

OUR BEAT

Creating a new
rhythm with
many **voices**



**LIONS Q1
NEWSLETTER**

October 2019
Edition



DAVID GREENUP
DISTRICT GOVERNOR 2019 - 2020

**DREAM BIG
WALK TALL**



Lions Clubs International

DISTRICT GOVERNOR'S MESSAGE

The first follower is actually an underestimated form of leadership in itself. It takes guts to stand out like that. The first follower is what transforms a lone nut into a leader.

Derek Sivers



GREETINGS LIONS

We all know the transformative power of having a first follower and a few positive champions on board to act as the tipping point for your new service initiatives.

We can actually amplify and increase the number of champions by consciously identifying and creating service leaders within your club and leveraging their skills and passion to drive proactive and positive change.

Service Leaders have the ability and are allowed to act with entrepreneurial spirit within the club. It is where you have a culture that both allows and expects people to be proactive and experimental, where they initiate and trial new things to benefit the community, club and our organisation.

The old fashion saying that people 'resist change' is rarely true or relevant for the 21st century. In fact, it is an absurd notion to block and resist change living in the digital world, where exponential change is the norm. This is why service leaders are so important to foster in your club.

Service Leaders don't default to blocking change; they problem solve, remove barriers and activate transformation by being an advocate for and promote the change from within.

This month we release the entrepreneurial spirit of our service leaders with the introduction of the Q1Hub. Our self-service site for leaders and members to locate key information and tools to support their club.

Feedback from club leaders across our district has helped us create this one stop shop. The Q1Hub will continue to evolve with your support, so please send through your suggestions.

Another game changing opportunity to take our clubs beyond 2020 is to express your interest in our free Office 365 license in conjunction with Lions Australia.

Please check out the article and I look forward to seeing you all the Wave of Change Convention at Southport soon!

A handwritten signature in black ink, appearing to read 'David Greenup'.

DAVID GREENUP
DISTRICT GOVERNOR

From the Cabinet Secretary's Desk

Convention is fast approaching, only two weeks away. If you haven't got your Registration in to the Convention Committee at Robina Lion's please do so as soon as possible. Don't miss out on a great weekend.

A & B Forms should have been back to me by 1st October, but I am still missing a lot of club's forms. I should have NIL returns if no members are attending as Delegates or Alternates and same goes for the B form if your club has no one for the Remembrance Ceremony.

At the end of September, I had 15 MMR's which I had to complete. It has gradually been getting better with the number coming down each month but still needs more attention by some clubs.

Denise Jackson
Cabinet Secretary



Welcome to the Family..

CLUB

Brisbane Indian Prestige

Brisbane Moorooka

Gold Coast Tallebudgera

Logan Underwood

Macleay Island

Mudgeeraba

Robina

Rosewood

St George

NEW MEMBER

Manju Jehu

Sanjeev Olak

Vinod Rumar

Mary Loos

Ralph Mayn

Faith Reid

Maureen Trainor

Melody Dunn

Meg Geering

Jim Parigos

Janice Foster

Joseph Zarb

Madeleine McGarrigal

Paul Bell

SPONSOR

Pinky Singh

Pinky Singh

Pinky Singh

Warren Loos

Frances Nichols

Jon-Ross Gordon

Carmela Burgess

Linda Crook

Bronwyn Hellings

Alexander McRae

Toula Singer

Vicky Clark

Carol Moore

Calum Carson



CREATING THE CLUBS OF THE FUTURE



Is your club limited to only one- or two-members having access to your key documents or emails?

What do you do when they are away or sick and how do you manage the file history during change-over?

Good governance is an important role of all clubs and it is critical to ensure we retain important emails and file history.

If your club struggles with challenge of storing important club document on personal computers or in boxes and has their club email on free email account (gmail, outlook etc), it might be time to consider what options are open to you.

Q1 is currently piloting Office 365 to create the Club of the future. The benefits will allow us to:

- View from any device
- Centrally managed access & documents
- Up to date internal address
- No more email redirections
- Multi-user access
- History retained

Plus it's Free!

