

Kent's Kitchen

What's cooking...



Kent Wilcox
District Governor 201Q1 2014-15

**One Goal,
Community
Service.**



District Governor – Kent Wilcox ISSUE8

Dear Lions,

I hope all Lions enjoyed the Australia Day Celebration, for many of you it was a time for citizenship ceremonies pictured below are the cast and crew of the Sunnybank Lions club accompanied By Graham Perrett MP, the Lord Mayor Cr. Graham Quirk, Mark Stewart MP, Freya Ostapovitch MP, Cr Steven Huang, Cr Kim Marx and principal of St Thomas More School Peter Elmore, well done Lion Robert Zee for being the principal organiser of the event and MC for the day.



For some other Australians it is a time of reflection, Queensland is still 80% officially declared as “in drought” and farmers are becoming desperate. This drought struck area has been identified as an area of great need due to the reported number of suicides, self- harm, depression etc.

The Lions Club of Townsville Castle Hill has engaged on a project to provide mental health counselling to those drought stricken farmers as identified by Lions volunteers on the ground which will reduce the number of suicides, cases of self- harm etc.

On behalf of district 201Q1 as your District Governor I applied for a joint grant to assist with this project and I am now pleased to inform you that LCIF Chairperson Palmer has awarded Districts Q1, Q2, Q3, Q4, N1, and N4 each a US\$20,000 Community Recovery grant to assist with the drought relief efforts.

Although since the project commenced, \$500,000 has been donated by Lions clubs throughout Australia more funding is needed and for those clubs interested in the project listed below are the details

CASTLE HILL LIONS DROUGHT RELIEF ACCOUNT is as follows:

B.S.B: 034 212 – **ACC NO:** 449 956 – Westpac Aitkenvale Qld.

2020 International Convention in Melbourne

Lions Australia in partnership with the Melbourne Convention Bureau is bidding to host the Lions Clubs International Convention in Melbourne in 2020. This is an exciting opportunity to show the world the strength and pride of Lions Clubs in Australia. The convention committee is requesting the support of each District to get involved and assist us in demonstrating that the bid has national support and Lions members across Australia are excited about the Convention possibly coming to Melbourne (Australia) in 2020.



It is easy to do this when your Club is gathered together and celebrating. We encourage you to take a group photo and send it into the committee below as an example depicted in the photo is your Council of Governors supporting the bid.

Please send your photo/s direct to the production company, SDP Media, through their Dropbox. All photos must be received by Sunday 8th February 2015. *Dropbox instructions:*

1. Select the top images (no more than five) and put the raw files into one folder
2. Zip the folder with the raw images that you want to send
3. Go to the SDP Dropbox. URL: <https://www.hightail.com/u/sdpmedia>
4. Fill in the fields: Full Name Write your full name.

email: **clientservices@sdpmedia.com.au** Subject 'Lions Bid – Club Name'

Lion Kent Wilcox

201Q1 District Governor

(2014/15)



lions australia
One Goal, Community Service.



Australia Day 2015 Awards



Appointed a Member of the Order of Australia in the General Division (AM)

Dr Peter Tak-Sum Ho - For significant service to civil and structural engineering, and to professional organisations.

Deputy President, Queensland Division, Engineers Australia, since 2013;
Chair, Structural Branch, 2003-2013; Structural College Representative, 2003-

2011; Fellow. Institution of Structural Engineers (IStructE), United Kingdom: Inaugural Chair, Australia Regional Group (ARG), 2008-2012; Council Member, 2009-2011; Chair, Queensland Division, 2004-2007; Treasurer, 2001-2004; Member, since 2004; Examiner, Chartered Membership Exam, since 2011; Professional Development Officer, current; Fellow, since 2004; Member, since 1980. Adjunct Professor, Science and Engineering Faculty, Queensland University of Technology (QUT), since 2008. Member, Building and Development Dispute Resolution Committees, since 2003. Member of the Senate, University of Queensland, 2002-2005; Lecturer/Tutor, Structural Engineering, 1990-1993 and 1983-1986. Manager, Forensic and Integrity, Logicams, since 2008. Principal Civil/Structural Engineer, B & A Technology, Rio Tinto Alcan, 2007-2008. Owner and Lead Civil/Structural Engineer, Dragon Engineers Pty Ltd, 2002-2007. Project Manager/Engineer/Director, Incode Pty Ltd, 1993-2002. Structural Engineer, Hong Kong Housing Authority, 1986-1990. President, Queensland Chinese Forum (QCF), 2011-2014; Organiser, 3rd QCF Conference, 2012; Chair, 1st QCF Conference, 2007. Committee Member, Chinese Museum of Queensland, current. Lions District 201Q1: District Governor; 2005-2006; Vice-District Governor, 2004-2005; Regional Coordinator, 2001-2002; Regional Chairman, 2000-2001; Zone Chairman, 1999-2000; Chairperson and Sergeant at Arms, District Convention Committee, 2013-2015; District Coordinator, Lions Club International Foundation, since 2009. President, Lions Club of Brisbane Chinese, 1998-1999; Charter Member, since 1996. President, Ethnic Broadcasting Association of Queensland - Radio 4EBFM, 2000-2005; Board Member, 1998-2005; Life Member, 2014; Broadcaster, Cantonese Group. President, Chinese Ethnic Broadcasting Association of Queensland (CEBAQ), 1995-1998 and 1991; Committee Member, 1990-1998. Executive Committee Member, National Ethnic and Multicultural Broadcasters' Council (NEMBC), 2001-2005, and NEMBC Nominee, Qualitative Audience Research Advisory Committee (QARAC), Community Broadcasting Foundation (CBF), 2004-2006. Project Adviser, Chinese Fraternity Association of Queensland, 2014. Justice of the Peace, 2012.

