

# 2 10Q1



DISTRICT NEWSLETTER 2023-2024

## Savva's Ant Trail



WORKING FORWARD TOGETHER

DISTRICT 201Q1. 2023-2024  
DISTRICT GOVERNOR SAVVA ARGYROU

GOONDIWINDI Q1 CONVENTION 2023

ART OF SERVICE

OCTOBER 2023 EDITION



# 201Q1 Newsletter

October 2023

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ARE YOU *following* US?



[www.facebook.com/District201Q1Lions](https://www.facebook.com/District201Q1Lions)

[www.twitter.com/201Q1Lions](https://www.twitter.com/201Q1Lions)

[www.instagram.com/lionsdistrict201Q1](https://www.instagram.com/lionsdistrict201Q1)

**YouTube** - Coming Soon - Watch this Space!





## Lions

This month has ended on a high note with our 33<sup>rd</sup> District 201Q1 Convention hosted by the Lions Club of Goondiwindi.

All who attended a big Thank You. You made our convention very memorable.

In a heart-warming display of community spirit, the Goondiwindi Lions Club and their dedicated friends of Lions made the recent district convention an unforgettable experience for all attendees. The convention, held in Goondiwindi, saw members and supporters come together to create a weekend of camaraderie and goodwill.

The event was a resounding success, thanks in no small part to the tireless efforts of the Goondiwindi Lions Club. Their commitment to service and community engagement was evident in every aspect of the convention, from the warm welcome at registration to the impeccably organized Friday night welcome dinner to the Gala function on Saturday night.

But the appreciation doesn't stop there. The Friends of Lions, a group of dedicated individuals who share the Lions' commitment to service, played a crucial role in organizing the convention. Their dedication to making this event a reality was truly commendable.

Attendees of the convention expressed their gratitude and appreciation for the hard work and dedication of both the Goondiwindi Lions Club and their friends. From the informative sessions and inspiring speakers to the memorable social gatherings, it was a weekend to remember.

Thank You to all the sponsors. Without their contribution it would have been hard to achieve the high quality this convention showcased and made it affordable for all who attended.

The convention showcased the power of community and the impact that service organisations like the Lions Club, Apex and Rotary. It was a testament to the difference that can be made when people come together with a shared purpose.

You elected your district governor for 24-25 Jorge Salles, 1<sup>st</sup> Vice District Governor Stuart Perrett and 2<sup>nd</sup> Vice District Governor Johnson Chen, Congratulations to all.

We had a new member inducted by International Director Tim Irvine for Goondiwindi Lions club, welcome Lion Tracy.

**As we bid farewell to this memorable weekend, the heartfelt thanks go out to the Goondiwindi Lions Club who helped bring this convention to life. Their efforts remind us that community, service, and friendship are at the heart of what makes events like these truly special. (See photo gallery on next few pages)**