Your club has the opportunity to be a transformational leader by expressing your interest via the link below:

<https://www.surveymonkey.com/r/Q1Office365>

DISTRICT CHILD SAFETY OFFICER EXPRESSION OF INTEREST

Lions is undergoing a significant reform across Australia to ensure that children and young people are cared for, protected and safe when participating or engaging with clubs or projects.

Your District now requires a Child Safety Officer to help support a variety of initiatives including policy/procedure development, training, monitoring, awareness & reporting.

The Child Safety Officer must at all times hold a valid Working with Children Check and Blue Card as the case may be.

What personal attributes are needed?

- understand children and young people
- want to make a difference
- have excellent planning, organisational and casework skills
- possess excellent verbal and written communication skills
- enjoy a challenge
- can work in difficult situations
- are open-minded, grounded and emotionally mature.

Please express your interest by submitting a letter not exceeding two A4 pages addressing the following:

- What is your understanding of the role of a Child Safety Officer and the responsibility for meeting our Child Protection obligations?
- What are your motivations for wanting to be a Child Safety Officer?
- Considering the responsibilities of a Child Safety Officer, what relevant strengths and skills could you bring to the role?

Expressions of interest close 15th November 2019 and should be sent to:

dg.q1@lions.org.au

An Appropriate Ceremony...

Deciding to become a member of Lions Clubs International is a big decision for someone to make, deciding to : “give freely of their time, labour and means. To give sympathy to those in distress, to aid the weak and give substance to the needy:” . It takes a special person to give their time over their Family and Work commitments. So their induction into Lions should be just as “special”.

The Induction Ceremony is the symbolic beginning to a member’s service as a Lion. It is also a key element in the lifelong retention of a member. A thoughtful induction, followed by a thorough orientation and meaningful involvement in the club’s activities will keep a new member interested and engaged in the club – and will help the new member feel that he / she is a valuable part of the club.

So, is it necessary to wait for the induction of the new member until the District Governor, Zone Chairman or District Officer / Senior Lion, to visit the Club?

Answer - definitely not ! : whilst it is nice to have the new member inducted by the District Governor, or the like, it is more special to actually have them inducted into your Club as soon as possible by making it a special time just for them so that they can start helping the Community.

Not many Lions know it, but it is quite customary for the Club President to induct new members, at an appropriate Induction Ceremony that should be dignified and meaningful for the participant. Induction Ceremonies will vary depending on local customs or activities of the club and district. The Induction Ceremony should take place at an appropriate dinner meeting and make sure that the new member has been given the opportunity to invite their family if they wish. This will make it more meaningful to their family as well.

When planning the Ceremony, it is important to keep in mind that you make it a special time for them. Make it a meaningful Ceremony to commemorate the occasion. Make sure it is inspirational and motivational, and that it confirms that their choice to join Lions Clubs International as their service club, is one that allows them to confirm their reasons why they are volunteering.

There are many sample Induction Ceremonies available to help make the induction of your new member a “special one”. If you would like some help with sample Ceremony wordings, just contact me.

It is very easy to : *“encourage service minded people to serve their community”*.

Until next time.

Jenny Maguire

District Orientation & Capability Coordinator

Email : lionjenny.01@bigpond.com

Ph : 0412 358 205

Did you know ?

Official Lions Colours :

Purple & Gold are the colours. Purple represents loyalty to country, friends, to one's self and to the integrity of mind and heart. It is the colour of strength, courage and dedication to a cause. Gold symbolizes sincerity of purpose, liberality in judgment, purity in life and generosity in mind, heart and commitment to mankind. Often, a dark blue is used in place of purple.

Official Lions Emblem :

The current Lion emblem (or logo) consists of a gold letter "L" on a circular purple (or blue) field. Bordering this is a circular gold area with two lion profiles facing away from the centre. The Lions face both past and future – showing both pride of heritage and confidence in the future. The word "Lions" appears at the top, and "International" at the bottom.

