

**AUGUST 2023 EDITION** 



# **201Q1 Newsletter**

**August 2023** 

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# **DG Savva Argyrou**

**August 2023** 

Q1 Lions,

Now that we have started "Working Forward Together" let's look at some different ways to encourage younger members to join us.



**DG Savva Argyrou** 

### **Younger Members**

During my club Visits in the past 2 Years, clubs are always asking how do we get younger members in our clubs?

I must be honest when I answer this difficult question from most of our clubs whose average Lion members are in their 70's.

Let's look at this in a couple of ways.

What age do you want your younger members?

Is the aim of the club to get younger members in their early 40's? really be honest, what 40yr old would fit in with an older age group?

Would your club be able to listen and assist to the ideas of a younger member?

Will those younger members fit in with the demographics of your club? Do they have the same interest as you?

### Just some things to think about.

A suggestion was made to the Lions Club of Robina to start a Club Branch with younger members. They can use the club as a library of information on Lions and how things were and are done in the club. Robina Lions are there to help the younger club when they need volunteers and same in reverse Robina can call on assistance from the younger club.

Guess what Lions? Robina Lions Club has formed a Club Branch of younger members and they are so proud of their younger members.

The Young Executive Club Branch is made up of 5 New younger members all willing to help serve in their community and the Lions Club of Robina. I wish the new club branch all the best for the future of their Club.

This is an idea that most clubs can do. A Club branch of younger members who will grow and flourish and when ready can transition into the mother club or who knows they might be able to form a new club in our district to work with.



# **DG Savva Argyrou**

**August 2023** 

# District Convention in Goondiwindi 27<sup>th</sup> -29<sup>th</sup> October 23

A lot of work has been put into this convention from our host Lions Club of Goondiwindi. We are on the path of this convention being innovative and a lot of fun. The Club has been busy with giving me all that I ask, and they are doing a great job.

Lions, please book your accommodation as places are being taken up very quick and then register so we can have a good indication for catering purposes. Please don't leave it for the last minute as you will miss out.

Go the website and see what's planned for you all.

https://convention.lions201q1.org.au

**In Lions Spirit** 

Savva Argyrou



### FRIDAY 27 OCTOBER – SUNDAY 29 OCTOBER 2023

Friday – Registration from 12pm
Friday Night – 6pm
Official Opening – 6.30pm
Saturday – Flag March through Town – 8.45am
Saturday – Call to Order 9:30am

### **GOLF FRIDAY AFTERNOON**

Are you a golf lover? Be sure to bring along your clubs (but you can rent some at the club too) and book now to join the golf team for a game. Goondiwindi Golf Club has earned itself quite a reputation in recent years with their exceptional course and customer service.

**TEE OFF FROM 1PM** 

Golf Co-ordinator is David Carr and the 10 hole round of golf is from \$25

(Carts to be booked directly with the Golf Club at 07 4671 117)

### **GOONDIWINDI BOWLS CLUB**

Bowls must be the heart and soul of Australia, no matter where we go, we can be sure to find a Bowls Lawn – Goondiwindi Bowls Club would love to have you come down on Friday to enjoy a game with the locals.

Bowls Co-ordinator is the Peter Smith and you can book your game now on:

convention.lions201q1.org.au



# **DG AWARDS 2022/23**

**August 2023** 

# DG AWARDS FOR 2022/23

**Fellow Lions** 

I'd like to once again take this opportunity to acknowledge and thank the recipients of the following awards, the majority being presented at the 201Q1 District Changeover in July. Your dedicated service to our District has contributed to us all Building A Stronger Tomorrow.

**IPDG** Ian Bruning



### NEWSLETTER OF THE YEAR TANYA JOHNSON – ROSEWOOD LIONS

**CLUB OF THE YEAR**LIONS CLUB OF LENNOX HEAD

### **DG APPRECIATION CERTIFICATES**

PDG JOHN LYNCH
DENISE JACKSON
PAUL SIME
TIM TRAINOR
BEV WALDRON
SOPHIA ARGYROU
AMANDA HARRISON
CHRISTINE FORREST
ROS KEIM
JENNY RAINBIRD
GREG WOODARD



