

Kent's Kitchen

What's cooking...



Kent Wilcox
District Governor 201Q1 2014-15

**One Goal,
Community
Service.**



District Governor – Kent Wilcox

Dear Lions,

Leo of the Year

It is always very pleasing to witness Leo's giving up their valuable spare time to compete in the Leo of the year competition. Along with the audience of the District finals Lion Jo and I were treated to some real first class performances and our three Judges: Lion Jenny Maguire, Lion Greg Nothing & PDG Rob Johnson had a very difficult task of deciding on a winner, in my view all the contestants were winners as they are Leo's, the future of organisation. I congratulate the winners overall winner Emily Somerville – Southern Cross K-12 School & Public Speaking Winner Annabelle Goonasekera - Calamvale Community College.

Ormeau Fair

Well done! Ormeau & Helensvale lions and all lions involved for a truly first class project with 15,000 attendees at the fair, on behalf of Lion Jo and I it was both an honour and pleasure to officially open the fair. Lions if you have been to the fair or you enjoyed the experience last time I would encourage all lions to at least visit the fair next year.

While I am congratulating lions and their respective clubs thank you to the 17 clubs in the district that made the touring Lions from Albany Western Australia as part their fund raising tour for diabetes welcome to our district.

Project management workshop

Positive feedback was received from both participants and presenters alike at the recently held workshops. The workshops provided opportunities for lions to learn more about district projects with questions being encouraged. Much was gained by the presenter and the audience.

"ASK ONE"

Please consider joining in the ASK ONE" campaign and personally ask just one person to join your Lions club. Just imagine the outcome if all Lions members in your club just asked one person to join your club?

District Convention ("Shake it up Convention")

I would like to remind all Lions that shortly the district convention will be upon us 17-19 October 2014 at Elanora State High School the convention team and I are encouraging lions to use the electronic registration just click on the link "Registration" on the district web site.

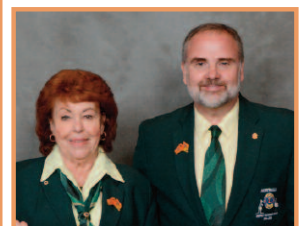
<https://www.dropbox.com/s/bprbj6su3ejkdj2/Registration%20Form%202014%20Convention%20RO%20140721.pdf>

Yours Truly

Lion Kent Wilcox

201Q1 District Governor (2014/15)

lions australia
One Goal, Community Service.



From the caBinet Secretary – Lesley Lyons

To Greg Nothingling and Stuart Perrett – What a great magazine you are producing it looks fantastic and Stuart's recipes are very good.

Talking about recipes Jenny Maguire is putting together a little pink cook book to raise money for Breast cancer so if you have a recipe to share send it to Jenny it will be much appreciated.

For those of you who still haven't been able to register for a password on the MyLCI website, email me and we will get it organised. The cut-off date is the 20th of the month to do your membership reports. You can go in at any time of the month to add a new member transfer a member or to make any changes needed.

PTO...

Please send in your Remembrance and Delegate forms as soon as possible.

If your club hasn't received Registration forms for the District Convention on the 17th – 19th October please contact me and I will send them to you.

As of today our membership stands at 1907 and we are up 14 new members for the month. Congratulations keep up the good work.

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

Ballina East:	Christopher Douglass
Brisbane Camp Hill Carindale:	Lyndon Kurth
Brisbane Holland Park:	Michael Bytheway, Meredith Messer, Greg Purcell, Pam Clauss, Claire Parmenter.
Burleigh Heads:	Charlotte Skilton, Therese Helen Waters
Cabarita Beach Pottsville Beach:	Gordon Wiseman, Mary Wiseman
Carrara:	Roxanne Scott
Casino:	Thelma Elphick
Cleveland Challenge:	Susan Chippindale
Gold Coast Mermaid Broadbeach:	Jan Gillmartin, Taranjit Sawhney
Helensvale:	Nancy Goodger, Peter Goodger
Inglewood:	Ian Bennett, Lexie Bennett
Lennox Heads:	Helen Southgate
Lismore:	Heather Lofts
Logan City Marsden:	Greg Roney
Redland Bay Victoria Point:	Ailsa Roberts
Robina:	Raviwan Vongma
Sanctuary Cove:	Sally Baumber, Michael Vanden Driesen, Catherine Beaumont
Twin Rivers:	Heather Ann Burney

Please send District Mail To: Lion Lesley Lyons

Cabinet Secretary, District 201Q1

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District Governor Club Visits 2014/2015

District Governor Kent Wilcox Club Visits

Brunswick Mullumbimby	2nd Sept.
Ballina	9th Sept.
Casino	10th Sept.
Palm Beach Currumbin	11th Sept.
Coolangatta Tweed	16th Sept.
Stanthorpe	22nd Sept.
Southport	23rd Sept.
Robina	24th Sept.

