

District 201Q1 NewsLetter



Story: PINK TRIATHLON SUPPORTING THE BREAST CANCER FOUNDATION SEE PAGES 5-6

BUILDING A STRONGER TOMORROW



Jan Bruning
District Governor 2022 - 2023



Feb. 23

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www.facebook.com/District201Q1Lions
www.twitter.com/201Q1Lions

www.instagram.com/lionsdistrict201Q1
YouTube - Coming Soon - Watch this Space!



DG Ian Bruning

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Cyber Security

At Lions Clubs International, we pride ourselves in service to others. Our efforts bring notoriety and respect from communities worldwide.

Unfortunately, this notoriety can also attract individuals that misrepresent themselves to gain access to personal or financial information. When individuals use the internet or phone to commit this type of fraud it is commonly known as **“phishing.”**

It's been a busy month. Together with Therese, I've visited Pinelands Lions Club, Logan Village Lions Club, Camp Hill Carindale Lions Club and Harrisville Lions Club. It was great to catch up with the club members and share what's happening in the District and present Lions with their Membership Chevrons.

Unfortunately, the District Cabinet email addresses were targeted with a Phishing campaign. It's a timely reminder to all club members to be vigilant before opening emails. The cyber security information below is published by Lions Clubs International.

LCI systems are password protected for your safety and restrict access to personal information including email addresses and phone numbers. Outside of our LCI systems, Club information is widely known in our local communities through the media or non-LCI websites, and it is quite easy to obtain. This visibility also increases the chance of being contacted by a phisher.

You'll find more information about Cyber Security in this newsletter's article provided by Lions Wendy and Jenny from our Global Leadership Team.

Membership

Your Membership team has been very active and I'm pleased to announce that a new Club is in the closing stages of being formed plus a new Club Branch. We'll have a further update in the next newsletter. Well done team Kim.





Cabinet Meeting

We had a very productive Cabinet meeting weekend hosted by the Lions Club of Beaudesert. After the committee meetings, we enjoyed social drinks and dinner on Saturday evening followed by the Cabinet meeting Sunday morning. It's always enjoyable getting together with Lions colleagues from all over the District and as I've mentioned before, "fun in service" is an important part of Lions. Many Clubs engage in social activity with their members. If your Club doesn't enjoy some social fun, I urge you to make this one of your priorities and also team up with other Clubs for an inter-Club visit. Not only is it great to socialise with other Lions, you may also get some great ideas for service. Remember that the Q1 District Baton is there to encourage Club visits. DGE Savva and myself look forward to seeing where it's next destination is.

As you may or may not be aware, I have recently undergone back surgery and will be in recovery mode for the next month or so. You may see a change in my mobility and I look forward to a full recovery. I thank all those Lions who sent Therese

and I best wishes and support. Your kindness is very much appreciated.

In closing, I remind you all that the Multiple District Convention is being held on the Gold Coast April 28 to May 1. Let's do our MD Convention proud and assist them by registering early to join in the fun and fellowship. Information can be found here - <https://lionsclubs.org.au/event/71st-md201-convention-gold-coast-qld/>

Until next month, let's remember that
"Together We Can"
and by working together we can start
"Building A Stronger Tomorrow".

Kind regards – DG

Jan Bruning



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Lions Club of Carrara



"Youth of the Year"

What a stirring weekend Carrara Lions had Volunteering over the weekend of 18th and 19th February. Our big event "Youth of the Year" a program that has been running for more than 50 years was held on Saturday afternoon inviting students from surrounding schools to participate. Barbara Clifford worked tirelessly organising this successful event. Five outstanding Australian youth who foster leadership skills were interviewed then, tested on general knowledge plus given an opportunity to give



a five a minute speech that went towards points for the judges deliberation. Ruby Allen was selected and will go on to regional finals. Lions ladies worked hard setting up and clearing away plus providing lunch for the invited guests.



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We threw a Bunnings BBQ at Nerang in there as well, the team came to the party, well organised from the onion cutters to the pack away people always smiling and cheeky comments to our customers. Big thank you to the Kokoda participants who slogged it out over lunch.

Sunday the **Pink Triathlon supporting The Breast Cancer Foundation** was held at Runaway Sporting Complex . This event is based on fun laughs and a bit of fitness Just what our members just love .It was a sea of pink wherever you looked . Plenty of happy faces. Carrara Lions were very stretched but the troopers who gladly put up their hand for Saturday and Sunday registration to supports this event need a medal for stoic work.

Lion Linda Quilter



Essential Tremor

Are you ET aware

Hi my name is Paul Drake I am a member of Stanthorpe Lions Club.