Have you checked out our new Facebook site yet?



[201Q1 Lions Forum](#)



Click above to connect!! Then...



GLOBAL SERVICE TEAM



LAP THP MAP – Sunday 17 November 2019

Has your Club planned for this meaningful event? Ballina Lions Club completed their annual Fun-Run-Walk program on 28 August 2019 and Rosewood Lions Club did a Sunday 5km Walk on 22 September 2019. Both programs promote Diabetes Awareness. **Any Club aiming to participate, may I request the project Chairs provide the following data:**

- Location of Event
- Time of Event
- Supported Organisations (eg Diabetes groups, Gym, Schools, etc)
- Publicity Planned

We have a Dietitian company that operates across satellite sites within Australia wanting to get involved in this event. Their involvement can be anything such as setting up an education stall or provide a presentation educating for Club members, and the community on strategies to prevent and treat diabetes through good nutrition. Presentations such as these help to dispel common misbeliefs about dietitians and makes people feel more comfortable approaching a dietitian for their nutrition. Any Club wants to know more, contact PDG Peter Ho.

ALF

The ALF is seeking Clubs to support the National Disaster Appeal Fund. Anyone wanting to have a copy of their September Newsletter, just email PDG Peter Ho.

Congratulation to Logan City Marsden Lions Club in securing a grant to pursue “Freezer for Nightlight community charity”.

HEARING DOG

Any Clubs want to apply for hearing dogs, contact Lion Christine Forrest, email: c.forrest@bigpond.com; mobile: 0409 341 567 for further information and assistance.

PEACE POSTER

At this stage, I am aware of two Clubs (Tamborine Mountain and Griffith University) who have entered. All Clubs participating in this project must deliver your winning posters to District Governor David by 12 November 2019 latest as the District is required to provide a winning poster to MD Peace Poster Coordinator PDG Lorrain McKenzie by 15 November 2019.

REPORT VIA MYLION

Any Clubs still having issues with reporting the Club activities via MYLION, contact Lion Jenny Maguire.

PDG Peter Ho

Global Service Team Coordinator
0412796243 Lion.peterho@gmail.com



Australian Lions Foundation Ltd

ABN 14 612 099 840

15th September 2019

District Governors
Multiple District 201 Australia

Subject – National Disaster Relief Appeal

Dear Governors,

As you are all aware, many parts of our country are being hit by disasters in different forms being drought, flooding, fires etc. History has shown us, that there are many others that can impact us and that happens at different times.

Most recently, we are seeing an early “fire season” in Queensland and New South Wales due to such a dry period being experienced and WA is very concerned about their present position. This is much earlier in the season that we would normally see for fires but it is heightened by the drought conditions in many areas.

Following discussions with the Directors of the Foundation and Council Chairperson Kim Forrest, the Australian Lions Foundation proposes to launch an Appeal that will be for all forms of Disaster on an ongoing basis covering the width and breath of our country. I am sure that you will agree that this will be an ongoing issue that regrettably we will need to address in many Districts as we move into the summer period.

At this time, we have the National Drought Appeal running but there is currently a disbursement taking place that will clear remaining funds. This appeal will then close and such needs for the future for drought will be incorporated into the National Disaster Relief Appeal process.

A similar application process for support for such events will be followed and requests will be initiated by the District Governor of the impacted area to the Foundation for relief funding to assist the particular need identified.

Districts will be able to request an allocation of funding for identified needs and where they have mechanisms on the ground in the District to provide that funding relief on an immediate basis.

Support will vary in type by State as Government assistance will also vary. As recently seen in Queensland, the Government has been very quick to provide a large support provision and from that some specific needs not covered by Government are being considered by our Lions.

**All correspondence to the Secretary
Australian Lions Foundation Ltd.,
P.O. Box 465, Glenorchy, Tasmania. 7010
(E) alf.secretary@lions.org.au**

www.alf.lions.org.au

By creating a single National Drought Appeal, we will be able to manage all requests from Districts through a central fund and that will also make it easier to manage. The Foundation will then be able to publicise to all areas within Lions and the community to support this effort by Lions. If at a particular time a significant event occurs, the Foundation will be able to publicise throughout its network and clubs and social media outlets of the need for donations to the Appeal Fund.

