

# Kent's Kitchen

What's cooking...



**Kent Wilcox**  
District Governor 201Q1 2014-15

**One Goal,  
Community  
Service.**



## District Governor's Vision for 2014/15



Dear Lions,

It is that time of year again when the club officer changeover season has reached its peak and the finals of Lion's Medical Research Foundation Personality Quest & Youth of the year have been held, the time which I am referring to is the change in the district leadership and a new vision of the incoming District Governor or in this case the District Governor team's vision. The motto of our association "We Serve" was founded on the strategy of team spirit and it is my intention to create a team spirit within the district.

As you are probably already aware the key to your club success in delivering community service is not just the leadership of your president but the club as a whole it is this example the District Governor team would like to see throughout the district.

It is always important to remember that most Lions joined the organisation to assist the community, to better engage with the grass root membership. In the clubs a local theme is needed, the district governor's team theme for 2014/15 is **One Goal, Community Service**. This will emphasise that members of cabinet and the District Governor's team are also ordinary Lions with the same goal as club members that is "We Serve" the community. The intention of the theme One Goal, Community Service is to breakdown this us & them barrier some Lions have with Lions administration including cabinet and the DG team.

Incoming International President Joe Preston has a theme strengthening the pride

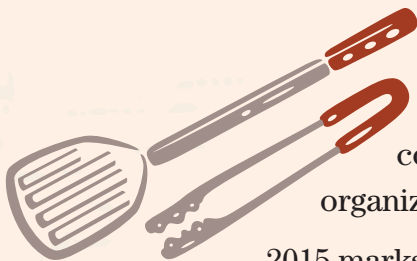
"During 2014-2015, we can **"Strengthen the Pride"** by bringing the 1.35 million members of our Lion's family closer together, working in a spirit of cooperation and understanding. This is not the pride of being boastful; it is pride of accomplishment in building communities, providing meaningful service, and helping those who cannot help themselves.

This feeling of pride forms the foundation of our commitment to serving others, and has made us the global leader in humanitarian service. This is the platform for success in the coming year, through our centennial, and well into the next hundred years of our association."



I believe this has a lot of merit both internationally and locally a good place to start strengthening is via team building in your club, one suggestion is to encourage socialising at organised and informal social gatherings.





I would like to highlight an important event in the upcoming Lion's Year which will not only be an opportunity be part of history but for Lions to illustrate to the greater community that we are the "go to" community service organization no matter how large the task is.

2015 marks the 100th anniversary of the ANZAC's, Q1 district lions have been invited to partner Q3 district lions by the **ANZAC Day Commemoration Committee** to deliver a traditional "Gun Fire Breakfast" for an estimated 10,000 at the Brisbane Dawn Service, this is a significant undertaking requiring in excess of 20x BBQ trailers and 150-200 Lions.



For those who are not familiar with the ANZAC Day Commemoration Committee it was formed in Qld 1916 and some of their objects include:

- The recognition of the gallant courage displayed by the Australian sons and daughters in fighting for the preservation of liberty and civilisation.
- The commemoration of our fallen and the acknowledgment of the suffering of our wounded.
- The conduct of patriotic ceremonies in every town in Queensland on ANZAC Day.

For further detail please visit their site <http://www.anzacday.org.au/>

Incoming president Joe Preston has said and I quote "As Lions, we need to roar" this community project offers precisely this opportunity that is for **Lions to Roar**.

Those Lions and clubs especially those with a club BBQ trailer who are interested in participating please contact Lion David Lyons [pc-media@lions201q1.org.au](mailto:pc-media@lions201q1.org.au)

In conclusion the most important message I would like to deliver is: as we are all volunteers please try to find enjoyment in the job you have undertaken and enjoy the company of those you will meet and work with in the 2014/15 Lions year .

**Lion Kent Wilcox**

201Q1 District Governor (2014/15)

**EDITOR:** At the Toronto Convention, Lion Kent was inducted as 201Q1 District Governor on 6 July.



## From the caBinet Secretary Lesley Lyons



District Governor Kent has just celebrated a special birthday in LA on his way to Canada. Jo was planning a wonderful celebration, it would have been a very special night. I am sure Kent & Jo will enjoy their time in training and Convention. It is a very memorable time. DG Kent will return to Australia on the 17th July.

We have been very busy with four incoming Club Officer Mornings and one for Cabinet Officers. Thank you to the cabinet members and the club officers who were able to attend. The presenters gave up their time to travel to the different locations to benefit us all. I would also like to thank Gold Coast Tallebudgera, Morton Bay, Coolangatta Tweed and Logan West for our wonderful morning and afternoon teas.