What is Essential Tremor, ET is a neurological condition that causes an uncontrollable tremor or shaking usually on the dominant side which makes simple everyday actions that most people do without thinking almost impossible.

I live with this condition although I consider myself one of the lucky ones, ET mainly only affects my hands with leg slight tremors and at my voice at times. Some of my ET friends have implants in the brain, others have full body tremor.

Because ET is an action tremor these things are now becoming an issue for me the closer to the action the worse the tremor it also becomes worse with stress.

- 1 Writing and signing my name .
- 2 Pouring boiling water from a kettle.
(Have to be very very careful.)
- 4 Drinking from a cup without spilling the contents.
- 5 Shaving.
- 6 Buttoning shirts etc

Basically anything that requires a steady hand

Most people are aware of Parkinson's Disease which is classed as a stationary tremor , it seems that both conditions stem from the same area of the brain and there are some prescription drugs for parkinson's but the drugs prescribed for ET are usually Beta Blockers and Anti Seizure medications. And as usual these come with unwanted side effects

ET is estimated to be six times more common than Parkinson's but goes largely undiagnosed or misdiagnosed , it tends to become evident in later



life as in my case in my late fifties ,as dismissed as RSI having worked all my working life with power tools and hammers.

With limited medications available there are other options DBS where probes are planted in the brain connected to a device similar to a heart pacemaker or High Frequency Ultrasound where part of the brain is destroyed both are a last resort and very costly . In the region of \$30,000.

In 2019 I helped to establish a support group Southern Qld Essential Tremor Support Group which now has 80 or so followers, also here in Stanthorpe formed Granite Belt Et Support Group which now has 30 odd followers. Whilst on FaceBook there are a few support groups in Australia. In the UK the National Tremor Foundation and In USA International Essential Tremor Foundation both run fundraisers to fund research and at present here in Australia I don't think any fundraising is done to support research into Essential Tremor.

ET can cause head and voice tremors and in some cases full body tremors.

ET is not confined to the elderly children can be born with ET , if one of your parents has ET there's a 50% chance you will inherit ET.

As in my case ET Sufferers start to withdraw from social gatherings and become self conscious of their tremors Since talking about and gaining support from my fellow Lions I'm now much more comfortable with ET. Club Member Stuart Perrett put together a PP Presentation for us to use which has been presented to Tenterfield Llons Club .

Toowoomba West Lions Club Warwick Lions Club also to our local Rotary Clubs.

My mission is to challenge all district 201Q1 Clubs to find that person with a Tremor be it Essential Tremor, Parkinsons or any other tremor invite them for a coffee and form a support group.

How.

Copy our posters (print page 9) place in your local GP clinic notice boards in shopping area's Etc

Paul Drake

Stanthorpe Lions Club





Essential Tremor

Do you know someone with shaky hands ?

Let them know about Essential Tremor!

Help Paul spread the word about ET!



MORE INFORMATION

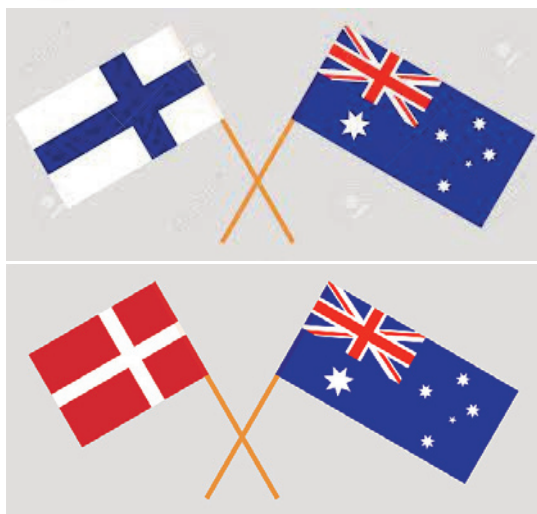
www.stanthorpeclub.com/et



essentialtremor

awareness & support group
An initiative of the Lions Club of Stanthorpe Inc





Update on Lions Operation Friendship: Hosting a Danish Couple and District Lions Traveling to Finland and Denmark

District 201 Q1 Lions have been invited to visit either Finland or Denmark in March/April 2023.

