

KIM'S KICKOFF

Igniting the future

Vol 7 January



District 201 Q1

Kim Forrest

District Governor
2018/2019

Never forgetting the past



1st VDG David Greenup
2nd VDG Narelle Parkins



We Serve

A VERY HAPPY NEW YEAR TO YOU ALL

Welcome to 2019, I hope everyone had a wonderful Christmas, enjoying time with friends and family. Ross and I were gift wrapping till 6pm Christmas Eve along with Lesley and David and then we treated ourselves to a well-earned bubbles.

I hope that you are all taking some time to relax and regroup for the year ahead, as predicted our member numbers have done their usual end of year drop, so now is the time to start moving ahead and picking up some more members to strengthen not only the District but also your clubs.

Now is the time to plan for the year ahead, continuing with your goals that you started last year, or putting into place the goals you want to achieve this year. I am already looking at some new ideas for specialty clubs and will report on the progress of these as they develop.

In 2 weeks I will be heading to Sydney for the Council Meeting, this is an important part of being a Governor as it is the time that I am a conduit between this District and Multiple District. I will report back as to what comes out of the meeting in the next Newsletter or directly to clubs if needed.

DGE David will also be coming to Sydney to start on his training and journey into his year as Governor and I wish him all the very best for his year ahead.

At this point in time I have received and endorsed 1 application for a member to go to the Emerging Lions Institute in Sydney. If anyone is interested in doing any of the courses this year please let me know so that I can get your applications in on time. We have had such positive feedback from those that have attended in the past so if you're interested give it a go. You don't need to be looking at going to a higher position to attend, you can go for your own self development.

I'm really looking forward to completing the rest of my club visits in the next couple of months, catching up with everyone and learning more about the clubs in this District, I must admit this has been the best part of my years leading up to now.

Thank you everyone for the hard work you've already put in and if I can be of any assistance to anyone please just let me know

Have a great year

District Governor Kim Forrest – District 201Q1 2018-19

FROM THE DESK OF CABINET SECRETARY

I hope you all enjoyed Christmas and are ready to take on the New Year.

Gift wrapping was massive for our Club and from what I'm hearing lots of Clubs Volunteered to wrap gifts this year. Australia Day will be our next holiday before we all start back for the year.

Treasurers please remember you need to go into MyLCI and download your LCI dues they are not posted out anymore.

We are having a few problems with MyLCI passwords but they will soon be fixed. Please remember to keep your passwords for MyLCI in a safe place.

Christmas Cakes were distributed right through the Q1 drought area thanks to Australian Lions Foundation and several Clubs that purchased cakes to be sent out to our drought areas.

Our District has been asked to participate in the Chinese New Year march in February it will be great for Lions. As soon as I have further information I'll contact your Club.

District figures as December = District 201Q1: 1,855

World Wide: 1,438,235

All correspondence to Cabinet Secretary PDG Lesley Lyons – PO Box 4767, Forest Lake Qld 4078 or email to llyo5865@bigpond.net.au Mobile 0419 796 022



Newsletter Editor: send article & submissions by 20th of each month to Lion Greg NOTHLING:

***greg.nothling@gmail.com OR
info-officer@lions201q1.org.au***

DG KIM & LION ROSS WELCOME THE FOLLOWING NEW MEMBERS

Ballina:	June Brandon
Beaudesert:	Stephen Roberts
Brisbane Holland Park:	Lynnette Jamieson, Philip Jamieson
Logan Underwood:	Macey Dahili, Eric Mills
Redland City:	Jason Smith, Rachael Munro
Stanthorpe:	Jacob Veness
Tamborine Mountain:	Barry Carmichael
Tenterfield:	Jennifer Shearman

To our Lions family a Very Happy New Year.

Cabinet Secretary,
Lesley Lyons

LOGAN CITY – MARSDEN LIONS CLUB

Completed a very special project, a Buddy Bench at Marsden Primary School. The Club was supported financially by State Member for Woodridge & Logan City Councillor Division 5 Jon Raven.

Helen Govan-President
Lions Club Logan City Marsden.