Awarded the Medal of the Order of Australia in the General Division (OAM)

Mr Kenneth Rowland Bird - For service to the community through Lions International.

Lions and community service International Association of Lions Clubs: International Director for Australia, New Zealand, Indonesia and Papua New Guinea, 2008-2010; Chairman, Finance and Headquarters Committee, 2009-2010; Member, Membership Committee, 2013-2014; Member, 2017 International Centennial Committee. Chairman, Planning and Organising Committee, ANZI-Pacific Forum, 2011; Australian Representative, Executive Standing Committee, ANZI-Pacific Forum. Membership National Coordinator, Multiple District 201 (Lions Australia), Lions Club International, 2001-2005. Member, Organising Committee, Lions Clubs National Convention, 2006 and 1999. District Governor, District 201Q1, 1997-1998; Cabinet Member, since 1992; also served as Vice-District Governor, Zone Chairman and Region Chairman. Queensland State Coordinator, Lions Youth of the Year Quest, 1997 and 1992. Life Member, Australian Past District Governors' Association, since 2011. Member, Lions Club of Moreton Bay, since 1976; also served as President. Member, Lions Club of Miles, 1972-1976.

Medal of the Order of Australia in the General Division (OAM)

Mr Peter Robert McGREGOR, - For service to the communities of Burleigh Heads and Ulverstone.

Member, Lions Club of Burleigh Heads, since 2010; Recipient, District Governor's Club Excellence Badge, 2012. Secretary, Gold Coast and Districts Division, Royal Australian Air Force Association, since 2009. Member, Burleigh Heads Branch, Returned and Services League of Australia, since 2012. Assistant Governor, Rotary International District 9830, 2000-2001; District Secretary, 1993- 1994; District Member, 1993-2001. President, Rotary Club of Ulverstone West, 1995-1996; Member, 1989-2004; Recipient, Honorary Membership, 2005-2010. Held a range of positions including Treasurer and Secretary. Treasurer and Committee Member, Ulverstone Branch, Returned and Services League of Australia, 1989-2009. Committee Member, President and Welfare Officer, North West Tasmania Division, Royal Australian Air Force Association, 1996-2009. Board of Management, Eliza Purton Home for the Aged, 2005-2007. Volunteer, Ulverstone Tourist Information Centre, 2005-2009. Justice of the Peace in New South Wales and Tasmania and currently in Queensland.

Medal of the Order of Australia in the General Division (OAM)

Mr Jeffrey Thomas UNDERHILL, - For service to the community, and to charitable organisations.

Has made substantial contributions and has provided ongoing support to a range of organisations including: Capalaba Lions Club; Funding for Scholarships to Alexandra Hills High School and Capalaba High School; Queensland Meals on Wheels Services Association; Sailability; Australian Lions Visual Independence Foundation; Capalaba PCYC; Angel Flight; and Logan Alcohol and Drug Foundation Queensland; Full Time Volunteer, Queensland Meals on Wheels Services Association, Capalaba District, since 2003. Member, Capalaba Lions Club, since 2006. Citizen of the Year, Redland City Council, 2013.

Medal of the Order of Australia in the General Division (OAM)

Mrs Vanessa Elizabeth BULL, - For service to the community of Beaudesert.

Local Government - Beaudesert Shire Council Deputy Mayor, 2004-2008; Councillor, 1997-2008. Energex Community Council, 2004-2007. Scenic Rim Volunteer snake relocater (venomous and non-venomous), under Queensland Department of Environment and Heritage Protection Regulations, since 2005. Community representative, State Government of Queensland Plan, 2013. Member, Scenic Rim Social Plan Steering Committee, since 2012. Community Committee Member, Gold Coast and Hinterland RSPCA, since 2008. Coordinator, Tambourine Mountain Million Paws Walk, RSPCA, since 2000. Patron, Tambourine Mountain Agricultural, Horticultural and Industrial Society, since 2012; Member for over 15 years. Patron, Tambourine Mountain Little Theatre Group, since 2007; Member since 1979; involved in the restoration of the historical Zamia Theatre in North Tambourine. Committee Member, Tambourine Mountain Residents' Association, 2004-2008; Coordinator, Opera on the Mountain, for the Residents' Association; funds raised donated to Care Flight, 2006-2008. Patron, Tambourine Mountain Cricket Club, 2006-2008. Inaugural Member, Tambourine Mountain Triathlon Club. Lions Club, Tambourine Mountain President, 2010-2012; Vice President, 2009-2010; Member of Lions since 2007; Lions Youth Exchange Program, 2011-2013; Lion of the Year, 2008; Lion James D. Richardson Honour Award, 2014; Coordinator, Make a Wish Project, Tambourine Mountain, since 2001. Chair, Combined Service Clubs (Lions, Rotary, Masonic Lodge and Residents Association), 2002-2010. Zonta Club President, Tambourine Mountain Zonta Club, 2003-2005 and Member, 2001-2009.

From the caBinet Secretary – Lesley Lyons

Welcome to 2015: I hope you all enjoyed your Australia Day Holiday weekend.

Secretaries, if you are having problems with entering your WMMR monthly report please contact me as there is an awful lot not entered this month.

If you have changed your email address in the past few months and haven't contacted me please do so.

In the next month I will be sending out your PU101 forms to fill in after your election. Current secretaries it would be great if you could please assist the incoming secretary to fill in the form. The cut-off date will be Wednesday the 15th April. A few things that clubs missed last year on the forms which make it very difficult. Your Club Name Address and also the email address that you want linked to the generic address. Some clubs don't use the secretaries' personal address as they have a club address, so please make sure you put that in the correct place.

Congratulations to PID Ken Bird, PDG Peter Ho, Vanessa Bull, Peter McGregor and Jeff Underhill on receiving Australia Day Awards. If I have missed any I apologise.