**Thank you, Goondiwindi**

*DG Savva Argyrou*





# Convention Day 1

October 2023



Tree Planting in Goondiwindi



Mayor Lawrence Springborg



Bush Poet Murray Hartin



Entrance of the Official Party



Friday Night BBQ Dinner





# Convention BBQ Dinner

October 2023





# Convention Expo

October 2023



LIONS  
EXPO





# Street Parade

October 2023



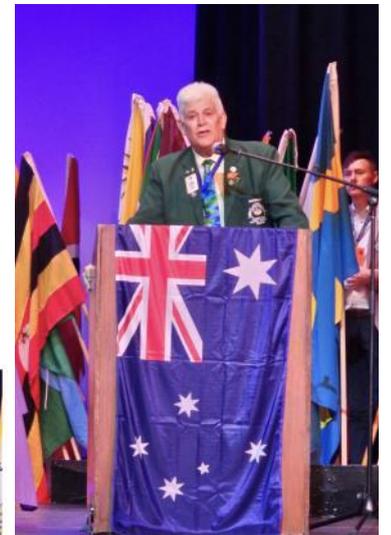
**STREET  
PARADE  
Goondiwindi**





# Convention Day 2

October 2023





# DG's Reception/ Gala Ball

October 2023





# DG's Gala Ball

October 2023





# Convention Day 3

October 2023



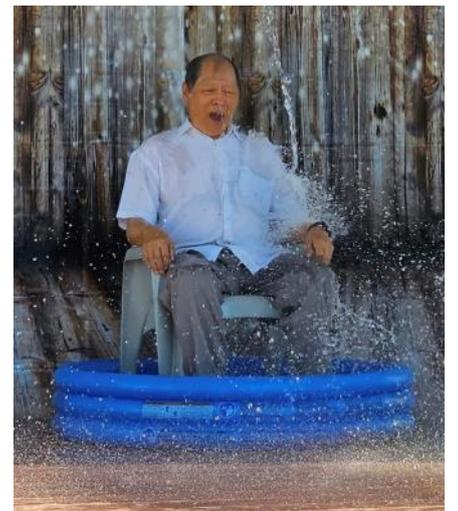


# Dunk a PDG

October 2023



Over \$400  
Raised for  
the Fires  
ALF





## Lions PDG David Floyd Medical Scholarship

October 2023

### VALE PDG David Floyd

As we are all aware the Lions Australia Operation Smile Fundraiser (previously a Multi District Project), managed by the Brisbane Holland Park Lions Club has been one of our District's most successful endeavours. Lions and Leos all throughout Australia have achieved a great deal through the support of the Lions Australia Operation Smile Project. Since the project began in 2010, over 7,000 children and young people born with facial deformities have received surgeries on the medical missions for which we contributed.

The wonderful partnership between Operation Smile Australia and Lions Australia would not have been possible without the tireless effort and dedication from the late PDG David Floyd - Brisbane Holland Park Lions Club. David was acutely aware of the high level of need for safe healthcare in developing countries, including those of our nearest neighbours. He was passionate about providing children in these countries with an opportunity to live brighter, more hopeful lives.



### In honour of David, Operation Smile Australia has made the decision to implement a scholarship in David's name

aimed at bringing young surgeons from the countries Operation Smile works in (likely the Philippines and Bangladesh) to Brisbane for an 8-week intensive training period under Operation Smile Founder and prominent surgeon Dr Richard Lewandowski. The scholarship recipient will learn surgical techniques and post-surgical care with the goal being for the trainee to return to their country and be self-sufficient in providing surgeries for children with cleft lip and cleft palate conditions. This will enable so many more children to receive the surgery that they need.

The Holland Park Lions Club is very grateful to Operation Smile Australia for this wonderful acknowledgement of one of its finest members.



*Catarina Hebbard at the District Convention announcing "Lions PDG David Floyd Medical Scholarship"*

**The scholarship is to be named "Lions PDG David Floyd Medical Scholarship".**

**RIP our dear friend PDG David Floyd.**

*Lions Australia Operation Smile manager Lion Kylie Merritt*



# Club Newsletters

October 2023

A Club Newsletter keeps club members up to date on current events, showcases your projects and records the achievement of your club. Please share your newsletter and send to [DG.Q1@lions.org.au](mailto:DG.Q1@lions.org.au) [1VDG.Q1@lions.org.au](mailto:1VDG.Q1@lions.org.au) [2VDG.Q1@lions.org.au](mailto:2VDG.Q1@lions.org.au) [newsletter@lions201q1.org.au](mailto:newsletter@lions201q1.org.au)



**Goondiwindi Headlion**  
 "We Serve"  
 DISTRICT 201Q1-2023-24  
 LIONS AUSTRALIA  
 GOONDIWINDI LIONS CLUB INC  
 CLUB #22247  
 ISSUE 4/2023-24  
 17/10/2023

**WELCOME TO OUR MEETING**

- Fellowship
- Call to Order
- Loyal Toast
- Australian National Anthem
- Invocation
- President's Report
- Dinner
- General Business
- Closing Song
- Fellowship