**IPDG** Ian Bruning

### **DG APPRECIATION MEDALS**

PAUL KRAHNEN
PETER MATTHEWS
JENNY MAGUIRE
CHAI HOE
LYNDON KURTH

### **STAR AWARDS**

PDG DAVID GREENUP
KAYLENE PERRETT
WENDY POOLE
PCC KIM FORREST
EUAN STEVENS
2<sup>nd</sup> VDG JORGE SALLES (currently 1<sup>st</sup> VDG)

### **JAMES D RICHARDSON AWARD**

HEIDI PERRETT DI HENDERSON

### IAN FRAZER HUMANITARIAN AWARD

MARK MCCOSKER

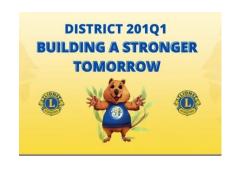
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# **DG AWARDS 2022/23**

**August 2023** 

# DG AWARDS FOR 2022/23



**JAMES MCLARDIE AWARD** 

1<sup>ST</sup> VDG SAVVA ARGYROU (currently DG)

# INTERNATIONAL PRESIDENT CERTIFICATE OF APPRECIATION

PDG NARELLE PARKINS STUART PERRETT PDG GRAHAM JACKSON PDG KEN MULCAHY

# MELVIN JONES AND MELVIN JONES PROGRESSIVE

MICHAEL MCDONALD – Melvin Jones SHARON MCDONALD – Melvin Jones Progressive

# INTERNATIONAL PRESIDENT LEADERSHIP MEDAL

KERRY KILPATRICK

# INTERNATIONAL PRESIDENT AWARD (FOR OUTSTANDING SERVICE TO LIONS CLUB INTL )

JOHN CLARK

# SPECIAL PRESENTATION OF FLOWERS AND GIFT VOUCHER

DI MCCRAE LIBBY WHITESTYLES



# **EDITORS Q & A**

**August 2023** 

# EDITORS Q & A With 2023 Convention Chair Wayne Hamilton





### **Q** Where is the District Convention?

A The convention is in Goondiwindi

### Q Can all Lions attend the convention?

A Yes, you are all welcome!

### Q How do I register?

**A** At the official web page, hard copy forms can be downloaded as well.

### Q What accommodation is available?

All types of accommodation can be found on our web page under information.

### Q How do we get to the convention?

Buses from Brisbane & Gold Coast to Goondiwindi are being sourced, or private vehicles.

### A Why should we go to the convention?

Because "Goondiwindi is the place to be in 2023". You will also have great fun with great country hospitality, making many new friendships and memories to last a lifetime.

### Q When is the convention?

A Friday 27th October—Sunday 28 October 2023

### Q Can my partner come to the convention?

A Yes, the more the merrier

### Q Do you have social events in the evening?

Yes, Friday night-BBQ dinner Poet Murray Hartin & live band playing.

Saturday night-Formal dinner & live band playing.

More detail can be found on the official web page under information.

### Q How can I find out more information?

Go to our web page & look under heading information- **Lions201q1.org.au** 





### **District Executive Team**

**August 2023** 



Savva Argyrou
DISTRICT GOVERNOR

Introducing the District Executive Team 2023-24



Jorge Salles

1st Vice District

Governor



Stuart Perrett

2nd Vice District

Governor



PCC David McKenzie OAM
Cabinet Secretary



PDG David Greenup Cabinet Treasurer



Kaylene Perrett Assistant Secretary



PDG Peter Ho Am
Constitution
and By-laws



IPDG Ian Bruning Immediate Past District Governor LCIF Chairperson



### **District Development Team**

**August 2023** 

Introducing the District Leadership Team 2023-24





Libby Whitestyles
District Services
Coordinator (GAT)



PDG Lesley Lyons
District Leadership
Coordinator (GLT)



Tim Trainor

District Leadership

Assistant (GLT)



**Libby Salles**District Leadership
Assistant (GLT)



Kerry Kilpatrick

District Membership

Coordinator



Michael McDonald

District Retention

Chairperson



Euan Stevens
District Development
Chairperson (GMA)

See more of the District Officers next month.