Clubs please remember to go into MYLCI website and enter your board for 2014-2015. If you don't do this the new club officers won't be able to register to obtain a new password. Club officers who are carrying on in a President or Secretary role can use the same password.

Membership in our District has had a significant down turn over the past twelve months, everyone needs to work together to bring new members in. The new development team is there to assist you. As of today the 26th June our membership stands at 1891 there is 18 new members for the month and 41 dropped. Worldwide 1,382,329 members.

Where will the District Governors Team be this month? **See the list on the next page.**

DG Kent Wilcox

1st VDG Peter Oliver

2nd VDG Graham Jackson

**District Governor Kent and Lion Josephine would like to welcome the following new members to our District from the month of June.**

**Bonalbo Upper Clarence**

Kathy Pollitt, John Reeves

**Brisbane Moorooka**

Tim Swifte

**Gold Coast Mermaid Broadbeach**

Dianne Benedretti,  
Graeme & Rhonda Burch, Eva Haddow,  
Linda & Sergen Vartanian

**Greater Springfield**

Daniel Norris

**Harrisville**

Shane Jackwitz, Callum McInnes, David White

**Logan City Marsden**

Donald Govan

**Redland City**

Stecey Harris

**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





# District Governor Club Visits 2014/2015

## District Governor Kent Wilcox Club Visits

Gold Coast Mermaid Broadbeach	17th July
Sunnybank	22nd July
Kingscliff	24th July
Lismore City	28th July
Sanctuary Cove	4th Aug.
Morton Bay	5th Aug.
Murwillumbah	12th Aug.
Goonellabah Wollongbar	13th Aug.
Palm Beach Currumbin	14th Aug.
Burleigh Heads	19th Aug.
Southport	26th Aug.
Brunswick Mullumbimby	2nd Sept.
Casino	10th Sept.
Coolangatta Tweed	16th Sept.
Stanthorpe	22nd Sept.
Ballina	23rd Sept.
Robina	24th Sept.
Lennox Head	1st Oct.
Kyogle	7th Oct.
Warwick	15th Oct.
Lismore	20th Oct.
Greater Mount Gravatt Mansfield	22nd Oct.
Tambourine Mountain	27th Oct.
Tweed Coast South	28th Oct.
Brisbane MacGregor	4th Nov.
Carrara	19th Nov.
Tamborine Village	27th Nov.
Gold Coast Tallebudgera	25th Nov.
Mudgeeraba	26th Nov.

## 1st Vice District Governor Peter Oliver Club Visits

Logan City Marsden	8th July
Bonalbo Upper Clarence	16th July
Inglewood	17th July
St George	19th July
Killarney	21st July
Texas	22nd July
Griffith University	28th July
Woodridge Kingston	5th Aug.
Brisbane Hellenic	6th Aug.
Alstonville	7th Aug.
Brisbane Finlandia	11 Aug.
Algester Parkinson	12 Aug.
Fassifern	18th Aug.
Twin Rivers	19th Aug.
Thornlands Pt Halloran	21st Aug.
Brisbane Kuraby & District	26th Aug.
Calamvale	3rd Sept.
Mid Richmond River	4th Sept.
Apple Mac	8th Sept.
Rochedale Springwood	9th Sept.
Brisbane Riverside	16th Sept.
Nerang Highland Park	23rd Sept.
Cabarita Beach	24th Sept.
Pottsville	24th Sept.
Byron Bay	25th Sept.
Belmont Tingalpa	6 Oct.
Brisbane Ekibin	8th Oct.
Logan South East	15th Oct.

## 2nd District Governor Graham Jackson Club Visits

Ballina East	4th Aug.
Brisbane Chinese	11th Aug.
Ashmore	13th Aug.
Beaudesert	12th Aug.
Rosewood	20th Aug.
Bangalow	26th Aug.
Brisbane Pinelands	27th Aug.
Ormeau	1st Sept.
Helensvale	2nd Sept.
Greater Springfield	9th Sept.
Cleveland Challenge (Daytime)	15th Sept.
Boonah	15th Sept.
Goondiwindi	16th Sept.
Harrisville	23rd Sept.
Logan Village	1st Oct.
Redland City	7th Oct.
Brisbane Moorooka	15th Oct.
Redland Bay	
Victoria Point	14 Oct.
Terranora Lakes	22nd Oct.
Tenterfield	23rd Oct.
Brisbane Camp Hill Carindale	27th Oct.
Macleay Island	12th Nov.
Logan West	17th Nov.
Brisbane Holland Park	18th Nov.
Brisbane Coorparoo	24 Nov.
Capalaba	25th Nov.
Runaway Bay	26th Nov.