THE LIONS MEDICAL RESEARCH FOUNDATION

The LMRF Annual General Meeting held on Sunday 11 November went well with 2 new Directors joining the board. It is with great pleasure that we welcome Tony Hall and Bernadette Moore. With these appointments, the Board now has a full complement of Directors and with the experience and skills offered by our 2 new Directors, we are well poised to meet the challenges of 2019 head on. The Foundation welcomes 2 new Directors - Tony Hall from the Lions Club of Mount Tamborine in District 201Q1 Lions and Bernadette Moore from the Lions Club of Buderim in Lions Club District 201 Q4. We look forward to the collective experience and wisdom they will bring to the LMRF Board. and NEW AMBASSADORS

In the last month the Foundation has signed up 3 new Ambassadors. PDG Rod Somerville from the Lions Club of Maroochy North Shore, District 201Q4, former LMRF Fellow Dr Tracey Bjorkman and Carey Dobson from the Upper Coomera Lions Club, District 201Q1.

FAREWELL THE CHINESE YEAR OF THE DOG AND WELCOME IN THE YEAR OF THE PIG.

BRISBANE INDIAN PRESTIGE LIONS HAVE BEEN WORKING HARD AGAIN!

On Sunday, Nov 18 - Vice President of the Brisbane Indian Prestige Lions, Sathish Rajendran hosted the 6th Annual celebration for the "Brisbane Super Kings Cricket Club". He has been doing extraordinary work by supporting the local youth & young kids as well as promoting cricket in the local community.

Involving the youth in sporting activities like cricket is a wonderful way to enjoy the fresh air and the great outdoors, build skills in throwing, catching and running, build friendship and community and develop players social skills.

Lions Members were present on the night to support. President Pinkey presented two trophies.

Congratulations to teams and members.

Congratulations to Vice President Lion Sathish Rajendran

President Pinky Singh
Brisbane Indian Prestige Lions

GU LIONS SUPPORT COPS CARE TEDDIES PROJECT

Griffith University Lions Club Krafters group.

Just a sample of the 200 teddies made by the Griffith University Lions Club (Krafters Group) for the "Cops Care Teddies" Pilot Project in the Redland area. The Cops Care Teddies is an initiative of acting Senior Constable Vrinda McCauley at the Capalaba (Redland City) Police Beat. Each police car in the bay area carry a couple of teddies to hand out to children caught up in stressful situations. They are well received.

Senior Constable McCauley aims to encourage police stations around Queensland to source teddies to give to children. No doubt there will be many knitting groups come on board as the project gets underway. In the meantime GU Lions have been pleased to be part of this initiative in the pilot stages. We are looking to hook up with police stations in and around the university area when the project gets underway.



Members of the Krafters Group with a number of the Teddies in bags for the Cops Care Teddies Project.

GU Lions have sponsored this project for almost 6 years now and over this time we have lost count of the number of beanies, rugs, mittens and scarves that have been made and distributed to Teddies without Borders, Homeless Support Projects and Nursing Homes. Also Meals on Wheels clients receive small yet special gifts made to celebrate Christmas, Easter, Mother's Day and Fathers Day.

A sample of this years Christmas gift, filled with Rainbow Jellies.



LIONS CLUB OF COOLANGATTA - TWEED HEADS INC

On Tuesday 4th December the Lions Club of Coolangatta - Tweed Heads Inc. along with Zone Chair Denise Jackson installed two new Life members, Duncan MacLennan and Ian Manwaring.

Duncan joined Lions in 1972 as a Charter Member of Ararat (Vic) Club and Ian Joined Cootamundra in 1973.

Both members have had an outstanding contribution to Lionism serving in all Club positions and several Cabinet positions over the years.

This brought their club's roster of Life Members to 5 with current life members PDG Bart (bon) Bartholomew, John Deane and Bryan Shaw.

LIONS LOSING LOTS

It's not too late for your Club to put in an entry for my challenge for the Diabetes "Triple L Project" - **Lions Losing Lots.**

The information was previously posted to all Clubs with the required forms.

The challenge is simple – just eat as healthy as you can and move, move, move !!

Register your team today – and your Club might just lose the most cm's at the end and win a fabulous prize.

WOW WHAT A NIGHT!

