

OUR BEAT

Creating a new
rhythm with
many **voices**



**LIONS Q1
NEWSLETTER**

January 2020
Edition



DAVID GREENUP
DISTRICT GOVERNOR 2019 - 2020

**DREAM BIG
WALK TALL**



Lions Clubs International

DISTRICT GOVERNOR'S MESSAGE

“

You'll never get bored when you try something new. There's really no limit to what you can do.

DR. SEUSS



GREETINGS LIONS

As we begin 2020, I want to take this as an opportunity to extend my heartfelt greetings for the New Year and appreciate you all for your accomplishments and achievements over the festive season.

I thank one and all for your support and dedication and for the extra hours that you served towards helping those devastated by the ongoing fires across Australia.

Our fundraising and service efforts continue towards helping those impacted, begin to rebuild their lives in communities across 13 Lions Districts so far.

It was also wonderful to hear the success of your Christmas Cake sales & those provided gifts/hampers to those in need.

A New Year is a time where we can encourage those things that energise our members and work to avoid the influence of those that drain your club.

The strength of Lions spirit is a key influencer of the choices we make about how to behave.

Members who are energised typically choose to behave in ways that enable success; they are proactive, resilient, conscientious. When we are drained we are more likely to behave in ways that undermine their own success - and that of their club.

It's now time for us all to unleash the energy and tap into the fresh potential of our clubs. It takes inspiring our passion and desire to achieve success - it's what drives how much energy we choose to invest in getting there.

As we begin to plan ahead its time to consider our upcoming service & operational activities:

Service

Youth of the Year
Lions Awareness Day
Australia Day

Operational

Nomination Committee
Nomation Night & Election Nights
PU 101 Returns

Enjoy this month's Newsletter.

A handwritten signature in black ink, appearing to read 'David Greenup'. The signature is stylized and written in a cursive-like font.

DAVID GREENUP
DISTRICT GOVERNOR



Welcome to the Family..

CLUB

Ashmore

Ballina

Brisbane Indian Prestige

Brisbane Moorooka

Gold Coast Tallebudgera

Lismore

Tamborine Village

NEW MEMBER

Cynthia Waddington

Kim Clark

Ashim Majumdar

Michelle Hipworth

Alisha Firehock

Benjamin Haack

Michael Armbruster

Melvyn Lai

SPONSOR

Peter Waddington

Yvonne Klepzig

Trevor Matthews

Frances Nichols

Stephen Marlor

Keith Hamilton

Samuel Cooper



Did you know ?

Disaster Relief :

Whenever and wherever disaster strikes, Lions are often among the first to offer aid. And LCIF (Lions Clubs International Foundation) and ALF (Australian Lions Foundation) are right there with them, ready to support their efforts with funding assistance through the relevant disaster relief programs.

Working together with local Lions and Lion leaders, urgent needs are assessed and aid is quickly delivered to disaster victims. Lions know that a disaster can affect anyone's community, whether it's halfway around the world or right at home.

As you know, 100% of the funds donated to these two great Foundations go directly back to those in need - no admin fees are taken out. Donate to Lions what you can - every little bit helps. And they need all the help they can get..

LCIF and ALF - Lions' first responders !!

GLOBAL SERVICE TEAM



THE ARRIVAL OF 2020

Greeting from the Global Service Team to welcome the arrival of the new decade. Let's continue our services to the community and beyond, making this world a better place. While contributing to the humanitarian well-being, we will enrich our own personal life.

ALF

For the last six months from 1 July to 31 December 2019, below is a summary of Australian Lions Foundation (ALF) grants and contributions from our District and Clubs:

General and Emergency grants provided to our District and Clubs = \$108,000
Our Clubs contribution to ALF via donations and awards = \$101,458.70

Obviously, our District and Clubs have received in the last six months more funds than we donated. Do contribute to ALF whatever we can, in particular during the recent bushfires and the drought not long ago.