THE CONCEPT OF LIONS OPERATION FRIENDSHIP:

Operation Friendship visitors are expected to accept the responsibility of representing their Lions District and community and are thus ambassadors for Lionism. The overall aim is to promote Lionism and establish friendly relations, learn about Lionism in other countries, and pass on information about Lionism in their home countries. Visitors achieve this by attending and addressing the District Convention, visiting Lions Clubs and Lions

Projects, joining in community events such as festivals, sports days and annual shows. This is summed up in two of the Purposes of Lionism:

‘To create and foster a spirit of understanding among the peoples of the world’.

‘To unite the clubs in the bonds of friendship, good fellowship and mutual understanding’.

INCOMING LIONS:

- Erik and Birgit Thordahl from Denmark District 106B, visited District 201 Q1, from 13th October until 8th November
- I am very grateful to the Hosting Clubs which were: Lions Club of Camp Hill Carindale, Robina Lions Club, Boonah Lions Club, Goondiwindi Lions Club, and Tamborine Village Lions Club. Erik and Birgit had a good view of the breadth of Lions District 201 Q1.
- Erik and Birgit were very appreciative of the generosity and effort of their Australian hosts. They gained new insights into Lionism and greatly enjoyed learning about Australia and the fellowship of Australian Lions.

OUTGOING LIONS FROM DISTRICT Q1 201:

- Lion Josephine Garner from Rosewood Lions Club, will visit Denmark Lions District 106B, in April and May 2023
- PDG Lion Peter Ho from Brisbane Chinese Lions Club will visit Finland Lions District 107N in April 2023

We wish them a wonderful experience...

.....as it invariably is!

Lion Lyndon Kurth

Lion Lyndon Kurth



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the process of change by explaining the roles in change management, identifying the stages of change adoption, looking at resistance to change and planning for implementing change.

Upcoming changes in Lions –

By now you would be aware of changes in the wind for Lions - including new Club Executive Club Officers being elected in for the next Lion Year and the transition to the new Lion Portal.

Changes are great and allow Lions to catch up with the world and enable us to serve the community in better ways to help as many as possible.

For some, and that may be you or someone in your Club, find it hard to follow along with change. If that is you or someone you know, this course will help with the skills to facilitate the upcoming changes. It will give you

Manage Change [EN] (223)

Change is inevitable and can be both exciting and intimidating. This course supports Lions leaders' understanding of

BE AWARE OF SCAMS – PROTECT YOURSELF

During recent months, there have been an increasing number of phone, text, social media and email scams. Be aware of scams that fraudulently use the Lions Clubs International (LCI) or Lions Clubs International Foundation (LCIF) name or logo, or other trusted and well-known names from within the Lions family.

The goal of these types of scams is to trick people into revealing personal and financial information about themselves.

As a general practice when receiving unsolicited emails, do not follow embedded links in emails, especially if there is any mention of updating credit card information, personal data, PIN numbers, or passwords. Delete these emails immediately.



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If contacted by another club member, district cabinet member or any other Lion via email, mobile text message or social media and there is a request for financial assistance in any form, do not reply to the message. Contact the person separately to validate that the request is legitimate.

To read more on what Lions Clubs International (LCI) have put together on this very important & relevant topic, click on the following link which will take you to the LCI website :

<https://www.lionsclubs.org/en/blog/protect-yourself-from-scams>

The nature of online scams is wide, varied, and always evolving. The Scamwatch website is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams. There are also

publications, videos, and other online resources to assist consumers, small businesses and industry in understanding and preventing harm from scams.

<https://www.scamwatch.gov.au/>

Be safe everyone.

***“Happy Learning”:
Jenny Maguire***

District Global Leadership Team
Training Coordinator
Ph : 0412 358 205
Email: Training@lions201q1.org.au

Wendy Poole
GLT Coordinator
Email: glt.q1@lions.org.au



**“Recipient
Chris and
ALHD
Chewy”**



Australian Lions Hearing Dogs back for 2023

This year our Australian Lions Hearing Dogs aims to reach bigger goals. Since the introduction of our Breeding Program, Puppy Program and Medical Alert Program, the organisation has provided service to the deaf and hard of hearing Australians, as well as Australians with type 1 diabetes, more than ever. In the first quarter of the year we have already scheduled 10 Hearing Assistance Dog placements and our second Medical Alert Dog. All of these dogs are placed free of charge thanks to the generosity of

Lions Clubs, public and businesses across Australia.

Upcoming In March is Hearing Awareness Week 2023 this will start on March 1st to the March 7th. It is an annual event that highlights and spreads awareness of the issues affecting Australians living with hearing loss to the public.

Currently, about 3.5 million Australians aged 15 and over – that is 22% of the population – have mild

to severe hearing loss. An average of one to six Australians has some form of hearing disability, and this number is expecting to rise to one to four by 2050.