Brisbane Indian Prestige Club were proud to welcome Dr Carlos Salomon from Queensland and Northern New South Wales Lions Medical Research Foundation to their Business Cocktail Night fundraiser at Tattersall's Club in Queen Street, Brisbane. Dr Carlos Salomon is a wonderful speaker who explained his research in simple terms for our guests to understand. It was amazing and with his accompanying PowerPoint, it made the content so much easier to follow. I would recommend him as a speaker to all Clubs.



It was a pleasant night with lots of laughter and people to meet. Many business owners attended. From their departing comments I am certain they enjoyed the evening.

The nibbles were yummy and the sparkling even better.

I thank my Lions team for their amazing effort to make this happen!

We were delighted that 2nd Vice District Governor Narelle Parkins attended the function and we thank her for making presentations on the evening. It was attended by President Narelle Wyvill-Anstey from Macgregor Lions Club.

Our surprise guest speaker, Mr Bhoomi Paras-Ram – the commodities king of Brisbane gave an inspirational speech telling us of

his journey from where he started to his success today.

I extend a thank you to our Guiding Lions Penny Kourra and Kelvin Yeh for their support also. Nicole Phillips, an Ambassador for Lions Medical Research Foundation also attended.

President Pinky Singh
Brisbane Indian Prestige Club



GRIFFITH UNIVERSITY LIONS CLUB



On Saturday 1st Dec our tireless Lions group purchased, collected and packed Christmas Hampers to be distributed to Griffith University students and families in need this Christmas.

We are very proud of the work we do for our community and wanted to share our story and photos with you all.

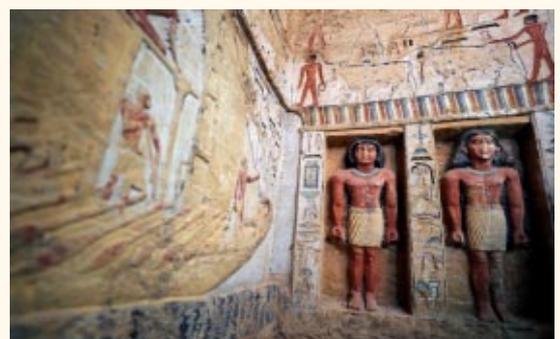
Photos of the Hamper Packing.
Marg Kupper - Promotions,
Griffith University Lions Club



BREAKING NEWS FROM EGYPT:

*They've found a tomb covered
in nuts and chocolate.*

Experts say it was a Pharaoh Rocher.



LIONS CAMP DUCKADANG

Dates of Working Bees in 2019:

01-03 February;

26-28 April;

09-11 August;

15-17 November.

Please note in your diary.



Thanks to everyone for your support throughout 2018. This enabled so many projects to be completed.
List provided by Ian Pelly (Chairman, Assets and Maintenance)

Hamilton Hall	Sand and re-varnish floor with two coats quality varnish Repaint kitchen to Hamilton Hall (two coats) Under Hall, repaint inside surface of timber battens (light grey) Under Hall, finish painting walls in light grey Sand back and paint steel posts, two coats oil based paints Repair/ refix two timber gates to under Hall
General/outside	Clean outside of all buildings (cobwebs, general dirt etc) Install net to Mandarin tree Repairs to fence around workshop area Continue rock wall below Hamilton Hall
Electrical	Check/replace light fittings to Rubie back bedroom and outside kitchen
Jamieson House	Replace panels to two skylights where paint is peeling Re-silicone around basins Repaint two doors to shower recesses
MacDonald House	Install new end door to MacDonald House
Swimming Pool	Refix Chlorinator unit in pool shed

Usual arrangements apply for working bee. Catered meal on Saturday night.

BYO food and drinks for rest of weekend meals.

Thanks for your support.

Peter J Boge

Secretary to the Board, Lions Camp Duckadang



SIZE COMPARISON

The "Titanic"
compared with a
modern cruise ship

*Hands up all those
who have been on a
cruise lately*



BREAST CUSHION PROJECT REPORT

Lions Club of Tamborine Mountain Inc

Working Bee: Thursday 15th November;

Many thanks to Joy, Effie, Gloria, Jan, Helen, Jenny & Mary for your help. We stuffed 70; wrapped 75 & sewed 40 cushions. Thank you June for sewing 3 bags of cushions at home. Thank you Gloria & Joy for the lovely bag of fabric you brought.

