

Kent's Kitchen

What's cooking...



Kent Wilcox
District Governor 201Q1 2014-15

**One Goal,
Community
Service.**



Dear Lions,

Anzac Day 2015

Q1 district lions in partnership with Q3 district lions have just delivered a traditional “Gun Fire Breakfast” for approximately 6,000 people at Brisbane’s 100th anniversary ANZAC day Dawn Service, roughly 3000 bacon & egg rolls and 3000 sausages in bread were served in just over an hour in the pre-dawn light. At times the sea of people was 50 to 60 deep.



Queen Street in the Brisbane CBD was closed at 8.30pm on the Friday evening. 127 lions from both districts worked through the night, firstly setting up of what best can be described as a very large outdoor kitchen with 4x mobile cool rooms, serving tables, bain-maries, barbeques & other cooking items.

Once the kitchen was set up lions then began preparing the food for the masses. The food was then cooked at a precise time to coincide with being ready just in time for the conclusion



of the dawn service. At 6.30am the final customer donated the last obligatory gold coin and was provided with a sausage in a roll.

The packing up of the lion’s kitchen was carried out with military style precision and at a little after 7am. Queen Street returned to traffic.

This year lions were encouraged to roar as often lions are considered as one of the best kept secrets as they don’t advertise the good work they

do. I can report our lions well and truly roared as the exposure of lions doing such a sterling job in feeding so many people in such a short period of time was a public relations coup in fact such was the interest that several reporters including a channel 9 TV crew filmed lions preparing and serving the masses. With a bit of luck some of this footage will be seen by the greater Brisbane public.

There are many people to thank for making this event possible such as the Stanthorpe lions who travelled through the night in a self-funded bus. The many lions who gave up a night’s sleep to be part of this historic community event however it would be remiss of me not to thank Lion David Lyon for his exemplary efforts his meticulous planning and organisational skills that ensured this event went off like clockwork. Well Done David and well done to those 127 lions who participated and to all lions who participated in ANZAC day events throughout the district.



Youth of the Year

Congratulations to our Q1 contestant Sean McCarthy of Brisbane State High School for winning the public speaking part of the state final. Sean was well supported on the evening by his family and the Brisbane Camp Hill Carindale Lions Club and other members of District Q1. The evening was a well-run affair. The new YOTY state coordinator Jenny Maguire performed very well and I must also thank our District YOTY chair Libby Whitestyles for all her efforts



For those who have printed the newsletter in colour you might notice something different. In keeping with the youthful theme of the youth of the year night your governor can be seen sporting a darker less grey look and perhaps a younger appearance.

Centennial Service Challenge

At the beginning of this lions year International President Joe Preston issued a challenge to “Take part in our international service challenge to celebrate 100 years of Lions service!”



With the goal of serving 100 million people by December 2017 through participation in the Global Service Action Campaigns of:

1. Engaging our Youth
2. Sharing the Vision
3. Relieving the Hunger
4. Protecting our Environment

I can report that 4 exemplary clubs have already reported completion of all the above projects on the “My LCI” website and have been each awarded a Banner patch.

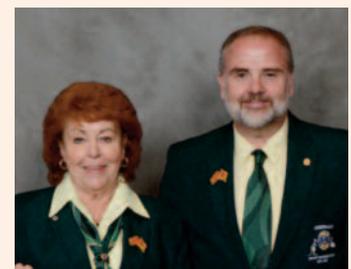
Congratulations and well done: Moreton Bay, Terranora Lakes Ballina East and Cleveland Challenge Lions Clubs. Pictured above is the DG presenting acting president Bernie Maguire with the club’s banner patch.



Lion Kent Wilcox

201Q1 District Governor (2014/15)

lions australia
One Goal, Community Service.



CONGRATULATIONS!!! At the 2015 Newcastle Convention

PDG Ray Phippard OAM

Was awarded “Life Membership” Of the Past District Governors Association.

He was nominated by PDG Tony Cornell

From the cabinet Secretary – Lesley Lyons

Thank you for submitting your PU101 forms ,if you haven't filled in the form or forgot to enter it on the MyLCI website PLEASE do so as your officers may not be correct in the Multiple District Directory for the coming year.

Members of the Lions Q1 district, it is coming up to Club Officer Information days and it's important that your members attend. The information will be very beneficial to your new Club Board.