District Governor Kent and Lion Josephine would like to welcome the following new members to our District for the month of December.

Ashmore:	Kenneth Waterfield
Brisbane Macgregor:	Rita De Waard, Elizabeth Drysdale
Byron Bay:	Judith Chappell, Nancy English, Robert Kelly, Ann Milic, Anne Durey, Phoebe Havyatt, Peter Lowe.
Brisbane Moorooka:	Janeice Pegg
Lismore:	Catherine McNamara
Murwillumbah:	Ellen Reid
Runaway Bay:	Vivienne Bennett
Sanctuary Cove:	Anthony Hopkins, Shani Lamb
Warwick:	Christine Costello



Please send District Mail To: Lion Lesley Lyons

Cabinet Secretary, District 201Q1

PO Box 4767, Forest Lake QLD 4078

Llyo5865@bigpond.net.au (H) 07 3279 9425 (M) 0419 796 022



Well, Gentlemen, **St Valentine's Day** is looming and if you've got half a brain you'll know a gift of whitegoods or garden tools to the missus is grounds for justifiable homicide so what is on the shopping list for St Valentine's Day?

EDITOR: I once spent two hours in a wrecker's finding new door handles for Maureen's old Vauxhall. Did she appreciate it? You could have frozen vodka with the reception I got. Not recommended.

Overheard at the last Cabinet Meeting: "I don't want to say we eat out a lot, but I've noticed that lately when I call my kids for dinner, they run to the car."

outward Bound



The Navigator Outward Bound January Camp at Uki is proceeding with 15 youth, 8 of whom are sponsored by Lions Clubs of district 201 Q1. Those clubs that have supported this District Project over the past three years should be very proud, as it is a mind changing experience to all the youth that attend these 12 day courses.

Comments from past attendees:-

"I now realize how important it is to set goals and plan to work toward them."

"I thought I could do anything but; now know that my actions always will affect others as well as me."

"By attempting all the physical activities and being encouraged to go outside my comfort zone I now know that I can do more than I am doing at present, so I am going to go back to school and work toward the goals I have set for myself."

I am now asking for sponsorship for the June and October camps;

Full Sponsorship - \$1875 Half Sponsorship - \$938 Quarter Sponsorship - \$469
or any amount determined by your club.

It is also a satisfying experience for the clubs sponsoring, to nominate a youth (male or female), must have turned 15 and not have turned 18 by the commencement of the camp. Your club's continued support is essential for this worthwhile District project to continue. For any further information regarding funding sponsorship, please feel free to contact me.

Lion Lois MCHenry

Outward Bound Chairman

donlo200@gmail.com (m) 0427 310 408 www.outwardbound.org.au

Lions Hearing Dogs Inc

2015 CALENDARS NOW AVAILABLE \$10 ea



A beautiful collage of 12 Lions Hearing Dogs with Chelsea a Poodle sourced from the R.S.P.C.A. in South Australia on the front cover. These Hearing Dog Calendars are the ideal gift at \$10. each.

Contact Andrew McDougall and your request for Calendars will be sent freight free within 24 hours.

Phone 07 5464 1921

Mobile 0419 780 68

email pc-hearing@lions201q1.org.au

Children of Courage Awards



The Lions Children of Courage Awards Program is now established as an important and extremely worthwhile project of Lions Clubs in our District.

What are the Lions Children of Courage Awards?

The Children of Courage awards recognise a very special group of children and their families. There are many awards that recognise the achievements of young people, however children with 'special needs' were not catered for. These awards are especially designed to recognise the courage and bravery shown by these children every day.

The Children of Courage Awards are not a competition. Every recipient of an award is a "winner" in his or her own right, as the recognition of these young peoples' achievements will:

1. Act as an encouragement for their future
2. Help them to believe in themselves, and
3. Help to increase their self-worth

All Children want to be accepted by others, regardless of any special needs they may have. These awards will portray them as children who have successfully overcome additional barriers which face them in this world.

Categories of Awards

There are four (4) categories for which a child may be nominated ...

Special Needs: Children with special needs who have shown courage in the face of adversity. Such Children include those who are confined to wheelchairs, who are sight, hearing, or speech impaired, or have undergone long periods of medical treatment, surgery or hospitalization, which has perhaps brought pain and trauma to their young lives.

Courageous Act or Deed: A child who without regard for personal safety, has been instrumental in the preservation of life and/or property, or has rendered assistance at an accident, or whose concerns for others is worthy of recognition. This category may also include children who have undergone lifesaving surgery, or undergone daily medical treatments i.e. diabetes. A child who acts as a carer for a parent may be recognized under this category.

Sibling Recognition Award: This category is for siblings who actively participate in the daily care for their brother or sister who has a 'special need'.

Inspiring Sporting Achievement: For children who have overcome great personal hardship/disadvantage to compete as an individual or team member in their chosen sport.

Nominations: In every community there are certain to be worthy nominees for a Lions Children of Courage Award. Nominations are forwarded through local Lions Clubs for consideration and approval and are restricted to children aged between the ages of 5 and 15 years.

How Two Children's Stories Saved the Koala

The koala is a mostly nocturnal marsupial, averaging about 10kg in weight. Koala is an Aboriginal word meaning 'no drink'. The koala only drinks when there is not enough moisture in the gum leaves. They used to be found throughout Australia and they can live in a variety of habitats, from coastal islands to dense eucalypt forests and inland woodland areas. Koalas were widespread until the 1900s and were hunted indiscriminately until the 1920s when hunting was restricted. When the hunting season was reopened in Queensland in 1927, over 800000 koalas were killed in less than a month.



