

201Q1



DISTRICT NEWSLETTER 2023-2024

Savva's Ant Trail



APRIL 2024 EDITION



201Q1 Newsletter

April 24

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Dear Lions of District Q1,

I hope this newsletter finds you all in good health and high spirits as we continue our journey of service and community impact. April has been a month filled with achievements, celebrations, and reminders of the values that bind us together as Lions.

Lions Youth of the Year 2024: Congratulations to Chloe!

I am delighted to extend my heartfelt congratulations to our very own contestant, Chloe Ward, who represented us admirably in the Queensland finals in the Lions Youth of the Year 2024 competition in Cairns. Chloe, sponsored by the Carrara Lions Club, showcased not only her own talents but also the dedication and support of our Lions community. I was truly impressed by the calibre of students and the excellence of their prepared speeches. I will get in contact with Chloe so we can all get to hear her speech on "The Value of Values".

To all who participated in our district-level competition, I extend my sincere gratitude. Your contributions are a testament to the spirit of service that defines us as Lions. Let's keep this experience in mind as a reminder that every club should be involved in initiatives like the Lions Youth of the Year. If your club hasn't participated or if you're unsure how to get involved, consider reaching out to another club for guidance and collaboration. Together, we can learn and grow, ensuring that every young person can shine. This Year we celebrated the 60th year of this amazing program which was started by District 201A in 1964 here in Queensland.

MD Convention in Darwin: May 2024

As we look ahead, I'm excited to remind you all the upcoming MD Convention in Darwin from 24-27th May 2024. This gathering presents a valuable opportunity for us to come together, share our experiences, and chart the course for our collective future. I encourage all clubs to participate actively in this event, as it serves as a platform for learning, networking, and fostering a sense of unity within our Lions family.

Respect for Each Other: We Are One

Finally, I want to emphasize the importance of respect within our Lions community. Regardless of our backgrounds, roles, or experiences, we are all Lions. We stand together as equals, united by our commitment to service and our shared values. Let's continue to treat each other with kindness, understanding, and appreciation, recognizing that our diversity is our strength.

As we move forward into May and beyond, let's carry forward the spirit of service that defines us as Lions. Together, we can make a meaningful difference in the lives of those we serve and in our communities.

Yours in service,
District Governor Savva





Youth of the Year

Q1 District Final **April 2024**

Chloe Ward to Represent Lions District Q1 in State Finals

On Saturday 6 April, Chloe Ward from A. B. Paterson College, Arundel won a very close competition to represent the Lions Club District Q1 Youth of the Year. Chloe will now travel to Cairns for the Youth of the Year State Finals. Her “The Values of Values” was a power full testament to her own thoughts and values.

Samuel Simmons from Richmond Christian College, Ballina won the Public Speaking section. He won through his speeches on” Is knowledge more important than wisdom?”, “The western world's youth have never had worse mental health. How do we fix it?” and “The Power of One”.

For over 60 years, the Lions Club Youth of the Year has been seeking a national representative from schools and colleges based on their leadership in their school or college, sporting, cultural, citizenship achievements over the last 2 years.

Each entrant was sponsored by their local Lions Clubs and their schools. They competed in Club, Zone, and Regional Finals to reach this stage.

Our finalists were Chloe Ward (A. B. Paterson College, Carrara Lions Club), Samuel Simmons (Richmond Christian College, Ballina Lions Club), Amelia Bieniek (Sans Sisto, Brisbane Camp Hill Carindale), Annaliese McCosker (St Joseph’s School, Stanthorpe Lions Club) and Izzabella Lower (Boonah State High School, Fassifern Lions Club).

If Chloe is selected as the State Representative, she will go to the National Lions Multiple District 201 Convention which will held in Darwin in May.



Photo: Public Speaking Winner – Samuel Simmons, Youth of the Year Winner – Chloe Ward and Lions MD201Q1 District Governor Savva Argyrou



Paul Sime - YOTY Chairperson



Youth of the Year

Q1 District Final April 2024



Photo: Lions MD201Q1 District Governor Savva Argyiou, Izzabella Lower (Boonah State High School), Amelia Bieniek (San Sisto College), Annaliese McCosker (St Joseph School), Samuel Simmons (Richmond Christian College) and Chloe Ward (A.B. Paterson College)



Paul Sime - YOTY Chairperson



Youth of the Year

Q1 State Final

April 2024

Chloe Ward Did Q1 Proud

On 26-27 April, in Cairns, Chloe Ward represented the District in the State Youth of the Year Final. The four District representatives proved the future is in good hands as they spoke about their aspirations with the judges and Lions members in the Friday night's 'Meet and Greet'.

Saturday held the morning interviews then the dinner and speeches, the process was the same as it was in all the finals they have already attended.

After the powerful speeches, the judges retired and the night relaxed. Finally, the judges returned and announced the winners. The Public Speaker AND Youth of the Year Winner was Cadence Taylor, District Q4, Bundaberg State High School and representing the Lions Club of Bagara.

Chloe was a terrific representative for her family, school and District and presented herself as a confident, committed young woman. Nikki, Chloe's mother, and Chloe want to give back to Lions, Chloe has already started to provide mentoring to future Youth of the Year entrants at her school.

The finalists have made some firm friends who will no doubt remain friends throughout their futures.

We wish Cadence all the best for the National Finals in Darwin.