REQUEST FOR A WALKER

Close to 50% of the fund required for a Walker as requested by the family of a young boy in the Tugun area has been raised. If any Club can assist in contributing to the cost, please contact Lions Christine Forrest. Hopefully when the Australian Lions Children's Mobility Foundation (ALCMF) committee meets in late January 2020, there is enough fund for the purchase.

LAP THE MAP 2019

This special event is now over, and we sincerely thanks those Clubs and Zone that had participated. It is intended this event will continue in 2020. No doubt, there are areas of improvement that would enhance the project in future.

REPORT VIA MYLION

All Clubs must have completed number of projects for the last six months. It is time to report the activities, amount of fund raised, and number of people served via <https://myapps.lionsclubs.org>. Reporting services would accurately measure our global impact, identify the best ways to work together, bring attention to the great work of Lions and ensure Clubs' service is supported in the best ways possible from Lions Club International.

On behalf of the Global Service Team, we wish you all a great year ahead.

PDG Peter Ho

Global Service Team Coordinator

0412796243 Lion.peterho@gmail.com



AN INVITATION TO

Lions Member Orientation



Every journey begins with a single step. One act of service, one encouraging word, one gift of generosity is often all it takes to bring hope where it's needed most.

Over the last 100 years, the kindness of Lions and Leos has multiplied across borders, oceans, and continents. With over 1.4 million members, we now have an opportunity to truly change our world.

That's why we're uniting our global service around five areas of need. These Global Causes present significant challenges to humanity, and we believe it's our turn to meet them.

Come and learn about Lions Clubs International, our Global Causes and your District structure.

An opportunity for not only new members of Lions, but also any interested Lion to meet and learn about Lions.

When: - Saturday 15th of February 2020

8.30am for 9am start - finishing at 12.30pm (a light morning tea will be served)

Where: - Merrimac State School, 2 Boowaggan Rd, Merrimac QLD 4226

Let Lion Ian know if you are attending – 0417 638834 bruningian@gmail.com

by 1st February 2020.





AUSTRALIAN LIONS HEARING DOGS.

2020 – A very Happy (& busy) New Year.

Here we are January 2020, our New Year has started with a rush. We're up to "our ears" and "doggy ears" training our next group of Australian Lions Hearing Dogs that are currently in various stages of training, some just beginning their journey, whilst others are part way through, and several are in the final stages before delivery.

It's wonderful to see the look on the new owner's face when we arrive, and then at the end of the week as we leave, they know we will not forget this dog we've trained and delivered, nor do we forget the owner. We're always there if they need us, only a phone call away any time.

Multiple District 201 Convention - Adelaide SA. From 15th – 18th May 2020.



How time flies – 4 months to go. Mark your Calendars and Diaries now so you don't forget. We hope as many Lions and Partners as possible Australia wide will come to Adelaide to: **"Meet us in May."**

Lions **"Make a Date" to visit our ALHD stand at Convention**, where we'll have trainee Australian Lions Hearing Dogs in

attendance and you're encouraged to meet and greet our staff members all weekend, and you never know, you may also find some of our Foster Puppies and their Carers there too.

Then we would love you to **"Make the Time" to visit our Training Centre.**

There will be organised tours through our Training facility on both Friday and Saturday which will include dog demonstrations, and for anyone unable to make it on one of the tours during Convention, we plan to open the training centre to all who wish to visit on the days following the Convention. We've made several opportunities available for Lions and Partners to learn more about the ALHD Program during and after the MD Convention, so now it's up to you to **"Take up our offer"** whilst you're in Adelaide. **What are you waiting for?** See you soon!

Celebrating over 20 Years Service to Australian Lions Hearing Dogs.

Former CEO PCC Bill Holmes OAM retired in 2016, and was presented with the first "Bill Holmes" award. This new award was created as a way for ALHD to acknowledge those who support, promote and contribute to the program in the same spirit that Bill has for over 20 years.



Linda Harvey: received her award on 9/10/16 at our Open Day. Linda started work at the training centre in 1996, and has trained numerous dogs, however her two favourites were kelpie crosses named Copper & Lexy. She said it was a pleasure to work with them. Linda believes our program at ALHD is amazing, & feels very lucky and incredibly proud to be part of it.



