

KIM'S KICKOFF

Igniting the future

Vol 9 March



District 201 Q1

Kim Forrest

District Governor
2018/2019

Never forgetting the past



1st VDG David Greenup
2nd VDG Narelle Parkins



We Serve

HELLO TO YOU ALL

What an amazing country we live in with weather to suit.

We go from floods to drought to massive bush fires all within the matter of a short distance

As you would have seen go around by email, ALF have now closed the flood appeal for Townsville and thank everyone for all your hard work

This last week I was able to do my club visit to Bonalbo Upper Clarence and presented them with a cheque from the District, approved at the last Cabinet meeting in Stanthorpe, to help them with the bush fires that they have just had. It was reported that 18 houses in all were lost as well as the local Tabulam Showgrounds. A number of clubs from NSW have already sent donations which were very much appreciated by the members when it was reported at the meeting.

The drought around our District is still of great concern to me with requests for assistance coming in almost daily. Q3 District Governor Carmel was able to get on the ABC radio regarding our work with the drought areas and the help that we can give which is why we are now, I believe getting to hear more directly from those in need. I will be asking clubs, in the area, for their continued support in helping me with these requests getting them the assistance that they need. Please if your club would like to help out please send your donations to directly to Cabinet Treasurer Libby or to ALF.

As I mentioned the last Cabinet Meeting was held at Stanthorpe and an enjoyable weekend was had by all and my thanks go out to all of the members that helped make it a success.

Over the weekend we discussed

- the current weather conditions and how to manage the assistance
- I congratulated Lion Carey Dobson for being selected to attend the Emerging Lions Institute and Lion Ian Bruning for being selected to attend the Faculty Development Institute
- The drop in membership numbers was also discussed and a motion was passed on a policy putting into place a better guideline structure for the starting of new clubs in our District, We still have clubs in trouble in the District but are doing our best to help them become healthy clubs.
- Developing the idea of having Special Interest Branch clubs was also discussed, asking the public what sort of club they would like to belong to not to just join a club that we think they might want to join
- Awareness Day Kits were handed out to clubs that had requested information. Thank you Lion Michael for your help with this, I hope everyone that had an Awareness Day did well.
- I was pleased to hear that the NSW clubs, that have been trialling the separate zone meetings, seem to be doing very well with their attendance numbers and I thank you all for coming on board with this, I will certainly be passing this information on to DGE David.
- The NSW trust has also had a very productive meeting with some new policies being put into place and I thank CBL Peter for helping them with this, I feel that the change will also make them stronger.
- I strongly suggest that when a club is hosting a Cabinet Meeting that they encourage club members to come along and see how things work. Members of the Stanthorpe club attended the Saturday Night function and commented on how much fun we actually had.

I have seen a lot of clubs advertising their Youth of the Year finals, congratulations to all clubs and students involved, and for clubs to be more visible with these activities.

I know that this report is a little longer than normal for a Newsletter but I believe that all of you should be aware of what is happening in your District, so I make no apologies.

Until next time, stay safe and well

District Governor Kim Forrest – District 201Q1 2018-19

FROM THE DESK OF CABINET SECRETARY

Within the next couple of weeks Clubs will be receiving forms to fill in for the Multiple District Convention in Geelong. One form is for Delegates and one for the Remembrance Ceremony. Please if your club has had a member who passed away since the Multiple District Convention in May last year please send in your Form as soon as possible.

The Geelong Convention Committee will be calling for the members names to go into the Remembrance Book in the next couple of weeks.

The Pu101s will be coming out from the Cabinet Secretary Designate and she would like them back as quickly as your officers are in place for the coming 2019-2020 year. Remember you also have to enter your new officers on the MyLCI website as well.