1st Vice District Governor Peter Oliver Club Visits

Calamvale	3rd Sept.
Mid Richmond River	4th Sept.
Apple Mac	8th Sept.
Brisbane Riverside	16th Sept.
Nerang Highland Park	23rd Sept.
Cabarita Beach Pottsville	24th Sept.
Byron Bay	25th Sept.

2nd District Governor Graham Jackson Club Visits

Ormeau	1st Sept.
Helensvale	2nd Sept.
Greater Springfield	9th Sept.
Logan Village	3rd Sept.
Beaudesert	9th Sept.
Cleveland	
Challenge (Daytime)	15th Sept.
Harrisville & Boonah	23rd Sept.
Macleay Island	24th Sept.

A Letter of Congratulations

Outward Bound Australia is proud to be the co-sponsor of this Award, in recognition of the outstanding contribution of PDG Tony Cornell in his role as Chairman of the Q1 District Outward Bound Project. His tireless efforts have not only established the Project on a firm footing for its remaining tenure but have laid the foundation for what we hope will be an enduring future partnership.

Enlisting financial support in excess of \$100,000 from 56 of your 86 Lions Clubs to date, is a remarkable achievement that has empowered over 60 young people from disadvantaged backgrounds to take charge of their own lives through the unique Outward Bound experience.

Benjamin Farinazzo

Chief Executive Officer

Outward Bound Australia

Lions Operation Friendship: Norway.



After my wife Marg, and I received an invitation from Lion Ian Manwaring to participate in Operation Friendship in Norway District 104D, it did not take long for us to decide to take up this wonderful opportunity.

Lion Ian Manwaring in Australia and Lion Lars Vormestrand in Norway collaborated to make our trip run like clockwork. We arrived in Oslo on a most beautiful weekend with a daytime temperature of 20 degrees and on Monday 28 April, we were met at the Bergen train station by Lion Torgeir Børve and his wife Kristin. At a meeting of host families prior to our arrival, the group had discussed what they each intended to show us. Consequently, Torgeir and Kristin took us directly to their home near Norheimsund, leaving the sights of Bergen for subsequent hosts. This meeting was a great idea, making it easier for hosts to plan and providing a wide range of sights and activities for us without repetition. Our first hosts had already experienced a Lions Operation Friendship trip in Australia a few years previously and some of you will remember meeting and hosting them. They live on a farm with a view of the Hardangerfiord and the Folgefonne glacier in the distance and we realised that almost every Norwegian lives with a magnificent view. We woke up to an incredible seascape view every day along with the running tally of lambs born through the night. We were shown some of the most beautiful places we have ever been by friends and members of the Lions Club of Norheimsund. Torgeir and Kristen took us to the giant Folgefonne glacier. A local veterinarian took us with him as he checked a salmon farm and visited his daughter's sheep farm. Another Club member, Agnar Høysæter, proudly took us to his birthplace in the high country where the first hydro station was built nearly 100 years ago.



After five delightful days in Norheimsund, We caught the bus to Bergen where we were met by Lion Arne Buanes and his wife Gro Marit who took us to Convention. The Lions District 104D convention consisted of a Friday social evening, Saturday business and a banquet on Saturday night. I was asked to give a short presentation about Australia and our Lions Club activities. Even though we know little Norwegian, we were able to understand much of the convention business from our own knowledge of Lions and the help of some friendly translators. Thankfully, the majority of Norwegians speak English so we were able to learn about the projects and activities undertaken by Norwegian Lions.

Our next hosts were District Governor Ola Martin Rongved and his wife Inga. Their home in the western suburbs of

Bergen overlooks the busy shipping lanes, another magnificent view. We were able to watch as all types of shipping passed by including small boats, giant tourist liners and functional petroleum tenders. Ole and Inga showed us the West Coast Islands and took us on the fantastic tour Norway in a Nutshell, a must-see for all visitors to the



west coast. Arne Buanes guided us around Bergen on a walking tour that included the famous Hansa District where medieval traders built their fortunes for over 400 years from the 13th century onwards. Bergen is truly unique. We were able to attend a Lions Club of Bergen Vest meeting, where I gave another presentation. We also went on a great bus trip to the outer islands of Austevoll with Bergen Lions while we were in Os. Our guide surprised us by flying an Aussie flag at his home, a lovely gesture from such friendly people.



From Bergen, we travelled to Os (pronounced Oos), where our hosts Terje and Sissil Sperrevik welcomed us into their home. Terje and Sissil are visiting our District in October and it was great getting to know them before they come to stay with us. Their home is in Osoyro - another magnificent view - overlooking the Bjornafjord. We could see the Folgefonne Glacier again, this time from the opposite side of the high mountains to Norheimsund. Os is the home of the famous Oselvar, a small version of the famous Viking ship, built using a measuring stick as the only construction plan. There were many highlights here, boat building, a speed boat ride around the islands, a tour of multi-million dollar ocean fishing boat and a trip in a beautifully restored Oselvar across the strait to famous violinist Ole Bull's mansion. We were given our own private tour of the house and were amazed by the architecture, the scenery and the depth of the Norwegian love of the sea. We attended a Lions Club of Os meeting at the emergency fire centre and following my presentation about Australia and our Lions activities; we toured this state of the art building.