# Lions Hearing Dogs

Hearing Dogs have been placed with Deaf and Hearing Impaired people in since 1982.

## Why?

Deaf and Hearing Impaired people can have special difficulties in everyday life - especially when they want to be independent.

A Hearing Dog can give or restore independence and confidence to a Deaf or Hearing Impaired person.

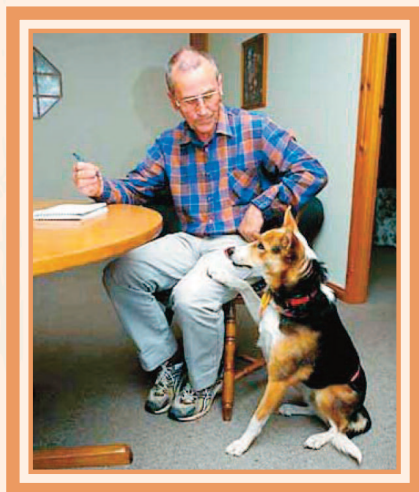
## How?

A Hearing Dog is trained to let its owner know, by touch when ...

the TTY rings ... the telephone rings ...the kettle whistles ...the smoke alarm is triggered ...the alarm clock sounds ...the baby cries ...the doorbell rings...someone knocks at the door ...the microwave sounds ...

## What Sort?

A Hearing Dog is usually a mixed breed dog selected after careful assessment from the animal shelters in Adelaide. Hearing Dogs are trained in the Adelaide Hills, and only "local dogs" usually saved from the pound are used. (Your own pet cannot be trained as a Hearing Dog)



## Identification

A Hearing Dog is identified by its bright orange collar and lead.

A Hearing Dog owner has an identity card with a photo of their dog, and the Hearing Dog logo on it.

This card is proof of the owner's right to take their dog into public places such as restaurants, theatres, shopping centres and public transport.

Hearing Dogs are trained quite differently from Guide Dogs for Blind People, but they have the same access rights.

## Legal Rights

In all States and Territories of Australia there is legislation allowing dogs specially trained for people with hearing and sight impairment to have access to all places open to the public.

Hearing Dogs are also legally entitled to travel on all forms of transport used by the public.

## Cost?

No charge is made to the Recipient for the Hearing Dog. A Sponsoring Service Club, usually a Lions Club, or a Lioness Club make the funds available for a Hearing Dog to be placed.

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## About Lions

Lions Hearing Dogs Inc. is a project of the Lions Clubs of Australia and , who support the project with funds raised from the sale of Lions Christmas Cakes, Lions Mints and other special events. Donations to support the Lions Hearing Dogs Project are always needed, and are welcomed. All donations over \$2 are Tax Deductible.

If you or someone you know might benefit from a Hearing Dog - Please contact us ...



**Lions Hearing Dogs Inc.**

P.O.Box 164

Hahndorf, SA 5245

Phone: 08 8388 7836 Fax: 08 8388 1299 TTY: 08 8388 1297

hearingdogs@picknowl.com.au [www.hearingdogs.asn.au](http://www.hearingdogs.asn.au)

## Premier's Award

Lions Club of Capalaba **Lion Jeffrey Underhill** has received the Premier's Award for his work with Capalaba Lions and Capalaba Meals on Wheels.



The award was presented by Local Government, Community Recovery and Resilience Minister David Crisafulli at a barbecue hosted by Capalaba MP Steve Davies to thank the Lions Club of Capalaba for the good work it does in the community.



**6th July** at the Toronto 97th Convention,  
Lion Kent was inducted as District  
Governor, 201Q1 2014-2015.

### **MD 201 Q1 DISTRICT CHANGEOVER:**

**Date:** Saturday 26th July 2014

**Venue:** Oriental Chinese Restaurant, 512 Wickham St. Fortitude Valley.

**Time:** 6.00pm for 7.00pm start Cost: \$47.00 (payable with RSVP)

**RSVP:** Cab Sec – Lesley Lyons

**email:** [cabsec@lions201q1.org.au](mailto:cabsec@lions201q1.org.au)

PO Box 4767, Forrest Lake Q 4078

**Mob:** 0419 796 022

**Ph:** (07) 3809 0528

**Sunday 27th July:** 1st Cabinet Meeting @ Sunnybank.

# District convention 2014

**Elanora State High School - Avocado St Elanora**

**17th – 19th October 2014**

**Coming soon** – details and registration forms for the upcoming district convention

As the convention is, in essence, the AGM of the Lion's District. The attendance of as many Lions as possible is preferred to ensure we make the best possible decisions for the betterment of, not only our own District, but for Lions in general.