Region 2 is at the **Elanora State High School** 19th Avenue, Elanora on the **17th May. 9. am-3.pm.** Clubs in the Region are Burleigh Heads, Mudgeeraba, Palm Beach Currumbin, Robina, Gold Coast Tallebudgera, Gold Coast Mermaid Beach, Ashmore Carrara, Nerang Highland Park, Runaway Bay, Southport, Helensvale, Ormeau, Twin Rivers, Sanctuary Cove Hope Island, Tambourine Mountain and Tambourine Village.

Region 1 is at the **Lismore Workers Club**, 231 Keen Street Lismore. Saturday **30th May 10am – 4.pm.** Clubs in the Region are Bonalbo Upper Clarence, Casino, City of Lismore, Goonellabah Wollongbar, Kyogle, Lismore, Alstonville, Ballina, Ballina East, Bangalow, Lennox Head, Mid Richmond River, Brunswick Mullumbimby, Byron Bay, Cabarita Beach Pottsville Beach, Coolangatta Tweed Heads, Kingscliff, Murwillumbah, Terranora Lakes and Tweed Coast South.

Region 3, 4, 5 is at the Calamvale Community College, Hamish Street Calamvale Sunday 31st May 9.am-3.pm. Clubs in this Region are Capalaba, Cleveland Challenge, Macleay Island, Redland Bay Victoria Point, Redland City, Thornlands Pt Halloran, Logan City Marsden, Logan South East, Logan Village, Logan West, Rochdale Springwood , Woodridge Kingswood ,Belmont Tingalpa, Brisbane Camp Hill Carindale, Brisbane Finlandia, Brisbane Holland Park, Brisbane Riverside, Moreton Bay, Apple Mac, Brisbane Chinese, Kuraby, Brisbane Macgregor , Brisbane Pinelands, Greater Mount Gravatt Mansfield, Griffith University, Algester Parkinson, Brisbane Ekibin, Brisbane Hellenic, Brisbane Moorooka, Calamvale and Sunny Bank.

All training days are \$15.00per head for morning tea and lunch.

Book now by email at llyo5865@bigpond.net.au

Lions if you can't attend your own Region please come along to any of the others. Dates are above with times and Venues.



TO SEE MORE PHOTOS FROM THE GUNFIRE BREAKFAST – GO TO...

www.facebook.com/Stanthorpe.Lions

You Don't have to Be a member of facebook to see them!

**District Governor Kent and Lion Josephine would like to welcome the following new members to our District from the month of April
District Membership ending 30/04/15 1956**

Belmont Tingalpa:	Johannes Jagus, Christopher Reeves
Brisbane Camp Hill Carindale:	Simina Creta
Brisbane Chinese:	Su Ting Goh, Jeffrey Lim
Brisbane Holland Park:	Jeremy Ashmore, Andreas Nicolaou
Brisbane Kuraby Districts:	Naima Estrada, Nayda Hernandez, Javed Iqbal, Prenisha Rampersad
Brisbane Macgregor:	Jon Lecourt
Brunswick Mullumbimby:	Vicky McLinden, Colin Williams
Goondiwindi:	Margaret Bowen
Greater Springfield:	Diana Winson Armstrong, Elaine Boneham, Deborah Boneham, Catherine Bromfield, Yvonne Jackson, Jenny Owens, Jennifer Reynolds
Inglewood:	Debbie Ariel, Lillian Seary, Greg Hughes
Lennox Head:	Wayne Blackie, Anne Murphy
Macleay Island:	Rodney May
Morton Bay:	Victoria Matthews
Ormeau:	Leigh Martinuzz
Redland City:	Sandra Bell
Tenterfield:	John Augustson, Maureen Graham

Please send District Mail To: Lion Lesley Lyons

Cabinet Secretary, District 201Q1

PO Box 4767, Forest Lake QLD 4078

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



**The next Cabinet meeting is being hosted By Brisbane Pinelands.
The weekend of the 23rd 24th May 2015**

Saturday afternoon meetings and Sunday Cabinet meeting will be held at the Upper Mount Gravatt State School Upper Mount Gravatt in the Performing arts Centre which is accessed from Cremin St Upper Mount Gravatt via a vehicle gateway. (Cremin St runs off Kessels Rd opposite Westfield Garden City Shopping Centre.)