Norman Lindsay's drawings and his children's story, *The Magic Pudding* (published in 1918), helped Australians see koalas as not just a food source, but it was New Zealander Dorothy Wall's story *Blinky Bill* that helped popularise the cause of the koala and helped to save our unique Aussie icon. After her famous children's books were published in 1933, there was a public outcry and this finally convinced state governments to shut down the hunting season and declare the koala a protected species.

Koalas look cuddly and fat but are actually long and lean. They share with humans the evolutionary feature of opposable thumbs and carry their own seating in a pad of fur and fat on their bottoms. Now that 80% of Australia's eucalypt forests have been cleared, koalas are once again a threatened species.

TREES FOR KOALAS

The Australian Koala Foundation is proud to announce our latest research on a list of tree species essential for healthy Koalas. This is the result of 25 years of research and approximately an \$8million investment in in-house and university funded research. To enquire about a copy of the National Koala Tree Protection List, please email akf@savethekoala.com

Utilising a combination of AKF's tree database (with 80,000 individual trees from 1800 sites), published research, and collaboration from several independent Koala researchers, the list covers everywhere that Koalas live and takes into account 273 Local Government Areas (LGA) across 4 States.

The list is comprised of endemic (local) species in each LGA and identifies 88 tree species across NSW, SA, VIC & QLD which are the limiting resource (i.e. food) for Koalas in any particular area and are key to ensuring the future survival of this much loved Australian icon.

There are three basic parameters we can use to define where Koalas can live in a sustainable manner.

- Areas where annual rainfall is above 500mm per year (except Murray & Darling Rivers)
- Less than 1000m above sea level
- Areas where the maximum daily temperature does not exceed 40 degrees C for more than a few days (this can result in significant physiological stress which can lead to Koala fatalities)

Perhaps Lions Clubs could work with the AKF's tree database and encourage the planting of suitable trees in their areas.



Lions Club of Boonah 50th Charter Anniversary.

Planning is now fully underway for our celebration of 50 years of "Lionism" that will be held on the 14th February 2015, at the Boonah Bowls Club. The evening promises to be a mix of the old and present days, in Lionism. To secure your booking we ask that you prepay by using a direct deposit to our Club account and this will also save time at the door when you arrive. A booking without payment will not guarantee you a seat. Once booked we require your confirmation by email or letter to P.O. Box 86 Boonah Q4310, advising Club and Names of attendees, together with date paid, amount and banking receipt number.

Some details:-	Date	14th February 2015 at the Boonah Bowls Club
	Time	6.30pm – 7.00pm
	Cost	\$35.00 / head
	Dress	Suit / Jacket & tie. Awards to be worn
	Bank Details	BSB 034 630 A/C 293 368

CAMP DUCKADANG



Notice of Working Bee 07-08 March 2015

The next working bee at Lions Camp Duckadang will be held on the weekend of 07-08 March 2015. All members of the Lions Family are invited. You may arrive late Friday afternoon (06 March) if you wish. Our Manager Belinda Bowie will provide a cooked meal on the Saturday night. Otherwise, the rest of the weekend is self-catering. Please bring whatever you wish to eat or drink. As usual, please bring own pillows, sheets, towel, blanket (perhaps) and personal effects. Suitable clothing, footwear and a hat are suggested.

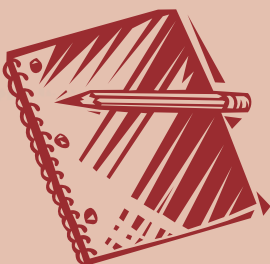
Fourteen wall fans have been installed in Jamieson and McDonald Houses for your comfort. There will be time for 'Happy Hours' to socialise with other volunteers. Assets and Maintenance Chairman Ian Pelly has drawn up a comprehensive list of tasks which includes: Painting, Minor plumbing repairs, Repairs to timber retaining walls on Hamilton Hall bank. Pool maintenance and repair of shade sail, Minor carpentry repairs, Pruning of shrubs below Hamilton Hall, Electrical repairs by qualified persons, Removal of rubbish. Please join us for a relaxing weekend in the country. We always welcome new faces!

Lion Peter J Boge

Secretary to the Board, Lions Camp Duckadang

MAP TO CAMP DUCKADANG

1. Head north to Caboolture and then west through Kilcoy to Moore, or travel through Ipswich and Esk to Moore.
2. Just before Moore, turn right into Mt Stanley Rd at a sign pointing to Linville and Camp Duckadang. Follow this road for about 19 km.
3. After you pass Linville you will cross the Brisbane River twice, turn right at the sign marked "Lions Camp Duckadang". This is a dirt road and crosses the Brisbane River again before the camp site. All major intersections from the Moore turn-off will be sign posted.



FOR YOUR DIARY:

Moorooka Lions Club's 50th celebrations are to be held on
Saturday evening, **23 May** and the contact for queries is

PDG Rob Johnson on **0412 285 618** or **sportyj906@gmail.com**

Lions Youth of the Year Program 2014-15



We now have 46 clubs participating in this year's competition. As Club Judging needs to be completed by 28th February, 2015, here are a few things to remember:

Impromptu Questions: – The Club Chairman should be present and listen in when the Judges select the questions.

They can assist the Judges, by asking them if they think a student, who has just heard the question, could speak on it for 2 minutes.

The questions must not contain multiple questions in one. You can put “and why” at the end, but they must not have a sentence containing three or four questions in one.

Remember, all contestants need to leave the room before the first student is asked the first impromptu question. Once they have finished their second answer they can stay in the room and listen to all the other contestants. For the Prepared Speech section the contestants can all stay in the room.

Who goes First? – The selection of the order of the impromptu questions & prepared speeches is to be done by the Contestants (not a Lion). This is done on the day and is done as soon as all Contestants have arrived (just before the start of the proceedings) – the order that they draw is then followed for both the impromptu questions and the prepared speeches.