**Host Clubs:** Gold Coast Tallebudgera

**Chairman:** – Stephen Marlor (Frances) PO Box 1378, Elanora Q 4221

**email:** conv2014@lions201q1.org.au



**Haverhill Lions members with John & Barbara Grimstone**

**Photo taken at UK convention.**

We were there representing Lions Australia under the Lions Operation Friendship programme, our host clubs were Haverhill and Hunstanton. Both of these clubs were outstanding in their hosting, housed, feed and taken around to so many interesting places.

Convention was held at Norwich which is up in Norfolk. It was one of the best conventions I have attended in my 33 years in Lions. Friday evening was an informal dinner, groups from various clubs dressed up in accordance with the theme, Harry Potter, having each group acted out a scene from a Harry Potter sequent, judged by our International President Barry Palmer, prizes given to the best dressed and acts. I got to judge the scrap book competition.



Saturday the business secession was very well organized, maximum time for any speaker was ten minutes, Saturday evening was the Banquet which was a dinner dance event.

We would highly recommend this Lions' project; it gives one the opportunity to exchange ideas on many aspects relating to our Lions day to day operations. Would we go again? You bet!



## Money Raised For Drought Relief



**MONEY RAISED FOR DROUGHT RELIEF** will still be applied to this purpose:

At our June Cabinet meeting we discussed an amount held in our funds for flood relief in St George some time back. This money is no longer required at St George and, as there is still drought in the Western Queensland part of our District it was resolved that this money be sent to District 201Q2 Qld Drought Relief Fund. The amount is \$19107.27.

**District 201Q2 response:** Yes, any reported curtailment of the drought in western areas due to previous cyclones or rains over the summer / autumn months didn't materialise, with most areas still suffering and predictions of worse to come in the summer months. This donation of \$19107.27 by Lions District Q1 is a wonderful gesture to support these people in dire straits, is very generous and will greatly assist this Lions campaign.

## Lions Clubs International Foundation

**LIONS CLUBS INTERNATIONAL FOUNDATION:** To kick start my final year as LCIF Coordinator, I would like to go back to some fundamental questions.

**Where does funding for LCIF projects come from?**

The Foundation relies on contributions from Lions clubs and individual members to provide the millions of dollars of support for Lions projects throughout the world each year. LCIF does not receive support through annual club dues.

**Does LCIF have any recognition programs for donors?**

LCIF has several recognition programs to recognize donors for their generous support. The two most common recognitions are the Contributing Member and the Melvin Jones Fellowship (MJF) program. The Contributing Member program is an annual program that recognizes three levels of support: US\$20, \$50, and \$100. The MJF program recognizes donations of US\$1,000 which can be accumulated over a number of years. For clubs whose current members are all MJFs, the club receives a 100 percent MJF banner. Only 338 of the more than 46,000 clubs worldwide are 100 percent MJF clubs. How close is your club? Contact LCIF to find out.



**How many grants did LCIF award in 2012-2013?**

LCIF awarded 489 grants in 2012-2013, totaling over US\$39 million, to Lions for a variety of projects ranging from disaster relief to youth development to eye-care services. Each year, millions of people around the world benefit from projects funded by LCIF grants. Grant examples include US\$9,900 to purchase computer equipment for a vocational training center in Paraguay and US\$75,000 to replace the pool at Camp Echoing Hills a special needs camp in the United States. Our District has the last grant of US\$50,000 to assist providing medical equipment for a hospital in Vietnam.

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## How do you apply for a grant from LCIF?

The foundation is designed to provide financial support for larger-scale Lions service projects initiated by groups of Lions clubs at the zone, region, or district level. All LCIF grant applications must have the appropriate endorsement by the District before the application is submitted. Each grant application is reviewed by the LCIF Board of Trustees. LCIF provides support in four areas of service: preserving sight, serving youth, disaster relief, and humanitarian efforts. The deadlines for grant submissions are listed on the LCIF website.

## What are examples of typical projects for which Lions submit grants applications?

Typical projects include equipment for mobile health units, expansion of blind and low vision schools, improving clinics, and vision screening equipment. Visit the LCIF website at [www.lcif.org](http://www.lcif.org) to learn more about LCIF's grant programs, Lions grant funded projects. If you want a speaker for your Club meeting, I am more than pleased to attend and give a broad run down of LCIF: Lions Helping Lions.