Belinda Henschke: her first role at ALHD was Kennel Manager in 1999 before becoming a dog trainer. Her first dog to train and deliver was Isabella in 2000. Early this year Belinda completed 20 years service to ALHD and was presented with a "Bill Holmes" award. She is now the ALHD Office Manager and will have a hands on role in pushing the training centre into the exciting future.



Mary Knight: celebrated 20 years with ALHD on 1/11/2019. Starting as Kennel Manager before moving into dog training. Mary has been involved in over 100 placements, with 70 of those being dogs she has personally trained. In the last 18 months Mary has been instrumental in developing our Puppy Program, and utilising her vast experience to help ALHD grow. Mary received her "Bill Holmes" award at the recent Christmas Luncheon.

Congratulations to our staff members above. So proud you're on our team!

Catch up again next month.... *The Board of Directors, CEO & Staff.*

Australian Lions Hearing Dogs.



Diversity and Inclusion

Sometimes the greatest gift you can give another person is to simply include them

Message from the Diversity & Inclusion Coordinator

Greetings fellow Lions,

I hope you all had a wonderful Christmas and New Year celebrations with family and friends.

As Christmas is a time of giving, I thought I would let you all on a secret of the five free gifts that you could give anyone, any time of the year. These five gifts can not only be used in your clubs, but also you could give them to the local community. Everyone loves a freebee and they never run out of stock. You can also give 2 at the same time. 😊

Gift 1: Give the Gift of your attention

'The most precious gift we can offer anyone is our attention' Quote Thich Nhat

We are busy little bees balancing our work, family and Lions responsibilities, but if we could just spare a minute or even two and give someone that nod of recognition and a smile to let them know that you have acknowledged them, it may make their day. And you may get a nod and smile back.

Gift 2: Give the gift of Kindness

'Kindness is the language which the deaf can hear and the blind can see' Quote Mark Twain

This could be as simple a thing as opening a door or offering to push a shopping trolley for someone. Any small gesture can be helpful and not only you are helping someone, you are also opening the door to a chat and a listening ear.

Gift 3: Give the Gift of Time

'Your time is your life. That is why the greatest gift you can give someone is your time. It is not enough to just say relationships are important, we must prove it by investing time in them' Quote Rick Warren.

Time is a precious thing and a lot of us have not much to spare, however, as Lions we find time to raise much needed funding for our club's projects. But also remember to invest time in having fun and building on your relationships within your club, as the quote above states relationships are just as important to invest time in.

Gift 4: Give the Gift of Not judging

'If you judge people, you have no time to love them' Quote - Mother Teresa

In a previous article I commented on that people make mistakes and that we are not perfect. In giving the gift of not judging you are taking the time to listen and let the person talk about their failures, by being supportive and unjudgmental.

Gift 5: Give the gift of a compliment

'Too often we underestimate the power of a touch a smile a kind word a listening ear an honest compliment or the smallest act of caring, all of which have the potential to turn a life around' Quote –Leo Buscaglia

A well-thought out compliment can make someone feel special, give them self-confidence or a sense of belonging. A Compliment on hairstyle or how they are presented is always a good one. I am sure we all like to hear one every now and then.

Now my secret is out. It doesn't take to much time or effort to wrap these gifts and present them to our clubs or our community. As with all gift giving you still get that warm fussy feeling inside that the gift you gave was appreciated and much needed. The only thing is, there is no refund. 😊

Yours in Lionism

Sharon McDonald

Diversity & Inclusion Coordinator

shazmc1968@gmail.com

Giving is not just about making a donation,



it's about making a difference.

"Simple projects your Club can participate in"

With the year 2020 now upon us, is your Club wanting to do some new projects? There are many projects that your Club can participate in that will make a difference to the lives of others - and most are very easy & inexpensive to do.

