

District 201Q1 NewsLetter



Lions
youth
of the year

March 23

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Ian Bruning
District Governor 2022 - 2023



BUILDING A STRONGER TOMORROW



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ARE YOU *following* US?



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

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



DG Ian Bruning

BUILDING A STRONGER TOMORROW

MARCH 2023

Cabarita Beach Pottsville Beach Lions



We are now coming up to the last quarter of our Lions year and it is time to review and adjust our actions to meet this year's goals. You still have time to request assistance from your District Chairpersons. They're keen to help wherever they can and you'll find their contact details in this newsletter.

As indicated in the last District Newsletter (You did read it didn't you?) we can now announce that the creation of the Lions Club of Brisbane Taiwanese has been completed. They will receive their membership certificates at the MD Convention and their Charter Night will be later this year (watch for the notification). We are excited as this is the first new Club to charter since the onset of Covid and we wish them all the best and welcome them to our District. Our thanks go to Lion Robert Zhee OAM and GMT PCC Lion Kim Forrest for facilitating the creation of this Club.

We also have a new Club Branch, the Champions Lions Club of Gold Coast Club Branch. The Club is sponsored by the Gold Coast Tallebudgera Lions Club. This is a specialist Club Branch in the area of promoting the Special Olympics and has commenced with eight members and is of course looking to grow. Special thanks go to Lion Steve Marlor, PDG Lion Ken Mulcahy and GMT PCC Lion Kim Forrest.

In between hospital stays, I managed to visit the Lions Club of Cabarita Beach and Pottsville Beach where Therese and I had a lovely evening chatting to the members and finding out more about their projects.

I also attended the District Final for Youth of the Year where we had five extremely eloquent contestants. The overall competition was won by Lindsey White, sponsored by the Lions Club of Helensvale and the Public Speaking was won by Caitlin Round, sponsored by Brisbane Holland Park Lions Club. The evening was well run by MC Lion Laurita Chu and organised by District YOTY Chair Lion Chai (Yuki) Hoe. A huge thank you to Brisbane Chinese Lions Club for organising the night.



DG Ian Bruning

BUILDING A STRONGER TOMORROW

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It was great to see our District Baton finally make a move to the next Club. Congratulations Lions Club of Kyogle and Lennox Head Lions Club and I hope you had a very enjoyable evening on your inter-club visit. We look forward to seeing it's next destination – don't forget to post your pictures to the Q1 District Club Baton 2022-2024 Facebook page.



I wish to thank the Lions of the District for their concern and best wishes regarding the outcome of my recent surgeries I have undergone. I am now on the road to recovery and look forward to continuing on with meeting fellow Lions at my Club visits.



BIG Reminder – Have you booked for the Multiple District Convention. It's a great opportunity to meet up with fellow Lions from around Australia.

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

Kind regards – DG

Ian Bruning





Springwood Mall in Queensland will permanently house a plaque on a special sandstone plinth that commemorates the 50th anniversary of the Lions Club of Rochedale Springwood in the centre's newly renovated main entry garden.

Funded by Logan City Council Division 1 Councillor Lisa Bradley, the plaque was unveiled at a special ceremony on Saturday 11 February, where Federal Treasurer and Member for Rankin, the Hon Dr Jim Chalmers and the Hon

Mick De Brenni, Member for Springwood, Minister for Energy, Renewables and Hydrogen and Minister for Public Works and Procurement were in attendance. Both are members of the Rochedale Springwood Lions Club and were joined by District Governor, Ian Bruning, and 50 year member, Greg Nothling OAM for the unveiling. Zone chairman Tim Trainor, Springwood Mall Management and local Lions Club members and supporters were also in attendance

Lions Club of Rochedale Springwood Commemorates 50 Years with Springwood Mall Garden Monument

The site of the monument at Springwood Mall was selected because the Club and centre have a long relationship that has been strengthened since the mall opened in 1986. It is also because Springwood Mall is close to the original corner store on Vanessa Boulevard that serviced the few occupied houses in the area back in 1972 and was where the first discussions about forming a local Lions Club occurred in person and via the area's only public telephone.



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This ceremony was well attended and was followed by a morning tea provided by the management of Springwood Mall.



This plaque commemorates both the club's 50th anniversary and the 75th anniversary of the foundation of Lions Clubs in Australia

In 2047 the plaque can be updated to mark our club's 75th year and 100 years of Lions in Australia!

Lion Chris Richardson



Thanks must go to Euan Stevens and Alan Taylor from Logan Village Lions Club who were instrumental in sourcing and forming the sandstone block for us at the right price (looks like hard, dirty, and thirsty work!).