# **DIABETES**

**August 2023** 

# COULD YOU HAVE DIABETES AND NOT KNOW?

PDG Ken Scells—Diabetes Chairperson



If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

### Potential Warning Signs of Diabetes



Increased frequency of urination



UTIs or yeast infections



Extreme exhaustion



Unintentional weight loss



Intense hunger or thirst



Tingling or numbness in extremities



Slow-healing wounds



# **STORY DOGS**

**August 2023** 

# FROM THE DESK OF THE DISTRICT STORY DOGS CHAIRPERSON



This is a support program that runs in primary schools to help School Children with their reading ability,

Students are selected by the principal or teacher, and in a quiet area of the school, outside the class-room, the accredited dog and its handler along with the student, have a one on one 20 minute session reading to the dog.

As you can imagine over a period of time the outcomes are amazing with improved reading skills, their confidence soars, focus improves and they are having fun while not being judged.

Volunteers are always needed, not any dog has the temperament, obedience and willingness to become a Story Dog but you may know of such a dog (all breeds are welcome, except restricted breeds) that may be able to assist in this great work to improve a student's reading ability in your area.

There are many school students, throughout our District, who because of parent time limitations at home, are not being read to, not even a bedtime story. As a Lions Club, you may be able to sponsor a Story Dog in your school community and help a student to become confident and build up self esteem in their reading ability.

If I can help your club in any way, please let me know. I am also happy to attend a meeting of your club to talk about this great program.

### Regards

**PDG Lorraine McKenzie** 

Phone:- 0499 19 7 875







# **ALWF** Australian Lions Wellbeing Foundation

**August 2023** 

### Australian Lions Wellbeing Foundation.

Lions did you know that the Australian Lions Wellbeing Foundation has what is known as "LION QUEST"

### HOW CAN A LIONS CLUB BECOME INVOLVED?

### STEP 1

The first aim of Lions Quest is for ALL SCHOOLS TO BE AWARE of these excellent programs. When schools are planning their programming for social and emotional learning and student wellbeing, we want them to know that Lions Quest is an option well worth considering, from prep to year 8

We want the schools to know that Skills for Growing and Skills for Adolescence are evidence-based programs with a history of success and we want to be their choice for Social and Emotional Learning (SEL).



Contact your local school and make an appointment to talk to the Wellbeing Coordinator, Counsellor, Head of Curriculum, Head of Health and Phys Ed...or another appropriate person.

Take along a CURRICULUM PACK to the meeting and offer to leave it with them for a few days so as teachers can have a look at the program. Also inform them that you will call back in a week to see what they think and/or collect the curriculum pack.

For further information please email Lion John Clark (M) 0407 758 777. (E) johnc3300@gmail.com











# **LIONS AWARENESS DAY**

**August 2023** 

### **LIONS AWARENESS DAY 2024**

### Weekend 2<sup>nd</sup> & 3<sup>rd</sup> March

# What does your Club or Zone or Region have planned?

2023 Zone 4 did LAD as a group where each club donated a 24 packet of sausages and a loaf of bread and we had a free sausage sizzle and an information day at McIntosh Park.

Surfers Paradise (Pit Lane for the V8 Super cars)

Lions Awareness Day can be done whenever it suits your club or clubs if you want to combine

### OUR AIM FOR LIONS AWARENESS DAY ARE:

### 1. TO PROMOTE LIONS AND WHAT WE DO

- (a) Do a display of some of the projects that your Club does.
- (b) Promote 100% of ALL funds raised from the public MUST go back to the community.

### 2. TO RECRUIT NEW MEMBERS

Show people what a great time we have doing our projects and interacting with the public and each other

# **LIONS' IT IS UP TO YOU**

Lion John Clark (M) 0407 758 777 (E) johnc3300@gmail.com



# **PEACE POSTER**

**August 2023** 



### Hi Lions

Have you thought about joining the Peace Poster & Essay Contests. It is not too late for Clubs to contact schools, scout. guide, church groups to join in this great contest. Creating peace posters/essays gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity. Something that is so needed today.

Kits must be purchased by Clubs for each school group etc that you approach. These are available from Lions Australia National Office Club Supplies, Newcastle <a href="https://www.lionsclubsshop.com.au">www.lionsclubsshop.com.au</a> or call 02 4940 8033, at a cost of \$25 plus postage. Students who are 11, 12 or 13 years of age by 15th November are eligible to participate.

The Theme this year is "DARE TO DREAM." All media accepted. Chalk, charcoal and pastel entries should be sealed with a fixative spray to prevent smearing. Most students use coloured pencils.