It would be expected that all donations received will be tax deductible for those needing such incentives and funds will be pooled into the specific account held by the Foundation. Donations by Clubs will not be credited against the Club for the use of future awards.

Following receipt of this advice, the Australian Lions Foundation will issue to all Districts a "Newsflash" regarding the appeal and the process that is to be followed and we request this be circulated to all Clubs in your District as soon as possible.

If you require any further information, please do not hesitate to contact myself or your State Director.

Yours in Lions



A.J. (Tony) Benbow OAM
CHAIRMAN

(e) alf.chairman@lions.org.au

CC:

Council Chairman

Executive Officer

WE SERVE Through Diversity

Message from the Diversity & Inclusion Coordinator

Greetings fellow Lions, I am Lion Sharon and I have been with Lions for nearly 4 years. During this time, I have taken on some different roles such as Club Secretary, Club President and Zone Chairman. My new challenge this year is the Diversity & Inclusion Co-ordinator.

When our District Governor, David Greenup, asked me to take on the role as Diversity & Inclusion Coordinator, I was excited, and have to admit, a bit overwhelmed. Lots of questions came to mind, such as,

- What is Diversity and Inclusion?
- How does this apply to our Clubs?
- What do I understand of Diversity and Inclusion?
- How was I going to approach this task and help pass the message out to the clubs?

Our new International President, Dr Jung-Yul Choi, has already helped answer one of my questions:

- How does this apply to our Clubs?

When Dr Choi was interviewed for the Lions Magazine. Dr Choi stated that we as Lions can help bridge the gap in our local communities and embrace everyone to communicate and recognise everyone's uniqueness.

Our Clubs are comprised of many different individuals and they have many differences, so maybe this is a good place to start understanding Diversity in Lions. When I researched the characteristics of Diversity, I comprised the following list:

- Culture
- Disability
- Gender – including Transgender etc
- Generational
- Sexual Orientation
- Intellectual
- Religious or Spiritual Beliefs

Our awareness of these differences and acknowledgment of them, is the first step towards a real change in our much-loved clubs in embracing Diversity. We need to retrain ourselves to be open minded and to value our members strengths and not their dissimilarities.

Over the course of the year I am hoping that we can learn together how we can support our clubs in highlighting and acknowledging Dr Choi's theme of serving through diversity.

Sharon McDonald

Diversity & Inclusion



Message from the Diversity & Inclusion Coordinator

Greetings fellow Lions,

This October is **Global Diversity Awareness Month**. To help welcome & celebrate Diversity into your clubs try some new activities, socially or with your club dinner meetings.

You never know you may have fun and discover more about yourselves and your fellow members while doing it.

I have listed some ideas below that may interest you.

- Organise a social event and visit a Multi cultural museum – you could also make this into a fundraiser event and ask the museum if your club could man a BBQ and raise some funds for the museum or other Club projects.
- Dinner meeting have a Trivia night. Questions can include for example Culture, Music and Countries.
- Dinner meeting ask for members to bring a dish of food to share from their family traditional favourites to their cultural foods. You may discover a new recipe to try at home with the rest of your family.
- Dinner meeting select a time frame, for example 5 minutes, blind fold a few members and have others instructing them on how to eat their food – warning you may need bibs for this one 😊
- Or change your location for your dinner meeting to an authentic restaurant eg: Italian, French or Thai.

I hope the few ideas above inspire you. If you have any other suggestions, please let me know and I can share the information with other clubs.

Sharon McDonald

Diversity & Inclusion



Queensland and Northern New South Wales
Lions Medical Research Foundation
ABN 63 009 946 481
Suite 5 Portman Place
220 Boundary St
Spring Hill QLD 4000
Tel: (07) 3832 1688

All Correspondence to:
GPO Box 1030
Brisbane QLD 4001

PATRON
His Excellency the Honourable Paul de Jersey AC
Governor of Queensland

20th September 2019

To Whom it May Concern,

Nominations for Director are hereby called for the following Districts.