Eye Glass Recycling :

The Lions recycled eye glasses project is one of the best recycled projects that a Club can do. All you have to do is talk to your local Optometrists and ask them : "is someone servicing their used



eyeglasses". They will either let you know that they have someone that collects the glasses from them (which you then say thankyou for collecting the glasses for those in need), or they will not know what it is about - and this is where you will tell them all about the project and ask if they are happy to keep the glasses, and that you will visit them again to collect any glasses that they have. All you have to do is then pack the glasses and send them to the Lions Recycle Centre (reply paid).

Cash for Bottles & Cans :

Most Clubs are collecting plastic drink bottles & cans to cash them in through the Containers for Change program - which is fantastic. But if your Club hasn't started as yet, why not consider this as a new project. The 10c per bottle or can collected, can go straight back into your Community account to help those in need.



Bottle Tops :



When you are collecting the plastic bottles, don't throw away the lids. Start collecting them for the "Lids 4 Kids" project. The lids are shaved down, and using a 3D printer, are made into prosthetic limbs for children. It's amazing to know that we can help such a worthy cause. Most local Council offices are collection points for the Lids 4 Kids—just ask them or check on the website for your local drop off point.

Used Postage Stamps :

Keep your postage stamps - which are sold through the Australian Lions Stamp Club and the monies donated to Lions Children's Mobility Foundation for Walkers for children with Cerebral Palsy. Ask your local business that still have "snail mail" to save the envelopes for you, and all you have to do is trim around the stamp (leaving a small edge around the stamp). Last year in Geelong, a cheque for \$ 48,000 was handed over for the Walkers - just from stamps.



Small Hotel Toiletries :

Any small hotel toiletries that you get from that 'weekend away' - keep them if you haven't used them, and use them to put together into packs with a toothbrush, toothpaste & tissues - and give them to organisations that can distribute them to the homeless / those on the streets. Don't leave them at the hotel - bring them home. You could even put a small collection box at your work and ask your work colleagues to keep theirs as well.

My Club do all these recycling / collection projects (and more including : collecting Bread Tags and new / left over Balls of 8ply wool). If you would like any further information on any of these projects, so that your Club can start collecting, just contact me and I'll be happy to share....

Until next time.

Jenny Maguire - District Orientation & Capability Coordinator

Email : lionjenny.01@bigpond.com Ph : 0412 358 205



Lions Clubs International



District 201 Q1

Cordially invites you

To join with

Chairperson Lions Club International Foundation

Immediate Past International President Gudrun

Yngvadottir

&

Past International President /Area 7 Board Trustee Barry

Palmer

Raising funds for Lions Clubs International Foundation

Dinner and Show

On Friday 6th March 2020

At Royal on the Park Brisbane

6.30pm for 7.00pm

\$95.00 per head

National Costume or Dinner / Lounge suit After five Ladies

Booking and information PDG Lesley Lyons 0419 796 022

email llyo5865@bigpond.net.au

Payments to Cabinet Treasurer Libby Whitestyles

135 Dixon St Sunnybank Hills Qld 4109

Or by Direct Debit

ANZ BSB 014202 Account 9001 95229 please put a name or mobile

RSVP 24th February

Entertainment by Tenori

Sponsored by

Vicinity Shopping Centres



Grand Plaza

Lions Camp Duckadang



Working Bee Dates 2020:

Members of the Lions Family are advised of the dates of working bees set down for **2020**:

- 28 February – 01 March
- 19 – 21 June
- 13-15 November

Please mark these in your Lions calendar.

Thanks to all Clubs for the tremendous support you have provided during 2019.

On behalf of the Board of Directors, I wish you and your Family a Merry Christmas and a Safe and Healthy New Year.

Peter J Boge
Secretary to the Board, Lions Camp Duckadang

Calamvale Lions : Movember MoMent...

Men's health & them looking after themselves was the goal when the Calamvale Lions decided to host a High Tea on Saturday 30th November, aimed at the "Gents". Whilst all the Girls were very much welcomed, a promise of "no frilly tea cups in sight" was made to get as many men attend as possible. The recipients of the day would be Lions Prostate Cancer Research and also Movember : for Men's Health, with the proceeds from the day being donated 50 / 50 to each cause.