Lettering in any language or numbering on the front of the poster in any language is not permitted. I have the paper which I can post to you. Our winners will be judged at the District Cabinet Meeting so we need to start NOW to have these posters ready for judging. I will need to have posters to me by Friday 10th November, 2023.

This is a great way to interact with your school, community and to get the Lions name out there. A little tip – maybe offer the winning posters either a monetary prize or a little trophy – doesn't have to be anything big. Certificates for winners are in the kits that are purchased. This year a certificate has been produced at no cost to clubs for all participants, I have these and will forward on. This encourages the students/schools, groups to participate.

### ESSAY CONTEST

The rules for this state that the student needs to be visually impaired. Visually impaired means many things, colour blind and low vision fall into this category. Many students in the 11-13 age range are in the mainstream school system so this could also be encouraged when you visit the schools. The essay must be no longer than 500 words, submitted in English, typewritten in black ink and double spaced. Each entry must be submitted with a completed entry form. The Theme is "DARE TO DREAM"

I can supply further information if required. Please do not hesitate to contact me by email robinalionsclub@hotmail.com or 0488 183 199

Regards Vicky Clark, District Chairman Peace Peace/Essay Contests.





### THE GREAT BEDPAN DEBATE

**August 2023** 

# THE GREAT BEDPAN DEBATE

between

Lions Club of Ashmore & Runaway Bay Lions Club

Hosted by Lions Club of Helensvale Club Helensvale, Discovery Drive, Helensvale

Tuesday 5 September
6.30pm for 7pm start
RSVP to Judy by 31/8/23
judylion@bigond.net.au

# THE GREAT BEDPAN DEBATE



The Lions Club of Helensvale are hosting the "Great Debate" with Lions Clubs of Ashmore and Runaway Bay to challenge for the honour and bragging rights of this prestigious event, to be held at Club Helensvale, Discovery Drive, Helensvale, on Tuesday 5th September, 6.30pm for 7pm.

Anyone wishing to witness this great event are welcome to attend.

Dinner and Drinks can be purchased prior to the event, so best to arrive at 6pm if you are having dinner.

# HISTORY OF THE GREAT BEDPAN DEBATE

The Runaway Bay Lions Club Charted both Ashmore and Canungra Lions Clubs and the debate started as a social event between the 3 Clubs. When Canungra Club closed two of their members transferred to Helensvale Lions Club and asked us if our club would continue the debate.

It's just a fun night, where 3 members from 2 of the Clubs debate, with the remaining club hosting, they decide on the topics, 1 serious and 1 funny, with the winner hosting the event next year.

"I'm not sure why the bedpans, I think it was just a way of the 3 clubs getting together for a bit of fun".



# **CLUBS - CARRARA**

**August 2023** 

# CARRARA LIONS GUEST SPEAKER

One aspect of Carrara Lions is the value of the speakers who attend our meetings to enlighten our members. This month Queensland Rail was represented by Jacinta Lewis speaking on senior trail travel and the great tours and train travel in Queensland. How fortunate are we to get great insight and specials.









# **BBQ**

The Carrara Lions Members are at it again with early morning BBQs for netball competitions and Bunnings BBQs.











# **CLUBS - CAPALABA**

**August 2023** 

BBQ



The Lions Club of Capalaba held their Biggest BBQ and raised over \$1600 profit for Australian Lions Childhood Cancer Research Foundation.















Every child deserves a chance at a healthy life

Our Vision: 100% survival for kids with cancer



### **CLUB BRANCH - Brisbane New Civitas**

**August 2023** 







Our environment is more than a background – it's our home. And we're committed to caring for it.

In 1972, Lions Clubs made a commitment to servicing the community in environmental related projects.

Over 3,000 environmental projects are carried out by Lions in Australia every year.

These projects are aimed to improve the quality of air, water and land as well as protect and preserve local flora and fauna.

Why does our Club support the Queensland Koala Society Inc? It's because of the fabulous work they do to rescue, rehabilitate and hopefully release our native wildlife back to where they belong.