District 201Q1 Vacant Position

- Term three years
- Eligible for re-election AGM 2022

District 201Q2 Vacant Position

- Term three years
- Eligible for re-election AGM 2022

District 201Q3 Vacant Position

- Term three years
- Eligible for re-election AGM 2022

Qualifications necessary to be eligible for acceptance as a Director of the Foundation's Board are as follows.
A candidate for the office of Director shall be:

- (i) An active member in good standing of a Lions Club; and/or*
- (ii) A person of shown ability to promote, market and manage the Foundation in support of its objectives and confirmed by a Lions Club in the District as a suitable candidate.*
- (iii) The following skill set and professional background would be highly regarded;*
 - *Strategic Planning*
 - *Corporate Leadership*
 - *Risk Management*
 - *Legal and Governance*
 - *Information Technology*
 - *Fundraising and Philanthropy*

Nominations including a Curriculum Vitae (CV) of the nominee and a letter of support from a Lions Club are to be lodged in writing with the Foundation Secretary via email to kevnar@bigpond.com or post to the Foundation Office by **Friday 11 October 2019**. Suitable nominees will be forwarded details pertaining to the electioneering process. Voting papers will be sent to all clubs accompanied by the electioneering material from the nominee on Friday 18 October 2019.

No nominations will be accepted after 11th October 2019.

Yours faithfully

Narelle Parkins
Company Secretary
Queensland and Northern New South Wales Lions Medical Research Foundation



LIONS AUSTRALIA DIABETES FOUNDATION

ABN 81 053 872 446

District Governor David Greenup
LCI District 201Q1
5/18-22 Waratah Avenue
CARINA
QLD 4152

4 September 2019

Dear District Governor,

This is to advise you that the Trustees of the Lions District 201N3 Diabetes Foundation have resolved to change the name of the Foundation to LIONS AUSTRALIA DIABETES FOUNDATION. The change was effective from 19th August 2019.

The name has been changed to better reflect the support that has been given to the Foundation over recent years from Lions, Lioness & Leo Clubs (and indeed some Districts) throughout the Multiple District, and to reflect the desire of the Trustees and Committee of Management to fund research grants proposed by Clubs from all over Australia.

Our brochure has been updated to reflect the change, and we are pleased to enclose a sample copy for your perusal.

We will communicate with your District's Diabetes Chairperson, and offer them our support.

Yours faithfully

Stephen J Box
Honorary Secretary & Trustee

Cc. Cabinet Secretary



15 September 2019

**Media Release
For immediate release**

RUNAWAY BAY LIONS RAISE FUNDS TO SUPPORT BUSHFIRE STRICKEN COMMUNITIES

Runaway Bay Lions Club took the donations tins to the Runaway Bay Centre last week in support of the bushfire communities. The amazing generosity of the shopping public at Runaway Bay knows no bounds with a staggering \$6,387 being raised in just 6 days

With many areas of Northern NSW and South East Queensland stricken by bushfires, Lions Clubs around Australia are boosting their support for those affected. Lions are driven by the desire to support communities when they are doing it tough, particularly at times of fires, floods and storms, collecting donations and rallying up volunteers across Australia to make life a little easier for those in need.

The funds raised by Lions will be quickly distributed to local Lions Clubs in fire ravaged communities to help families in need. Lion's grassroots network of clubs are already working within their communities to identify those most in need and the best and most efficient ways of helping those affected.

Runaway Bay Lions Club President, Lion Steve Grech, said the donating public can be assured their donations will make a difference. "Through Lions incredible network of local clubs Australia wide, we can be sure that funds and goods will be transported quickly and the support will go to where it is most needed."