And of course, our own fantastic membership team





In Zone 4 most of the Clubs Reporting reflects that there are issues with securing new members. Some of our Clubs require more help than others to build their membership ratio. In the October Zone meeting it was tabled that Lions Awareness Day would be a great opportunity to put all Clubs on show together. The Awareness committee was born, and their role was to locate an area, advertise and liaison with the Council. The Group reported back at the next meeting with a location, approval and marketing opportunities. Clubs shared the costs involved and voted that the BBQ would be a gold coin donation to Lions Childhood Cancer Research.

On the Saturday the 4th of March, Ashmore, Palm Beach- Currumbin, Mudgeeraba. Robina. Carrara and Southport Lions Clubs pulled up their trailers and popped up gazebos at Broadbeach McIntosh Park. We had Fairy Floss, Popcorn and of course the world-famous Lions Sausage Sizzle.



Lisa (Robina Lions) the expert in cloud shaped fairy floss



Robina Lions Setting up their table of goodies

As a group we were able to share experiences with fellow Lions, as well as spread our knowledge to the public. As we were in the Broadbeach area, we were able to secure 4 potential members for the Southport Club.



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Carrara Club members having a chat to the Mudgeeraba Lions mascot 'Mudgee'

It was lovely to see all the Clubs working together for a common goal and this would not have happened if it was not for a few special people who secured the site, helped organize the Clubs and market the event. Lions John Vanzino (Palm Beach-Currumbin), Lion Vicky & John Clark (Robina), Lion Michael McDonald (Mudgeeraba) and Beth McDonald (Friends of Lions)

It is hoped if we can rotate the location in different Club areas in the next few years, we can only make it bigger and better.

Thank you to all that came out to help on the day, you are truly great people, who wish to share your love to help the community in need.



Zone 4 Clubs - Carrara, Robina, Mudgeeraba, Ashmore, Palm Beach – Currumbin, Southport

Sharon McDonald

Zone 4 Chairperson



Upcoming changes in Lions –

So now that your Club has elected the new executive officers to help lead your members for the next Lions year – it's time to do a “boost month” to work on inviting new members to join you to serve the community and help those in need.

What is a “boost month” you ask? – well it's easy, it is where your Club does a big boost to work on promoting what you do, inviting new members to join you, and planning your induction night – all ready for the May “Strengthen Membership Month”.

May is the Lions Clubs International “Strengthen Membership Month” and all Lions Clubs are encouraged to increase their membership in the month of May. And so starting your plans now, will help you achieve the best Membership Month you can and make it extra special for your new members.

To help you and your Club Membership Chairperson with having a successful May Membership Month, these courses will help you to start off strong:

Club Membership Chairperson Learning Path [EN] (48)

The Club Membership Chairperson learning path has been created to help you achieve success in your role. The information in these courses will help you

increase the satisfaction of your members and attract new members. Through this curated learning path, you will learn the skills needed to help your Club have a vibrant and thriving membership, which will increase your Club's service potential today and for year's to come.

Invite for Impact [EN] (122)

The well-being of Lions clubs depends on continually recruiting new members who are passionate about service. This course comprises two modules that take a comprehensive look at the four steps of inviting new members to join clubs.

We all joined Lions to do as much as we can to help those in need / to serve the community - so let's give everyone out there the same opportunity to help. Show them what we do and invite them to join us.

***“Happy Learning”:
Jenny Maguire***

District Global Leadership Team
Training Coordinator

Ph : 0412 358 205

Email: Training@lions201q1.org.au



BUILDING A STRONGER TOMORROW

MARCH 2023



— NATIONAL — HEARING DOG DAY



lionshearingdogs.com.au

Every dog HAS its day.



For over 40 years, Australian Lions Hearing Dogs has provided just over 670 Australians a set of 'furry ears' free-of-charge. Each Hearing Assistance Dog provides a significant improvement to the quality of life of their recipients, socially, mentally and physically.

National Hearing Dog Day celebrates the role that a Hearing Assistance Dog plays in the life of someone who is deaf or hard of hearing. The day is recognised annually on the 19th of April, the day the first Australian Lions Hearing Dog, Amber, was delivered 41 years ago this year.

To mark this special occasion, we are celebrating the stories of partnerships between a Hearing Assistance Dog and their deserving recipient. These will be shared on our social media <https://www.facebook.com/australianlionshearingdogs/> and our website.