On the day 50 Lions and Community guests enjoyed good food, lots of fun & fellowship and listened to a fantastic guest speaker from the Mater Foundation - Lions Prostate Cancer Research. It was a great morning and in the end the Club was able to make a lovely donation to both Lions Prostate Cancer Research and also to Movember : for Men's Health. Thanks to everyone that came along, hope you had a great time - and the Calamvale members will see you at the next one..



Jenny Maguire - Calamvale Lions Newsletter Editor
Email : lionjenny.01@bigpond.com Ph : 0412 358 205

NEW STAMP CLUB ADDRESS.

The Australian Chapter of the Lions Stamp Club are still looking for stamps, philatelic products and unwanted collections to include in their project. Every stamp received is sold and every cent coming from the sales is passed on to the Australian Lions Childrens Mobility Foundation. At the Geelong Convention last May the donation was a record \$48,000.



The Stamp Club secretary, Lion Ross Paine (Q4) said that they have noticed a drop off in donations this year and he is urging clubs to keep pushing the project in their areas so they can hopefully match last year's total.

Ross has recently changed his address and the **new address** for clubs in the Q Districts to send their stamps is, **Lion Ross Paine, PO Box 9399, Pacific Paradise. 4564**



RUNAWAY BAY LIONS RAISE OVER \$10,000 TO SUPPORT BUSHFIRE AND DROUGHT STRICKEN COMMUNITIES

Runaway Bay Lions Club are proud to announce that it has raised \$10,387 in support of the bushfire and drought-stricken communities. The Lions Club has conducted a range of fundraising activities in recent months at many local community events.

The amazing generosity of the shopping public at Runaway Bay Centre and other local events, knows no bounds with \$2,000 raised as part of the lead up to the Runaway Bay Carols by Candlelight.

These donations, combined with staggering \$6,387 being raised in just 6 days at the Runaway Bay Centre in September exemplifies the wonderful community spirit we have in our neighbourhood.

The fund was further bolstered by the announcement of Councillor Cameron Caldwell of a \$2,000 donation in lieu of the fireworks display being cancelled at Runaway Bay Carols by Candlelight this year.

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, drought 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, administered by the Australian Lions Foundation, will be quickly distributed to local Lions Clubs in fire and drought ravaged communities to help families in need. Lions 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 and drought.

Our sincere thanks to Runaway Bay Centre and Councillor Cameron Caldwell for supporting us in this project.

Update 10th January:

STOP PRESS - As a result of further fundraising activities over New Years, the amount donated to the Bushfire and Drought Appeal through Runaway Bay Lions Club is now over \$14,000 !!



RUNAWAY BAY LIONS SPONSOR RIDING FOR DISABLED PROGRAM FOR LOCAL STUDENTS

Runaway Bay Lions Club support many organisations, community groups and disaster appeals throughout the year. Each of them is important to us and we are proud to be able to contribute to saving or changing people's lives.

Every now and then there is a service project which is a little bit 'special', and one of those for the volunteer members of Runaway Bay Lions Club is our sponsorship of the program run by Arundel Park Riding for Disabled for eight students of the Labrador State School Special Ed Unit.

Arundel Park Riding for Disabled provides a horse-riding experience for children and adults with a disability. Centre Manager, Leone Gye-Collishaw, said that "We have seen the group's confidence and abilities grow each week and it has been a real pleasure to support them reach their goals. Our horses always win the most hearts and they are truly the key to our success".



Photo – Lions Gail Goodwin and Steve Grech receive gifts of appreciation from Labrador State School students Kaylah and Sunny

Special Ed Teacher, Melinda Tomlinson, said "We can't express how much this means, not only to the students, but their families and all the staff that work with them, who get to see the life changing benefits gained from this program. We could not do it without the Runaway Bay Lions generous support".

Acting Head of Special Education, Louise Wilkinson, said "The Riding for Disabled Program has proven to be even more valuable than we anticipated. The student's confidence has grown so much. This program is a highlight for us and we love seeing the progress the students make. We truly appreciate and value your continued support".