1.30pm for coffee Saturday

9.00am for coffee Sunday

Saturday night function. There is no official dinner on the Saturday night but there are two functions on. One is the **Brisbane Moorooka 50th Anniversary** and tickets are available from the Club. It's also the **preliminary Final of the Personality Quest** which will be held at the Glen Hotel on Logan Rd. Further information will come out from the Medical Research Foundation.

Partners trip on Sunday is a trip across to the New revamped Garden City Shopping Centre not only do they have amazing shops and cafes but Macgregor Lions are running an Art show and the partners may like to have a look.

Lions Youth of the Year Program 2014-15

Saturday 11th April saw the QLD Youth of the Year State Final being held, with approx 130 in attendance watching four young gentlemen compete to represent QLD at the National Final in Newcastle.

It was the first time in 8 years that it was an "all boys" State Final with : **Sean McCarthy from Q1** (representing Lions Club Brisbane Camp Hill Carindale); **Hamza Ashraf from Q2** (representing Lions Club Mackay Northern Beaches); **Patrick Cross from Q3** (representing Lions Club Brisbane Bardon); and **Michael McLure from Q4** (representing Lions Club Callide Valley) all competing on the night.

After a great night of Impromptu Questions and Prepared Speeches, the winners were announced with **Sean McCarthy from Q1** (left on photo) being announced as the Public Speaking Winner; and **Patrick Cross from Q3** (right on photo) being announced as the overall "QLD" State Winner, who will now go forward to represent QLD in the National Final in Newcastle where he will be up against the best of the other states in Australia.

Congratulations to all four of the finalists who competed on the night, I know that you did your Districts very proud. And all of our congratulations and best wishes go to Patrick as our "QLD" entrant at the National Final.

Lion Jenny Maguire QLD State YOTY Coordinator



Our district was well represented at the Public Speaking function of the State Youth of the Year Final on 11 April, 2015. Sean McCarthy, our district winner, was up to the challenge of the other 3 competitors, all boys, and was presented with the Public Speaking prize at the end of the night. The overall winner who will represent the state at the national final will come from Q3. I am sure we all wish him well.

Now for a few stats on our District from this year's competition:

Club Contestants:	Males 80	Girls 124	Total: 204
Zone/Region/District Finals:	Males 25	Girls 43	Total: 62
Judges:	NAB 31	Other 144	Total: 175

• Audience: 2,381 • Schools: 105 • Clubs entered: 47

Summary of all Q Districts

Contestants:	Males 246	Girls 382	Total: 628
Judges:	NAB 103	Other 444	Total: 547

• Audience: 6,872 • Schools: 250 • Clubs entered: 140

As you can see, Q1 is roughly responsible for 1/3rd of the numbers of participants, audiences and schools who participated in this years competition. I thank all the clubs, and their Club Co-ordinators, who participated this year for without your participation we would have nothing.

Lion Libby Whitestyles 201Q1 District YOTY Chairman

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

Australian Lions Foundation

As the end of the Lions year is fast approaching, all Lions Clubs should now be giving thought to making their end-of-year donations. The Australian Lions Foundation is your Foundation, cannot operate effectively without the financial support of Clubs and individuals, and always puts to good use the funds received by it.

Donations made to ALF may be used to honour individuals who have demonstrated significant contributions to their community. Four Awards exist within the Australian Lions Foundation — **William R Tresise Fellow Award (ALF's most prestigious Award); Ian M Stockdale Humanitarian Award; James D Richardson Honour Award; and Community Service Award.**

These Awards are obtained by filling out the application form and sending the cost of the Award to the Foundation either by cheque or direct deposit to the bank account listed at the bottom of the application form. Costs of Awards range from \$500.00 for the Community Service Award to \$2,000.00 for the William R Tresise Fellow Award.

These Awards do take time to process and post, and Clubs are asked to ensure that 4 weeks' notice is given to the Foundation to avoid disappointment. All Awards are sent to street addresses only.

Highly regarded, Awards from the Australian Lions Foundation are a proven recognition of the efforts of individuals. Please note that funds donated to the Emergency or Disaster Relief are not able to be applied to Awards due to issues surrounding tax deductibility and the supplying of goods and/or services.

Please contact me on 0412 285 618 if help is needed in applying for any ALF Awards.

Lion Rob Johnson ALF District Chairman

Dear Greg, I sometimes think my wife talks a foreign language. Yesterday, she and her sister were talking about "raglan sleeves". Can you help me? Just what are "raglan sleeves" and what's with the name "raglan"? Signed Lion Peter.