**PDG Lion Peter Ho**

LCIF Chair 2009-2015 [Lion.peterho@gmail.com](mailto:Lion.peterho@gmail.com)



## Education – What makes a Good Lions Club?



After a study by Lions Clubs International and members alike, we have come to recognize what often makes a good Lions club. The successful club is easily distinguished from the not-so-successful, as it works to involve its members in activities and projects. An effective club usually demonstrates six outstanding characteristics shared by vigorous clubs around the world.

**First**, the cornerstone of a successful club is a major service activity that involves every member of the club. The activity must be one that is important to the people of the community in which the club serves. Our success with the activity will build community support for all our programs and help to assure success for all our activities.

**Second**, every successful club sponsors a major fund-raising project in which the community can participate and towards which the community can contribute. This project must be of value to the entire community. Each and every member of the club should bear some degree of responsibility for establishing, organizing and affecting the program.

**Third**, successful clubs do everything possible to enhance the image of Lionism in their community by keeping the public well informed of their plans, projects and accomplishments. They do this by maintaining friendly contacts with their community's

**PTO...**

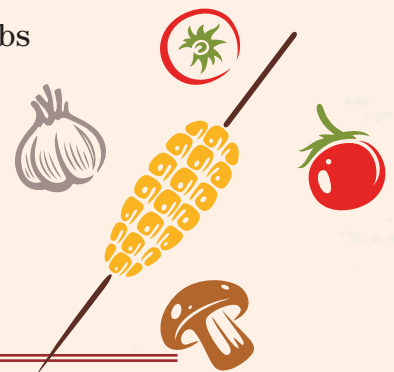
newspapers, radio and television stations. In addition they realize that individual actions can have a positive impact on their club's efforts. They encourage members to wear their Lions emblem proudly, and act as Ambassadors of Goodwill both for their club and for Lions Clubs International. If every member looks and act like a leader, the community will look to the Lions club for leadership.

**Fourth**, club meetings are stimulating, informative and enjoyable at successful clubs. They ensure that the agenda for meetings is followed as closely as possible. This is why it is necessary to plan meetings thoroughly beforehand and to make sure that they always adjourn on time.

**Fifth**, each individual Lions club member should know that he or she is an important part of a world-wide organization that is truly dedicated to humanitarian service. When possible, we should participate in programs conducted at the Zone, District, Multiple District and International levels. Each one of us should be willing to suggest ways and means for the club to contribute to the community.

**...and Sixth**, to assure high membership retention, successful clubs immediately orientate new members in the club's goals and become involved with them. Individual members are encouraged to develop and attract new members, who will increase the strength and effectiveness of the club as a valuable contributor to the community.

**This article supplied by the District Q1 Development Team**



## **Advertisement**

**Our CLUB has a food van to give away,  
it is in reasonable Condition But the  
registration was Due May.**

**If any CLUB is interested further Details Can Be  
Obtained from John Harden 02 6676 2727.**

**Peter Crozier, Secretary 07 5523 3200**

**Lions CLUB of CaBarita Beach & Pottsville Beach**

**PO Box 18 Bogangar NSW 2488**



## Daily SPECIALS... out amongst the CLUBS



### Ormeau Lions Club

The 8th Annual Ormeau Lions Fair is only a few weeks away, and the excitement and anticipation is building as preparations and planning comes together to bring this event to Brien Harris Oval on the weekend of **9th & 10th August**. Several new sponsors have come on board this year, and we are hoping for another very successful family event. Check out the Fair website [www.ormeaufair.com.au](http://www.ormeaufair.com.au).

### Robina Lions Club

Robina Lions Club recently held their 15th Annual Movie Carnival at Event Cinemas, Robina Town Centre. This is our major service activity for the year and all our Lions, Leos for Robina State High and past Youth of the Year students look forward to this event with great enjoyment & satisfaction. Over 500 disadvantaged and special needs children and their



parents/carers went to the movies. The children were given a ticket, popcorn and soft drink plus raffle prizes, such as Titans Footballs, tickets to Movie World, Event Cinema tickets. The Gold Coast Titans were also there to meet the children, have their photos taken and sign posters. One of the comments from a parent was "Thank you for putting on the movie carnival, my daughter has a rare chromosome deletion and it's nice to attend an outing where there are children with a variety of disabilities & nobody cares if a child is flashing a light or making a noise. It was well organised and everyone was so lovely and helpful"

### Carrara Lions Club

**Carrara Lions:** Members recently volunteered at the Pimpama Mudd Rush on 31st May. While a couple of us pointed the way to the mud, the others members sustained (with copious amounts of gratefully received cut oranges and water) the participants who had climbed, crawled and trudged through an amazing series of muddy obstacles. What an event! And - despite our President Narelles enthusiastic suggestion that we should enter a team ourselves next year....it's more likely we'll stick to serving the oranges rather than receive them...