Club member Therese, who volunteers regularly with QKS had the privilege of meeting little koala joey Noreen, whose Mum was sadly killed by a car in Camp Hill mid-July. Little Noreen was less than half a kilo in weight when she was rescued and requires feeds every 2 - 3 hours with her specialised koala milk formula, pap and soft tips of eucalyptus leaves. The koala milk alone is expensive to purchase and the around-the-clock care will be ongoing for some time. QKS have advised that this tiny girl is not only continuing to enjoy her bottle every 2-3 hours, but has also taken to regularly eating fresh cut leaves. It's still a long road ahead and we are celebrating every day she is doing well.

Once Noreen grows bigger, she'll need to learn the skills of an adult koala, climbing trees and sourcing her food. The Koala Kindy that QKS wants to build will help her with these skills.

If you'd like to find out more about Noreen's journey, the link to her original rescue is https://m.facebook.com/story.php?

story\_fbid=652704426907483&id=100065037930273&mibextid=Nif5oz with further info as to how you can donate directly to her care.

It's so important to take care of our native flora and fauna and our Club is passionate about our environment. Please keep a lookout when driving and if you come across any injured animals, please contact your local wildlife rescue who will come to assist and check if there are any joeys in the vicinity who need ongoing care.



# **CLUBS— MUDGEERABA**

**August 2023** 

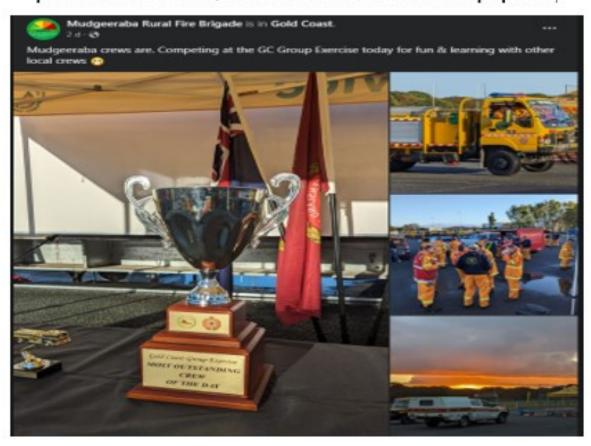
Our Mudgeeraba Lions club, have been actively working on having more connections, with some of our great local community groups, one of these being our local Mudgeeraba Fire Fighting Brigade.



Early Saturday 5th Aug Mudgeeraba Fire Fighting Brigade, took part with Brigades from all over the Gold Coast in a training day.

Our Mudgeeraba LIONS club members, arrived before ALL the brigades, as we had the important job, of feeding around 200 Rural fire fighting VOLUNTEERS, a nice hot BBQ brekkie

Our members all agreed felt good supporting these amazing people, who so often put their own lives at risk, to save the lives of others and their properties.





# **CLUBS & ZONES**

**August 2023** 

# **SHAKING THE BUCKET \$'s**



Cheryl Tyler presenting a cheque for \$400

# LIONS CLUB OF BRUNSWICK MULLUMBIMBY

Lions Club of Brunswick Mullumbimby attend the Mullumbimby Markets once a month shaking the bucket collecting donations for a different organisation each month.

Last month was for Spaghetti Circus who are a group of many different ages learning various circus activities, who lost all their equipment in the 2022 floods.

The funds raised will certainly help to replace some of their equipment.

# ZONE MEETING'S

A zone chairperson, serves as the link between the district and the clubs. The Zone chairperson is the district cabinet member who is the closest to the clubs in the district. They help clubs achieve excellence in leadership development, membership growth, meaningful community service, and fundraising efforts for LCIF. Zone meetings are held 4 times per year. Have you had your Zone Meeting?

# **ZONE 6's - FIRST MEETING**



Zone 6 First Meeting at Capalaba

"I am looking forward to working with all of you and getting to know the Clubs this year and seeing all the wonderful things we can work together to complete"

Natalie Reinke Chair Zone 6



# **EVENTS**

**August 2023** 

### Spring into Spring with Purple and Gold



### **High Tea Invitation**

What: Lions Club of Carrara's Annual High Tea for Lions Medical Research

When: Sunday 24th September 2023 1.30pm for 2.00pm start

Cost: \$49 ticket (includes glass champagne, lucky door prize and lots of fun)

Where: Mantra on View - 22 View Avenue Surfers Paradise

Dress Code: Please wear purple or gold (yellow)

RSVP & Payment: 10th September 2023.