Our next hosts were Lars and Aagot from the Lions Club of Vindafjord. Lars has been Operation Friendship Chairman for several years and their town of Sandeid lies at the innermost end of the Vindafjord.

The Norwegian National Day on 17 May was a highlight here. The celebratory march through the centre of town to the local church is a tradition throughout the country, from the smallest village to the largest city. 2014 was a special celebration, the 200th anniversary of the Norwegian constitution. We joined the people of Sandeid, most of them dressed in colourful national costume, as they proudly processed through the streets. The following day we were escorted around the country-side on a fantastic road trip where we saw the most amazing waterfalls, each one bigger than the one before it, a truly awe-inspiring experience.



Voss was our final destination, where our host Oivind Helleland showed us an entirely new feature of the Norwegian landscape, the Hardangarvidda. This massive area is a winter and summer wonderland for Norwegians, many of whom own cabins on the high plateau that was still almost entirely snow-clad. We travelled through numerous tunnels, the longest being 24 kms, and we even had a roadside picnic inside one. Oivind had packed our neste (picnic snacks) and coffee, which we ate, in one of three internal stops. The sound of oncoming cars was deafening but definitely something to be experienced. We loved it!

We stood on the edge of a huge cliff that dropped 1000 metres to the river below, both of us feeling small and insignificant. The area is also famous for the Hardangar fiddle, an eight stringed violin that was banned in the 18th and 19th centuries because its rollicking sounds were thought to invoke the devil. At the concert in the local church, the skill of the musicians shone through, a very special musical evening for both of us.



These are just a few of the amazing experiences we experienced in Norway. We learned not only of Lions activities in Norway, but of farming in Norheimsund, history in Bergen, ancient and modern maritime traditions in Os, proud Norwegian heritage in Sandeid and the love of the high country in Voss. Operation Friendship is a truly wonderful experience of culture and of Lions in another country and one that we would highly recommend to all of you. Sincere thanks go to the Lions Operation Friendship Chairmen, Lion Ian and Lion Lars, for the great job they do in organising this exceptional programme. We would also like to thank our host families, their Lions Clubs, Lions members and friends, as it wouldn't have been possible without their generosity and thoughtful planning. We were warmly welcomed wherever we went and felt privileged to learn about the people, Lions' activities and this beautiful country in the far north of our world.

Lion Ivan Schindler

Lions Club of Rosewood.

<http://rosewood.qld.lions.org.au>

Operation Friendship 2014

In October our District will host three visiting Lions couples from overseas who will attend the District Convention at Elanora, and be hosted by Lions families throughout the District.

Anders and Marianne Poulsen are from the Lions Club of Logstor in District 106B, Denmark. Anders is a retired police officer and a member of the International Police Association. He has been a Lion for 26 years and current President of Logstor Lions Club. During his service in the police he was stationed near the Royal Palace at Amalienborg and was often at duty at the Royal Palace and had contacts with the Royal family.



Marianne has also worked at the National Police Service and held various positions as a project manager. The couple are keen yachtsmen in the local club.

Terje Sperrevik and his wife Sissel are from District 104D, Norway. Terje is a "lensman", or local chief of police. He is studying at the University of Bergen and is very active in the local community holding positions on several government Boards. Sissel is a chef in one of the local markets.

Linda Sung and husband George Wong are from District 308A1, in Singapore. Linda is a past President of Singapore Oriental Lions Club and very active in fund raising and a wide range of community activities. She is presently employed as a company director. George Wong is a retired businessman.

Lion Ian Manwaring

Project Coordinator.



Get Ready for International Literacy Day

September 8 is International Literacy Day, and we encourage Lions everywhere to plan Reading Action Program projects to help promote literacy and education around the world. Volunteer to read stories to children at a local library. Donate books to a women and children's shelter. Organize a vision screening to help people receive the care they need to see and read better.

Visit the Reading Action Program page for more project ideas and resources!

International Club Twinning

Clubs are encouraged to consider the International Club Twinning Programme by setting up a twinning relationship with a Lions Club overseas. This is a voluntary agreement to exchange ideas, information about Club activities, to build friendships and mutual understanding and thus further the Purposes of Lionism—“to create and foster a spirit of understanding among the peoples of the world” and “to unite the Clubs in the bonds of friendship, good fellowship, and mutual understanding”

Clubs may make the initial contact with an overseas Club in a number of ways.

- Lions holidaying overseas making contact with a Lions Club.
- Lions visiting Australia.
- The Lions International web site has a Club Locator link. This detail gives details of all Lions Clubs in a particular country, including name of Club, Club number, District, Name of President, place of meeting, and an E mail address.
- Relatives living overseas.
- By contacting the District Chairman.