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

DG KIM & LION ROSS WELCOME THE FOLLOWING NEW MEMBERS

Brisbane Chinese

Chai Hoe

Fassifern

Cassandra Freiberg

Brisbane Macgregor

Stuart Smalley

Tamborine Village

Rhonda Phillips

Jacqueline Williams

ROBINA LIONS CLUB

presents

THE BIG RED KIDNEY BUS

QLD TRIVIA NIGHT FUNDRAISER



A GREAT NIGHT OUT WITH LOTS OF GAMES & RAFFLES, FOOD & CASH BAR AVAILABLE

Saturday 30th March 2019 @ 6:30pm

Merrimac State School - Multipurpose Centre,
Boowagan Rd, Merrimac

\$10 per person. Please RSVP by 27/3/19

Tickets to be prepaid by direct deposit:
BSB: 034 279 AccNo: 520 251
(Please include name as reference)

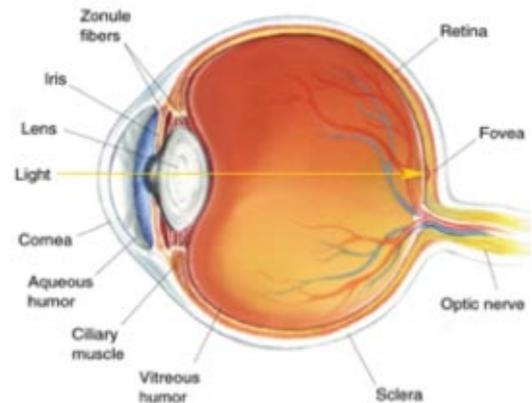
For info: call Vicky Clark 5530 4321

Make sure you bring along your
\$1 & \$2 coins for some games.

MARCH IS EYE DONOR AWARENESS MONTH!

This is a special time to honour eye donors and their families for giving the gift of sight.

Contact your local eye bank for more information, and show your support of this noble cause with new Vision global cause products available now in the LCI Store!



LIONSONOZ IN ACTION

Australian Lionsonoz member Lion Marge Ollis was supported by members of the Camden Valley Country Music Club, Ray Waterson and Jim Samphier, when she sang the National Anthem for the start of the Macarthur Lions Club Australia Day Street Parade.

Lion Marge then went on to the Bungendore Country Music Muster with musician Ray Waterson to participate in the busking competition held at the festival. A highlight was meeting Joy McKean and Anne Kirkpatrick.

Lion Marge donates her time willingly to assist local Lions Clubs and other charity organisations when they need someone with a nice voice to entertain,

Lionsonoz members are quite willing to assist the local Lions Clubs in the town in which they find themselves.

Australian Lionsonoz does not fundraise in their own right nor do they donate funds to any causes, however they are quite willing to assist "Main Stream" Lions Clubs in their projects.

Lion Marge Ollis and musicians Ray Waterson and Barry Boyle, attended the Lansdowne Nursing Home again in 2019 to present an Australia Day Concert for the residents. A good time was had by all and the residents thoroughly enjoyed the music.

PDG Warren White



*Australian Lionsonoz member
Lion Marge Ollis at the Australia Day Street Parade.*

LISMORE CITY LIONS CLUB SERVICE REPORT

In January this year, we were able to assist in supplying a much needed ADVANTA – 2 MED SURG BED for a young person with disabilities.

I happened to be at the Square Shopping complex and came upon a young family who were with their severely disabled son in a wheel chair. On speaking to them, I learned that they were in need of a specialised electronic bed.

On speaking to our secretary, I suggested that we contact Apple-Mac Lions Club who receives and stores redundant hospital equipment (from hospitals and schools that have been refurbished or up-graded). Apple-Mac Lions Club services the equipment preparing them for export by containers to the islands and other third-world countries, such as Tonga & New Guinea to name a few.

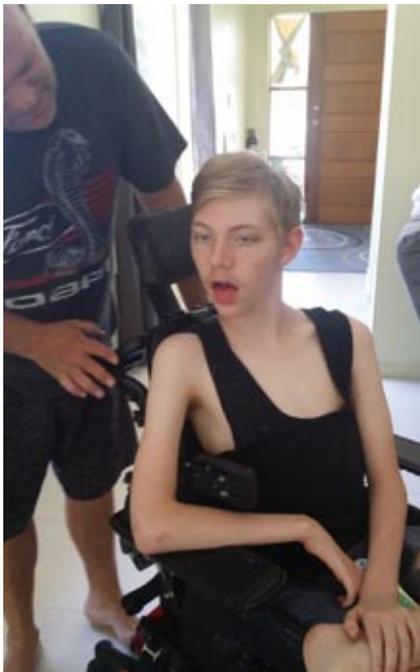
We were fortunate to obtain the exact equipment in near-new condition which the Apple-Mac Club organised a volunteer to deliver said bed to Lismore, within three days of the request. We only had to supply workers to be able to get it off the truck and install it in the house.