**Club Officers 2023/24**

President Wayne Hamilton  
 Vice President David Carr  
 Immediate Past President Pieter Kruger  
 Secretary Wayne Banks  
 Treasurer Antoinette Kruger  
 Membership Chairman Wayne Hamilton  
 Directors David Carr, Anni Colbran  
 Lion Tamer Greg Warden  
 Tail Twister David Carr  
 Bulletin Editor Anni Colbran

**DUTY ROSTER**  
 Tonight: To be decided  
 Next Meeting: Antoinette & Pieter Kruger

Issue : October 2023      In the News

## CALAMVALE LION ABOUT

Lions Club Calamvale      www.facebook.com/CalamvaleLions  
 Email : calamvale.q1@lions.org.au

**A message from President Diane...**

Hello Everyone,  
 Wow, what happened to last month, I've blinked and we are now into October. First off I would like to thank knowledge Lion Jenny for her amazing 30 years of being a Lion. Now that is dedication you could also like to thank all Lions for how many years, months, days they have dedicated themselves to a 'something special kind of person' to become a Lion and we all have that special kind of person.

I was honoured to be asked to go along to a fundraising high tea for the Carrara Lion Club. The funds for the Lions Medical Research Foundation. It was great to hear about the work of the researchers to combat many serious medical issues. It was a lovely moment for me that I was very thankful for all the work that our Members put into our recent Bravery Box Toy Drive - Rewards for kids with Cancer. It was very humbling to see the rewards collected at the Shoppingtown - a big thank you everyone.

29th Oct  
 Lion Amanda

**LIONS CLUB OF BRISBANE CAMP HILL CARINDALE**  
**TONSILALE**  
 VOL. 1 ISS. 3 OCT 2023  
 DISTRICT 201Q1 CLUB NUMBER 2001  
 P.O. BOX 78 CARINA QLD 4152  
 TEL 07 3617455  
 EMAIL: [brsbs@lionsclubofbrisbane.com.au](mailto:brsbs@lionsclubofbrisbane.com.au)

**Note from the Editor**

Hi everyone and welcome to the third issue of the Tonsilale for this Lions year. Christmas decorations are in the stores, so it seems many of us are now in the countdown to the end of the year and planning celebrations.

The last 2 newsletters had thoughts on having fun and inspiring others. This month the subject of "kindness" has come to mind.

What is kindness? The old adage: "Do unto others as you would have them do unto you." Best known as the "golden rule," it simply means you should treat others as you'd like to be treated.

What are the 6 concepts of kindness? Taught in some schools today, they are Caring, Courage, Respect, Responsibility, Integrity, and back to kindness - all qualities that connect directly and is covered in areas of our Purpose, and Ethics. Sadly, some of those 6 concepts got forgotten by some as we get older, including in our wonderful Organisations.

If never hurts to ask yourself occasionally - are you following the 6 concepts?

**IN THIS ISSUE**

INTL. PRESIDENT DR PATTI HILL Page 2  
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Therese Bruning  
 Business Editor

**Rosewood Lions ROAR**  
 MONTHLY Bulletin of the Lions Clubs of Rosewood Inc.  
 District 201Q1, Queensland Australia.

President's Report  
 October Calendar  
 Noel Hayes  
 Noel Hayes Charity Golf Day  
 Rosie's Update  
 Future Social Events

October  
 Bulletin, 2023  
 Edition 55

Serving Rosewood and Communities 1975-2024  
 Because Lions are local, we can serve the unique needs of the communities we live in.

P O Box 51 ROSEWOOD Q 4340  
<https://rosewood.ald.lions.org.au>

**LIONS GOSSIP**

Capala to Lions Club  
 55-57 Degen Rd Capala QLD 4157 Tel: 0837 032 217  
 Capala.lions@lions.org.au  
 QLD No: 23070 DISTRICT: 201Q1

**Message from President Christine**

Thank you to all the members who helped out on the \$80 at Burnings - We best our sales from last year, achieving sales of \$282.70 which gave us a fantastic profit of \$1807.02 for ALCCOR. As discussed at the last meeting our next 900 proceeds will be going to Lions Prostate Cancer Research Foundation.