Some examples of the kind of material which can be sent to a twinned Club.

- Club and District Bulletins
- Exchanging Club bannerettes or pins.
- Publicity material available from MD201.
- Information and photographs about major Club activities.
- DVD's about Club activities and projects.

When a twinning relationship has been established Clubs should apply for recognition by Lions International in the form of a certificate or banner patch. Forms are available from me.

Lion Ian Manwaring

Project Coordinator.

certified Guiding Lion

A "CERTIFIED GUIDING LION" Course is to be conducted in the near future for experienced lions in District Q1.

This course can be conducted either 'on-line' through LCI, or at a course to be conducted at a District venue.

By the term "experienced lions", it is preferred that Past Presidents who are prepared to dedicate two years to guide a new Lions Club, apply. However, it is open to any experienced lion. District Governor Kent intends forming several new Lions Clubs in his Lions Year and to be successful, will require a team of Certified Guiding Lions.

Interested members please contact me for further details.

Lion Don Mc Henry

Presidential Certified Guiding Lion, GLT Coordinator Assistant, District 201 Q1.

District convention 201Q1 Update

Registrations are coming in and this is pleasing. Some more details have been finalised and these are as follow:

Golf Game – Don McHenry has arranged for a special at the Tally Valley Golf Course.

This nine-hole course runs along the Currumbin Creek. **The details of the event are:**

Venue:	Tally Valley Golf Club.	Competition:	18 hole Stableford.
Time & Date:	Friday the 17th.Oct.2014 11-30am for 12 noon hit-off.	Prizes:	Depends on any donations.
Cost:	\$13.00 per head plus a further \$10.00 to share a buggy if required.		

(Note: Two buggies already booked. If more required, players must indicate same when entering competition.)

To Enter: Email: conv2014@lions201q1.org.au with **Golf in the Subject Line** and include names and whether a cart is required. See Registration Form for payment details – same Account as per Convention.

Convention Dinner – The question of Dress? The dress is Dressy Gold Coast Casual and if you wish add a little “Shake ‘It’ Up” as per the Convention Theme.

Registration Closing Date – Thursday 2nd October – In order to give appropriate notice for the Convention Dinner and other organisational issues the closing date is Friday, 3rd October.

Lion Stephen Marlor
Convention 2014 Chair

Lion Frances Nichols
President, Lions Club of Gold Coast Tallebudgera

PO Box 1125 Elanora Qld 4221 • Mobile: 0400 763 091 (Stephen), 0428 763 091 (Frances)
Email: lions@marlnic.com.au or lionsgetalle@gmail.com • www.201q1.lions.org.au

Education



Throughout the world, Lions are recognized by the emblem they wear with pride. It consists of a gold letter 'L' on a circular purple field.

Bordering this is a circular gold area with two lion profiles at either side, facing away and from the centre.

The word 'Lions' appears at the top, and 'International' at the bottom. Symbolically, the lions face both past and future – proud of the past and confident of the future.



Official Colours

The official colours represent

- Purple – loyalty to friends and to one's self, and for integrity of mind and heart.
- Gold – symbolizes sincerity of purpose, liberty in judgment, purity in life and generosity in mind, heart and purpose toward humanity.

(Usually the cost of printing a gold and purple logo is expensive it is acceptable to use a yellow and blue version or a blue and white version – logos can be downloaded on going to www.lionsclubs.org – Lions Australia logos are obtainable by downloading from www.lionsclubs.org.au)

The Motto – The motto of Lions Clubs International is “*We Serve*”

The Slogan – The slogan of Lions Clubs International is “*Liberty, Intelligence, Our Nation's Safety*”

The Name – It is acceptable to use the term “*Lions Clubs International*” when discussing our organization.

The name “*Lions Australia*” refers to **Multiple District 201** – the number is allocated to the Constitutional area, Australia, Papua New Guinea and Norfolk Island. Within this Constitutional Area there are nineteen Districts, with our District being “**District Q1**”.

Lions Official Uniforms

Club – A club may decide to have a club uniform. The Club decides on the colour and the logo to be shown. Clubs have a uniform for many reasons including it shows unity, is a good public image at activities and projects, at conventions, Club members are easily recognized and it is an easy clothing option when deciding what to wear.

Multiple District – The Multiple District 201 uniform which is available from the Multiple District Office in Newcastle consists of (1) Green jacket with Lions pocket logo (male/female), (2) Pale lemon shirt (male/female), (3) Green tie (male) coloured scarf (female), (4) Light beige trousers (male) beige skirt (female), (5) Tan shoes (male) Tan shoes and bag (female) and (6) Akubra-style hat (male/female)

None of the uniforms are compulsory

PDG Ken Mulcahy

Outward Bound

Hello Fellow District Q1 Lions Clubs,

I would like to introduce myself as the new District Chairman for the Outward Bound Program previously chaired by PDG Tony Cornell. With the assistance of PDG Tony, the September 2014 camp is on track to proceed with a full intake thanks to your generosity.