Paul Sime
YOTY Chairperson





Original 1964 Program

Youth of the Year

MENU

APPETISER
Fruit Cocktail

ENTREE
Whiting Mousse

DINNER
Roast Leg of Pork
Apple Sauce
Vegetables in season

SWEETS
Vanilla Slice with Whipped Cream

*
Coffee
Fruit Cordial on table

ICE BREAKER SONG
(Tune: "It's a Long Way to Tipperary")

It's a good time to get acquainted
It's a good time to know
Who is sitting close beside you
And to smile and say "Hello"
Goodbye to loneliness feeling,
Goodbye to lonesome state,
Here's my hand my name is (shout your name)
Now put your's right there (Shake hands)

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COPY OF ORIGINAL PROGRAM

LIONS INTERNATIONAL DISTRICT 201A

Youth of the Year
Quest

FINAL JUDGING

Banquet

at
LENNONS HOTEL, BRISBANE
THURSDAY, 17th DECEMBER, 1964
at 7 p.m.

Programme -



NATIONAL ANTHEM

INVOCATION By Deputy District Governor, Lion Bill Firms
INTRODUCTION OF GUESTS Chairman, Lion Syd McDonald
WELCOME By District Governor, Lion Jamie Jamieson
TOAST TO LIONS INTERNATIONAL By the Hon. A.W. Munro,
 Deputy Premier and Minister for Industrial Development
RESPONSE Deputy District Governor Lion Bob Staines
PUBLIC SPEAKING SECTION By Quest Finalists
ANNOUNCEMENT OF WINNER Quest Chairman, Lion Syd McDonald
PRESENTATION OF PRIZES By District Governor, Lion Jamie Jamieson

QUEST ENTRANT	SUBJECT	Sponsoring Lions Club
Region One: RICHARD COOPER (Nambour State High) PETER WHITNALL (Kingaroy State High)	Youth of Today Ambassador	Nambour Wondai
Region Two: JOHN HOLT (Brisbane Grammar) NOEL SIMPSON (Kedron Park High)	Australian Poetry Goal - Education	City of Brisbane Stafford
Region Three: PHILLIP THOMPSON (Ipswich Grammar) GEORGE BURKITT (Brisbane Boys' Grammar)	Anzac Day Monarchy	Ipswich Toowoong
Region Four: WAYNE MASON (Kyogle High) JOHN GARTON (Southport State High)	Asia Space	Kyogle Southport
Region Five: JOHN PORTER (Christian Brothers College) PETER WICKS (Toowoomba Grammar)	Modern Music European Migration to Australia	Warwick Toowoomba

JUDGES:

Mr A.E. Guymer, Director of Primary Education.
 Mr W.R.J. Riddell, President of Brisbane Chamber of Commerce.
 Mr B. Tunley, President of Chamber of Manufactures
 Mr J. Crozier, President of Australian Institute of Management (Qld)
 Mr J.D. Liddle, President of Retailers Association of Queensland

The District Governor and Lions of District 201A are most appreciative of the support given by the following firms whose assistance contributed greatly to the success of this project.

- A ONE HUNDRED POUND MEN'S FASHION WARDROBE - donated by THE MEN'S FASHION COUNCIL OF AUSTRALIA
- A RETURN TRIP TO SYDNEY - donated by ANSETT-A.N.A. - the System of the Golden Jets
- A TEN POUND SAVINGS BANK ACCOUNT - donated by the BANK OF NEW SOUTH WALES - The First in Australia
- A TIME GENT'S WRISTLET WATCH - donated by TIMEX - The Watch People
- A FIVE POUND OPEN ORDER - donated by DAVID PHARMACIES, corner of Queen and George Streets, Brisbane
- A TRIPLE BLADE SUNBEAM SHAVEMASTER - donated by CHANDLERS
- A ROD AND REEL - donated by ROBINSON'S SPORTS STORE
- TWO FASHION SHIRTS - donated by H.C. MANUFACTURING CO. LTD
- THREE PAIRS OF MEN'S FASHION SHOES - donated by THOMAS DIXON AND SONS PTY. LTD
- A PULLOVER AND PAIR OF SLACKS - donated by McWHIRTERS - a Myer Store
- A PAIR OF HUSH PUPPY SHOES - donated by MATHERS SHOE STORE
- A TRAVELLING RIG AND SUITCASE - donated by THOMAS BROWN AND SONS LTD.
- A TRIPLE BLADE SUNBEAM SHAVEMASTER - donated by CARLYLE'S PTY. LTD.
- A PAIR OF PERFECTO SLACKS AND SHORTS - donated by J.C. WROSELL PTY. LTD.
- A VOYAGER TRAVELLING CASE - donated by VOYAGER TRAVEL GOODS
- THREE AKUBRA HATS - donated by AKUBRA HATS PTY. LTD.
- TWO PAIR SUNLANDER THONGS - donated by INTERSTATE RUBBER CO. PTY. LTD.
- ONE PAIR VARDEN SPORTING SHOES - donated by LESLIE FOOTWEAR PTY. LTD.
- ONE PAIR GO MINUTE SLACKS - donated by ROTHWELLS
- 7 SETS OF MEN'S JEWELLERY - donated by WORFOLDS JEWELLERS
- 7 BAROMETERS - donated by Wall Washing Admirers of Outstanding Youths
- 2 MEN'S FASHION SHIRTS - donated by anonymous Donor
- ONE PAIR OF PYJAMAS - donated by POWER & BURGIT, Albert Street
- 2 SPORTS SHIRTS - donated by PIKE BROTHERS PTY. LTD., Queen Street
- 3 DRI-GLO BEACH TOWELS - donated by DRI-GLO TOWELS PTY. LTD.
- THREE GLO-WEAVE BUSINESS SHIRTS - donated by PATERSON, LAING & BRUCE LTD.
- 3 PURITAN SPORTS SHIRTS - donated by BRUCE PHE INDUSTRIES LTD.
- COLOUR FILM - donated by HANIMEX PTY. LTD.
- A BERMUDA JACKET - donated by HOFFMAN'S TAILORING, Lennox Building
- 7 PARCELS EACH 2MONTHS SUPPLY OF TEA AND COFFEE - donated by ROBERT TIMMS PTY. LTD. Australia's Tea & Coffee Specialists
- GOODS TO THE VALUE FIVE GUINEAS - donated by ALLAN & STARK - A Myer Store
- 3 PARAMOUNT MEN'S FASHION SHIRTS - donated by PARAMOUNT SHIRTS (Victoria) PTY. LTD.
- 7 LEATHERLEA SOUVENIER KEY CONTAINERS - donated by C. & R. EVANS