## Daily Specials... out amongst the clubs



With the benefit of some community funds, planning is well underway for our next project at House With No Steps, Mudgeeraba. The think tank and planners in the club have been nutting out designs to achieve the desired sensory gardens and July should see some pretty busy bees starting to make things happen!

### Stanthorpe Lions Club

Merv and Jenny Richards of Ballandean recently visited the **Stanthorpe Lions Club** to show members how much they appreciated the clubs donation to them of a FreeWheel wheelchair attachment. This allows Jenny to get outdoors amongst the yard and garden without her wheelchair sinking into the ground. The couple expressed how much it has changed their lives and are so grateful that the club can support locals in such a kind way.



## Lions Club's



**Don't forget to Place your Club's order...**

All clubs are invited to submit stories  
to be included to this years  
**daily specials menu** for publication.

*You could even win yourself a great prize!*

Send details to: [greg.nothling@gmail.com](mailto:greg.nothling@gmail.com)

## Lions Australia Announce new Patron

Lions Australia is honoured to announce the Governor-General, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), has accepted the role of Patron following a formal submission made by the Lions Australia National Board.

Lions Australia Executive Officer, Rob Oerlemans, said, "We are privileged the Governor-General has accepted our invitation to be Patron.



*The Governor-General, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), and Her Excellency Lady Cosgrove.*

His patronage is reflective of the work of Lions in diverse areas such as humanitarian service, disaster relief, sight, medical research, and youth programs.

The Governor General is an inspiration to all Australians and will similarly inspire Lions in their work within their communities," Mr Oerlemans said.

Prior to taking up his position as Governor-General, His Excellency had a highly distinguished military career.

In 1971 he was awarded the Military Cross for his performance and leadership while serving in Vietnam, and came to further national attention when, in 1999 as Commander of the International Task Force East Timor (INTERFET), he was responsible for overseeing that country's transition to independence. For his leadership in this role he was promoted to Companion in the Military Division of the Order of Australia (AC).

Promoted to Lieutenant General, he was appointed Chief of Army in 2000. After further promotion to General, he served as Chief of the Defence Force from 2002-2005. He retired from the Australian Defence Force in 2005.

He was sworn-in as Governor-General on 25 March 2014.

### Formal Title

**28 Mar 2014 – Present:** His Excellency General the Honourable Sir Peter Cosgrove AK, MC (Ret'd), Governor-General of the Commonwealth of Australia

### Australian of the Year – 26 January 2001

He accepted his Australian of the Year award on behalf of all those Australians who served in East Timor: *"I did a lot of the talking, they did all the working."*



# 'Hope in a Boat around Australia'



## Information on the Project

Lion Guy Cook riding a red Honda Goldwing motorcycle towing the 12 foot Aluminium boat on a Bulldog trailer. Lion Glen Hurst riding a white Honda Goldwing motorcycle towing a small trailer. Lion Glen's wife Lion Marina Rurenga is the team navigator. Lion Ray Cowcill driving the support car (Falcon) towing a covered trailer.

Meet & greet is planned as a short stop to meet members of that Lions Club and the public at a place chosen by that Lions Club.

- Morning tea & afternoon tea is a longer stop but again as public as that Lions Club can make it.
- Lunch again a longer stop at a venue chosen by that Lions Club. (A light lunch)
- Overnight, Hospitality with the Lions Clubs would be greatly appreciated, dinner, bed and breakfast with somewhere secure to park the two motorcycles. A social meeting with the host Club/clubs would be in order if convenient.
- If possible as much publicity as can be arranged would enhance the overall project.



Banking details (where possible the team would prefer not to carry any funds raised.)

By direct payment to – **National Bank Lions Club of Albany Around Australia Fundraising**

**BSB 086-518 A/C 843 831 400**

Contact details: **Albany Lions Club** – Po Box 723 Albany WA 6331 [albanylionsclub@yahoo.com](mailto:albanylionsclub@yahoo.com)

Lion Frank Bailey (President) 0427 984 154 [fj.gl.bailey@gmail.com](mailto:fj.gl.bailey@gmail.com)