A big THANK YOU to the 58 Lions Clubs who have supported this program to date, donating over \$100,000.00 to send 72 young people to the camps. All supporting Lions Clubs receive an "Outward Bound Supporter" Banner Patch



Now, looking forward, it is time to again seek your support for the January 2015 Outward Bound "Navigator" Camp. Donations remain the same; **\$1,875.00 for full cost** for a single young person, **\$938.00 for half cost** for a single young person & **\$469.00 for a quarter cost** for a single young person. With half and quarter donations, either your club can pair up with another club or I can arrange this for you. All cheques are to be made payable to "**Lions District Q1**" and posted to me,
Lois Mc Henry, 363 Cobaki Road Cobaki NSW 2486

As in the past, these 15, 16 & 17 year old teenagers we support are from disadvantaged backgrounds in our Q1 District who would never get this opportunity to participate without your financial support. From meeting with these young people after completing a camp, it is wonderful to see how much they evolve and appreciate the support from you all.

For any further information, please contact me at: pc-outward@lions201q1.org.au or (h) 07 5590 7352

Lion Lois MC Henry

District 201 Q1 Outward Bound Program Chairman

Leo of The Year Competition 2014

The competition was held on Sunday 10th August 2014.

I advise that the winner was Leo Emily Somerville from Southern Cross K-12 School Leo Club, who are sponsored by Ballina East Lions Club. Emily will go on to represent the District at the State judging next March. This year the Public Speaking Prize was won by Annabelle Goonasekera from Calamvale Community College who is sponsored by Calamvale Lions Club.



I would like to thank Merrimac SHS, Robina SHS, Calamvale Community College and Southern Cross K-12 School Leo Clubs for their support of this year's competition. Ten Leos from four different Clubs was wonderful participation however the number of Clubs involved was disappointing. Three of these Clubs have been competing for a number of years.

Whilst there were four Clubs involved this year we have 31 Clubs in this District so we have a long way to go to get every Club to participate. In saying this I realize that a number of our Clubs are new and a few are struggling, so I am hopeful we will get entrants from them next year.



I am at a loss to understand why more Leo Clubs are not involved in this competition which is a wonderful learning experience for their members and an opportunity to meet Leos from other Clubs. I understand that some Leos are nervous about entering these competitions, however this is what Leos is all about, LEADERSHIP, EXPERIENCE OPPORTUNITY.

Remember that Leos entering do not have to be an "A" student. They only have to be a member who is keen to have a go. This competition is all about giving our Leos experience and opportunities. Some of our entrants yesterday were only 14, and they thoroughly enjoyed the experience.

I ask you again to encourage your Leos to become involved in 2015.

Thank you for your support

John Wearne

Leo Club Coordinator

The Leo of the Year Competition in District 201 Q1 is proudly supported by Hanson Heidelberg Cement Group.



District Cabinet: has accepted nominations as candidates for the position of Second Vice District Governor for the year 2015-2016: Lion Ann Reed, and Lion Kim Forrest.

District Flag Set: Palm Beach Club is unable to store the Flag Set as previously advised. Looking for suitable accommodation.

ANZAC Day 2015: The Tweed RSL Sub-Branch is to conduct a re-enactment of the Gallipoli landing and has asked Lions Clubs in the Zone to provide a breakfast for the public attending the performance.

Medical Research: The Foundation is currently funding @ \$100k p.a. Three researchers Katrina Campbell, Nadeeka Dissenayaka and Tracey Bjorkman. Tracey has been extended for a further six months. Thank you to Lion David Forde who raised approx \$11k for his last swim. **Art Union:** Excellently supported by clubs mostly due to cars in shopping centres. **Personality Quest:** Grand final was on at Royal on the Park. Winner Yvonne Calligueros, of Brisbane Hellenic Club, who took out both. Personality Section and Highest Charity Fundraiser. Prizes were upgraded to cars. Even though entrant numbers were down at only 18 entrants, the average funds raised per entrant exceeded last year. **Promotional items:** T/shirts \$15, aprons \$20, pens \$2, and our new Illuminated Water @ \$37.50 per carton of 15 (equates to \$2.50 each) Lanyards \$1 each & 50c each carry case. Quest towels available on request.

PIP Sid Scruggs 3rd will be visiting Vietnam to meet with officials and potentially open clubs in Vietnam. Moorooka Club is looking at a water purification project in Sri Lanka. They are working with Borella Lions Club in Sri Lanka. Lion Michael Burgess (Rosedale Springwood Lions) will be travelling to Thailand shortly to continue building a school for approx 500 stateless children.

Operation Smile: This project has been going here for 5 years and supported well over Australia. In excess of \$60,000 donated. One program where we see actual results in a quick time frame. Six missions overseas from now and into early next year. One from PNG coming in to have the problem fixed. In excess of 900 children helped in last twelve months. The goal - a bit more proactive amongst clubs in what they are doing each time for the missions.