Thank you to our wonderful Creative Arts Sewing Ladies, Rita plus Jan and the 'Garage Girls' for Cushions,

Sets & Bags made this month. A special thanks to Jan & her girls for helping to build up some stock.

Thank you Althea, Barbara & June for your sewing of cushions at home. Also thank you Kerry & Coral for your help from home, all home help is much appreciated... .

Donations for November were \$70 from two recipients.

Letters from Recipients:

Dear Lions Members and friends, On 8th October I had Breast Cancer surgery at Greenslopes Hospital. Post-surgery, I was given a breast care pillow made by the Tamborine Mtn Lions & Friends. May I just write to say a big thank you. It is the most comfortable pillow I have ever had. Much Appreciated. Regards Mandy – (Pinelands Lions)

Good morning,

I want to thank you most sincerely for your very generous gift of a soft cushion and bag. I used the bag after my surgery to carry my pump and tubes in. They were simply amazing and you have no idea how much they assisted me. I love the cushion and I use it all the time as it makes such a difference with my pain.

Please keep up your amazing work which brightens up breast cancer patients lives so much, I know it did for me. I was simple amazed when I was given these items to think that someone was thinking about breast cancer patients outside of my friends and family.

Thank you, thank you, thank you. I am going to make a donation immediately to help you to continue your great work. Lorrain.

Gail Patricia Molson Lions Club of Tamborine Mountain Inc -Breast Cushion Project Co-ordinator
molsongp@beagle.com.au

ON DECEMBER 13, MYLCI WAS ENHANCED TO MAKE CLUB ADMINISTRATION EVEN EASIER.

Club officers are able to:

1. Manage your convention representation with ease.

View your club's eligibility to vote at conventions.

Assign delegates to attend district and multiple district conventions

2. Showcase your club with MyLCI or MyLion.

Tell your story by adding images and a description to your club profile on MyLCI or MyLion.

Search for your club in the new Club Locator. See how www.lionsclubs.org showcases your club to the public.

3. Request administrative support.

Log in to MyLCI and assign a Club Administrator to act on behalf of the Club Secretary.

Questions? We're here to help! Contact us at mylci@lionsclubs.org.



MEET THE CHALLENGE - KIM'S KICK OFF IGNITING THE FUTURE IN 2018-19

So you thought that a recent Edition of our District Newsletter was a little Oversize? Just think about the 1987 paperboy's nightmare re the Sunday Edition of the New York Times. The 1612 page edition crashed on the doormat on 14 September at an awesome 5.4kg.

IPDG ANN REED

Past Council Chairman, Lion David McKenzie, was pleased to be given the opportunity to present to IPDG Ann Reed the **Presidential Medal** on behalf of LCI in recognition of outstanding achievements in service to humanity during the Lions Year 2017-2018.

Lion Ann was also awarded the LCIF Chairpersons Medal. This medal is only awarded to District Governors and LCIF district co-ordinators who demonstrate exceptional dedication to LCIF. In order for district governors to qualify for this award, their districts must contribute a minimum of US\$30000 to LCIF while also achieving an overall increase in contributions of at least 10% over the previous year. **CONGRATULATIONS**



LIONS CLUB OF UPPER COOMERA

were delighted to support their local Neighbourhood Watch by being a major sponsor at their recent Twilight Markets at the Upper Coomera Community Centre.

Lion Laura Dobson presented a \$400 Travel voucher and travel wallet as a raffle prize for a fortunate local winner.

From left to right: Local MP Mark Boothan, with Upper Coomera Lions members: Karen Cope, Shirley Henderson, Laura Dobson and Fay Mikaere

Carey Dobson
President, Lions Club of Upper Coomera



MOVE IT !