EDITOR:

Dear Peter, Raglan Sleeves: Diagonal seam from the collar to the underarm, offering more room in the armhole area for garments worn underneath. British General Fitzroy James Henry Somerset, 1st Baron Raglan (1788-1855) wore an overcoat fashioned in such a style during the Crimean War. Raglan lost his right arm at Waterloo, fighting alongside Wellington, and later replaced the Iron Duke as the commander of forces. He led the troops in the Crimean War but attracted widespread criticism for mismanaging the campaign. It was Raglan who gave the ill-fated command which led to the disastrous Charge of the Light Brigade in 1854. As Tennyson put it: 'Someone had blundered.' Raglan died of dysentery at Sebastopol before the war's end.

Dear Greg, I am becoming more and more aware of Lions Members AND Clubs adopting this new technology called "Facebook". I expect that it might be useful in helping contact young people and making them aware of the benefits of Lions Club Membership. Can you tell me more about it?

Signed, Lion Elisabeth.

EDITOR:

Dear Elisabeth, As you may know I am not on Facebook. Hence I try to make friends without using Facebook. Therefore I walk around the streets every day telling random people how well I slept last night, what I ate, how I feel, what I am doing and what I will do. I also listen to their conversations and tell them each time that I like it.

Result: I have already 3 people following me: 2 police officers and 1 psychiatrist....



Lions Camp Duckadang

a joint youth project of Districts 201Q1, Q3 and Q4



A grant to improve technology at the Camp has resulted in an upgrade of the office computer and the link from the Stewart Observatory to Hamilton Hall being completed.

Groups who use the Camp now have a data projector to show terrestrial images and DVD movies on the huge screen inside Hamilton Hall.

This equipment is appreciated by those who visit the Camp.

Recently I sent the annual letter to nearly 250 Lions and Lioness Clubs in Districts 201Q1, Q3 and Q4, who are in effect owners of the Camp.

Across the three Districts, Lions Camp Duckadang is our largest tangible asset after our membership.

The Camp is a not-for-profit facility, and income from accommodation and catering merely funds its operating costs, not any maintenance or physical improvements.

The Board of Directors thanks Club in advance for their donations and valued financial assistance to ensure the Camp's facilities continue to improve.

The next working bee: PLEASE NOTE the Change of Date!!

The next working bee will be the weekend of 20-21 June. You are welcome to arrive on the Friday afternoon. All members of the Lions family are invited to attend. At the last working bee, we had parents, children, grandparents and grandchildren. There was lots of fun and fellowship.

It is a self-catered weekend ('bring your own' food and drinks, sheets, blanket, pillow), except for the Saturday night meal which will be provided. If you haven't been to the Camp before, or for some time, you'll notice improvements to facilities.

The most recent of these are the technology link from the Stewart Observatory to a large screen in Hamilton Hall, and the nine hole mini-golf course.

We are a not-for-profit facility, and income from groups using accommodation and catering merely funds its operating costs, not any maintenance or physical improvements.

Donations may be sent to P O Box 437 STRATHPINE Q 4500, and all will be acknowledged.

Thanks for your support of this youth project.

Lion Peter J Boge Secretary to the Board, Lions Camp Duckadang
(E) pboge@bigpond.net.au



NEWSLETTER Download www.lionsclubmember.com/District-201Q1
INCLUDING MONO VERSION FOR EASY PRINTING

Newsletter Editor Lion Greg NOTHLING: greg.nothling@gmail.com

My email address is - info-officer@lions201q1.org.au

Peace Poster – “Share Peace”

Your Peace Poster Kits are now available to obtain from Newcastle. Once you have received your kits please make yourself familiar with the Rules of the Contest so that when you take the Kit to the school you can advise the teacher of the correct Rules so that the students are advised correctly.

I would like to emphasize that clubs ensure that the **correct size paper is used; no letters and no numbers on the entry; make sure the Winner Sticker is placed on the back bottom right hand corner of the poster; and it must be completed correctly and includes the parent’s signature and email address.** If the school loses the sticker you will have to purchase another kit as replacement stickers cannot be supplied and a photocopy of a sticker is not acceptable.