The week is an ongoing effort to improve the issues that people with hearing loss face. It also helps the public to approach hearing loss more seriously and learn of the impact our hearing health can have to our quality of life, social engagement, career and confidence.

For more information, please contact Australian Lions Hearing Dogs at 08 8388 7836 or info@lionshearingdogs.com.au or follow us on social media as we share more information on how to look after your hearing.

Belinda Henschke
Australian Lions Hearing Dogs



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Helping young people lead

HAPPY & HEALTHY
lives

PROJECT PROFILES

ALWF runs a number of youth focused health and wellbeing projects. Today we introduce you to:

www.tuneinnotout.com

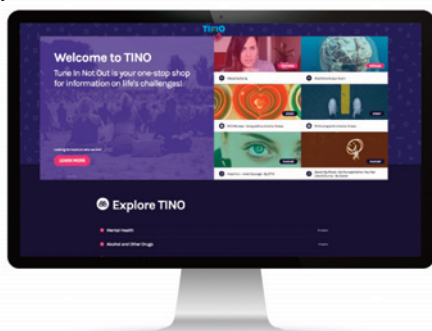


Overview

Tune In Not Out (TINO) is an award winning health and wellbeing website full of information to help young people navigate life's challenges, from mental health, relationships, alcohol and other drugs, self esteem, body image, to work, school life and much more.

What Does TINO Deliver?

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- A simple and easy website to navigate from a mobile, tablet or desktop computer.
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.

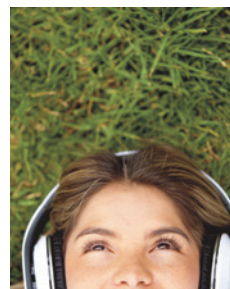


Turn over for a topic page tour!

Case Study

The TINO music section was started in conjunction with Music Therapist Dr Carmen Cheong-Clinch as part of Tune Your Mood - an initiative to promote young people's understanding of how music can affect their wellbeing, both positively and negatively.

Dr Cheong-Clinch uses the TINO website to explore related topics and promote help-seeking with young people who are inpatients at a number of QLD hospitals. They then create music playlists which positively help them manage their situation and consider their intentional music listening.



This project has grown so much it now has its own section on TINO featuring a number of playlists as well as music submitted by other young people visiting TINO.

Be sure to check out this innovative way of bringing information and coping tools to young people.

TUNE IN NOT OUT

How Can Lions Get Involved?

- Visit the website and take a look around, the 'About Us' page has a short video tour that is great to watch
- Contact us for some promotional postcards and drop these at your local school and youth services
- Request a copy of our PowerPoint presentation and script to present TINO at your Lions meeting

tuneinnotout.com
crew@tuneinnotout.com
0488008880

Find out more about this project and others at alwf.org.au



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Take a tour of a topic page on www.tuneinnotout.com

As we navigate through life we can face many challenges. A key to positively managing these is having information and support to help get things back on track. Tune In Not Out is our youth health and wellbeing website, delivering information in a range of formats, from a range of services across 50 topics. Every topic page is packed full of content, making it easy to find a wealth of information in one location. Take a quick tour of everything you can find on our simple one-shop style topic pages.

1. Topic Intro

A snappy intro so you know you are in the right spot. We have 50 topics across mental health, alcohol and other drugs, relationships, school life identity, health and more.

2. Quick View Content

Check out the featured videos, factsheets, stories and music playlists for the topic.

As you explore content appears

3. Videos

Explore and watch videos by a range of youth services. Scroll to see more.

4. Factsheets

Read factsheets designed to help you manage the key topic area. These are provided by a range of services, also giving you signposts to other organisations who can assist further.

5. Stories

Just a quick click of the tab and you will get stories from young people who have successfully managed the topic. Young people who have visited TINO have told us stories and tips from other young people really help them.

6. Music

Every topic page features our **Tune Your Mood** music section, bringing you youth created playlists for certain times and emotions for example; Boost My Mood, Wake Me Up and Activate Me.

7. Your Input

Did we miss something - let us know? You can also submit your own story and music playlist!