Lions District 201Q1: 201q1.lions.org.au This website is being developed for use of District Clubs and their members to disseminate information – rather than to the general public. The intent being to give clubs (particularly secretaries) easy access to information about their district. There is significant advantage to getting all clubs, over time, onto the Ozclubhouse system.

Convention 2014: Lion Steve Marlor advised that the venue is now organized, along with the Speakers, Entertainers, and Forums.

The Dinner on Friday night has been arranged, with a maximum of 240 people. The Registration form is available on line, can be downloaded, completed and returned to the organizing committee.

For all Convention details go to 201q1.lions.org.au

October being sight month for Lions, we are asking clubs to consider involvement with White Cane as driver for VIP persons transported to White Cane dinner 15th October, and increased involvement with the White Cane Committee. More recycled eye glasses are needed as these are now being processed in prisons as well.

The 8th Annual Ormeau Lions Fair held on the weekend of 9th and 10th August was another very successful event with wonderful weather, great crowds and some very talented school students performing for large audiences.

Lions 201Q1 District Governor, Kent Wilcox performed the Official Opening on Saturday morning, followed by announcements of the Primary School Competitions and presentations of the trophies.

The Senior Choir from Ormeau State School won the Primary School Choir competition, with Assisi Catholic College coming 2nd and Coomera Anglican College coming 3rd. The winner of the Primary School Dance competition was Riverview with “M J Mix”. Shailer Park State School took out both 2nd and 3rd places.

On Sunday, **the High School Dance competition** was hotly contested by Ormeau Woods State High School and Riverview College, with Ormeau Woods successful in winning 1st, 2nd and 3rd places. The High School “Battle of the Bands” was won by Marymount College Band “Shadows of the Sun”, with 2nd place going to Coomera Anglican College, and 3rd place to Livingstone Christian College. Each competition had \$1,000 as 1st prize with \$500 for 2nd place and \$250 for 3rd place - many thanks to all the sponsors. Trophies donated by Gold Coast Trophies & Engraving were presented to the students for display in their school's trophy cabinet.



The Classic Car “Show & Shine” day on Sunday proved to be popular, with the People's Choice being won by the 1957 Bel Air. All participants said they would be back again next year. Many thanks to the sponsors for the “People's Choice” prizes R & J Batteries, a.c.e.r.s. mechanical and Supercheap Auto.

The Fair Raffle was drawn on Sunday afternoon with 1st Prize of a trailer, lawnmower and wheelbarrow going to Ticket No. 1254, 2nd Prize of 4 VIP theme park passes won by Ticket No. 382. 3rd Prize of 1 night at Sea World Resort including entry to Sea World won by Ticket No 287 and 4th Prize of a Family Pass to Currumbin Wildlife Sanctuary won by Ticket No. 799. Thank you to Bunnings Oxenford, Village Roadshow, Sea World Resort and Currumbin Wildlife for their donations of prizes.

The Lions Club of Ormeau Fair Committee would like to thank all the sponsors, especially City of Gold Coast, Hanson,

Holcim & Boral Quarries, Zupp Property Group, and Coates Hire, for their generous support, which makes all the more funds available for distribution back to the community. A final figure has not been reached as yet, **an approximate figure of \$40,000** will be allocated to the various schools, clubs, associations and charities as has been done in past years.

Lions Club of Warwick

President Jeff Ferguson of Lions Club of Warwick Inc together with club Membership Chairperson & ZC 13 Con Lo Giudice, completed a full day at the Seniors Expo 2014 at WIRAC - Warwick Indoor Recreation Aquatic Centre, displaying a table of Lions Information regarding the possibility of recruiting new Lions Members as well as promoting what Lions is all about, locally, district, Lions Australia and Lions Club International. We received lots of praise regarding how well we presented to the public and how well we are recognized in the Community for our volunteered work and dedication to the needy.

We were approached by some young people and also there were present some ex Lions members who's considering possible rejoining our club. They liked the short video we played "Two More Hands"!

Pres. Jeff and ZC Con are hoping to plan a Members Information night in the near future.

Warwick Lions last week dispatched 7 cartons of Eye6Sight Recycling glasses to the Australian Collection Centre in Clontarf. We were advised that they have received them and thanked us for the good work. Thanks to every one contributing in "WE SERVE"



Carrara Lions

Carrara Tales August 2014: We're delighted to report that the first sod has been turned and the Sensory Gardens Project at The House with No Steps (HWNS), Mudgeeraba is underway! Many hands make light work they say – although it must be said that all involved got a good workout with an unbelievable effort from everyone!. Members have now pegged, edged, raked and barrowed all the fill and sand (there was LOTS and it



had to go uphill to boot!) to form the myriad of intriguing pathways that have been designed (by our planner extraordinaire!) to shape the 'Sensory Garden'. With the ongoing efforts of some especially dedicated members, progress is being made ahead of schedule and the landscape is literally changing before our eyes. HWNS and Carrara Lions together had a dream - and we're chasing it! (thanks to community funding and personal endeavour!)