This is a great contest for students to show their talent in art and also to help them understand the meaning of peace around the world. I have sourced a supply of A2 paper for the contest so please let me know if you require some. Your local printer may also supply you with this paper. A2 is the best Australian sized paper to use.

Essay contest – “Share Peace”

The entry form and rules for the Essay Contest can be downloaded from LCI or contact Project Coordinator for a copy. Essay is to be completed by children who are termed “legally blind” and are aged 11, 12 or 13 as at 15 November 2015. The essay is to be 500 words, typed with double line spacing.

Be the first club in Q1 to have an entry in this contest.

Lion Beverley Drysdale

Q1 Project Coordinator Ph. 0405 496 922 Email: beverley.drysdale@bigpond.com



Biggest Morning Tea – Supporting CANCER COUNCIL QUEENSLAND



Presented by Lions Club of Brisbane Camp Hill-Carindale Inc.

Guest Speaker – Prof. Ian Frazer AC

Australian of the Year 2006

Parade by Fashions on Mayfield, Mayfield Road, Moorooka
Raffles, Lucky Door

Where? Belmont Services Bowls Club, Narracott St., Carina

Time? 10am

When? Thursday 21st May 2015

Cost? \$25 p.p. Bookings & Prepayment Essential

Tickets? Mary Phone: 3398 8927, Mobile: 0491 111 149



Breast cancer Awareness



Keep the Fight Going ! –

I I'm very proud of the efforts that Lions & Leos Clubs in Q1 have made so far with raising much needed funds for Breast Cancer Research – but the fight doesn't stop there – we still need to continue with our fundraising efforts so that we can continue to help where it is needed the most.

This Lions year is slowly coming to an end, and with that, Clubs and Boards will be deciding where to disburse the funds raised on projects held by the Club & its members. Please consider making a donation to Lions Breast Cancer Awareness so that we can continue as a group / District to help those women that have been diagnosed with Breast Cancer – who knows you just might be helping someone that you know.... Your cheques can be written out to "Lions District 201Q1" with Breast Cancer Awareness written on the back. Thanks for your "support".

From the Experts.....

Fatigue : what is it and what can help?

Many women diagnosed with breast cancer experience fatigue at some point after their diagnosis. Fatigue is often described as extreme tiredness, lack of energy or physical and mental exhaustion.

We know that fatigue can be distressing and frustrating, making it hard to do day-to-day tasks, participate in work and other activities, and feel up to socialising with family and friends. Some women may feel fatigued for several weeks or months, while others can experience fatigue for a year or more, even after their treatment for breast cancer has ended.

What causes fatigue?

Fatigue can be a side effect of the cancer itself, and of breast cancer treatments including chemotherapy, radiotherapy, hormone therapy. Medications used with breast cancer treatments to help manage pain and nausea can also cause fatigue. Fatigue can also be related to the emotional aspects of being diagnosed, such as stress, anxiety or depression. Dealing with pain, sleep difficulties, and travelling for treatment and appointments can also contribute to fatigue. Anaemia, or low levels of red blood cells, can also cause fatigue. Some breast cancer treatments reduce red blood cells in the body, leading to anaemia.

What can help reduce fatigue?

If you are experiencing ongoing fatigue, you may like to speak to your medical team for advice about managing fatigue. There are a number of things you might also like to try. Research has shown that doing some daily physical activity can help reduce fatigue. If you haven't exercised much before, you may like to start slowly, perhaps with a 10-minute walk around your neighbourhood at the time of day when you feel the least tired. Eating a healthy, balanced diet that includes a variety of foods, as well as drinking enough water, can also help manage fatigue.

You may also like to organise to have some practical help around the house, such as help with housework, cooking or caring for children. Giving yourself time to rest during the day and allowing your body time to recover can also be helpful. Try to limit daytime naps so that you are still able to sleep at night. Some women also find relaxation techniques and activities such as meditation or yoga helpful. Other women have found it useful to talk about their feelings with a support group, counsellor or psychologist.

Help Support...Many thanks

Jenny Maguire

Breast Cancer Awareness

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

A gentle reminder to all club secretaries.

There is a special type of Lions Club in our system whose prime reason for being in existence is to help “Stop the Drop”. This Lions Club is Australian Lionsonoz, or simply Lionsonoz.

Lionsonoz was formed in 2009 and chartered in Melbourne by the then International President Al Brandell with 23 members.