As is the case with all Lions projects, every single cent raised from the public is returned to the community, and donors can be confident that all monies raised will be distributed to those doing it tough in the fires

Anyone who was not able to visit the centre during the appeal are still encouraged to donate by direct deposit to Runaway Bay Lions Club

BSB 638070 (Heritage Bank) , Acct Number – 12061859

Our sincere thanks to Runaway Bay Centre for supporting us in this project.

-ENDS-



Photos – Lions Carol Lennon (L) and Jan Hogerhuis stationed at the donation tins at Runaway Bay Centre for more information or for photo opportunities contact: Steve Grech 0419905632



Tamborine Mountain
14 September 2019
Scarecrow Festival
“Lantern Parade”





Lions Club of Tamborine Mountain Inc.

Scarecrow Festival Entry

Leo the Lion

September 2019



LIONS CAMP DUCKADANG - Notice of Annual General Meeting

The Annual General Meeting of Lions Camp Duckadang will be held as follows:

Date: Saturday 02 November 2019

Venue: Pine Rivers Lions Den at Petrie. From the roundabout in Petrie, travel west along Dayboro Road approx. 1km, turn right into Woonara Drive, and then first left before the water tower. The Lions Den is fifty metres on the left.

Latest UBD Map 88 Ref: G20.

Time: Arrive to register at 9.30am for 10.00am meeting.

The Agenda will be published again closer to the AGM.

WE HAVE VACANCIES FOR DIRECTORS ON THE BOARD

Election of Directors to vacancies (4).

In accordance with the Constitution, Jamie Sims and Peter Boge have completed their current term of three years as a Director, but are eligible to re-nominate.

Jamie Sims has indicated that he will not be re-nominating this year, but Peter Boge will do so.

There are also vacancies for the following portfolios:

- Assets, Maintenance, co-ordination of Working Bees
- Human Resources, Marketing.

Expressions of interest are called for a three year term for these vacancies.

We usually have four Directors' Meetings a year in the Lions Den at Petrie.

HOW TO NOMINATE

All you require is a letter signed by the President or Secretary of the Club, stating that you are an active Member of the Club.

Please forward the letter so that it is received by the Secretary P O Box 437 STRATHPINE Q 4500 by 5.00pm Monday 21 October 2019.

Directors are bound by the rules of audit and company laws applied by the Australian Securities and Investments Commission (ASIC).

Directors' involvement includes Board meetings, working bees and promotion of the Camp.

Clubs are eligible to send voting delegates according to the numbers reflected in the current MD Directory, and in the ratio of one (1) delegate for every ten members or major portion thereof. **Written advice of Delegates duly authorised by the Club President or Secretary is to be in the Secretary's hands by the commencement of the AGM on 02 November 2019. (This may be emailed to me by Friday 12 October or brought with you).**

WE WOULD LOVE TO HEAR FROM YOU!

Candidates may be nominated by their Club as one of their Voting Delegates.

Thanks for your interest.

Peter J Boge

Secretary to the Board Email: pboge@bigpond.net.au

Lionsonoz in Action

Australian Lionsonoz, although not conducting projects themselves, due to the fact that their members can be located in any state of Australia at any one time, are still very community conscious and endeavour to assist “main stream” Lions clubs in the towns in which they find themselves.

However two Lions projects, the collection of used postage stamps and used spectacles are encouraged because they can be accomplished anywhere Lionsonoz members happen to be and there is no direct cost or fund raising associated with them.

The used stamps are sold and the proceeds are used to help fund the Australian Lions Children’s Mobility Foundation (ALCMF) primarily set up to provide walkers for children suffering from mobility problems, mainly Cerebral Palsy.

The collected used spectacles are cleaned and graded and through Lions Recycle for Sight Australia Inc are distributed to people in need, mainly in developing countries in the third world.

Both these projects are strongly supported by Lionsonoz.



Pictured: PDG Warren White trimming a recent donation of used postage stamps from the people of Tamworth.

'You Can Be A Wildlife Hero'



Beatrice - an orphaned Brush tail joey in a possum box

Upper Coomera Lions Club have proudly supported the dedicated team from Wildcare in supplying funding for Possum Boxes at this time of great need. Lions member David Cuschieri and his wife Heidi are also passionate volunteers helping Wildcare. The below tips were supplied by David to let us know how we can all help make a difference.