8. Find Further Support

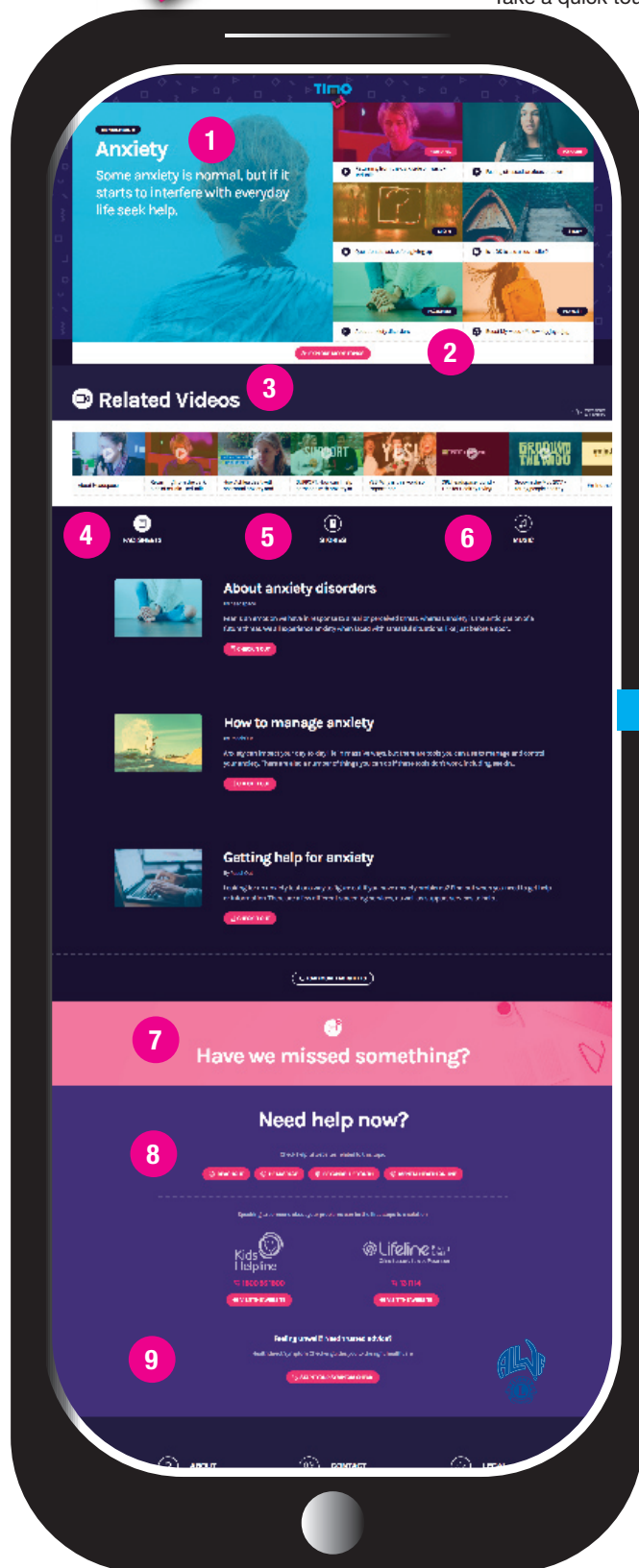
Each page features topic specific links as well as 24/7 support services.

9. Localised Help

Using HealthDirect find services close to you.

Yes, all of this is available on **every topic page** on TINO from body image, eating disorders, relationships, alcohol, cannabis, exams, bullying, starting in a new place, relaxation, organ donation, self care and more! Why not check it out in full now at:

www.tuneinnotout.com





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Get ready for the

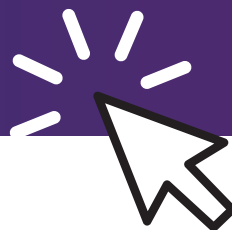


Lion Portal

In a few months, we'll be combining MyLion, MyLCI and Insights, along with some additional tools and functionality, into a unified mobile-friendly experience called the Lion Portal.

Help ensure a smooth transition. Make sure your **Lion Account information** is correct in MyLCI or your regional reporting system and has a **unique, unshared email address**.

Learn more here: lionsclubs.org/portal-updates.



<https://lionsclubs.org/portal-updates>



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lionsaustralia
we serve



Community Rewards



Introducing Lions Australia Community Rewards - a new fundraising channel for Lions Clubs Australia via the Doing Good rewards/giving mobile app.

This loyalty program won't affect your other loyalty or fundraising programs but is even better because it's automatic... when you **SHOP** at participating retailers, you **SAVE** money (no points or anything, \$\$\$ are paid back on your card) plus you automatically **GIVE** to the **Lions Australia Fund** by LCIF.

All it takes is **2 minutes** to create an account & register your credit/debit card. Retailers will automatically recognise your card and reward you discounts. Your data is safe and we promise your tax-deductible donations will be well spent.



Every transaction makes a difference.
Every microdonation to Lions counts.