<b>Day 36</b>	<b>10-08-2014</b>	<b>Brisbane</b>	<b>Over night stay</b>		
<b>Day 37</b>	<b>11-08-2014</b>	<b>192k</b>	<b>8-00</b>		
Capalaba:		8-20	(30 minutes meet & greet)	20k	8-50
Cleveland:		9-00	(30 minutes meet & greet)	8k	9-30
Loganholme:		9-35	(45 minutes morning tea stop)	26k	10-30
Ormeau		10-45	(30 minutes meet & greet)	14k	11-15
Helensvale		11-30	(30 minutes meet & greet)	20k	12-00
Southport		12-15	(60 minutes lunch stop)	11k	13-15
Nerang		13-30	(30 minutes meet & greet)	10k	14-00
Mudgeeraba		14-15	(30 minutes meet & greet)	11k	14-45
Burleigh Heads		15-00	(45minutes afternoon tea stop)	11k	15-45
Coolangatta / Tweed Heads		16-00	(30 minutes meet & greet)	14k	16-30
Brunswick Heads		17-00	<b>Over night stay</b>	47k	
<b>Day 38</b>	<b>12-08-2014</b>	<b>178k</b>	<b>8-30</b>		
Kingscliff		8-45	(30 minutes meet & greet)	13k	9-15
Byron Bay		10-00	(45 minutes morning tea stop)	60k	10-45
Bangalow		11-00	(30 minutes meet & greet)	13k	11-30
Ballina		12-00	(90 minutes lunch stop)	25k	13-30
Alstonville		13-45	(30 minutes meet & greet)	14k	14-15
Lismore		14-30	(45minutes afternoon tea stop)	20k	15-15
Casino		15-45	<b>Over night stay</b>	33k	



## convention 2014 update

The Convention (17th to 19th October 2014) is being hosted by the **Lions Club of Gold Coast Tallebudgera** at the Elanora State High School. The facilities were inspected at the District Cabinet meeting in May and given the 'thumbs up' especially being able to have the displays in the main hall and several break out space for forums and workshops.



Plans are coming together for this year's Convention. The theme **Shake 'It'**

**Up** reflects some of the changes to the format from previous years with the

Convention Dinner being on the Friday

evening at the Currumbin RSL – Waterside Function Room.

Saturday evening will be free for Lions and friends to dine out together at one of the many restaurants and clubs in the area.

The program is close to being finalised as keynote speakers and other presenters are accepting invitations to join us. Beyond Blue is partnering with Lions

Australia and will also be involved in this District Convention.

Several forums are planned over an 80 minute lunch break on the Saturday to give people time to talk and meet others.

Some workshops are being considered for the Saturday afternoon with a focus on fun and learning. There are options for a number of workshops on the Saturday afternoon. Have you any ideas or desires for a workshop? Email us on [conv2014@lions201q1.org.au](mailto:conv2014@lions201q1.org.au) and provide us with your ideas so that we can consider what members want.



You can call us on 0417 425 466 (0417 GCLIONS) if you wish though email is preferred.

The Program and Registration Forms will be available soon. All interested persons should check out the District 201Q1 website at <http://201q1.lions.org.au> and click on the Convention link on the right hand side.

Copies of forms and information will be sent to Clubs in the District in July.

**Lion Steve Marlor**

Convention 2014 Chair [conv2014@lions201q1.org.au](mailto:conv2014@lions201q1.org.au)



## Scholarship Alert – June 2014

Welcome to ASF's June scholarship alert. June, July and August are full of incredible opportunities for not-for-profit organisations. We have scholarships available in executive leadership, marketing, social media, copywriting, fundraising, not-for-profit law, governance and much more.

If you are currently employed by a charitable not-for-profit organisation, keep reading to find out how you can apply for these valuable opportunities:



### FULBRIGHT PROFESSIONAL SCHOLARSHIP

The 2015 Fulbright Scholarship in Non-Profit Leadership is now open for applications. Sponsored by the Origin Foundation and supported by the Australian Scholarships Foundation, the scholarship provides an opportunity for an emerging leader in the not-for-profit sector to undertake a 3-4 month professional development program or research in the United States.

Valued at up to \$40,000, the scholarship provides an exceptional opportunity for personal and professional development and broader impact through research, experiential learning or management training at an approved U.S. institution or charitable organisation.