Aside from also fitting in our usual sausage sizzle at Dan Murphies Nerang (alas the long awaited rain did dampen our parade/ earnings), the wrappers have been busy getting some gifts ready for members to deliver to some special aged dads in the Carrara/Broadbeach areas for Father's Day.

Tweed Coast South Lions

TWEED COAST SOUTH LIONS PURCHASE NEW BOAT FOR SAILABILITY

Sailability on Tweed (sailing for the disabled) which gives disabled people the opportunity to enjoy time sailing with volunteers has welcomed a new addition to the fleet. The Tweed Coast South Lions Club have donated an Access 303 sailboat to Sailability on Tweed following nearly two years of fundraising with a Meat Raffle once a week at the local sports club and a few BBQ's to meet the \$9,500.00 cost. The new boat has been named TruBlu. Charter President Graham Jackson initiated the idea at the end of his term in June 2012 and the club got behind it. The funds were raised completely from the local community. The Access 303 boat was specially designed in 1990 and has a keel like a yacht instead of a centreboard which makes it impossible to tip over.

Tweed Coast South Lions were chartered in 2011 and this was our first Major Fundraiser. President of Sailability on Tweed David Sharpe said we were the first sponsor to raise the total amount for a boat without obtaining a grant.



Breast cancer Awareness



October challenge – Everyone that was able to attend the recent Project Management Workshops, have all heard about the October challenge for Lions Clubs to hold a “pink” event to raise funds – but also to have some FUN. All Clubs need to do is hold an event in October (it can be anything – even one of your Octobers meetings if you can’t think of anything else). Have everyone dress in pink, raise some funds for Breast Cancer and then take some photos and email some to me – along with a story telling me all about your event (what you did, how much you raised and how much fun you had).

Send in the funds that you have raised (cheque to be written out to “Lions District 201Q1” – with “Breast Cancer” written on the back). There will be a prize for the best “pink” event held.

To give everyone a chance to have some “pink” fun, all entries must be received by 30th November – and then they will be judged accordingly. So what will your Club do? How creative can you be?

Bid For a Bra – At the Project Management Workshops recently held, I was pleased to announce the details of the “Celebrity Pink Painted Bra” silent auction that will be held at the District Convention in October. The confirmed celebrities are : two 70’s icon singers, one 80’s / 90’s icon singer, a multi Olympic Medal winning athlete, a former President and a tall blond vet.

All you have to do to win one of the painted bras, is to have the winning bid at end of the Convention, pay the bid and it’s all yours. Let’s all make a bid on a bra and raise some monies.

From the Experts.....

Dispelling the myths:

Myth : Breast cancer is contagious.

Truth : You can’t catch breast cancer. It results from uncontrolled cell growth, but these changes cannot affect another person.

Myth : Bumping or bruising the breast can cause breast cancer.

Truth : There is no evidence that an injury can cause breast cancer, but it might draw attention to an existing lump.

Myth : Wearing an underwire bra causes breast cancer.

Truth : There is no proof that wearing an underwire or tight-fitting bra increase your risk of breast cancer.

Myth : Only women get breast cancer.

Truth : Men can also develop breast cancer, although it is rare, accounting for just one in 125 cases of breast cancer.

Myth : Underarm anti-perspirants cause breast cancer.

Truth : This common myth about breast cancer stems from an email rumour circulating some years ago that claimed the chemicals in anti-perspirants cause breast cancer by leading to a build-up of toxins in the lymph glands under the arm. There is no conclusive evidence to support this. The American Cancer Society says a large study published in 2002 found no link between breast cancer risk and anti-perspirant or deodorant use, or underarm shaving.

Myth : If I have a breast lump, it’s cancer

Truth : Most breast lumps are benign, which means not cancer. Benign lumps can be cysts (lumps or sacs filled with fluid or other material) or they can be due to normal breast changes associated with hormone changes or ageing. Remember, if you notice a change or something unusual in one of your breasts, see a doctor as soon as possible.

Help Support...Many thanks

Jenny Maguire

Breast Cancer Awareness

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AUSTRALIAN LIONS CHILDREN'S MOBILITY FOUNDATION



I would like to thank the following Lions Clubs that have sponsored children over the last few months – Lions Clubs of Belmont Tingalpa, Helensvale, Tamborine Mountain, East Ballina, Ballina, Lenox Head, Alstonville, Cleveland Challenge and the Southern Cross K12 School Leos Club.

Without your assistance the children would not be walking around in their respective walkers.