TYRO - 3G Shutdown

If you have a Tyro EFTPOS machine, you may have recently received emails from Tyro regarding the shutdown of the Telstra 3G mobile network later this year. If your Tyro EFTPOS machine shows "3G" in the top left hand corner of the screen, that means it has a 3G SIM card and connects to the 3G mobile network, and hence will no longer have mobile network coverage when **the 3G network shuts down from 1 July 2024**.

In this case, you will need to contact Tyro to arrange for your EFTPOS machine(s) to be swapped over for a new EFTPOS machine(s).

You can contact Tyro by phone on 1300 008 976 or by email at cs@tyro.com. Please be sure to quote your merchant ID number so that Tyro can confirm the status of your current EFTPOS machine(s). Further information about the Telstra 3G shutdown can be found at the following link:

<https://www.tyro.com/3G/>



Office 365 Access

April 2024



lions district
201Q1 ABN 17 599 076 695

www.lions201q1.org.au

IMPORTANT INFORMATION ABOUT - CURRENT OFFICE 365 ACCESS

Starting in February 2025, Multiple District (MD) will no longer provide Office365 for free from Microsoft. Despite having a charity agreement with Microsoft for several years, minimal numbers of clubs across Australia took advantage and is no longer covered by any MD arrangements.

One of the main issues with the free version provided to Lions Clubs was it only included the online versions of Word & Excel and so on, without the ability to download and install software on computers, this made it challenging for many.

HERE ARE SOME OF THE AVAILABLE OPTIONS & SOLUTIONS:

OPTION ONE:

Stick with Office365 via MD Office and pay \$80 per year. Email to continue: max@lions.org.au

Pros: Retain your current MD club email address: XYZ@lions.org.au

Cons: Limited to online software versions, challenging to manage, lacks of admin control - managed by MD (Max).

OPTION TWO:

Change club email address to a District Supplied Address, e.g., @lions201q1.org.au, and subscribe to Office365 Personal at \$109 per year for ONE user only (I recommend 365 Family at \$139 per year for SIX users).

<https://www.microsoft.com/en-au/microsoft-365/buy/compare-all-microsoft-365-products>

Pros: Master Office Account can invite five users to share Office365 with all software, each user gets cloud storage. Master Account can also share a folder with all users for club storage, granting full control over the account.

Cons: Setup might be a bit complex, but I'm available to assist. Also, it's a yearly subscription, so has to be paid each year.

OPTION THREE:

Switch club email address to a Gmail account. - <https://mail.google.com/mail>

Pros: Easy setup, generous free storage.

Cons: No access to software applications, less professional email as anyone can create a similar email address and impersonate a Lions Club.

My professional recommendation leans towards Option Two.

If you need further support or clarification, feel free to contact me directly.

Looking forward to assisting you further Lion Stuart Perrett - District IT Support 04111 73499.



Lions Club Tenterfield

April 2024

CHRIS TREKS FOR A CAUSE

RAISING MONEY & AWARENESS

Black Dog Institute
Dads For Kids
Beyond Blue
Lions Club Tenterfield

Chris Treks For A Cause will be leaving from Crocodylus Park in Darwin at 8am tomorrow (1st May). Chris will be walking from Darwin to Adelaide to raise funds and awareness for:

[#beyondblue](#) [#dadsforkids](#) [#blackdoginstitute](#)



Redland Bay Victoria Point

Lions Club

April 2024



Redland Bay Victoria Point Lions presenting Trauma Bears to Senior Sergeant Matthew Thomson at Redland Bay Police and Tamara at Redland Bay Ambulance Station.

Operation Teddy Bear



During the past **35 Years** with the support of Lions clubs throughout Victoria and now nationally, **Lions Crimewatch** has distributed over **53,000** Lions Teddy Bears. With Lions clubs ongoing support of “**Lions Operation Teddy Bear**”, jointly we continue to supply bears to Police and their SOCA units, Air Ambulance, Children’s Court, County Court, Coroners Courts, SES and Country Fire Authorities.

Together with Lions clubs throughout Australia, bears also find their way to institutions such as hospitals, children’s cancer units, ‘*Lions Need for Feed*’ and other organisations dealing with children in distressed situations.