The idea of Lionsonoz came from the experiences of charter members Lions Kel and Yvie Kearns when they retired, bought a mobile home and took off to see Australia. They found at many caravan parks other Lions who have done the same thing, however they were quite concerned about the greater percentage of those Lions who had lost touch with their own Clubs and had eventually resigned from Lions altogether. This represented a large number of dropped Lions who could have stayed on as members if a suitable Lions Club was in existence to cater for these “Grey Nomads”.

It took no time to get a Lions Club off the ground to cater for these special people. Lionsonoz has a membership at present of over 40, but it is in constant change.

When a member of a “Main Stream” Lions Club wants to join Lionsonoz, all he/she needs to do is ask his/her secretary to apply for transfer. The normal rules of transfer apply.

When their travelling days are over, they simply transfer back to a Club of their choosing.

Lionsonoz is definitely not out to “poach” members, it’s prime objective is to help retain good Lions who would likely fall by the wayside if this special type of Lions Club was not available to them.

Lionsonoz does not have an activities account. They do not raise or donate moneys. The members achieve service hours by offering their assistance to the Lions Clubs in which town they visit. It works out very well.

It has helped many Lions who find themselves Club-less when their own Lions Club folds and for ladies of the Lions family who are not welcome in a males only Lions Club.

Lionsonoz does not cater for non-Lions. The applicant must have had Lions experience because of the difficulties a non-Lion would have with the isolation and lack of personal contact with other Lions members.

A transferee must also be computer literate and have available computer connection to the internet because the meetings are conducted through Skype Messenger on the third Monday evening of the month.

If you need any further information please visit our website
www.lionsonoz.nsw.lions.org.au

PPG Lion Warren White



District 201Q1 Convention - Celebrating 25 Years

<http://convention.stanthorpeclub.com/>

Registration form

<http://convention.stanthorpeclub.com/images/201Q1-Registration.pdf>

Disaster Relief Donation

In response to the appeal of the devastation from Cyclone Pam hitting Port Vila and across the many islands of Vanuatu in March 2015, a number of Clubs have donated to the disaster relief fund. Thanks for the following Lions Clubs for their recent disaster relief donations: Brisbane Hellenic, Thornlands Point Halloran, Brisbane Ekibin, and Brisbane Camp Hill Carindale, and others that may have contributed during writing of this report.

A very recent natural disaster happened on Saturday 25 April 2015 in Nepal that a 7.9 magnitude earthquake hit between the capital Kathmandu and the city of Pokhara. The devastation is immense, with 1,800 people killed and thousands more left homeless and without shelter. LCIF has acted immediately to give a US\$100,000 Emergency Grant, for the Lions of Nepal and neighbouring countries to distribute bottled water, food, blankets, hygiene packs, baby care, toiletries, medicines and temporary shelter to the people in need.

Your donation to the LCI/LCIF Disaster Relief Fund will enable much needed assistance to be given to those in distress. Send your cheque in Australian Dollars to our District Cabinet Treasurer PCC David McKenzie. Your donation marked for disaster relief is eligible to go towards Melvin Jones Fellowship or Progressive Melvin Jones Fellowship.

ACHIEVING LCIF DONATION TARGET in 2014-15

Our District target for LCIF donation is US\$57 000. Up to early April 2015, Clubs in our District have hitherto contributed \$30.8 thousand, leaving US\$26.2 thousand to reach the target. Converting this to Melvin Jones Fellowship, we need 27 (at US \$1,000 each). Hope all the Clubs in our District can consider giving out a MJF to a worthy recipient. If you need to know your Club instalment amount, just email me.

LCIF IAG GRANT

Moorooka Lions Club is congratulated of their success in gaining US\$20,000 from LCIF International Assistance Grant towards their Sri Lankan Water Appeal project. This is the very first IAG received from a Club in Australia. Well done President Ian Tower and the team that tirelessly put the project from concept to reality in the past couple of years.

END OF MY COORDINATOR ROLE

Having served this meaningful portfolio since 2009, it is about time that I should step down. As from July 2015, PDG Rob Johnson will take over continuing to promote our very own foundation that provides supports to Sight, Disaster Relief, Youth and Humanitarian Efforts. If you wish to know a bit more, go to www.lcif.org.

Lion PDG Peter Ho LCIF Chair 2009-2015 Lion.peterho@gmail.com

Don't forget to put your CLUB in the SPOTLIGHT...