Our next speaking for the Food Bags for the homeless is on Monday 11th September 8pm at the hall, we will then deliver our Dinner Meeting on 22nd September, we have also had our Guest Speaker on Parkinson's, Zone Chair visit with Na Naia and we have two potential members joining us for dinner. Hope to see you all there, reminder to let Armin know if you are unable to attend.

Yours in Lionism Christine

**Big Dave's message for the year is Leo the Ant.**

In addition to their work ethic, Lion Savva says: "Ants teach us that no matter how harrowing things may look up ahead, you should never chicken out and give up. They are a lot braver than your typical action movie hero".

They have a sense of discipline, without a mistake they march one after another in a line. Without any disputes or accidents they move about in order.

They have a spirit of sharing - they share everything they get, they never eat anything alone. Ants are constantly preparing a head for a season on which to come. It has a stark contrast with human behaviour. Our priorities can sometimes be driven by what you feel like doing and they adapt to their surroundings. Ants know where to search for resources and you should do the same. Be quick to assist to your surrounding and don't wait for a wake-up call.

Lions Club of Capala 55-57 Degen Rd Capala QLD 4157 Club 3070 District 201Q1



# Bunnings - Lions Awareness Day

October 2023



On **Saturday March 2**, thousands of Australia's most dedicated and hard-working volunteers are taking the opportunity to tell our story for **Lions Awareness Day 2024**.

After 75 years of helping others in Australia, we know our role as a service club organisation is becoming increasingly important.

We want the rest of Australia to know more about what we do and the causes we support.

## **And Bunnings want to help!**

They have offered their support and their stores to host local Lions Awareness Day events around the country.

So if your Lions Club is interested in promoting the wonderful work that we do at a Bunnings near you, **contact your local store to book a space in their foyer on Saturday 2 March**.

*Note:*

- *Lions volunteers can set up an awareness table, sell their merchandise, or run a BBQ at their local Bunnings store only if dates are available.*
- *Lions to provide Public Liability certificate.*

**BUNNINGS & LIONS; LIKE SAUCE ON A SAUSAGE .**

The Lions Clubs International emblem is recognised around the world as a symbol of kindness and service. Within our brand, there are several icons, logos and emblems that represent our various initiatives. Here are some of the brand-approved versions for you to use. These can be downloaded from:

[www.lionsclubs.org/en/resources-for-members/resource-center/logos-and-emblems](http://www.lionsclubs.org/en/resources-for-members/resource-center/logos-and-emblems)



## File Formats and Proper Usage



**JPG:** Used for print and digital mediums (websites, presentation tools, collateral etc). Solid white background behind logo.

**PNG:** Used for print and digital mediums (websites, presentation tools, collateral etc). Ideal for when you need a logo with a transparent background.

**EPS:** Used for printed collateral produced by professional design programs (Adobe InDesign, Illustrator etc). Can be scaled to any size without sacrificing quality. Often referred to as “vector” format.



# Kyogle Lions Club

October 2023

## Lions Road 50th Anniversary

On Sunday 17<sup>th</sup> September 2023 over 100 people gathered at Lions Road Lookout Park to celebrate the 50<sup>th</sup> Anniversary of the opening of the Lions Road.

Guests came from as far away as Sydney, these included former Roads Minister Carl Scully, Local Member Janelle Saffin, members of the Hurley Family, PDG Peter Ho from District 201Q1 Cabinet, members of Beaudesert and Warwick Lions Clubs, Local Councillors including Mayor Kylie Thomas and Scenic Rim Deputy Mayor Jeff McConnell, past and current Kyogle Lions Club Members and many other locals who were connected to the construction of the road.



**Kyogle Lions Club presented cheques to Kyogle (\$25,000) and Scenic Rim (\$15,000) Councils** to help with the ongoing maintenance of the road, and a plaque was unveiled by Janelle Saffin, Carl Scully and current Kyogle Lions President Bob Scarborough who was also involved with building the road.