Regarding Calem McDavid, the recipient: Calem has a severe medical conditions, some of which area unknown & undiagnosed. Several epilepsy types of seizures including – grandmal - focal seizures - laughing seizures, severe language impairments, asthma autonomic instability and cannot regulate body temperatures. Lazy bowel syndrome, athoid cerebral palsy, severe chronic movement disorder and recovering from surgery from a fractured neck of the femur and had to have surgery in Brisbane.

The package they (the parents) receive as carers for their son does not include a bed, so having to rent one is an expense, making this outcome is very helpful and financially obliging.

This is another service with Lions International working together to help others.

PDG John C Lynch – Lismore City Lions Club





The **Lions Medical Research Foundation** has been supporting world class medical research for over 50 years, and in that time, the **ROSE OF LIFE** has been a huge part of the fundraising program for and on behalf of the Foundation. Many clubs sell the real **ROSE OF LIFE** as part of their fundraising activities but in 2019, the **ROSE OF LIFE** has gone virtual and you can support the Foundation by buying a virtual **ROSE OF LIFE** for \$5 (or a dozen for \$60!!) and help support medical research.

Current fields of research include Parkinson's disease and ovarian cancer, but over the last 5 decades, researchers have been funded across many and diverse areas of medical research.

By purchasing a **ROSE OF LIFE** you can help the Foundation ensure that TODAY'S RESEARCH IS TOMORROW'S CURE.

You can access the campaign at this link - <https://www.mycause.com.au/page/179180/supporting-world-class-medical-research> - or from the home page of the website - <http://www.lionsmedicalresearchfoundation.org.au>

The Foundation has been busy in the last few months with the process of awarding a new Fellowship. We have gratefully received applications for this Research Fellowship and all applications are being assessed by a panel of medical experts including Prof Ian Frazer AC, Prof Paul Colditz and Prof David McIntyre. Watch this space as an announcement will be made on 15 March with the Fellowship to commence on 1 April 2019.

The Board of Directors is currently busy working on a replacement event for the Personality Quest. The decision to cancel the Quest was made by Directors late last year and a new event will be announced shortly. We hope it will be one that clubs and the community will get behind.

And our thoughts are with all our friends in Townsville and North Queensland at this time. We know you're doing it tough but we are with you in spirit.

With kind regards Allan Turner, Chairman and Sue Thomson, Director, Communication and Fundraising
Lions Medical Research Foundation

IMPORTANT NOTICE:

**Please send all club news articles directly to
Lion Stuart Perrett for April / May / June**

pc-web@lions201q1.org.au OR stuart.perrett@lions201q1.org.au

You will get a email back with acknowledgment of your email.

Contact Number: 04111 73 499

THREE SPECIAL DAYS IN MARCH

We celebrate **Commonwealth Day** on the second Monday in March - **11 March**.
San Francisco's science museum celebrates **Pi Day March 14** at 1.59pm (3.14159) by eating – you guessed it-pie. This is also Albert Einstein's birthday. Pi (Greek letter π) is the symbol used in mathematics to represent a constant –the ratio of the circumference of a circle to its diameter.

Harmony Day, celebrated on **21 March**, brings people together to promote Australian values and celebrate the Australian way of life through community events. Most Australian cities and towns organise activities that include Australians from all ethnic groups and walks of life.

Equal Day and Night... Conventional wisdom suggests that on the equinox everybody on Earth gets to experience a day and night of equal lengths – 12 hours of daylight and 12 hours of night time. In fact, the name **equinox** is derived from the Latin words *aequus*, meaning equal, and *nox*, meaning night.



BONALBO/UPPER CLARENCE LIONS CLUB

Once a week Breakfast is provided to students @ the Bonalbo Central School

LIONS CLUB OF TAMBORINE MOUNTAIN INC



Playground in Lions Park, Long Road, Tamborine Mountain (This is a joint project between Scenic Rim Regional Council and our club) the official opening of the new children playground was held on 20th December 2018.

They are investigating the provision of toilets in the park. Snake catchers– the club sponsored snake catchers are busy on the mountain. The club paid for equipment.