With the current unseasonably hot dry Spring conditions on the Gold Coast our native wildlife are having a tough time.

native creatures in these dry conditions. By sharing our homes with our wildlife, providing them with food, water and shelter, we can help them through this difficult patch. By creating an oasis for wildlife you can save lives.

Through simple habits we can all be wildlife heroes every day!

Upper Coomera Lions Club supports a wide range of local and national initiatives. Members will meet at their new venue every 1st and 3rd Tuesday at the 'Community Hub' at Westfield Coomera.

Dropping Dead Like Bats

As natural water sources dwindle and our native bush land becomes tinder dry it is becoming very difficult for our native animals. Coupled with ongoing development and land clearing our native flying foxes are struggling to survive. They are literally dropping dead from starvation and flying fox volunteer rescuers are talking of a major starvation crisis.

Koalas on the Move

We've also noticed that in the past two months koala rescues on the Gold Coast have increased dramatically compared to last year as their breeding season is now in full swing. I put it down to many factors including that koalas are being squeezed into smaller and smaller parcels of bush land as infrastructure and residential development rages around them together with the drier conditions which means the quality and moisture of food leaves has diminished and so they are on the move looking for 'greener' pastures. Combine this with the breeding season where young males are pushed out of their habitat by older males and we have the possibility of losing many koalas this season due to starvation, disease, vehicle strikes and dog encounters unless we can help them.

We Can Be Heroes Every Day

With these challenging times for our wildlife there is a lot we can do to help. Here are some simple things that you can do that can mean the difference between life and death at the moment for our precious native wildlife:

- **Bird Bath:** Install a bird bath in your garden. Place it in an area that gives full view for birds to avoid predators. Remember to clean and replenish the water daily.
- **Bowls of water:** There are lots of native animals that live on the ground such as echidnas and lizards that would benefit from you placing shallow bowls of water around your yard.
- **Fruit Trees:** If you have fruit on your fruit trees you may want to consider removing the netting this season and help our struggling bats survive.
- **Plant Natives:** Consider planting natives instead of exotic species. The nectar from their blossoms are a crucial food source

for many of our native wildlife including sugar gliders, birds and flying foxes.

• **Koala Food Trees:** If you have a larger property and you have koalas in your area, consider planting koala food trees such as Forest Red Gum or Queensland Blue Gum (*Eucalyptus tereticornis*), Tallowood (*Eucalyptus microcorys*) and Swamp Mahogany (*Eucalyptus robusta*). Best to match up the species you plant with your soil type. Always plant many metres away from any dwellings to reduce damage by invasive roots and leaf fall.

• **Bird Feeder:** Though it isn't encouraged to feed native birds that visit your home regularly to stop dependence, in difficult weather conditions your supplementary food source will help them survive till favourable conditions return. Make sure that you place your feeder out of reach from potential predators like cats on balconies (where cats are kept indoors) or hung from a tree. Be sure to research what food is appropriate for the species of birds that you want to feed.

• **Koala Friendly Yards:** With koalas on the move if you live in an area where there are koalas, making your property koala friendly will help them to move around safely. Is your fence 'koala friendly'? Can koalas easily enter and leave your yard? The Gold Coast City Council has some great ideas: <http://www.goldcoast.qld.gov.au/documents/bf/koalas-friendly-fencing.pdf>

• **Pets Inside:** Koalas are very vulnerable as they move on the ground. They are more active from dusk and dawn when you are asleep. To protect koalas please bring your dogs in at night time. If you have a cat it is also important to keep them inside as much as possible. Cats are major killers of our native wildlife. Our humble moggie that we swear wouldn't hurt a fly are efficient predators.

• **Nesting Boxes:** Old trees with their hollows provide homes for many of our native wildlife. There is a housing shortage for our native wildlife as we continue to 'develop' new suburbs and cut down old trees. You can help by installing nesting boxes for birds and possums.