Bank Details: Acc Name Lions Club Carrara BSB 124 102 Account 2145 3357

(please put your surname as identifier when depositing funds)

Book your Seats: Call or email Narelle 0409 894 221 or kevnar@bigpond.com

What to Bring: Money for raffles and dollar coin/s for 'toss the coin'

### All proceeds to Lions Medical Research Foundation to help pave our future









# INFORMATION

**August 2023** 



The scammers are at it again. If anyone receives an email saying it's from DG Savva from the email address lionsdistricts201q1@gmail.com, please ignore as it's a scam. Below is a copy of the scam email:

From: Savva Argyrus < lionsdistricts201q1@gmail.com >

Sent: Tuesday, 8 August 2023 5:47 AM
To: newsletter@lions201q1.org.au
Subject: Greetings Lion Cufflin

INCORRECT EMAIL ADDRESS

Are you less busy at the moment? I got a request for you to manage discreetly. I will be going into a meeting shortly, please no calls so kindly via email.

Yours in Lionism
SAVVA ARGYRUS
District Governor 201Q1 Lio.

# Stay safe online. Always.



Back up your computer regularly & install operating system updates. Regularly change your passwords.

Don't open or click any suspicious email attachments or links.

Always verify any bank deposit details directly with the intended recipient.

Have you registered and booked your accommodation for the convention?



Goondiwindi the place to be in '23.





# **CONTACTS**

### August 2023

POSITION	TITLE	NAME	SURNAME	EMAIL
DISTRICT GOVERNOR	DG	Savva	Argyrou	dg.q1@lions.org.au
1st VICE DISTRICT GOVERNOR	1VDG	Jorge	Salles	1vdg@lions201q1.org.au
2 <sup>nd</sup> VICE DISTRICT GOVERNOR	2VDG	Stuart	Perrett	2vdg@lions201q1.org.au
CABINET SECRETARY	PDG	David	Mckenzie	cabsec.q1@lions.org.au
CABINET TREASURER	PDG	David	Greenup	cabtreas.q1@lions.org.au
MINUTE SECRETARY	100	Kaylene	Perrett	assist.cabsec@lions201q1.org.au
CONSTITUTION & BY LAWS	PDG	Peter	Но	cbl.q1@lions.org.au
IMMEDIATE PAST DISTRICT GOVERNOR	IPDG	lan	Bruning	ipdg@lions201q1.org.au
ZONE CHAIR CO-ORDINATORS	PDG	Lorraine	McKenzie	RZPC@lions201q1.org.au
ZONE CHAIR CO-ORDINATORS	FDG	John	Perkins	ZC1@lions201q1.org.au
ZONE 2		TBA	TBA	ZC2@lions201q1.org.au
				· -
ZONE 3		TBA	TBA	ZC3@lions201q1.org.au
ZONE 4		Sharon	McDonald	ZC4@lions201q1.org.au
ZONE 5		Paul	Krahnen	ZC5@lions201q1.org.au
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GLT GLOBAL LEADERSHIP TEAM	PDG	Lesley	Lyons	glt@lions201q1.org.au
GMT GLOBAL MEMBERSHIP TEAM		Kerry	Kilpatrick	gmt@lions201q1.org.au
GST GLOBAL SERVICE TEAM		Libby	Whitestyles	gst@lions201q1.org.au
LEO CLUB COORDINATOR		Amanda	Harrison	leo@lions201q1.org.au
PEACE AND FIRE POSTER		Vicki	Clark	peaceposter@lions201q1.org.au
YOUTH EXCHANGE	PDG	Kent	Wilcox	youthexchange@lions201q1.org.au
YOUTH OF THE YEAR		Paul	Sime	yoty@lions201q1.org.au
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LIONS HEARING DOGS CHAIR		Jenny	Rainbird	LHD@lions201q1.org.au
ALCCRF Childhood Cancer Research		Bev	Waldron	ALCCRF@lions201Q1.org.au
LIONS READING STORY DOGS CHAIR	PDG	Lorraine	McKenzie	LRD@lions201q1.org.au
AUSTRALIAN LIONS WELLBEING FOUNDATION		John	Clark	ALWF@lions201Q1.org.au
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CLUB TWINNING & OPERATION	PDG	Kent	Wilcox	operationfriendship-twinning@
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	ZVDG	Stuart	Perrett	
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