Once a great sporting nation, Australia has turned into a nation of spectators – with 50 per cent of adults and 80 per cent of kids currently inactive. Sports Australia's latest campaign, *Move It Aus*, is set to get Australian adults to commit to at least 30 minutes and children to at least 60 minutes of physical activity every day. Exercise has numerous benefits for our bodies : increases brain size and improves memory; strengthens your heart and lungs; reduces the risk of depression, dementia, coronary heart disease and heart attack. For more details on *Move It Aus*, visit - www.sportaus.gov.au/findyour20.

Did you know !

- Beetroot contains a compound called betaine, which helps lower blood pressure and promotes muscle repair after exercise.
- Lentils are a rich plant source of energising iron as well as thiamin (vitamin B1), which we need for a healthy nervous system. Cooking tomatoes, or using them in passata, helps our bodies absorb more of their beneficial nutrient, lycopene. This helps lower cholesterol, strengthens blood vessels, boosts immunity and protects the eyes and skin.

Lion Jenny

email: lionjenny.01@bigpond.com

OVARIAN CANCER AWARENESS MONTH

Ovarian Cancer Awareness Month is in February each year and in 2019 Lions Medical Research Foundation will be at the SkyWalk at Brisbane Domestic Airport for 2 days on 13 and 14 February, selling Roses and raising funds for ovarian cancer in support of our researcher, Dr Carlos Salomon.

If you think you can assist by volunteering for a shift on the stand, then please email the office at info@lmrf.org.au and we can supply some more details.



The Queensland and Northern New South Wales Lions Medical Research Foundation is committed to start-up funding for world class medical research.

DID YOU KNOW?

The 18 Clubs in Region 1 of Q1

"That's the Clubs on the New South Wales side of the border."

operate a Trust

"Lions Northern NSW Community Trust Inc."

The Trust was first registered in 1982

THAT'S 36 YEARS SUPPORTING OUR REGIONAL CLUBS AND OUR LOCAL COMMUNITIES

The Trust was established to support the Lions Medical Research Foundation (Q) and to provide grants to member clubs to help them take on projects that would normally be beyond the ability of a single club to finance

The Trust is controlled by eight elected Trustees, We meet four times a year and each member club can send delegates to each meeting, regardless of the number of delegates each club has one vote.

The Trust generated funds by way of car / holiday trip raffles and more recently by encouraging member clubs to make annual donations

When a Region 1 club want to start a project which is bigger than your average project it can send a grant application to the Trust secretary who forwards copies to the Trustees who decide if the application meets the Trust Grant Policy Guidelines. If approved the funds are made available.

This list of grants shows just how beneficial the Trust has been over the years

We believe this to be one of the most advantageously operated projects in any region...

Read the list of grants...Check the bottom line...What do you think?

Article submitted by PDG Tony Cornell

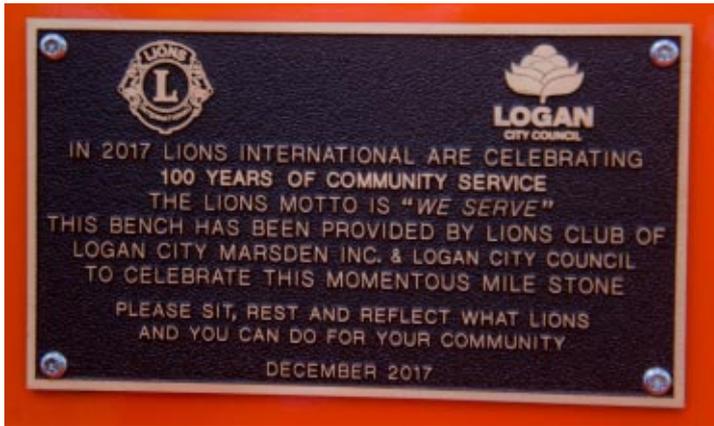
LIONS CLUBS INTERNATIONAL DISTRICT 201-Q1 LIONS NORTHERN NSW COMMUNITY TRUST INC.