**FULBRIGHT PROFESSIONAL SCHOLARSHIP IN NON-PROFIT LEADERSHIP – applications close Friday 1st August, 2014 at COB AEST. \*\*GET IN QUICK!\*\***

### PROFESSIONAL DEVELOPMENT

**PROFESSIONAL DEVELOPMENT** – The Mentor the Treasurer Program offered by CPA Australia in conjunction with Probono Australia, aims to help the smallest not-for-profit organisations improve their governance and better manage their funds through providing pro bono guidance to volunteer treasurers, with a focus on those who have no formal training in accounting. **One year mentorships are available NOW:**



**CPA Australia & Probono Australia – Mentor the Treasurer Program - this is an ongoing program with no closing date.**



### FUNDRAISING – COMPLIMENTARY GUIDE

**FUNDRAISING** – Want to develop your fundraising skills? The School for Social Entrepreneurs (SSE) Australia's new 'Guide to Fundraising' walks readers through what makes a successful fundraiser, how to fundraise effectively and the best fundraising opportunities within Australia. Social entrepreneurs, fundraisers, not-for-profits and anyone who wants to learn about **successful fundraising** will benefit from this **complimentary guide**:  
[www.the-sse.org/schools/24/australia/323/a-guide-to-fundraising](http://www.the-sse.org/schools/24/australia/323/a-guide-to-fundraising)

## MARKETING

**MARKETING** – Many small businesses and not-for-profit organisations have tight (or non-existent) marketing budgets. However, when times are tough, it's even more important to keep your business brand front and centre. The **FREE Marketing on a Shoestring** webinar, run by the **Australian Businesswomen's Network (ABN)**, will show you 10 ways to market your business on a shoe-string budget:



**ABN - Marketing on a Shoestring** - registrations close 13th August, 2014 (FREE webinar).  
Australian Scholarships Foundation

For more information on these scholarships go to: [www.scholarships.org.au](http://www.scholarships.org.au)  
**OR TELEPHONE: 1300 248 675**

Keep up to date with scholarships available by: [www.twitter.com/scholarshipsNP](http://www.twitter.com/scholarshipsNP)

*P.S. Please pass this on to a friend or colleague who may benefit.*

## Lions Country Kitchen – By Lion Stuart Perrett

What a perfect opportunity, with Kent's Newsletter Theme being about What's Cooking? - I know it's not what he means but it's good to have some fun right? And since I'm an ex-pastrycook it's only right that I should share a few recipes that will help my fellow Lions with making some goodies for those good old fashion cake stalls and morning teas...

Each month, I'll share a few tricks of the trade with some easy to make goods that anyone can whip-up in no time...



NOW, Just a little background, on myself... I'm a member of the Stanthorpe Lions Club and a multi award winner at the Stanthorpe Ag Show...

Awards include: Grand Champion Cake of the Show & Champion Baker, Mans Section, to name a couple. Ok I hear you say, "*anyone can do that!*"...

Yes they can, and I invite fellow members to enter next years show...lol – as I'm looking for some competition... Moving along, I come from a family of Baker / Pastrycooks starting my work in this field at the tender age of 11, working weekends and school holidays, along with completing my Trade Qualifactions as a Baker / Pastrycook and working in my parents family business. "Perrett's Pies" still located at Bay Terrace, Wynnum. Although the business was sold almost 10 years ago, when my father retired, we both still throw a bit flour around in the kitchen.

shhh... don't tell my father, but I'm going to share some of the prized family trade secrets with you all... **NOW LET'S GET BAKING!**

# Lions Country Kitchen – By Lion Stuart Perrett

**'What's it called Dear?'** Barryl Kerrigan, The castle (1997)

## Sponge cake!



### Ingredients

- 1/3 cup (50g) cornflour
- 1/3 cup (50g) plain flour
- 1/3 cup (50g) self-raising flour
- 1/4 teaspoon salt
- 4 x 60g eggs, at room temperature
- 2/3 cup (150g) caster sugar



Step 1 – Measure all ingredients, sift all flours and salt together at least twice to aerate.

Step 2 – With butter or marg, grease 2x 20cm deep round cake tins using a paper towel, then sprinkle a little flour all over.

Step 3 – Preheat oven to 180C°.

Step 4 – Using an electric mixer, beat eggs and sugar in a large bowl on medium-high speed for 6 minutes, or until mixture is thick, pale and tripled in volume. Remove from mixer.



Step 5 – Gradually sift flour mixture over egg mixture while simultaneously folding in using your hand/fingers like a comb and continue to aerate gently until just combined.

Step 6 – Divide mixture between prepared tins. Level batter, then slightly spread to edges, making the middle section a little lower than outer edge. (Sponge will rise more in the middle than the outer edge)

Step 7 – Place in the oven on same shelf, set timer, bake for 20 minutes. When you think they are ready, gently touch top of cake, it should spring back and feel like a normal cake, if not ready it may fall back if you touch them too hard.



Cakes should have shrunk away from the sides slightly.

Step 8 – Turn out on to baking paper-lined wire racks. Then leave to cool.

Step 9 – Spread Jam and Cream between cakes and dust with Icing sugar.