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



Send details to: greg.nothing@gmail.com

Leo Club Report



The State Leo Conference at Yeppoon in March saw our District Leo of the Year, Emily Somerville from Southern Cross K-12 School Leo Club win both the State Leo of the Year and Public Speaking Competition. Emily will now go onto the MD Competition in Newcastle in May. We are very proud of her and wish her every success for Newcastle.

Emily's sister Kate, a former Leo and now a Lion recently formed the new Leo Club at Xavier Catholic College which is to hold its Charter Ceremony in June.

Most Clubs are up and running again after the School holidays, however those Clubs which we were hoping to reactivate are still a work in progress and with the number of Clubs we now have in the District (32), and the number of new Clubs we are looking at, it is difficult to find the time to concentrate on them solely. It appears as if the sponsoring Lions Clubs are not doing enough to get these Clubs moving again.

The end of the Lions Year is fast drawing to a close and we will shortly be considering the Leo Club of the Year, and the Project of the Year. As these are drawn from reports that come into me, if Clubs are not sending this information then they will not be considered for these Awards.

It is disappointing that I have not had a Nomination for Zone Chairman for 2015-2016 for any of the 5 Leo Zones we have in our District. I Understand that the Leos have other priorities at School, however I am supposed to fill these positions. Would Leo Advisors please discuss again with your Leo Members. They have to be a current or former executive member and not finishing school in 2015.

The State Leo Conference in 2016 is to be organised and conducted by Q1. Would Clubs please give this serious thought as we need to have the positions for President, VP, Secretary and Treasurer filled by May, If not we will lose the Conference.

Lion John Wearne

District Leo Club Chairman

Lions Club of Brisbane-Moorooka Inc 50th Anniversary of Service to its Community

On Saturday, 23rd May, 2015

at Francis Rush Centre (Adjacent to St Stephen's Cathedral) Charlotte St, Brisbane City

6.15 pm for 7.00 pm

Cost \$35.00 per head – Cash Bar

Dress Code: Men: Jacket & Tie Ladies: After 5

RSVP by 15 May, 2015 to: **PDG Rob Johnson**

07-3272 4649 0412 285 618 sportyj906@gmail.com

Entertainment: Music & Dancing

Free parking in Cathedral Car Park - (enter from Charlotte Street)

If making a direct credit, please ensure that you have identified your payment with your name when making the transfer.

Bank details: BOQ BSB 124-070 A/c # 21742047

Wartime Legend – 100th Anniversary

Wartime legend – 100th Anniversary

ANZAC BISCUITS were dreamt up by the concerned wives, mothers and girlfriends of Australian soldiers and were called soldiers' biscuits up until the landing at Gallipoli in 1915. (Anzac Biscuits are one of the few items legally able to bear the name Anzac, which is protected by federal legislation).

The women were concerned about food supplies for their loved ones and needed to come up with something non-perishable, yet nourishing, to send to them.

They drew on an old Scottish recipe, a combination of wholesome rolled oats, plain flour, coconut, butter, boiling water and bicarbonate soda, sweetened by lashings of golden syrup or treacle – all ingredients that would not readily spoil. The syrup had the added benefit of binding the mixture together, which was usually the job of eggs.

Because of the war, and the fact that many poultry farmers (among others) had enlisted, eggs were in short supply.

The biscuits were packed in air-tight tins, such as billy tea tins, which kept them and intact, and sent across the seas, often on journeys of up to two months, to be received by the servicemen.

It's almost impossible for us to imagine what a parcel containing these biscuits would have meant to them – a taste of home and food truly cooked with love.

All the attributes that made Anzac biscuits a favourite almost a century ago remain. They're very simple to make, being a melt-and-mix style of biscuit, and you're more likely to have the ingredients in your pantry. If not, they're only as far away as your nearest supermarket. They fill the kitchen with a glorious smell as they bake and are ridiculously more-ish. Shelf-life is not really an issue because you'll be lucky to have enough biscuits to store once they've cooled.

Australians and New Zealanders alike pause and reflect on Anzac Day, and take time to remember those fallen soldiers - as well as those who served - in times of war in service to their country, their flag, their people, their customs and traditions, and the freedoms that we enjoy today as a result of those efforts. There are dawn and memorial services held all around the country on Anzac Day which hundreds of thousands of people attend to pay tribute to their forebears.



Don't forget to take advantage of the early bird discount!