Having said that there are still two children who require further funding and if any Club can help that would be appreciated, any amount helps. They are Isaac from Lismore who needs a Pacer Gait Trainer for \$2369 so far I have received \$1265 from Lions Clubs of Lismore, Twin Rivers, Tamborine Village, there is still \$1104 required. The other child requiring help is from Capalaba, Jalon needs a Kidwalk for \$6263.70, so far I have received \$1300 from the Lions Clubs of Capalaba and McLeay Island, and this leaves a balance of \$2963 to be found.

If your Club would like to contribute to either of these Children I'm sure their families would appreciate it and the children would receive their walkers all the quicker.

Please continue to collect your used postage stamps and forward them to the Australian Lions Stamp Club, the funds from the sale of stamps goes to the Mobility Foundation to help assist Children in remote areas where there may not be a Lions Club.

The annual launch of Walk for an Aussie Kid will be held in September in Launceston this year, if any Club would like to hold their own walk please feel free to contact me for further information.

I would like to hear from any Club or Zone Chairman that would like me to come along to their meeting as a Guest Speaker on either the Mobility Foundation or Children of Courage to please contact me to book a date.

I look forward to seeing you all at the District Convention in October at Elanora High School.

There will be a Children of Courage Presentation on Saturday afternoon at 1.30pm.

Till next time.

Lion Christine Forrest

District Chairman
ALCMF/Children of Courage

Peace Poster & Lions Essay contests

PEACE POSTER CONTEST – Theme “Peace, Love and Understanding”

Kits for the Peace Poster Contest can be purchased for \$20 from the Lions Newcastle. You will need one kit for each competition your club is sponsoring (i.e. two schools = two kits).

The correct size paper is listed in the Contest Rules and Conditions in the kit – paper must be larger than 33x50cm and smaller than 50x60cm. The best Australian Paper Size is – A2.

No letters or numbers are to appear on the poster and please ensure the “Winner Sticker” from the kit is completed and placed on the back of the winning poster.

All winning entries must be received by 15 November (post to **PO Box 2259, Sunnybank Hills 4109**). Do not fold entries; place them in a mailing tube.

Grand Prize winner for 2013-14 and the 23 Merit Award winners please go to Lions International website.

LIONS ESSAY CONTEST – Theme “Peace, Love and Understanding”

The contest is open to students who are considered visually impaired according to national guidelines and will be 11, 12 or 13 years of age on November 15, 2014. Our grand prize winner will receive an award and US\$5,000.

Australia has not had an entry in this contest and I would like to see Q1 be the first district to have an entry.

Details of this contest can be found on the Lions Australia website or contact me and I can email the contest details and entry form.

Lion Beverley Drysdale

District Q1 Peace Poster, Essay Contest Project Coordinator
Email – beverley.drysdale@bigpond.com
Phone – 0405 496 922

Lions Youth of the Year Program 2014-15



Is your club going to participate in this year's Program? Did your club receive my letter, via Australia Post, asking them to register for the 2014 - 2015 competition? Secretaries/Presidents, if you didn't receive my letter let me know and I will email you the details. If you will be holding a Club Final then please complete the Registration Form and send it back to me with the Registration Fee of \$160.00.

The Club Kits will be available for collection at the District Convention on the Gold Coast in October. If your Club Final is before the convention let me know so we can get the Kit to you.

Dates for 2014 - 2015 Youth of the Year Finals

- Club Judging to be completed by 28th February, 2015
- Zone Finals (if applicable) to be completed on Sat 7th March, 2015
- Regional Finals to be completed on Saturday 14th March, 2015
- District Final to be held on Saturday 28th March 2015
- State Final to be held on Sat 11th April, 2015 (host District Q3)
- National Final held at the MD Convention in Newcastle early May 2015

Finals – There are vacancies for hosting the following Zone & Region Finals:

Region 1 - Zone A	Zone Final	Region 1 - Zone B	Zone Final	Region 1 - Region Final
Region 2 - Zone A	Zone Final	Region 2 - Zone B	Zone Final	Region 2 - Region Final
Region 3 - Region Final				
Region 4 - Zone A	Zone Final	Region 4 - Zone B	Zone Final	Region 4 - Region Final
Region 5 - Region Final				
Region 6 - Region Final				

It would be great if clubs in these areas would consider hosting a final for this years' Program. If your club hasn't hosted a final previously, contact me so that we can discuss what is involved in hosting a Zone or Region Final.

I am also calling for Expressions of Interest for hosting the District Final

Lion LiBBY Whitestyles

201Q1 District YOTY Chairman

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



Lions Country Kitchen – By Lion Stuart Perrett

Due to **complaints** about the district newsletter being to **long** and to **colourful** to be printed, I have withdrawn my baking section... I remind all Lions everywhere of the **Lions Code of Ethics**.

- To Show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.
- To Seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.
- To Remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.
- Whenever a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.
- To Hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.
- Always to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them my unswerving loyalty in word, act, and deed. To give them freely of my time, labor and means.
- To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.
- To Be Careful with my criticism and liberal with my praise; to build up and not destroy.