Winner Advisory Forms – This form needs to be completed and passed on to the club organising the next level of the competition. Remember to attach a copy of the winners application form and their consent form for photographs. Please pass this form on as soon as possible after your judging.

If in doubt – please just give me a call.

Finals – The District Final is being held at the Ipswich Country Comfort Motel, Raceview and is being hosted by the Rosewood Lions.

Lion LiBBY Whitestyles

201Q1 District YOTY Chairman

Ph : (m) 0404 035 884 or (e) pc-yoty@lions201q1.org.au



Lions Southside Health and Wellbeing Expo

will be held on **Thursday 26 March 2015** at

Acacia Ridge Hotel 1386 Beaudesert Road Acacia Ridge: **9:00am – 3.30pm**

8 sessions: Breast Cancer - Prostate Cancer -Your Bones - Diabetes - Heart Attack Signs - Exercise Legal Matters - Making Homes Senior Friendly

Up to 25 Health & Wellbeing Displays

Brisbane Macgregor Lions Club Inc **Ken Mulcahy** 07 3273 3552 Kenm77@bigpond.com

March "Musk Madness" Month



March is our 'Musk Madness Month' where you are encouraged to utilise the Lions Musk Lollies at all your functions, BBQ and Lions meetings.

Not only spreading the word about Breast Cancer Awareness, but also supporting the Lions Musk Lollies at the same time – and hey, they do taste good.. How can you use them in a different and unique way – tell me about your Musk Madness" ideas and you could be in the running for a fabulous prize.... Let's get creative and spread the message of Breast Cancer Awareness.

Why not do a "Musks in the Jar" guessing competition – all you have to do is get a jar and your guests pay a nominal fee to guess how many Musk lollies are in the jar. You can then have the jar of lollies and a small token gift as the prize. You'll be amazed at some of the guesses your guests will make. Please contact me if you need more information on how to run this idea. It's so simple, and so much fun...

A quick game to play : "Roll the Distance"

For an easy game, mark a starting line on a hard surface and have all the players line up on it. Give each player a Lions Musk Lolly, and have them write their initials on one side of it using a marker pen. When you say "roll," the players must roll their piece of candy as far as they can with one push. The player who rolls the Musk Lolly the farthest distance from the starting line wins the game. If you have lots of people in attendance at your function, have several heats and then have a final round. (Please remember though – don't eat these particular lollies as you have drawn on them). A very fun game indeed.

From the Experts..... Supporting your Partner through Breast Cancer:

"Women often tell us that they feel shock, disbelief, fear and uncertainty when diagnosed with breast cancer. As the partner of a woman diagnosed, your feelings can be similar.

It's normal for partners to feel overwhelmed and to experience a whole range of emotions: shock, numbness, uncertainty, fear, helplessness, sadness, anger, depression or anxiety.

As a man, when something is broken you immediately want to fix it, but when it comes to the most precious thing in your life, your partner, you can't, and that's very distressing. – J.

You may try to put your own feelings aside in order to focus on helping your partner get through this difficult time. While this is important, consider taking time to look after yourself.

We have our own journey which is also life changing. – S.

Many partners tell us that their biggest fear, at least at first, is that they may lose the person they love. It's important to remember that most women survive breast cancer. Constant improvements in breast cancer treatment mean that more women are surviving. Australia has the highest survival rates in the world. Of all the women diagnosed with breast cancer in Australia, 89 per cent are alive five years later, and 83 per cent after 10 years. The majority of women recover and the breast cancer does not return".

....The above is from a booklet called "I wish I could fix it: Supporting your Partner through Breast Cancer" – which deals with learning about your partners Breast Cancer. If you would like the PDF of this booklet emailed to you, please send me an email and I can reply with it attached for you. I actually found it a very interesting booklet and thought that it would provide some insight to anyone whose partner has just been diagnosed.

Help Support...Many thanks

Jenny Maguire

Breast Cancer Awareness

Ph : (m) 0412 358 205 or (e) lionjenny.01@bigpond.com



Lions Clubs International

Constitutional Area 7

Australia, New Zealand, Indonesia, Pacific Region

Forum 2015

Friday 4th September - Sunday 6th September 2015

AUCKLAND • NEW ZEALAND

The ANZI Pacific Forum 2015 is in Auckland New Zealand. The forum is an opportunity to meet with Lions from our region and the Lions Executive. Forums are held once every year and include a range of training workshops, international speakers and social opportunities.

Registration Information – <http://www.lionsclubs.org.nz/Clubs/Conventions/ANZI-Pacific-Forum-2015>

Accommodation & Forum sessions are in the renowned Waipuna Hotel & Conference Centre

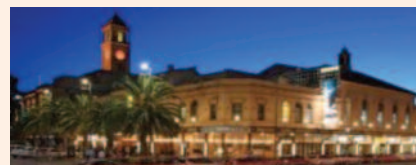
Check it out here - on-line booking use Reference LIONS-0109 -

(<http://www.waipunahotel.co.nz/welcome>)

District 201N3 is hosting the 63rd National Convention in Newcastle from 30 April - 4 May 2015.

We have a wonderful venue – the Civic Theatre and the adjacent City Hall. Our theme is ‘**Steel time to See Change**’.

This is a convention for all conventioners and a variety of functions have been planned especially for you to give you. Functions include –



- Club hosted hospitality, ‘Meet & Greet’ at City Hall & Lioness Dinner on Thursday evening.
- District Dinners in multi room venues at the Newcastle Jockey Club on Friday evening.
- ‘A Night at the Trots’ and a PDGs' Dinner on Saturday evening.
- ‘Black Diamond’ Gala Dinner at Panthers Newcastle on Sunday evening.
- A Conventioneers Luncheon on Monday at City Hall.