Some highlight of the upcoming convention...

Friday

Shotgun Golf Tournament • Lawn Bowls Comp • Afternoon Winery Tour

Saturday

**Keynote: Past International President Barry Palmer
• Parnter Magical Mystery Tour • Gala Dinner, Lets Celerbrate 25 years!**

Anzac Biscuits



Ingredients

150g (1 cup) plain flour
90g (1 cup) rolled oats (*see Notes*)
85g (1 cup) desiccated coconut
100g (1/2 cup, firmly packed) brown sugar
55g (1/4 cup) caster sugar
125g butter
2 tablespoons golden syrup
2 tablespoons water
1/2 teaspoon bicarbonate of soda

Step 1 – Preheat oven to 160°C.

Line 2 baking trays with non-stick baking paper.

Step 2 – Combine dry ingredients flour, oats, coconut and combined sugar in a large bowl.

Step 3 – Stir the butter, golden syrup and water in a small saucepan over medium heat until the butter melts and the mixture is smooth.
Stir in the bicarbonate of soda.
Add to the dry oat mixture and stir until well combined.

Step 4 – Roll level tablespoonfuls (about 18g) of the oat mixture into balls and place, about 5cm apart, on the prepared trays.
Flatten until about 1cm thick.
Bake, swapping trays halfway through cooking, for 15 minutes or until light golden. Set aside for 10 minutes to cool slightly before transferring to wire racks to cool completely.

Shopping tip: Make sure you buy whole rolled oats - if you use instant oats, the mixture will spread too much and your biscuits will be flat.

Make them even better: Simply drizzle melted chocolate over the top of cool biscuit.

Soft and chewy: Omit the brown sugar
Increase the caster sugar to 155g (3/4 cup).

Dark and crunchy: Omit caster sugar.
Increase the brown sugar to 155g (3/4 cup, firmly packed). Bake for 18 minutes.

Thin and crispy: Omit the caster sugar. Reduce the flour to 115g (3/4 cup).
Increase the brown sugar to 200g (1 cup).

PO Box 158, Stanthorpe Qld 4380
9th-11th October 2015

REGISTRATION FORMS @ WWW.CONVENTION.STANTHORPECLUB.COM

DETAILS	PERSON 1	PERSON 2
Type (eg. Lion, Lioness, Leo, Lions Partner, Guest, Child)		
Title (eg. Mr, Mrs, Ms, PDG, etc.)		
Surname		
Given Names		
Lions Club		
District (If not 201 Q1)		
Phone (one required)		
Postal Address:		
Email:		
Special dietary requirements:		
Special disable access requirements:		

SPECIAL PRICE FOR EARLY BIRD BOOKINGS – SAVE \$25

FULL HOSPITALITY PACKAGE

Cost per person & Includes all items with* Please indicate each item required.

BOOK / PAY BEFORE 25TH SEPT 2015 ONLY	<input type="checkbox"/> \$125	<input type="checkbox"/> \$125
Friday 9th October 2015	Registration from 12.30pm	
Golf / Lawn Bowls (Afternoon) \$TBA Pay on the day	Golf	Lawn Bowls
Afternoon Wine Tour \$TBA Pay on the day		
Welcome Dinner \$20*		
Saturday 10th October 2015		
Breakfast \$12.50*		
Morning & Afternoon Tea \$10*		
Lunch \$15*		
Partners Tour (Afternoon) \$25		
Convention Dinner & Entertainment \$60*		
Sunday 11th October 2015		
Breakfast \$12.50*		
Morning Tea \$ 5*		
Lunch \$15*		
Convention Pin (Not included in package) \$ 5		
SUBTOTAL		
TOTAL PAYABLE \$		

\$150 AFTER 26TH SEPTEMBER 2015 – FINAL CUT OFF FOR HOSPITALITY PACKAGE 5TH OCTOBER 2015

Payments via Direct Deposit: Lions Club of Stanthorpe NAB – BSB 084 927 Account 846 038 686 REF: Surname + Initials

Payments via Online Registration: @ www.convention.stanthorpeclub.com

Payments via Cheque: Lions Club of Stanthorpe • Postal Address: Stanthorpe Lions Convention PO Box 158 Stanthorpe QLD 4380

Telephone: 07 4681 3184 • Email: convention@stanthorpeclub.com

Celebrating 25 years of District201Q1