In 1969, when the NSW government rejected the building of the road, the local community, under the auspice of Kyogle Lions Club, decided to do it themselves. A world class scenic drive is the result. In 1971 the Beaudesert Lions Club became partners in the project. The project captured the imagination of the local community which contributed massive support in money, man hours and equipment time.



Continued...



# Kyogle Lions Club

October 2023



## Lions Road 50th Anniversary



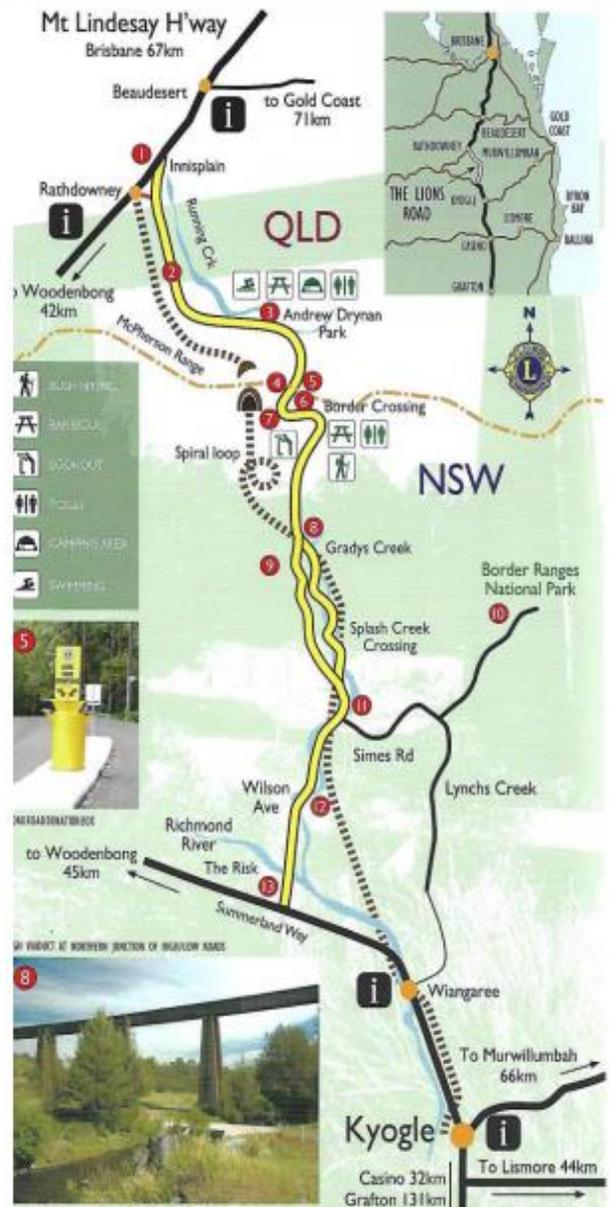
*Ode to the Lions Road* – was a ditty written by Harry Jenson (Ex Lord Mayor of Sydney and a former NSW Minister for Local Government and Roads).

*On McPherson's Range at Richmond Gap,  
Near Lynch's Creek on the council map,  
A road has been built by Kyogle's Lions,  
That countrymen's spirit and courage defines.  
The twists and turns of the tortured tracks,  
Have been straightened out by unstraightened backs,  
Officialdom said "It couldn't be done".  
But the people knew better and finally won.*

*This road through Wiangaree offers so much,  
With staghorns and elkhorns, too lovely to touch.  
The scene at The Loop is grand and unique,  
As is the wild country approaching the peak.  
Strong people must always be ready to fight,  
When Governments deny them a basic right,  
Kyogle's great effort, it's people's concern,  
Provides an example for all who would learn.*

*When the future provides its paved link,  
I hope there'll be some who will stop and think,  
Of the boldness, faith and vision of men,  
Who built the road by the glow worm's glen.*

### LIONS ROAD - POINTS OF INTEREST



The Lions Road provides a direct link through spectacular country between NSW and Queensland.