Runaway Bay Lions President, Steve Grech, said "Our club are so pleased to support both the students and the program. We have personally seen the students grow through their involvement in this wonderful program. We were just thrilled with the gestures of appreciation received.



30th December 2019

RUNAWAY BAY LIONS ASSIST SUPPORT THE GIRLS AUSTRALIA

Runaway Bay Lions Club, in association with Bunnings Arundel conducted a Christmas Raffle last week at the Brisbane Rd store.

The \$1,000 prize value of Barbeque, gardening, handyman items and memorabilia were donated by Bunnings Arundel and Runaway Bay Lions Club



Photo – Raffle winners Joanne and Mick Walker

The raffle was well supported by the shopping public, so much so that the result will see \$1,155 donated to Support the Girls Australia.

Support the Girls Australia is a unique charity that provides a grassroots framework of action to empower women to escape the cycle of poverty, violence, trauma or multiple structural oppressions.

Transformation of the individual and transformation of the community unfold simultaneously. Spaces are created for women from all walks of life to foster relationships with other women in the community regardless of income, creed, age, or cultural background.

This call to action starts by ensuring women have dignity and respect by providing them with professionally fitted bras and underwear.

Whilst at the store, a further \$1,560 was collected in cash donations in support of the Lions Bushfire and Drought Appeal, bringing our club's total donation in support of those doing it tough to \$12,000.

Runaway Bay Lions Club would like to thank Bunnings Arundel, and all those that purchased tickets in supporting this wonderful Lions project and/or donated to our Bushfire Appeal.

Congratulations to our lucky raffle winners, Joanne and Mick Walker of Runaway Bay, who were thrilled to get the call advising of their win.



Members of the Lions Krafters wrap up another year of celebrations.

Krafty group farewell 2019

THE Griffith University Lions Krafters celebrated another successful year at a special morning tea on December 5.

The group involves about 10 women who meet twice a month but also do knitting at home.

Group organiser Lorraine

Bence said the group should be proud of the local support they have shown the community this year with the charities including the Anglican Church Mission of Seafarers, Cops Care Program, Teddies without Borders and Meals on Wheels.

"This year alone this

small group of knitters have made a total of 1,314 items, ranging from beanies, teddies, toys and rugs," Ms Bence said.

"With many new projects in the works, 2020 is shaping up to be even bigger for this dedicated group." More volunteers are welcome.

A message from the Editor

Happy New Year to you...



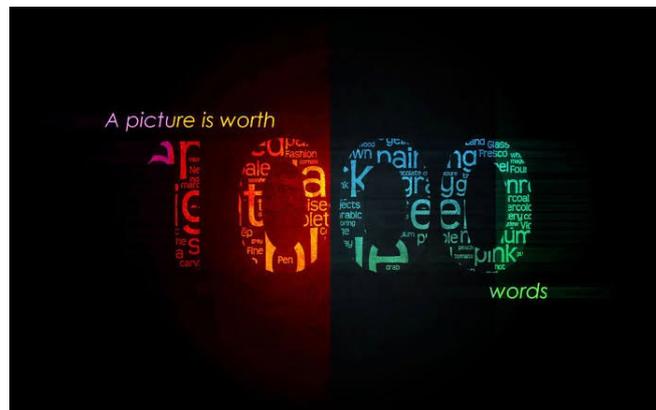
Wishing you all a happy New Year.

As always, thank you so much to those of you who have already taken the time to put fingers to keyboard in order to keep the District up to date on the amazing work that you are doing for your local, and wider communities.

If you would like to share your opinions, news and updates with the District, please can you submit your articles by the end of the previous month? Late submission can be included, but cannot be guaranteed, so don't be put off submitting late entries... 😊

This allows us to compile the details together in time for the 15th when the plan is to send it out to individual subscribers, and Clubs who have joined our mailing list.

TIP: You will find that a picture really helps to bring your stories to life...



Please submit your stories and articles to newsletter@lions201q1.org.au

Many thanks in advance!!

Carey Dobson

Cabinet Communications Officer

District 201Q1 Lions Clubs International