children with learning problems are challenged by “poor vision”. Studies show that up to 80% of people with “poor vision” only need glasses to improve both their vision and quality of life. There is also a link between poor vision and falls among older Australians.



*Lion Geoff Moor
District Vision Chairperson*





GLOBAL CAUSE ... HUNGER

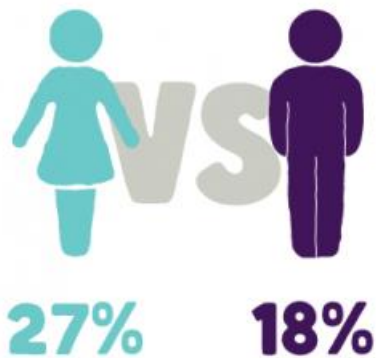
At least once a week, around half of food insecure people skip a meal (55%) or cut down on the size of their meals to make their food go further (50%). At least once a week, three in ten food insecure Australians (30%) go a whole day without eating.

Everyone Deserves to Eat

DESPITE AUSTRALIA'S REPUTATION AS A WEALTHY COUNTRY, FOOD INSECURITY IS A REALITY FOR AN INCREASING NUMBER OF PEOPLE



In the last year, more than one in five Australians (21%) have been in a situation where they have run out of food and been unable to buy more.



More than one in four women in Australia (27%) have experienced food insecurity in the last 12 months. This compares to 18% of men. The impact of food insecurity can look quite different for women and men too. Something to ponder - could your Club volunteer to provide and cook a meal at one of the organisations in your area that feed the Homeless and those that are struggling to put a meal on the table for the family ? This could be done maybe two or three times a year.

Another way of helping is to set up a vegetable garden at a local primary school. This is happening at my grandsons school - where they use the produce then sell off the excess to allow for more seedlings. I believe that this a great initiative that teaches kids where their food comes from as well as more gardeners in the future that can provide for their own family.

Lion Jenny Tate ... District Hunger Chairperson



GLOBAL CAUSE ... ENVIRONMENT

Hello everyone, What a few weeks it has been this month, today the effects of Cyclone Alfred are here as I begin this report.

In my area the effects are minor compared to those who face the ocean and bays, or even those in the hinterland or along the range. So far all we have received are flashes of rain and minor gusts of winds. To be honest we have suffered worse conditions from the many tropical storms that lash our area.

What effect is this inclement weather event going to have on the environment. It appears that Cyclone Alfred has stalled over the ocean, will it pick up more force or turn into a rain depression (hoping the latter). If it builds strength and hits land, where and when is a waiting game, what damage do we foresee. **Erosion will be a big part of its destruction** (e.g. beaches, creeks and river banks, top soil and so on).

All the exposed beach areas are sure to suffer the most damage from erosion, be it on the Gold Coast, Sunshine Coast, Moreton Island, North and South Stradbroke Islands, Bribie Island. The sands with the tides will return to the open beaches over time. Moreton Bay was saved from the mass erosion from the waves due to the big Island off the coast. Unfortunately, the tip of Bribie Island that protects the northern entrance of Pumicestone Passage has been destroyed with hundreds of meters of sand and trees gone. What effect will the constant surge of water, waves have on the seagrasses that feed the dugongs that live in the area. That part of the passage is a marine reserve.

Wind destruction; The destruction caused by the strong winds causing damage to the trees, for many will fall, branches shredded of foliage, this will take months to regenerate back to some form of greenery.

Power outages are sure to happen, just how many is another question. Considering the number of homes and businesses who rely on power from overhead lines, it could possibly be in the thousands over a wide area, hence reconnection could take days if not several weeks depending on the damage done and the terrain they cover. Many of the outages have been due to power lines being brought down by not only winds but huge trees falling over onto lines. Many trees have only a shallow root system where as in drier areas the tap root goes deeper to find water, making them more sturdy trees to stand the winds. Remember emergency crews are humans doing an extra ordinary job working hard to get people back online.

Flooding and its effect on the landscape, properties (Homes or Business). With the massive increase of land being turned into developments, it takes away the ability of rain to soak into the earth, instead the water runs down gutters onto the roads to the nearest creek thus causing extra water already flowing down the creek from upstream. Water also has its own way of travel, it spreads out across the land, nothing is safe in its path, properties are flooding where water has never flowed before.

So was Cyclone Alfred a wake- up call to all, regarding the damage and exposure to the unpredictable environmental occurrence that happens every so often.

*Lion Dell Emery
201Q3 Environment Chair*