Zone 6 Social Event

April 2024

Zone 6 Social lunch at The Redland Bay Hotel

Zone 6 Clubs

Redland Bay Victoria Point, Redland City, Capalaba, Macleay Island, Logan Underwood and Rochedale Springwood enjoyed a social lunch for their last Zone Meeting for 2024.

Thank you to Zone Chair Natalie Reinke for organising the lunch and thank you to Cabinet Treasurer PDG David Greenup who attended to be on hand for all questions for the ATO requirements.





Zone 11 Social Event

April 2024

Another fun social day for Zone 11 Clubs who enjoyed fellowship, food and a few stories from Lion Bruce. All funds raised will be donated to Lion Chris Woods so she can purchase an extra pair of walking shoes for her trek from Darwin to Adelaide. "Chris Treks for a Cause"





Lions Prostate Cancer Research & Treatment Project **April 2024**

Lions Australia



Lions Prostate Cancer Research & Treatment Project

Lions Prostate Cancer Research & Treatment Project in conjunction with **Lions Club of Brisbane Holland Park.**

We would like to invite your Lions Club members and friends to a **Prostate Cancer Presentation** by **Professor John Hooper** from **Mater Research.**

Date: Tuesday 4 June 2024

Place: Upstairs conference room, Holland Park Hotel, 945 Logan Road, Holland Park 4121. Entry from car park or bistro area.

Time: Please arrive promptly by 6:30pm

Dinner will be a 2 course meal and will be a fixed price on alternate drop basis.

Cost: \$28.00 per person. Please advise any special dietary requirements,

For catering purposes, please RSVP by Thurs 30 May 2024 to **hollandparklionsclub@gmail.com**

There will be a Guest Speaker presentation, followed by Question & Answers.

Guest Speaker: Professor John Hooper is a Mater Foundation Fellow and a Senior Research Fellow at Mater Research. John leads the Cancer Biology Research Group and is the author of over 70 publications with his research currently focused on understanding molecular mechanisms underlying cancer.

Yours in Lions

Patrick O'Donoghue Lions Prostate Cancer Research Treatment Project

Jeff Croll Brisbane Holland Park Lions Secretary



LCIF Dinner

April 2024

As this is an excellent opportunity for Lions from Q1 to listen to the enthusiasm and inspiration from Lion Brian firsthand, whilst also raising funds for our Foundation.



District 201 Q1
LCIF PDG Ian Bruning 2023-24



Lions Clubs International
FOUNDATION



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



Immediate Past International President
Brian Sheehan



EVENT DATE: 15th JUNE 2024
RSVP by 1st JUNE 2024

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

COST: \$45 per person alternate drop

ATTIRE: Smart Casual/Cocktail Dress

FOOD PREFERENCES / DIETARY REQUIREMENTS:
GF, V & Vegan options available.

CONTACT: Tim Fraser PDG
MOBILE: 0410 102 751
EMAIL: tsfraser777@gmail.com

ACCOUNT NAME: Lions Club Mooloolaba
BSB: 633 000
ACCOUNT NUMBER: 158 785 394



National Volunteer Week (NVW) this year is running from Monday 20th to Sunday 26th of May. This special week-long event provides an opportunity to celebrate and appreciate the vital support the millions of volunteers in our country has given to the community. It also highlights the important role of volunteers in our communities, organisations and schools.

This 2024, the theme for National Volunteer Week is **'Something for Everyone'**, which recognises the diverse passions and talents everyone brings to the act of volunteering.

Lions Clubs takes on a major role when it comes to giving and supporting the various community, building projects such as Australian Lions Childhood Cancer Research Foundation, Lions Disaster Relief, and Lions Eye Health Program.

Australian Lions Hearing Dogs is one of Lions projects, initially founded in 1980. For 43 years, Hearing Assistance Dogs has been trained and delivered to help Australians who are deaf or hard of hearing. Since 2022, Diabetic Alert dogs are also being delivered to Australians with type 1 diabetes. All of this being achieved free-of-charge due to the support of Lions all around Australia.

We want to thank all Lions for everything you've done for the organisation. Our Assistance Dogs wouldn't doing the amazing work they are doing today without you.



From the Diabetes Chair

Ken Scells

April 2024

TAKE CARE OF YOUR HEART



Taking care of your heart is important when you have diabetes. People living with type 2 diabetes are two to four times more likely to develop heart disease, including heart attack.

There are ways to reduce your risk of heart disease.

How to take care of your heart

Be physically active

Regular physical activity can lower blood pressure and help reduce your risk of a heart attack and stroke. Aim to do at least 30 minutes of moderate physical activity on most, if not all, days of the week. Check with your doctor before starting a physical activity program.

Make healthy food choices

Choose a wide variety of foods, including fruit, vegetables, wholegrains, lean meats and low-fat dairy foods. Include high-fibre, low glycemic index (GI) carbohydrate foods. It's also important to limit foods high in saturated fat and salt (sodium). Talk to a dietitian about the best food choices to reduce your risk of heart disease.

Keep blood fats (cholesterol and triglycerides) in the target range

Keeping cholesterol and triglyceride levels in the target range will reduce your risk of heart disease. As a guide aim for:

- Total cholesterol less than 4mmol/L
- LDL (bad) cholesterol less than 2mmol/L
- HDL (good) cholesterol 1mmol/L or above
- Triglycerides less than 2mmol/L

Your doctor may prescribe medications that can help manage your cholesterol and other risk factors for heart disease.

Manage high blood pressure

High blood pressure is common in people with diabetes, and it can more than double the risk of heart disease. Weight loss (if needed) and regular physical activity can help lower your blood pressure.