Details about the Convention can be found on the Lions Australia Website –

<http://lionsclubs.org.au/conventions/Newcastle-2015/>

Newcastle awaits you! It's time to register and make your bookings.

Don't delay – some functions have limited numbers!

Lion PPG Ann Ryan

Secretary, 2015 National Convention Committee

New Member Memorial Awards Information

At the beginning of 2014-15 each club in the district was given a target number of new member inductions, with the club with the greatest percentage above target to receive the Bill Hendy Memorial Award

The following clubs, in alphabetical order, have either reached or exceeded their target of new member inductions: Brisbane Chinese, Brisbane Holland Park, Brisbane Macgregor, Byron Bay, Greater Mount Gravatt Mansfield, Inglewood, Redland Bay Victoria Point, Sanctuary Cove and Twin Rivers.

Nine other clubs are just one new member away from reaching their target. These clubs are Alstonville, Burleigh Heads, Calamvale, Capalaba, Fassifern, Griffith University, Macleay Island, Tenterfield and Woodridge Kingston.

A further 4 clubs, Cleveland Challenge, Gold Coast Mermaid Broadbeach, Southport and Texas are just two new member inductions away from their targets.

The second award, The Alan Gwynne Memorial Award, will be presented to the Zone Chairman of the Zone where the new member inductions of the combined clubs in the Zone is the greatest percentage above the combined clubs target.

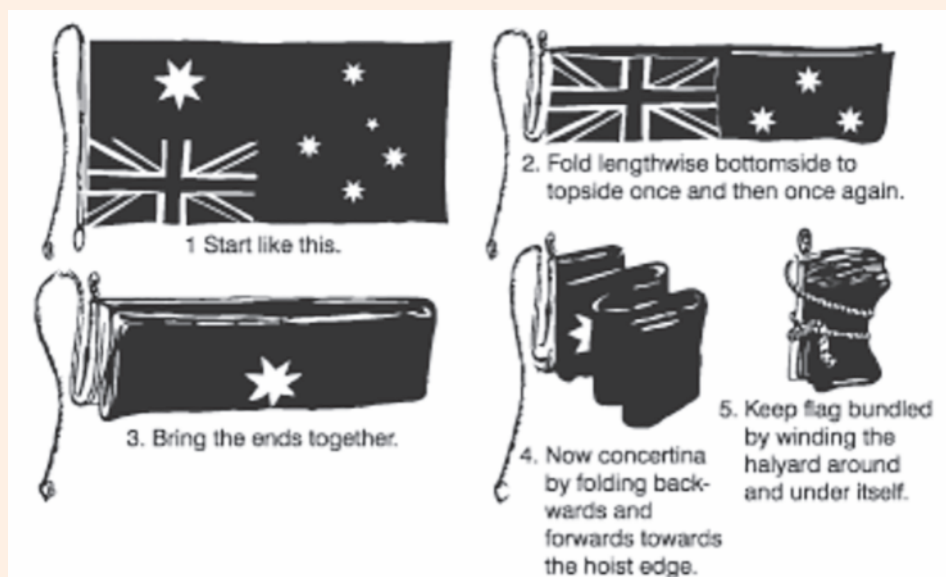
No Zone has achieved the target, however Zone 10 is just three new member inductions short of the target. In second position is Zone 7 while Zone 6 is third and is followed by Zones 13, 9, and 4.

A reminder: Our district is available to assist clubs grow their membership. If you would like assistance please email me at kimross@tpg.com.au

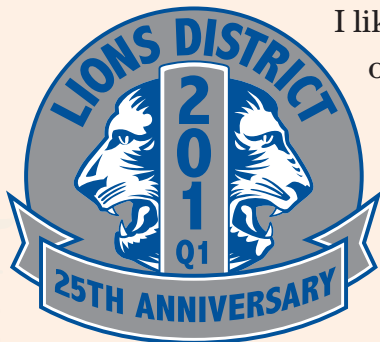
Lion Kim Forrest

District Global Membership Team Co-Ordinator

How to Fold and Store the Australian National Flag



District convention • 9th–11th Oct



I like to take this opportunity to invite you all to Stanthorpe, with just over 6 months to go until we host the District Convention. Things are starting to fall in to place with planning and program.

It will surely be a wonderful convention, after the successful convention hosted by the Stanthorpe Club back in 2001, many of you still no doubt have wonderful memories of the warm hospitality and fellowship shared by all – besides how can you go wrong being located in the heartland of the Queensland Wine Industry.

IMPORTANT NOTE: Please remember that Stanthorpe is a very popular tourist destination with limited accommodation, so the key is to book early! We have many options listed on our website, and be sure to contact motels directly (remember to mention you're attending the Lions Convention) as they have block away rooms specially for Lions Club members – otherwise you'll may find that on booking websites, they will be shown to be SOLD out.

We also have Caravan / Motor Home sites available • 84 Powered Sites • 40 Non-Powered Sites at the Stanthorpe Show Ground (This is the location for the Saturday Night Dinner) Please contact Joy Bonoguore directly to arrange bookings - 07 4681 3184 or 0429 813 184 Limited Numbers so be quick to avoid disappointment.

I'd like to encourage you to join our E-NEWSLETTER Sign-up form on our website to get specials offers and to keep up to date with new announcements as they are released.

Registration forms are online now at the following website. Simple Print and fill in and return, OR Open in Acrobat Reader and fill in and hit the **Save Button** then hit the **Email Button** – *these buttons are both shown at the end of the form in Green. Very Easy.*

Please indicate on the form - each of the hospitality events that you will be attending even if you purchase the complete hositality package.