The success of National Hearing Dog Day relies on Lions' support. Every dollar raised and story told for

Australian Lions Hearing Dogs goes towards helping people who are deaf or hard of hearing in your community.

For more information and resources on how to get involved, head to our website at www.lionshearingdogs.com.au/nhdd or contact us at info@lionshearingdogs.com.au.

Belinda Henschke

Australian Lions Hearing Dogs



THE AUSTRALIAN LIONS
WELLBEING FOUNDATION

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

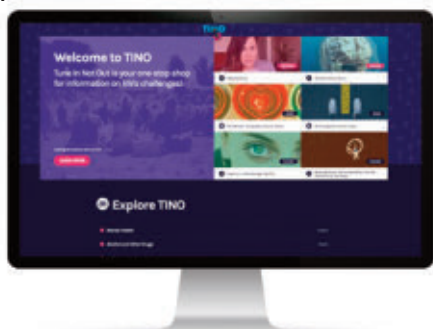


Overview

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.

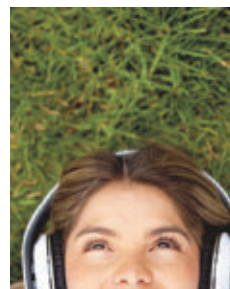


Turn over for a topic page tour!

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

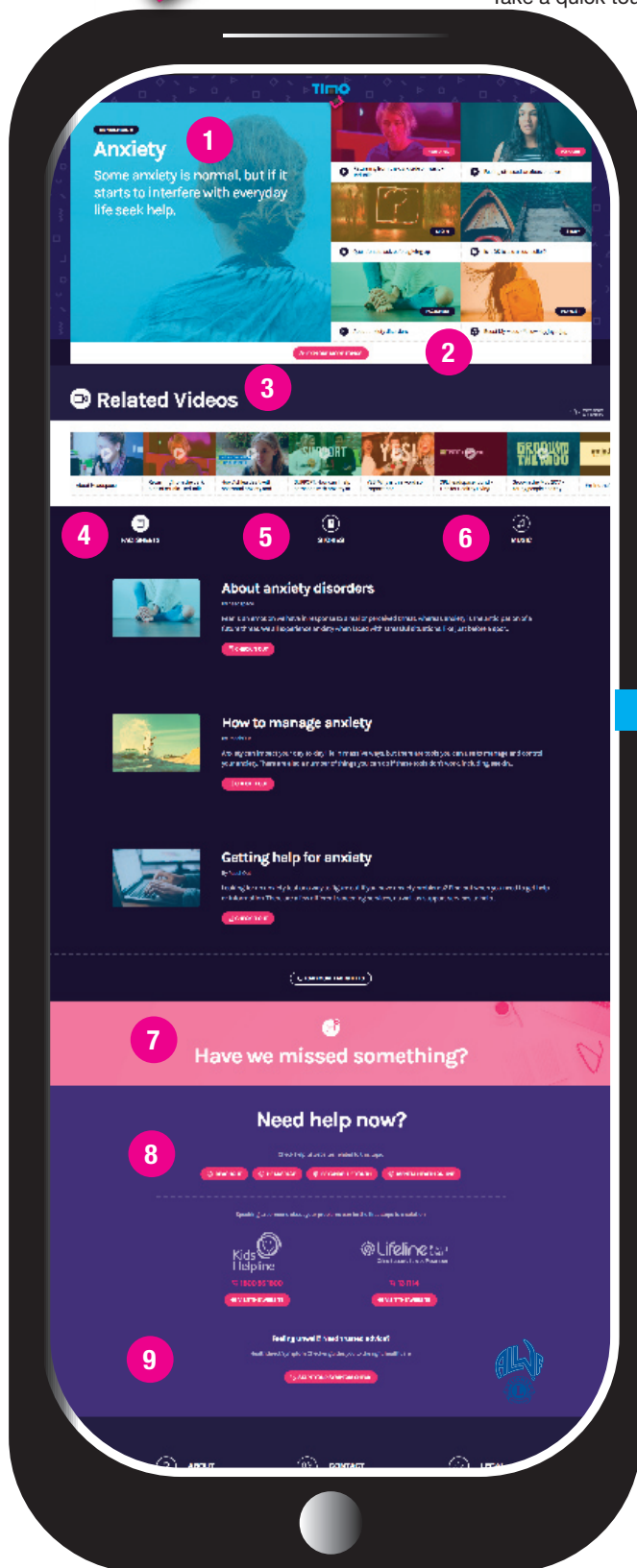
Each page features topic specific links as well as 24/7 support services.