As a general guide the blood pressure target for people with diabetes is 130/80 or less. If you have existing cardiovascular or kidney disease your doctor will advise you on a blood pressure target to meet your individual health needs.

Your doctor may prescribe medications that can help manage your blood pressure and reduce the risk of heart disease and other diabetes-related complications.

If your weight is above the healthy weight range, try to lose weight

Carrying excess weight, especially around your waist, is a major risk factor for heart disease and is strongly linked to type 2 diabetes. Losing as little as 5-10% of your weight can reduce your risk of heart disease.

Don't smoke – if you do smoke try and quit

Smoking is a major risk factor for sudden cardiac death, and smokers who have diabetes double their risk of heart disease. If you feel you can't give up smoking on your own, ask for help – talk to your doctor or call the Quitline on 137 848.

TAKEDIABETES2HEART.COM.AU



* Source National Diabetes Services Scheme Factsheet. It is intended as a guide only and should not replace individual medical advice. If you have any concerns about your health or further questions, you should contact your health professional.



From the Diabetes Chair

Ken Scells

April 2024

How do you know if you have heart disease?

People often don't know they have heart disease until they develop symptoms. These include:

- > chest pain
- > shortness of breath
- > dizziness
- > arm or jaw discomfort
- > weakness
- > nausea.

If you display these symptoms seek urgent medical attention

If you have nerve damage, you may not notice many – or any – symptoms of heart disease.

The risk of developing heart disease is higher if you:

- > have high blood pressure
- > are above the healthy weight range or carrying extra weight around your waist
- > are a smoker
- > have a family history of heart disease.

Your doctor can assess your risk of developing heart disease.

More information

For more information about heart disease, talk to your doctor.



Changing the World

Change doesn't happen all at once. It happens through many small choices. With every act of kindness, we change a life. With every Lions club and Leo club, we change a community.

**When we change our communities,
we change the world.**

BE THE CHANGE



We Serve

#CHANGINGTHEWORLD
#BETHECHANGE
#WESERVE



Lions Australia Diabetes Foundation

April 2024



LIONS AUSTRALIA DIABETES FOUNDATION

ABN 81 053 872 446

LADF Newsletter – Autumn 2024

Welcome to our fifth Newsletter.

The Lions Australia Diabetes Foundation was established in 1992, and has been making grants for research into the diseases of diabetes, and other diabetes-related projects, since 1994. To date, LADF has approved grants amounting to more than \$1,160,000 over 53 projects.

GRANT APPLICATIONS FOR DIABETES PROJECTS

The Lions Australia Diabetes Foundation welcomes Grant Applications from any Lions Club in Australia or its territories.

A Grant Application form is available for downloading from the LADF website.

Details about how to fill in the form are included in the instructions attached to the form.

MEET THE TRUSTEES

TRUSTEE AND CHAIRMAN - PDG Lion Ted Hyham, Lions Club of Warners Bay Inc.

TRUSTEE AND SECRETARY - Lion Stephen Box, Lions Club of Newcastle inc.

TRUSTEE - Lion Jim Cowburn, Lions Club of Elmore Vale Inc.

MEET THE MANAGEMENT COMMITTEE

Lion Max Holmes, Lions Club of Charlestown

Lion Lyle Constable, Lions Club of Toronto

Lion Geoff Boyton, Lions Club of Newcastle

Lion Lydia Macokatic, Lions Club of Charlestown

LAP THE MAP FOR DIABETES

The International Day For Diabetes is celebrated each year on 14th November. Since 2021 the Multiple District Council has encouraged Lions Clubs to organise walks in their local areas with the aim of 'circumnavigating Australia' each year. Congratulations to the many clubs that organised walks for the 2023 event. Some Clubs 'run' their walks at cooler times of the year. And THANK YOU to the Clubs that donate proceeds to the Foundation.

PDG Pat Mills, the national Diabetes Coordinator, is the lead coordinator of the project. Congratulations, Pat!

Personal and corporate donations (of \$2 or more) to the Foundation are tax-deductible. Receipts are issued for all donations made. Direct deposit to the Foundation's bank account are encouraged: BSB 032-569, account number 580405.

Limited edition souvenir sheets of postage stamps featuring the LADF logo are available to purchase, for \$35 per sheet of 20 \$1.10 stamps. Contact the Secretary if you are interested.

The LADF has produced attractive brochures and bookmarks, which include information about the various forms of diabetes and how symptoms can be alleviated. They are available free of charge to Clubs and Districts for promotion of their Diabetes Awareness activities. We only ask that the Club or District contribute towards the cost of the postage. Please contact the LADF Secretary for supplies.

On behalf of the Trustees and Management Committee of the Foundation,

keep on smiling.

Registered Office: 62 Rosamond Street, Maryland, NSW 2287 Postal Address: PO Box 455, Mayfield, NSW 2304

E-mail: diabetes@ozemail.com.au Web: www.tinyurl.com/lionsdiabetesfoundation



Innovating Discoveries, Empowering Lives: Queensland and Northern New South Wales Lions Medical Research Foundation

Join the movement towards a healthier tomorrow! The Queensland and Northern New South Wales Lions Medical Research Foundation (LMRF) is at the forefront of emerging medical discoveries. With a legacy of support spanning decades, we are committed to start-up funding for early career medical researchers.