Download the Doing Good **app** and **sign up** to **Lions** with access code

lion2992

or simply scan this **QR code**

Learn more: Watch this Lions Australia explainer video

<https://vimeo.com/591965559>



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lionsaustralia
we serve



Community Rewards



Lions Australia is offering members of our community special discounts every time you shop, all while supporting charity.

Shop in-store and online to Save \$\$\$ and Give to Charity



Save up to 25% at participating retailers like:

Woolworths

pet
stock

asics

kate spade
NEW YORK

THE ORIGINAL
Ben Sherman

HOYTS

DYMOCKS

RIP CURL

LORNA JANE

catch

SEPHORA

and more.

Scan now to register in 2 mins via website or app



GET IT ON
Google Play

Download on the
App Store

Sign up with **code LION2992** via mobile app OR
Scan this QR Code on your phone
or click the button to register

Register now!



Gold Coast

Convention 2023

April 28th – 1st May 2023



HAVE YOU REGISTERED?

Go to our site: <http://www.lionsmd201conv.com>

All attendees **MUST** register for the convention

PRICE: FREE, but YOU MUST REGISTER TO ATTEND

<https://www.lionsmd201conv.com>

PLEASE DO IT NOW

WHO WILL ATTENDING OUR CONVENTION?

Opening our convention will be:

- Her Excellency the Honourable Dr Jeanette Young AC PSM Governor of Queensland

Welcome to Gold Coast:

- Tom Tate, Mayor City of Gold Coast.

Also attending:

- 3rd International Vice President, Lion A. P. Singh.

Guest Speakers:

- Jimmy Pham AM, Koto Founder & CEO
- Julie Cross, Author/Motivational Speaker, with a special interest in Autism

AND THERE IS SO MUCH MORE FOR YOU AND IT'S "FREE"



1963-2023
Sunnybank Lions Club
Celebration of 60 years
Of Community Service

Dear Lions and Guests

We would like to extend an invitation to all Lions, Leo's and friends to join the club in a celebration of 60 years of dedicated community service.

The Venue: Runcorn Tavern
124 Gowan Road
Runcorn 4113

When: Sunday **16th April** 12pm for 12.30pm

Dress: Smart attire

Cost: \$50 per head (payment strictly in advance please)

Bank details BSB 084402 508556341 (Ref Your "Surname/Club")

Parking: plenty of free off street parking

RSVP: Jo Wilcox 0428776948 by the 9th April
e.mail: j.wilcox@bigpond.com

Please inform of any dietary requests

PDG Kent Wilcox
Club President



Sunnybank Lions Club



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Heading

FOR SALE – LIONS BBQ/REFRIGERATED COOK TRAILER

We have for sale a fully equipped BBQ/Refrigerated trailer in excellent condition.

Asking price is \$11,000 (negotiable) – well below replacement cost.

Contact Capalaba Lions: capalaba.qld@lions.org.au

The base trailer is an Opal brand, manufactured in 09/2004. It has been extensively modified and equipped with two barbecue plates – 1 x 3 burner (approx. 1000mm x 550 mm) and 1 x 2 burner (approx. 850 x 550 mm) and two 8.5 kg gas bottles.

The trailer is fitted with a commercial grade refrigerator approximately 1.5 m³ capacity (1.85 metres wide, 1.00 metre deep and 0.8 metres height).



The trailer was professionally wired to run on 240 volts, either from a 15 amp mains source or it can be connected to a suitable portable generator which can be housed in a locked cabinet on the front drawbar.

External 240v LED lights at the front of the trailer and under the cooking area allow night time use. The cooking area is also equipped with extraction fans at the front and back of the trailer.

The trailer is 2 metres wide, and 2.3 metres long including the drawbar. It has LED tail lights and is equipped with electric brakes. It has a 7 pin round plug, but also included is an adapter for a 7 pin flat plug. The rear access door acts as a ramp to facilitate loading of extra items in the underfloor cavity. Included is a general tool box with a bottle jack and various wheel chocks and levelling ramps.

The drawbar is equipped with a swing up ratchet jockey wheel and also a static swing up stand, to allow for a wider range of tow ball heights.



Other inclusions are a 1kg powder fire extinguisher, fire blanket and a small water tank.

The trailer is registered until October 2023 and is fitted with brand new tyres, including the spare wheel. The trailer has been garaged and is in excellent condition.

A roadworthy certificate and gas certificate will be issued on confirmation of sale.