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

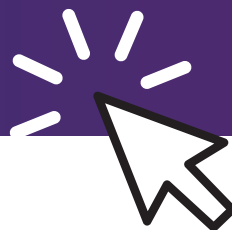


Lion Portal

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>



BUILDING A STRONGER TOMORROW

MARCH 2023

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>



BUILDING A STRONGER TOMORROW

MARCH 2023

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"



BUILDING A STRONGER TOMORROW

MARCH 2023



YOU'RE INVITED TO



Sunnybank 's 60th Sparkle

Sunnybank Lions Club - 60yrs of serving the Community

Sunday 16th April, 2023 12noon for 12.30pm



\$ 50.00pp - 2 course lunch

Runcorn Tavern, The Ballroom, 124 Gowan Rd, Runcorn

Dress : Smart attire

Payment with RSVP : BSB 084402 AC 508556341

RSVP by 09/04/23 : to Jo Wilcox : ph : 0428 776 948

email : j.wilcox@bigpond.com

**** please inform of any dietary request***



BUILDING A STRONGER TOMORROW

MARCH 2023

Wine and Food Pairing



Lions Club of Capalaba

Join us for an afternoon of wine and cheese. Discover the joys of finding just the right cheese to pair with your favourite wines and learn what makes them go so well together, hosted by Wine Connoisseur Dr Daniel Browne.

Date: Saturday 22nd April 2023

Time: 4pm-6pm

Location: The Underhill Centre, 55-57 Degen Rd,
Capalaba 4157

Price: \$38pp

All profits will be donated to Zoe's Angels

Zoe's Angels is a non-profit organisation that aims to raise awareness and funds to help children who are diagnosed with Juvenile Rheumatic and Musculoskeletal conditions.

Please secure your spot by booking through
TryBooking: <https://www.trybooking.com/CGSXXK>
You can also secure your spot by emailing
capalaba.qld@lions.org.au no later than the
8th April 2023.





BUILDING A STRONGER TOMORROW

MARCH 2023



**Griffith
University
Lions Club**



**A Griffith University Lions Club fundraiser in
cooperation with the Sunnybank Theatre Group.**

A VICAR OF DIBLEY CHRISTMAS: THE SECOND COMING

directed by Chris Guyler



The story continues when Hugo and Alice return from their honeymoon and Alice finds she is putting on weight; she turns to Geraldine for advice..... After coping with the village quiz and organising the week of Radio Dibley, Geraldine is stunned when Alice actually has a good idea – why not put on a Nativity play? Why not indeed, what can possibly go wrong?

2.00 pm, Saturday 8 July 2023

Cost \$35 (includes afternoon tea)

Sunnybank Theatre Group

14 Mains Rd Sunnybank

Contact Diana Brennan
for tickets on 0417 601 629

Raffle with
great
prizes!!

All proceeds go to community projects conducted by the Griffith University Lions Club



BUILDING A STRONGER TOMORROW

MARCH 2023



Incoming
District Governor Savva Argyrou
&
Outgoing
District Governor Ian Bruning

Would like to invite you to attend

District 201Q1 Changeover Dinner 2023

22nd July 2023
at The Currumbin RSL
65 Daringan Street,
Currumbin Qld 4223
6:00pm for 6:30pm
\$50 per head

Dress Code: Boho Chic (cream and white)

RSVP by 17th July to Cabinet Secretary
Cabsec.q1@lions.org.au

Payments by Direct Deposit to
ANZ: BSB 014202 Account 900 195229
Please use name/mobile as reference.



BUILDING A STRONGER TOMORROW

MARCH 2023

	POSITION	NAME	SURNAME	EMAIL	PREF. PHONE
DISTRICT OFFICERS	DISTRICT GOVERNOR	Ian	Bruning	DG.Q1@lions.org.au	0417 638 834
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DISTRICT OFFICERS	IMMEDIATE PDG	Nicole	Phillips	IPDG@lions201q1.org.au	0407 763 007
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DISTRICT OFFICERS	CABINET TREASURER	Di	McCrae	cabtreas.q1@lions.org.au	0499 604 516
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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
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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
DISTRICT SERVICE GROUP	PEACE POSTER	Heidi	Perrett	peaceposter@lions201q1.org.au	0468 989 081
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
DISTRICT SERVICE GROUP	DISASTER RELIEF CO - BRIS/GOLD COAST	Paul	Krahn	disasterbrisbanegoldcoast@lions201q1.org.au	0417 731 965
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