Our dedicated Research Fellows, supported by the generosity of Lions Clubs and members like you, is making remarkable strides in the fight against diseases that affect our communities. From cancer to gestational diabetes, we are advancing innovative solutions that offer hope and healing.

By supporting our foundation, you are investing in life-changing research that has the potential to transform healthcare outcomes. Your contribution fuels our mission to unlock cures and empower lives, ensuring a brighter future for generations to come.

Together, we can make a difference. Join us in our quest for medical breakthroughs and be a part of the journey towards a healthier, happier world.

Learn more and donate today:

Web	https://lionsmedicalresearchfoundation.org.au/
Doing Good Rewards	https://lionsmedicalresearchfoundation.org.au/shop-give
Play for Purpose	https://www.playforpurpose.com.au/lmrf-qld-nnsw
Safewill	https://safewill.com/lmrf
Donate	BSB 484-799 Acc 450941646 Ref: Your Club

LMRF supports the Big Audacious Mission of 30,000 Australian Lions members by 2030.

History

The **Lions Medical Research Foundation** has a long and successful history. It began as an idea put forward at a Lions Convention in 1963. A Lions member, Mr Arthur Midsen, who at the time was a member of the Board of the Princess Alexandra Hospital, successfully moved a motion at the convention that *"Lions resolve to establish a laboratory at the Princess Alexandra Hospital, Brisbane, Australia, in which to conduct research into kidney disease"*. Forty Lions clubs supported the project with yearly contributions over a minimum of three years to provide the necessary funding.





Lions Find-A-Word

By John Clark

April 2024

L	X	Q	E	T	A	N	O	D	N
T	I	P	F	G	N	I	V	I	G
S	H	O	U	T	S	A	V	E	S
E	J	O	N	E	S	L	C	I	F
T	O	H	D	S	E	F	E	S	V
E	I	E	R	M	C	V	Y	K	T
B	N	A	A	Z	R	L	F	O	H
A	N	L	I	E	X	E	U	O	G
I	O	T	S	Y	L	O	N	B	I
D	W	H	E	T	H	I	C	S	S

Lions Find-A-Word

ALF

FUN

JONES

SAVES

BOOKS

FUNDRAISE

LCIF

SHOUT

DIABETES

GIVING

LEO

SIGHT

DONATE

HEALTH

LIONS CLUBS

TIP

ETHICS

JOIN NOW

MELVIN



Lions Club Member Number Plate Frames.

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

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

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



The cost is \$15.00 per pair plus freight.

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

Order form on the next page



Lions No Plate Frame Order Form

PROUD TO BE A LION

TO BE ONE ASK ONE

Submitted by _____

Phone _____

Email _____

Address _____

City & Postcode _____

Quantity	\$15 per pair of frames	Amount

Total _____

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

Bank account details
 BSB 105136
 Account no 521709340



Griffith University Lions Club

April 2024



Griffith
University
Lions Club

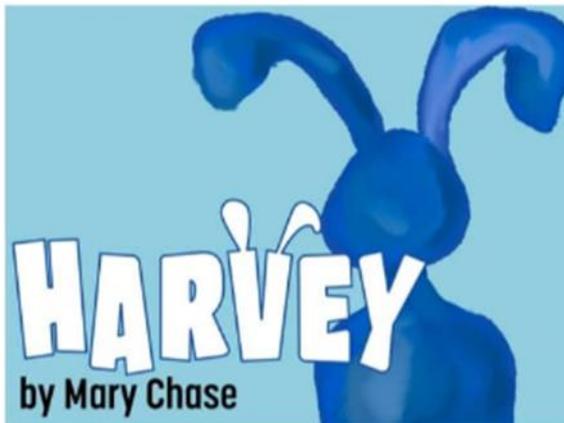


A Griffith University Lions Club fundraiser in cooperation with the Sunnybank Theatre Group.

HARVEY

by Mary Chase

Directed by Deb Chalmers



Mary Chase's Pulitzer Prize-winning play is the story of Elwood P. Dowd, a polite and friendly man with a very strange best friend—a six-foot, three-and-one-half-inch invisible rabbit named Harvey.

Elwood's sister Veta is concerned the rabbit will interfere with her life as a socialite, so she tries to have Elwood committed at the local sanatorium. Veta is so hysterical when she explains her brother's condition that she is committed instead.

Elwood leaves the sanatorium grounds unbothered, turning the town upside down as everyone goes on the lookout for this mind-mannered hero and his invisible rabbit.

2.00 pm, Saturday 4 May 2024

Cost \$35 (includes afternoon tea)

Sunnybank Theatre Group

14 Mains Rd Sunnybank

Contact Diana Brennan
for tickets on 0417 601 629

Raffle with
great
prizes!!

All proceeds go to community projects conducted by the Griffith University Lions Club



Lions Club of Capalaba

April 2024

Redland Coast Art Society Inc.



Hosted by the Lions club
of Capalaba.

The Underhill Centre

55-57 Degen Road Capalaba

Art and Craft

Destash Market

\$2 Entrance Fee

Opens 9am-1pm

May 11th 2024

<https://www.facebook.com/groups/redlandcoastartsociety/>



Mudgeeraba Lions Club

April 2024

MUDGEERABA LIONS

Back to the 80's Dinner



Entry \$40

CELEBRATING 40 YEARS SUPPORTING THE LOCAL COMMUNITY

DRESS UP IN YOUR BEST 80'S OUTFIT

MAY 22

PRIZE FOR BEST DRESSED!