Keep in mind that we may sell out, so book early!

www.convention.stanthorpeclub.com

Lion Mike Bonoguore

201Q1 District Convention Chairman

Ph : (h) 07 4681 3184 or (m) 0429 813 184 (e) info@stanthorpeclub.com

THE PLACE TO BE SEEN IN TWENTY FIFTEEN



October is Blossom Season



Stunning Scenery

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district 201Q1

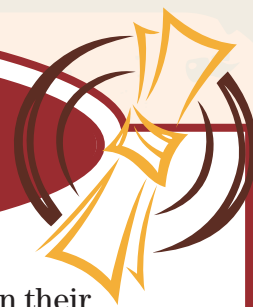
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*Celebrating 25 years
of District 201Q1*



Daily SPECIALS... out amongst the CLUBS



Below you will see a detailed account from Yeronga Community Centre on their partnership with Lions since the 2011 floods. The Centre work extremely hard looking after the community

Lions and Yeronga Community Centre – Serving Together in 2015.

Lions District 201 Q1 and Yeronga Flood Recovery Centre have worked together since February 2011. The partnership has been based on caring and serving the flooded community of Brisbane in 2011. Together the two services have enabled people to restore their lives post flood, function in their living environments and build resilience.

Communication and trust have been the two core values that both organisations have worked from. Yeronga Flood Recovery Centre worked with floodies from January 2011 until January 2012. In January 2012 a name change occurred and Yeronga Community Centre was officially formed. Yeronga Community Centre continued in partnership with Lions, to assist floodies. A strong bond has been formed.

Lions District 201 Q1 gave away \$1000's of dollars' worth of household items, white goods and financed repairs. This financial assistance aided the recovery of the floodies. The assistance offered was personalised and non-judgemental for those recovering.

Yeronga Community Centre has continued supporting the Floodies in a variety of ways. This includes:-

- having a safe, understanding local place to visit and participate with.
- providing an opportunity to give back to those who helped them and help others
- providing programmes which are based on needs eg Seniors Programme which assists seniors who are socially isolated and need community connection
- providing information and referral to relevant services
- providing opportunities to participate in their local community

The partnership continues to assist the floodies who are still recovering. There is not a defined recovery period and this has been acknowledged by the continued support from YCC and Lions. Daily life can cause trauma post flood. Weather can and does influence daily life and mental wellbeing for the floodie.

The Floodies remember and have been influenced by the generosity and respect given by Lions. For example, a Fairfield couple make a financial donation to Lions, when their funds permitted because they wanted to say thank you. A Yeronga couple, who received a fridge, are relocating to Perth and wanted to give the fridge to someone in need, someone who could benefit from care, respect and understanding, the behaviour and traits that were given to them by Lions. The fridge has gone to a young adult who has been relocated into a safe house, after leaving an abusive household. The Lions domino effect continues to be played daily.

Lions and YCC – Serving Together in 2015 program will facilitate an outreach worker re-visiting floodies, in their homes. Checking in and assessing the floodies and their ongoing needs. It will permit the socially isolated floodie to reconnect with their city, through excursions out of their flooded community. It will provide workshops to assist with management of their households, which were greatly affected by the flood.



Daily SPECIALS... out amongst the CLUBS



It will demonstrate that people haven't forgotten the devastation, the trauma and the great impact the January Floods had on our community.

This picture taken at Yeronga State School Fete 2013 highlights the connection made within the community through Yeronga Flood Recovery Centre/Yeronga Community Centre and Lions. The people in the photo include volunteers from 2011, Floodies who are now volunteering but also participating in programmes, homeless people who were sleeping in their car at the time of the flood and are now rehoused and volunteering and new community members wanting to be part of their community. Each one of these people was either assisted by Lions, assisted Lions Flood distribution or supports Lions because of their actions during the flood. The Lions Domino Effect. **Fiona Mcleod.**



The Lions CLUB of Brisbane Riverside Books for Salatiga

When a sad situation at a small school in Salatiga, Indonesia, Sekolah Dasar Laboratorium Satya Wacana, was recently brought to the attention of Lion Mary, a member of the Lions Club of Brisbane Riverside, she immediately took action, approaching the Club with a proposal to help.

The school library was greatly in need of some new books to help the children learn to read and speak English, so an extensive collection of Australian Children's Literature was sourced and purchased.

Lion Coleen was also able to assist by providing some "no longer needed" books from the Bulimba State School Library during their "library cull". In addition, Lion Mary's daughter, Helen, an Early Childhood Teacher, donated some books from her collection of resources.

The books were carried to Salatiga by Indonesian Student Teacher, Elyssa, who attends the University of Salatiga where the school is situated, and had been in Australia for a period of time to gain experience in an Australian School Classroom as part of her training.

The Lions Club of Brisbane Riverside was very pleased to be involved in this very much appreciated project, which was a great New Year gift for the little school.

Here is a sample of the books gifted to Sekolah Dasar Laboratorium Satya Wacana.



I bought a new Thesaurus last week. It's nothing to write home about.



Daily SPECIALS... out amongst the CLUBS



The Lions CLUB of Byron Bay:

About six months ago this club was on the point of pulling down the shutters, only 5 members and two of those were newish. The Club approached the Lions Club of Brunswick Mullumbimby (who were their sponsor Club 17 years ago) for assistance. After discussions with District and a strong desire to save the Byron Club, Brunswick Mullumbimby came on board. PDG Tony Cornell and Lion Cheryl Nylund became "Rebuilding Lions". They started attending Byron Bay Meetings and they arranged a Membership Drive. This Drive was greatly assisted by District. It concentrated on a suburb of Byron Bay, Suffolk Park which was mostly residents of the area rather than tourists or workers in the big tourist industries in Byron Bay.

With a concentrated effort by the remaining members of Byron and support from Brunswick Mullumbimby five new members are now inducted with two more yet to be inducted.