**Always.** There for the community.  
lionsaustralia 75 years and counting



# CLUBS - Service

October 2023



Send your Club Service photos to [newletter@lions201q1.org.au](mailto:newletter@lions201q1.org.au)





# CLUBS - Service

October 2023





## Dancing with Celebrities

Saturday 14 October 2023






# CLUBS - Social

October 2023



**Send your Club Social photos to**

[newsletter@lions201q1.org.au](mailto:newsletter@lions201q1.org.au)





# DIABETES - Ken Scells

October 2023

Lions Australia



## LAP THE MAP

Tuesday 14 November 2023



All Clubs in our District (and around Australia) are encouraged to participate in a National Day of Action to support World Diabetes Day and to conduct an activity or project that promotes a healthy lifestyle and improve education and awareness about Diabetes.

### Lions Members, Family & Friends: Count your Kilometres – From 1 to 14 November

Lions Club Members, their Family & Friends get some extra time to count your kilometres!

Lions Club members, their Family & Friends are encouraged to count the kilometres walked or run for the 14 days leading up to World Diabetes Day: from 1 to 14 November 2023 – 14 days inclusive.

This extra time will help raise awareness of Diabetes and will allow us to count as many kms as possible.

Make sure that everyone that participates in counting their kms are given a Certificate of Participation after the 14 days of counting. [Happy Lap the Map Day and count those kilometres!](#)

### Ken Scells - Diabetes Awareness

## PHYSICAL ACTIVITY



Regular physical activity is one of the most important things you can do to improve your general health. It can also help manage your diabetes.

The more physically active you are, the greater the health benefits will be. Any activity, even at a slow pace, can have health benefits. Some activity is better than none at all.

## Benefits of Physical Activity

Physical activity can lower your blood glucose levels. This is because movement helps the body use glucose as fuel for working muscles.

Your muscles need energy to move. This energy comes from glucose in the blood as well as glucose stored in the muscles. Sometimes, this energy also comes from stores in the liver.

There are many benefits of regular physical activity. These include:

- Reducing the risk of heart disease and stroke
- Lowering blood fats (cholesterol and triglyceride) levels
- Helping to lower blood pressure
- Assisting with weight loss and maintaining a healthy weight
- Slowing age-related loss of muscle mass
- Preventing Osteoporosis (also known as weak or brittle bones)
- Reducing the risk of falls
- Increasing strength, power and balance
- Improving mood
- Helping circulation in lower limbs



Lions Australia

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Make sure that everyone that participates in counting their kms are given a Certificate of Participation after the 14 days of counting.

Happy Lap the Map Day and count those kilometres!

Record the kms walked or run here to help calculate your total.

Name		Email	
------	--	-------	--

Week 1	Km	Week 2	Km
01/11/2023		08/11/2023	
02/11/2023		09/11/2023	
03/11/2023		10/11/2023	
04/11/2023		11/11/2023	
05/11/2023		12/11/2023	
06/11/2023		13/11/2023	
07/11/2023		14/11/2023	
		Total Kms	

<https://lionsclubs.org.au/lions-lap-the-map-for-diabetes/>



# Youth of the Year– Paul Sime

October 2023

## This Year’s YOTY Aim

Let us start concentrating on the younger students. A 14 y.o. only needs to turn 15 on the last day of the year! They can enter another 4 times - if they don’t win a State Final.

No obligation to go on from club level- especially the younger students.

Don’t look for a State Winner. This is a program for all, especially the shy and quieter students. ‘Everyone is a Winner!’

These dates are to be adhered to by all levels as they are set by Queensland. Not following the dates may cause contestants to be disqualified.

LEVELS	To be completed by	Start date	End date
Club Judging	Sunday, 10 March		
Zone Judging	Sunday, 17 March		
Region Judging	Sunday, 24 March – Last Saturday of term 1		
Easter		29 March	1 April
School Holidays (Qld)		29 March	14 April
School Holidays (NSW)		15 April	26 April
District Judging	Saturday, 6 April – middle of Qld holidays	TBA but need clubs to offer	
State Judging	Friday/Saturday, 26/27 April	Ipswich	
National Judging	24 – 27 May - MD Convention	Darwin	

The dates have now been set for Queensland Youth of the Year (YOTY) Program after consideration for the national final, Easter and school holidays. The State judging needs to be conducted on this weekend to allow the mandatory four weeks before the National final and to have at least two weeks between the State and the District judging. Finals at each level are to be completed by these dates but can be hosted earlier.