WALLABY HOTEL
MUDGEERABA
FUNCTION ROOM

6:00 PM

RSVP BY FRIDAY 17TH MAY
MUDGEERABALIONS@GMAIL.COM

PLEASE ADVISE DIETARY REQUIREMENTS



Algester Parkinson Lions Club

April 2024



Proudly hosted by

Algester Parkinson Lions Club



QLDay FAMILY FUN DAY 2024

Free admission!

Free rides & entertainment!



Sunday 2nd June

9.30am - 3.00pm

Algester State
School

*Celebrating all things
Queensland!*

Proudly Supported by

Leeanne **ENOCH**^{MP}
State Member for Algester



Changeover—Capalaba

April 2024



Lions Club of Capalaba

Invite you to their

Changeover Lunch



Saturday 15th June 2024

11am - 2pm

Emcee: PDG Peter Ho AM

The Lions Club of Capalaba
The Underhill Centre
55-57 Degen Road
Capalaba, QLD 4157

\$35 pp

2 Course Lunch

Includes a Welcome Drink

BYO Wine & Beer

Raffles & Lucky Door

RSVP WITH PAYMENT BY 31 MAY

capalaba.qld@lions.org.au
or call 0421 013 894

The Lions Club of Capalaba

BSB: 084 129

Account: 019041558

Ref: Your Name

Theme - A Touch of Blue or Yellow for Lions



Changeover—Brisbane Chinese

April 2024



Lions Club of
Brisbane Chinese
布里斯本華人獅子會

PRESIDENT - CHAI HOE
PRESIDENT ELECT - CYNDY CHAN
LIONS CLUB OF BRISBANE CHINESE

29th Changeover Dinner

SATURDAY, 15 JUNE 2024

Ithaca Auditorium

Brisbane City Hall, 64 Adelaide St, Brisbane
(Entrance via Ann Street)

6:00PM RECEPTION
6:30-10:00PM DINNER

RSVP by 1 June 2024

3-course dinner: \$130/person;
\$1200/table

Dress code: Black Tie



For sponsorship, contact Cyndy (0430633883) or Chai (0424625020)



Changeover—Bris Hellenic Lions

April 2024

BRIS HELLENIC LIONS CHANGEOVER DINNER 19TH JULY 2024. GREEK CLUB

The Location: 29 Edmondstone st South Brisbane

TIME: 7:00PM

**LUCKY DOOR
PRIZE VALUED.**

TICKETS:\$55

\$150

**Includes Lucky
Door Ticket**

Bank Details:

Bris Hellenic Lions

BSB:124-021

ACCOUNT:23196353



RSVP: 12 June 2024

Lion Dennis 0407145709

Dress Code: Smart Casual



MD Convention 2024

24-27 May 2024

72nd MD 201 Convention

DARWIN

24-27 May 2024 | Tropical Bliss



REGISTER NOW

www.mdconv201.com

21 April 2024

Win FREE raffle prize – Register NOW

Our first winner of our registration raffle has been drawn and won. Congratulations to Heather Farr from Renmark who won a walking tour of Darwin.

It is still not too late to register. All entries up until the cut off of May 3 will go into a draw for another exciting prize of a Family voucher for a visit to Crocodylus Park.

Go to the convention web page <https://mdconv201.com/> click on "Register"

Make sure you complete one form for each person attending the convention. Every couple should have 2 forms.

Make sure you select only one of the afternoon workshop/visit options. They all happen simultaneously. Please note that the Careflight Option is fully booked.

Registrations will close on May 3. So get your registration in now.

Shuttle bus bookings –

Please advise accommodation

Thank you to everyone that has notified us of their accommodation selection so far. If you have registered for the shuttle bus transport, and not yet let us know which hotel or park you will be staying in, please email your accommodation location to mdconv24.reg@gmail.com. So that shuttle bus routes can be planned and printed.

If you are staying at the Adina Vibe Apartment Hotel, you will not need to use the shuttle for Convention Sessions. It is a short walk via the back of the wave pool. The registration team will be in touch soon to arrange refunds for those who have booked in error.

Convention Centre parking

A comprehensive guide to all carparking options for the Convention Centre has been developed by Convention Secretary Alison. It was distributed with the April 3 issue of the newsletter.

Welcome Dinner table bookings

BREAKING NEWS. Incorporated into the Welcome Dinner this year will be the blazer presentation to our Youth of the Year Contestants. Normally this is conducted at a separate event, but this year you get to be involved and get to know our State Finalists.

To make a table booking of 10 people, so that you to sit with your Club members and friends please email mdconv24.reg@gmail.com or call Chris Ramsey on 0419 854 772 to make your bookings.

After the registration session, those people who do not yet have tables will be assigned by the Convention Committee.

Display booths

Are you responsible for a project booth? Have you organised your booth in the convention centre? There are still several booths available so if you have been thinking about it, act now.

Contact Chris at mdconv24.reg@gmail.com to secure your booth booking.

Please ensure that any electrical items you plan to use in the display booths are tested and tagged prior to arrival in Darwin.

Booths will be available for setting up from 2-5pm on Registration Day.

Delegates will be welcome to visit booths from 3-5pm. Please be aware that some will still be setting up.

Lunch options

What about lunches?

To avoid lengthy queues for lunches, your committee have arranged for a number of establishments close to the Convention centre to take pre-orders for lunches. Full details on how the process will work and the options you have available will be detailed in your convention satchels. Look for it when you register.

How's the weather?