APPLE-MAQ LIONS CLUB

In January 2019 Apple-Maq Lions Club - packed 6 X 20" containers to be sent to the schools and hospitals in Tonga. A representative from Tonga came over to assist with picking up the equipment and packing the container.



OPERATION FRIENDSHIP

Our visitors Karl and Lilly Jakobsen (Denmark) and Jouko and Liisa Kontturi (Finland) returned to their homes safely and have been in contact over Christmas.

They found the visit to our District most interesting and very rewarding and would like to thank all those Lions, partners, Clubs and the Lions District for the wonderful hospitality shown to them.

I would like to thank all those Lions, partners and others for making them so welcome and showing them what Lions do in our District, I am sure they learnt much about us and our Lions Clubs projects.

We have Lions preparing to travel to Finland (Wayne and Kristina Banks) and to Denmark (Greg Nothling). They will be travelling during April/May. I wish them a safe trip.

PEACE POSTER

The final number of clubs entering the 2018 Peace Poster Contest was six clubs and 15 posters. Thank you to those clubs who participated and I hope more clubs enter in the next round.

Unfortunately, the entries from one club were lost by Australia Post and were not received until after the district judging of the posters. These posters would have been disqualified as the stickers were placed in the incorrect position on the back of the posters as well as three of them being on the wrong size paper. Please highlight the rules of the contest to the schools participating so the posters do not have to be disqualified.

The winning Q1 poster was from Tamborine Mountain Lions Club and was sent on for the Multiple District Judging but was not successful



Q1 winning poster



The poster (pictured) won the MD judging and was completed by Riley, aged 11 who was sponsored by the Lions Club of Lugarno, District 201 N5.

Riley's Quote on Peace: "Kindness matters because it makes you feel better about yourself and your place in the community. Every act of kindness blossoms and grows connecting people to make our world a brighter and more meaningful place".

Thank you to the clubs who participated in 2018 and I encourage more clubs to go to their local schools to get the children involved in this art contest next year.

We did not receive an entry for the Essay Contest with the same theme as the Peace Poster Contest last year and this is another contest that clubs need to see if they can find a student who is visually impaired that would like the chance to enter the contest.

For those Lions who are interested in seeing the winning Peace Posters, they can be found on the Lions International website along with a copy of the winning Essay.

Details of the 2019 Peace Poster Contest and the Essay Contest should be available soon and will be listed on the Multiple District website when they become available.

Lion Beverley Drysdale

CHRISTMAS CAKES AND PUDDINGS

The sale of Christmas cakes and Puddings were very good and a great number of clubs took the advantage of purchasing the 100 year centenary tins at a good price and selling at a price similar to last year of \$22 others sold them at the 1.5kg price of \$17.

Our overall sales were:

Lions Christmas Puddings 900G,	334 cartons	4008 puddings
Lions Christmas Cakes 1.5KG,	1232 cartons	12,320 cakes
Lions Christmas Cakes 1KG,	1225 cartons	14,700 cakes
Lions Fruit Cake Trad Mini,	415 cartons	18,675 mini cakes
Lions Christmas Cakes 100YR Tins	443 cartons	2658 tins

Our District was the second highest in the Multiple District, we were pipped at the post by our neighbours Q3.



WHY LCIF?

LCIF is our Foundation. The impact of one Club may be limited. But when united, our reach transforms to a global scale. LCIF can supply significant grant funds in a timely manner, and is especially effective in disaster relief and emergency recovery situations. An emergency grant of up to US\$10,000 was requested on 5 February and approved on 7 February to assist in the provision of food, water, medicines and basic items to displaced people from the floods in Townsville and surrounding areas that occurred on 3 February. We have also been keeping abreast with the bushfire situation in Tasmania to ascertain whether LCIF assistance is required.

ACTUALS VS TARGET UPDATE

LCIF has a worldwide target amount of US\$50M in donations during FY18/19 to cover approved grants. Last year, our district raised approximately \$72,100, which was the highest in MD201. This year, our district has been allocated a fundraising budget of \$36,100 (based on 1,900 members at \$19 per member). Of the 82 clubs we have in our district, 22 have contributed to the \$22,365 donated to date. If your Club hasn't yet made any LCIF donations this year, please consider doing so. We are aiming for 80% of our Clubs to participate (currently sitting at 26%). With the recent disasters such as the Townsville floods, your disaster relief aid could make a difference to many lives.