The Byron Bay Club has gone from 5 to almost 12 members and judging by the enthusiasm of these newest members it won't be long before Byron Bay is up and running like they did in the past.

They have a new President, Lion Linde Oosterhoff who is keen and ready to lead.

The Brunswick Mullumbimby members wish them well for the future.

Warwick Lions CLUB – Gift from children to children

The Warwick Lions Club and Santa this year partnered in doing good deeds for children in our local area. What if the man with Big Belly and Red Suit is a member of a Lions Club? Everything is possible and this too. Melvin Jones would not have been happier!!!

A Member of the Lions Club of Warwick Inc. was asked just before Christmas if he would play Santa, again, prior to the Christmas break up at a local Day Care Centre. Lion ZC Con Lo Giudice was filling that role for the Children of Goodstart Early Learning in Percy St. Warwick. The children of the Centre were happy at Santa's visit and he delivered each one of them a present provided by their parents.

Centre Director, Megan Davis, in thanking Lion ZC Con presented some goodies that the children's families donated for Santa to take to children in need. Ms. Megan requested that The Lions Club distribute the goodies locally.

A decision was taken by Warwick Lions Board members and Pres. Jeff Ferguson, to benefit the Children of Families of Mercy Community Services, Warwick branch, just few doors down from Goodstart Early Centre, in Percy Street.

Pres. Jeff Ferguson and ZC Con Lo Giudice presented three boxes of containing canned food, grocery and toys, to Mercy staff member Brenda Savage. She thanked the Lions Club of Warwick Inc. for the good deed towards the children and Families.





Daily SPECIALS... out amongst the CLUBS



Griffith University Lions Club – Christmas Hamper Project

Griffith University Lions Club prepared 30 wonderful Christmas Hampers to be delivered to students in need from Griffith University and the Village Avenue Community Church Food Bank.



On Saturday 6th December Lions collected items from IGA Acacia Ridge and packed hampers to be distributed by members and through the Village Avenue Community Church Food Bank.



A fantastic assortment of staple groceries were included in the hamper plus some special items for Christmas. Our Lions Club also support the VACC during the year with donations to help keep the food bank working well.

The Griffith University Lions Club has been involved in providing hampers for many years. Members who deliver the hampers enjoy the smiles on the faces of those who receive them.

Gifts for meals on wheels Clients



Gift boxes of sweets, 95 in total were delivered to Meals on Wheels Sunnybank for the recipients of meals of wheels. The gifts were received with much enthusiasm by the meals on wheels volunteers who remembered kindly our Christmas gift of last year and our Easter baskets.

Gifts for children of families who access help through the food bank of the Village Avenue Community Church. On the 18th December the VACC are hosting a Christmas luncheon for those who have accessed their food bank throughout the year. Pauline and I have been invited to attend to represent Lions as supporters of their food bank. These gifts have been contributed through the effort of Lions members and Krafters Group.

Pauline, Judith and Mary joined us on the day to fill the boxes with lollies. We were also pleased to have the help of Mary's grandsons, Jack and Michael.

Special thank you to Rani for photocopying all the boxes and for members of Lions who spent a Saturday morning at Mary's place, cutting put gluing boxes. Thank you also to Sandra Whitecross and Marie Richters for joining us on that morning. **Larraine.**

Did you know? Normal pulse rate is between 60–100 beats per minute (average 70) and regular most of the time. If you smoke, drink caffeine and or drink alcohol your pulse may become slightly irregular. When we are stressed or have just undertaken physical activity and other factors such as fever our heart rate increases. Low temperature and some medications slow the heart. Generally speaking the lower your pulse rate at rest and during strenuous activity your cardio vascular fitness is a lot better as this causes less work on the heart to provide oxygen to the body's vital organs and cells. Fit athletes have a resting heart rate of 40–50. The pulse is one of the important markers of fitness.



Daily SPECIALS... out amongst the CLUBS



Runaway Bay Lions

It has been tad busy around the Runaway Bay Lions Club of late. After the disappointment of the Runaway Bay Carols being washed out, the members bounced back into action with daily activities out in the community. Every day for the last two weeks leading up to Christmas Eve, Lions and Zonta volunteers wrapped the love at Xmas with its gift wrapping service at Runaway Bay Shopping Village.

Australia's favourite, Lions Traditional Christmas Cakes and Puddings were on sale throughout the month of December at Bunnings Arundel, and Runaway Bay Shopping Village. The year ended with a bang at the New Years Eve party at Paradise Point attended by approx 10,000 residents.

In the New Year members responded to the call to raise funds in support of those affected by bushfires, with a 4 day collection at Runaway Bay Shopping Village netting an amazing \$2000.

Alstonville Lions Club

The Club is planning to hold a reunion of former members as part of Alstonville's sesquicentennial anniversary celebrations. This will be held on 9th May at the Alstonville Plateau Bowls and Sports Club and the Club is seeking to hear from any former members who may still be associated with a Club in the 210 Q1 District. Further information is available by ringing the Secretary, Eddie Morey (66283170), Des Burke (66286948) or emailing alstonvillelions@hotmail.com. Prior to Christmas the Club finalised its major fund raiser for the year when the winner of the 'Lions Cubby House No. 7' was announced. The East Ballina family was delighted when Santa, accompanied by Club Members, arrived to place it on site. The community has been very supportive of this project which provides much needed funds for local and wider activities. A major donation will also be made to the McCosker Alzheimer's Research Foundation.



Photo 1: President Les Wiles with the Club Cubby No. 7 during the sale of tickets.

Photo 2: The 'winners' with friends enjoy 'moving into' the Cubby House.

- *Adam blamed Eve – Eve blamed the snake – and the snake didn't have a leg to stand on.*
- *Jokes about German sausage are the wurst.*
- *I know a guy who's addicted to brake fluid, but he says he can stop any time*