Predicted weather for the duration of the convention is from lows of 21oC overnight to 33°C daytime highs. Plan for cool and comfort when you are packing. -

20	21	22	23	24	25
34° 23°	34° 23°	34° 22°	34° 22°	33° 22°	32° 20°
26	27	28	29	30	31
33° 22°	33° 22°	34° 21°	34° 22°	33° 22°	32° 21°

Committee contacts

If you have any queries about that we have not addressed so far, please contact the committee. Convention Chair Delma Swan – mdconv24.chair@gmail.com





INTERNATIONAL CONVENTION

21-25 June 2024



Melbourne 2024

106TH LIONS INTERNATIONAL CONVENTION

On top of the world, Down Under

Your ticket to Australia's cultural capital.

- Seafood lovers' paradise – fresh squid, prawns, lobster, and oysters caught daily
- Coffee nirvana – more than 2,000 local cafés and some of the world's best baristas
- Tourist's dream – colorful laneways, beautiful beaches, exotic gardens, Aboriginal art
- Shopping destination – brilliant treasures from vintage markets and one-of-a-kind boutiques



106th Annual International Convention • Melbourne, Victoria, Australia • June 21-25, 2024



Lions Haven for the Aged

April 2024



LIONS CLUB EDITION

APRIL 2024

Monthly Wrap Up

GENERAL MANAGER

Update

It's been a big month here at the Haven as always and we're thrilled to share some exciting updates! Our dedication to enhancing resident experiences has reached new heights. We've finalized our documents for the Maggie Beer Training program, receiving excellent feedback on our menu from their experienced dieticians – a testament to our exceptional kitchen team. We will now await to start up our onsite training which is scheduled to commence between July and September 2024

On another heartwarming note, HealthMetrics, one of our valued suppliers, selected Lions Haven for their Easter fundraiser this year. We're grateful to have received a generous donation including a Felt bowl and ball sort activity, Companion Pup, and Interactive Tool Box. We're honoured and hope our residents find joy in these thoughtful gifts, creating many cherished memories.

A big thank you to HealthMetrics for their kindness and support.



A WORD FROM THE

Lifestyle Co-Ordinator



It's been a very busy month for our department, we were excited to await on the arrival of our baby chickens who called the Haven home for the last two weeks. Our baby chickens have since found new homes with some of our lovely staff. Next week we look forward to our Water Fun Wednesday, with our lifestyle team members being the main targets and our residents and other staff armed with water balloons and water blasters. Please keep an eye out for updates and photos of the events that are upcoming on Facebook.



Lions Haven for the Aged

April 2024

A WORD FROM *Our Board*

As with any facility, ongoing maintenance and capital expenditure is required to maintain and enhance amenity, comfort and security. With a home of this age, improvements need to be made, including new equipment, technology and furnishings to ensure maximum comfort and safety and to ensure excellence in care and services to our residents.

We are appealing to Lions Clubs and Lions members of the district to support us so that the Lions Haven can continue to be a facility that Lions Club are proud to own. Our priorities for amenity improvement include outdoor furniture, lounge chairs and recliners and new dining room table and chairs.

We ask that you consider your capacity as a member club to support us in any way you can through the donation of funds for any projects you wish to support. All donations will be recognised with plaques stating the name of the club and year of donation, for example, on the backs of chairs and/or on the walls in common areas such as the dining room. We are grateful for any and every donation, however small, as every improvement made enhances the life and experience of our residents. To make a donation please call 5530 8966.

LAST MONTH *Wrap Up*

The month of March was welcomed in with a Birthday Party celebration for Dr. Seuss. We celebrated his legacy by dressing up and enjoying a Morning Tea.

We said Top O' The Morning to Saint Patrick's Day with a Lunch Outing to Dublin Docks. The food was delicious and the company was grand! This was followed by an Irish Happy Hour with shenanigans and a scavenger hunt.

On the 21st we all wore our orange to celebrate diversity and support in fostering inclusiveness. The High Tea prepared by our wonderful kitchen was the talk of the town. We dined on beautiful cakes and decadent marshmallows.

Our action packed month ended with an Easter Celebration. Our residents participated in an Easter Egg hunt, followed by a Easter Morning Tea. We had our fill of chocolates while listening to the smooth voice of a local entertainer.

Come and join us!

We could always use with an extra set of hands here at Lion's Haven for the Aged. We are looking for volunteers to help with lifestyle activities, assistance with functions and help with our onsite cafe. If you are interested, please contact us at enquiries@lionshaven.com.au or call us on 07 5530 8966.





CONTACTS

April 2024

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2 nd VICE DISTRICT GOVERNOR	2VDG	Stuart	Perrett	2vdg@lions201q1.org.au
CABINET SECRETARY	PDG	David	Mckenzie	cabsec.q1@lions.org.au
CABINET TREASURER	PDG	David	Greenup	cabtreas.q1@lions.org.au
MINUTE SECRETARY		Kaylene	Perrett	assist.cabsec@lions201q1.org.au
CONSTITUTION & BY LAWS	PDG	Peter	Ho	cbl.q1@lions.org.au
IMMEDIATE PAST DISTRICT GOVERNOR	IPDG	Ian	Bruning	ipdg@lions201q1.org.au
ZONE CHAIR CO-ORDINATORS	PDG	Lorraine	McKenzie	RZPC@lions201q1.org.au
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ZONE 12		Anni	Colbran	ZC12@lions201Q1.org.au
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