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	POSITION	NAME	SURNAME	EMAIL	PREF. PHONE
DISTRICT OFFICERS	DISTRICT GOVERNOR	Ian	Bruning	DG.Q1@lions.org.au	0417 638 834
DISTRICT OFFICERS	1ST VICE DISTRICT GOV	Savva	Argyrou	1VDG@lions201q1.org.au	0425 972 782
DISTRICT OFFICERS	2ND VICE DISTRICT GOV	Jorge	Salles	2VDG@lions201q1.org.au	0436 331 238
DISTRICT OFFICERS	IMMEDIATE PDG	Nicole	Phillips	IPDG@lions201q1.org.au	0407 763 007
DISTRICT OFFICERS	CABINET SECRETARY	Libby	Whitestyles	cabsec.q1@lions.org.au	0404 035 884
DISTRICT OFFICERS	CABINET TREASURER	Di	McCrae	cabtreas.q1@lions.org.au	0499 604 516
DISTRICT OFFICERS	CONSTITUTION & BY-LAWS	David	Greenup	cbl@lions201q1.org.au	0400 255 922
DISTRICT OFFICERS	MINUTE SECRETARY	Kaylene	Perrett	assist.cabsec@lions201q1.org.au	0427 005 024
DG ADVISORY COMMITTEE	DG ADVISORY	Graham (Jacko)	Jackson	DGA1@lions201q1.org.au	0411 598 584
DG ADVISORY COMMITTEE	DG ADVISORY	Ken	Mulcahy	DGA2@lions 201q1.org.au	0407 749 425
DG ADVISORY COMMITTEE	DG ADVISORY	Ken	Bird	DGA3@lions201q1.org.au	0409 655 220
REGION CHAIRPERSON	REGION 1 - NSW	Peter	Dean	RC1@lions201q1.org.au	0412 373 722
REGION CHAIRPERSON	REGION 2 - GOLD COAST	John	Clark	RC2@lions201q1.org.au	0407 758 777
REGION CHAIRPERSON	REGION 3 - LOGAN AND REDLANDS	Ken	Wilcox	RC3@lions201q1.org.au	0400 962 595
REGION CHAIRPERSON	REGION 4 - BRISBANE SOUTH	Ken	Mulcahy	RC4@lions201q1.org.au	0407 749 425
REGION CHAIRPERSON	REGION 5 - WEST	TBA		RC5@lions201q1.org.au	
ZONE CHAIRPERSON	ZONE 1	Steve	Symonds	ZC1@lions201q1.org.au	02 6666 1535
ZONE CHAIRPERSON	ZONE 2	TBA		ZC2@lions201q1.org.au	
ZONE CHAIRPERSON	ZONE 3	Denise	Jackson	ZC3@lions201q1.org.au	0411 598 583
ZONE CHAIRPERSON	ZONE 4	Sharon	McDonald	ZC4@lions201q1.org.au	0412 879 562
ZONE CHAIRPERSON	ZONE 5	Paul	Krahn	ZC5@lions201q1.org.au	0417 731 965
ZONE CHAIRPERSON	ZONE 6	Paul	Sime	ZC6@lions201q1.org.au	0416 220 704
ZONE CHAIRPERSON	ZONE 7	Tim	Trainor	ZC7@lions201q1.org.au	0401 326 942
ZONE CHAIRPERSON	ZONE 8	Bev	Waldron	ZC8@lions201q1.org.au	0403 506 778
ZONE CHAIRPERSON	ZONE 9	Amanda	Harrison	ZC9@lions201q1.org.au	0448 969 478
ZONE CHAIRPERSON	ZONE 10	Peter	Matthews	ZC10@lions201q1.org.au	0414 888 392
ZONE CHAIRPERSON	ZONE 11	Christine	Forrest	ZC11@lions201q1.org.au	0409 341 567
ZONE CHAIRPERSON	ZONE 12	Stuart	Perrett	ZC12@lions201q1.org.au	0411 173 499
ZONE CHAIRPERSON	ZONE 13	Stuart	Perrett	ZC13@lions201q1.org.au	0411 173 499
DISTRICT SERVICE GROUP	GST COORDINATOR	Kerry	Kilpatrick	GST@lions201q1.org.au	0412 279 464
DISTRICT LEADERSHIP GROUP	GLT COORDINATOR	Wendy	Poole	GLT@lions201q1.org.au	0403 522 976
DISTRICT LEADERSHIP GROUP	GLT TRAINING	Jenny	Maguire	Training@lions201q1.org.au	0412 358 205
DISTRICT MEMBERSHIP GROUP	GMT COORDINATOR	Kim	Forrest	GMT@lions201q1.org.au	0499 323 392
DISTRICT MEMBERSHIP GROUP	GMT ORIENTATION	Nicole	Phillips	Orientation@lions201q1.org.au	0407 763 007