MELVIN JONES FELLOWSHIP (MJF) AWARDS

Every US\$1,000 donation to LCIF entitles an individual or Club to a MJF award. This is a prestigious internationally recognised Lions award, and can be presented to a member or a 'hero' in the community in recognition of the exceptional contribution they have made to Lions. It is good idea for Clubs to always have at least US\$1,000 in LCIF credits, so they can present a MJF immediately to a member or 'hero' in the community. As we near the end of another fantastic year, it is the perfect time for your Club to consider nominating a MJF to a worthy recipient and possibly presenting it at your upcoming Changeover event. Please contact me if you would like information on your current Club donation credits or how to apply for a MJF award!

FURTHER ACTION

I have recently received the information pack and training materials for Club Coordinators, and will be in touch shortly to distribute and explain further. Call to Action: Ensure that you donate a portion of your fundraising efforts this year to "LCIF" and support our own Foundation. If you would like to know more about LCIF, please contact me on the details provided below.

Lion Laurita Chu

District 201Q1 LCIF Coordinator

DIABETES

Healthy eating is all about enjoying a variety of foods from each of the five food groups:

- vegetables and legumes/beans
- fruit
- grain foods such as breads, cereals, rice and pasta
- lean meat, fish, poultry and nuts
- milk yoghurt and cheese or alternatives.

The Australian Guide to Healthy Eating provides an easy guide to the types of food we should be eating every day for good health. To make things even easier the guide also outlines how many serves of each food group we should be aiming for each day.

For more information, follow this link to view the "Healthy Eating" fact sheet.

<http://multiculturalportal.ndss.com.au/globalassets/diabetes-qld/diabetes-queensland-healthy-eating-factsheet-english.pdf>



Register now!

**Come Join Us in the
City by the Bay**



Geelong 4-6 May 2019

MD201 Australia & Papua New Guinea
67th National Convention

3 days of affordable events, fun and fellowship!

District Functions
Lioness Lunch
ID, PID, PIP, PCC's Partner Lunch
Meet & Greet Lunch
1st Conventioneers / Key Members Breakfast
Partners Tours
Past & Present Cab Sec, Treas, current DG & Partner's
Transport Options
Souvenirs

& the Gala Dinner

www.md201conventiongeelong.com/docs/flyer.pdf

www.md201conventiongeelong.com

**“QLD” YOTY
State Final**



**Saturday
6th April 2019**

Details for the 2019 “QLD” Youth of the Year State Final – Saturday 6th April, 2019

Where: Newnham Hotel – Devlan Room
516 Newnham Road
Upper Mt Gravatt QLD 4122

Time: 6.15pm for 6.45pm start

Dinner Cost: \$ 39.00 per person - 2 course meal inc tea / coffee

Dress: the State Final is a formal function.

Contact Person:

QLD State YOTY Coordinator Jenny Maguire
Phone : (m) 0412 358 205
Email: lionjenny.01@bigpond.com

Accommodation: Travelodge Garden City
18 Macgregor Street
Upper Mt Gravatt QLD 4122

Rate based on per room per night :

- * Double / Twin Rooms (2 people) - \$ 120.60 per night
- * Family Rooms (for Contestant & their Parents) (3 people) - \$ 160.60 per night
- * Pre-paid Breakfast : \$ 15.00 per head per day - (is \$19.00 per head per day if not pre-paid)

Phone: (07) 3347 7400 - to pay for bookings, *must be fully paid 2 weeks prior to arrival*

Please make your Own accommodation bookings.

Travelodge is holding rooms for the Youth of the Year Executive & Contestant's Families (*advice has been given to those applicable*). The venue has advised that these rooms must be fully paid for two weeks prior to arrival, or the “holding” will be cancelled.

Please advise that you are part of the Youth of the Year function when calling / booking.

As numbers are limited and to assist with catering requirements, it is requested that **RSVP** is received **no later than Friday 29th March, 2019** – a booking form is attached.

Thanking you in advance for your support of the four QLD YOTY State Final Contestants.

Many thanks
Jenny Maguire
QLD State YOTY Coordinator
Phone : (m) 0412 358 205