The Trust is managed by the 19 Lions Clubs in Q1 within NSW. (Region 1) Over the years since the establishment of the Trust thousands of dollars (grants) have been given out for extremely worthwhile local projects. Here are some of the Trust grants. May not be a complete list and not in any particular order:

\$350,000	Donations to the Medical Research Foundation over a 23 year period.	\$200,000	Refurbish the Bill Tresise Renal Unit at Lismore Base.
\$30,000	"House with no steps" Alstonville.	\$59,620	Ultra Sound Unit Lismore Base.
\$200,000	To establish the Bill Tresise Renal Unit at Lismore Base Hospital.	\$6,500	Frig & Range for Byron Bay Youth Services.
\$225,000	Nine Dialysis machines, over a ten year period, Lismore Base.	\$5,000	Training Pontoon, Ballina East Naval Cadets.
\$6,000	Tweed Valley Sheltered Workshop.	\$18,500	Part cost of Driver Reviver Van, Brunswick Mullumbimby.
\$20,000	Lismore Sheltered Workshop.	\$3,500	Defibrillator for Ballina Fair Shopping Mall.
\$12,000	St Andrews Nursing Home, Ballina.	\$15,750	Two courses of "Empower U" Local Youth Training.
\$31,000	Establish an Ophthalmic Unit at St Vincent's.	\$5,000	Jaws of Life" West of the Range Rescue Squad.
\$2,500	Special Nursing Bed for Casino Hospital.	\$4,500	Traction Bed for Coraki Hospital.
\$13,500	Westpac Rescue Helicopter.	\$6,240	Mobility Beach Chair.
\$15,000	Ambulance Equipment Northern NSW.	\$51,000	Towards establishing a mobile Breast Screening Cancer Unit.
\$16,500	Equipment for Disabled Children, Lake Ainsworth.	\$10,000	Wires " injured Animal Shelter"
\$42,000	Ultrasonic Probe, Lismore Base.	\$25,000	Equipment for Bill Tresise Unit Lismore Base
\$87,000	Emergency Accommodation.	\$6,000	H.E.D. Print booklets
\$40,000	Respite Units at Murwillumbah Hospital.	\$33,620	Furniture for "Our House"
\$20,000	Kyogle Age Care Building.	\$12,490	Heart Monitor/Defibrillator Mullumbimby Hospital.
\$17,000	Two Emergency Trauma Bed, Lismore Base.	\$15,000	Quad bike for Alstonville/Lennox Head
\$7,000	Diabetic Association.	\$5,340	Lifesaving
\$12,450	Heart Monitor for Murwillumbah Hospital.	\$2,875	Hippocampe Chair for disabled beach goers
\$12,000	Dragons Abreast Boat. Lake Ainsworth.		Therapy Chairs for L.B.H

\$1,644,885 Total to this date

LIONS CLUB OF LOGAN CITY MARSDEN



Cr Raven & Lion Helen Govan in Sturdee Park, Logan City.



AUSTRALIA DAY, 26 JANUARY

is the biggest day of celebration in the country and is observed as a public holiday in all states and territories.

On Australia Day we come together as a nation celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud of in our great nation. It's the day for us to re-commit to making Australia an even better place for the future.

What's great about Australia?

There are many great things about this country:

The people - The life savers on the beach and the farmers in the bush; the larrikins; our sporting heroes, artists and visionaries;

the volunteers who dedicate their lives to others; the spirit of pulling together in hard times and achieving beyond expectation;

the eminent Australians from all walks of life, the battlers and the ordinary Australians who are anything but ordinary.

Our land - Fragile yet enduring. Harsh and extreme, lush and bountiful-a continent like no other. Our ancient land offers boundless opportunity, sustains us and makes us who we are.

Our diversity - A nation of difference and unity. People from the city, the country, different nations and backgrounds; we are one people, living together. Through our diverse beliefs and experiences we learn from each other and grow together.

The indigenous cultures - The rich and resilient spirituality; the knowledge, art and history. Aboriginal and Torres Strait Islander peoples are part of Australia's identity and culture.

Our freedom and democracy - A society built on fundamental rights and responsibilities. Freedom of thought and expression. Participation in government and respect for and equality under the law.

A fair go for all - An enduring spirit of mateship and fairness. A compassionate society committed to access to employment, housing, health and education. Ours is a land of opportunity where we can do anything.



Many Lions Clubs in our District conduct Citizenship Ceremonies on Australia Day.

e.g. The Lions Club of Rochedale Springwood has been advised that they will be inducting 51 new Citizens on 26 January this year.