GLOBAL MEMBERSHIP ACTION	GMA COORDINATOR	Euan	Stevens	GMA@lions201q1.org.au	0419 795 542
DISTRICT OPERATIONS	MASTER OF CEREMONIES	Heidi	Perrett	masterofceremonies2022@lions201q1.org.au	0468 989 081
DISTRICT OPERATIONS	CONVENTION CHAIRPERSON 2022	Jeff	Croll	convention2022@lions201q1.org.au	0488 042 395
DISTRICT OPERATIONS	CONVENTION CHAIRPERSON 2023	Wayne	Hamilton	convention2023@lions201q1.org.au	0427 006 113
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DISTRICT OPERATIONS	NEWSLETTER EDITOR	Mark	McCosker	newsletter@lions201q1.org.au	0429 998 570
DISTRICT OPERATIONS	WEBMASTER AND IT	Stuart	Perrett	it.web@lions201q1.org.au	0411 173 499
DISTRICT OPERATIONS	CAKES & MINTS	Barbara	Tate	cakesandmints@lions201q1.org.au	0413 471 312
DISTRICT SERVICE GROUP	AUSTRALIAN LIONS CHILDREN'S MOBILITY FOUNDATION	Narelle	Parkins	ALCMF@lions201Q1.org.au	0409 894 221
DISTRICT SERVICE GROUP	AUSTRALIAN LIONS WELLBEING FOUNDATION	Narelle	Parkins	ALWF@lions201Q1.org.au	0409 894 221
DISTRICT SERVICE GROUP	AUSTRALIAN LIONS CHILDHOOD CANCER RESEARCH FOUNDATION	Sophia	Argyrou	ALCCRF@lions201q1.org.au	0433 773 942
DISTRICT SERVICE GROUP	LIONS MEDICAL RESEARCH FOUNDATION	Narelle Parkins		LMRF@lions201Q1.org.au	0409 894 221
DISTRICT SERVICE GROUP	LIONS CLUBS INTERNATIONAL FOUNDATION	David Greenup		LCIF@lions201q1.org.au	0400 255 922
DISTRICT SERVICE GROUP	AUSTRALIAN LIONS FOUNDATION	David Greenup		ALF @ lions201q1.org.au	0400 255 922
DISTRICT SERVICE GROUP	LEO COORDINATOR	Sophia	Argyrou	leo@lions201q1.org.au	0433 773 942
DISTRICT SERVICE GROUP	LEO ASSISTANT	Greg	Woodard	leoassist@lions201q1.org.au	0411 474 026
DISTRICT SERVICE GROUP	LIONS AWARENESS	Michael	McDonald	LionsAwareness@lions201q1.org.au	0412 879 343
DISTRICT SERVICE GROUP	YOUTH EXCHANGE	Narelle	Parkins	youthexchange@lions201q1.org.au	0409 894 221
DISTRICT SERVICE GROUP	YOUTH OF THE YEAR	Chai (Yuki)	Hoe	YOTY@lions201q1.org.au	0424 625 020
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DISTRICT SERVICE GROUP	SIGHT PRESERVATION AND AWARENESS	Di	Henderson	sight@lions201q1.org.au	0403 171 672
DISTRICT SERVICE GROUP	DIABETES AWARENESS	Ross	Forrest	diabetes@lions201q1.org.au	0409 847 951
DISTRICT SERVICE GROUP	LIONS HEARING AND STORY DOGS	Jenny	Rainbird	LHD@lions201q1.org.au	0432 804 826
DISTRICT SERVICE GROUP	CLUB TWINNING AND OPERATION FRIENDSHIP	Lyndon Kurth		operationfriendship-twinning@lions201q1.org.au	0416 036 252
DISTRICT SERVICE GROUP	EMERGENCY RESPONSE	John	Lynch	emergencyrelief@lions201q1.org.au	0412 649 860
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DISTRICT SERVICE GROUP	DISASTER RELIEF COORDINATOR - WEST	Ros	Keim	disasterwest@lions201q1.org.au	0427 572 281
DISTRICT SERVICE GROUP	DISASTER RELIEF COORDINATOR - SOUTH	John	Lynch	disastersouth@lions201q1.org.au	0412 649 860
NON CABINET POSITION	NORTHERN NSW COMMUNITY TRUST CHAIRMAN	John	Lynch	nthNSWtrust@lions201q1.org.au	0412 649 860