Be A Wildlife Hero

These simple tips can mean the difference between life and death for many of our

REPORT OF LIONS PROJECT WITH BUPA TUGUN

The Lions Club of Coolangatta & Tweed Heads has adopted the Dementia Community at Bupa Nursing home in Tugun as a club project in an endeavour to assist the very dedicated staff of Bupa to make life more enjoyable for and to assist in stimulating the residents.

In conjunction with the Bupa Lifestyle Team, the Lions Club has purchased and installed a number of fun games not only to provide stimulation for the residents but also to give them a lot of fun and different activities.



Those activities include Velcro's target boards, table shuffle games, and very large style connect four games.

The Lions Club undertook a club visit to Bupa Tugun to present these activities to the home. It was very rewarding for the Lions Club members to see the joy that these activities gave to the residents.

This was part of the Clubs commitment to recognise world Alzheimer's Day on 21st September.



The success of this project is a forerunner to much more involvement with the Home to bring as much joy as possible to the lives of the people who suffer from Dementia of all types.

The Lions Club also recognises the dedication and patience of the Dementia staff of Bupa Tugun to assist the residents to have some quality of life and the Club will continue to support the staff for the benefit of the residents

Ballina Lions Club – Beat the Gun – and Beat Diabetes at the same time

A Challenge to all Clubs

The Lions Club Australia National Diabetes Awareness Day is scheduled for Sunday 17 November 2019. All clubs are urged to contact their Region GST Support Coordinator, get more information on this important Lions Clubs International Project, and do something in their local community to Lap the Map. Namely to conduct walks and/or runs on the day which collectively as registered on the LCI Activity reports, will reach or exceed the circumference of Australia – 25,470km.



Ballina Lions Club has for the last 13 years conducted a Fun Run Walk. Initially to support Campaign SightFirst II when club member PDG Peter Dean was Qld & Northern NSW State coordinator for the project in 2006 to 2008 and then to continue supporting local community groups and Lions Foundations.

This year Ballina Lions had already scheduled the event for Sunday 22 September and when news came of the Australian District Governors' decision to select Sunday 17 November, the Club decided to **Beat the Gun** and stick with its original date but focus attention to Diabetes Awareness.

As a result, in addition to supporting the designated organizations, Biala Special School, Heartfelt House and Australian Lions Childhood Cancer Research Foundation, considerable media exposure was created by the club to **Beating Diabetes**.

On a very sunny but windy day some 79 souls turned out to participate at the Amphitheatre near Missingham Bridge, Ballina taking advantage of the many free services provided such as glucose on the spot testing, blood pressure testing, surveys of lifestyle to determine propensity for diabetes Type 2 and to listen to an expert on the subject and the importance of maintaining or developing a healthy lifestyle.

The event though not as well attended as the club would have liked due possibly to the windy conditions, nevertheless provided an opportunity for the club to promote Diabetes Awareness prior to and during the event through numerous newspaper ads and editorials, radio interviews and promotions, and erection of banners and posters around town.

A total of 480 kilometers was walked or run on the day which will be recorded on the Clubs Activity report to go towards the **Lap the Map** target.

Thanks to sponsors the event was a financial success enabling over \$6,200 to eventually be donated to the community organizations and Lions Foundation.

The Challenge: How about other clubs in the District beating this distance? Ballina Lions would be delighted if this distance is exceeded several times by other District clubs.

But I bet you can't – just prove it!! – However: -

Give or take there are 1,580 Lions Clubs in Australia plus Leo and Lioness Clubs.

If only 50 clubs in Australia decided to participate at the same level Ballina Lions Club did, the National target would be achieved.

50 out of 1580 is only 3.2%. Surely we can do better than that!! More importantly attempting to do so will create that much more awareness of the dreadful danger of this disease which we can so readily combat. Surely Lions Clubs in Australia can do better than that.

Go for it – and enjoy the benefits in going!!

PDG Peter Dean

GST Region 1 Support Coordinator

Ballina Lions Club Secretary