All in all, when confirming arrangements with your Clubs, the following could be taken into account:

- Judging events need not occur on a weekend – Club week day meetings will be fine within the timeframe (subject to schools and judges being available)





- Judging events need not be an expensive exercise – some Clubs have a sandwich supper to save on the cost of full meals (particularly for guests)
- Remember that Winner Advisory Forms are to be kept at ALL Levels .... and forwarded as requested for action and eventually archiving by Multiple District
- Blue Cards/Exemption Cards are still necessary for judges
- All Lions involved should be aware of the Child Safe Policy (Multiple District) ... and where applicable, the correct working with children card (Blue) is current
- Some Clubs are arranging for the first level of judging to occur before final dates.

**2023-2024 Youth of the Year Program – Please Note**

Posters, Tri-fold flyers, Videos – especially Alissa, Registration, Student, School, Club booklets can be found by accessing the websites’ below

All the proformas and guides to running the Youth of the Year events are in the resources websites below The Peter Gillett Method- This is for you and your clubs. It is essential reading.

**The Entry Form, Please emphasise that rect- over 15 and under 19 as at the Child Safe Policy. Judges need to have Cards – Govt. employees**

**the importance of the age of the entrant is correct- 30th, June, 2024.**

blue cards- look at people with existing Blue

**Financial Support for Clubs which hold the**

**District has set aside money to support**

**Zone and Regional Finals**

**clubs which hold the Zone and Regional Finals,**

Zone Finals	#	\$	-	\$	-	Details
Region 1 - Zone A						
Winner	1	\$50.00		\$	50.00	As set in the YOTY Rules
Public Speaker	1	\$30.00		\$	30.00	As set in the YOTY Rules
Judges Prizes	3	\$30.00		\$	90.00	Recommendation that each judge receive a Lions YOTY Pen & Mug from Lions Shop
Judges Meal Costs	3	\$30.00		\$	90.00	Morning Tea, Lunch & Afternoon

Region Finals	#	\$	-	\$	-	Details
Region 1						
Winner	1	\$80.00		\$	80.00	As set in the YOTY Rules
Public Speaker	1	\$60.00		\$	60.00	As set in the YOTY Rules
Judges Prizes	3	\$30.00		\$	90.00	Recommendation that each judge receive a Lions YOTY Pen & Mug from Lions Shop
Judges Meal Costs	3	\$30.00		\$	90.00	Morning Tea, Lunch & Afternoon

&A- If you have a question, do not hesitate to ask

Does the club have to pay a fee for entering?

**No, your MD201Q1 dues cover the costs as all clubs are eligible to enter.**

Do clubs’ need to have a special day for their YOTY event?

**Clubs can modify the event to suit the needs of the students, schools, community clubs. The District Final will be a dinner and some formality.**

These materials are to help clubs to contact

<https://lionsaustralia.sharepoint.com/:f:/s/yotycommittee/EiZSke9XyP5AhchIZAqa3HgBYyXodIU0K1k2vIHPljdwTQ?e=dxdgL4>

These resources are password protected – this password is for Lions only (DarwinLX24)

<https://lionsaustralia.sharepoint.com/:f:/s/yotycommittee/>





# Lions Christmas Cakes

October 2023

## Have you ordered Your Lions Christmas Cakes & Puddings?

If you haven't already done so, could I strongly suggest that your club places its order for Lions Christmas Cakes & Puddings as soon as possible.

At the best of times, delivery is likely to take around 2 weeks. As we get closer to Christmas, the number of orders from across the country will certainly increase which means that the length of time taken to deliver also increases. Please remember that delivery times are completely outside the control of Lions Australia. To avoid disappointment and increased stress, please place your orders as soon as possible.

You will notice that the sale price of cakes and puddings has increased this year. The 1.5 kg cakes sell for \$20 each; 1 kg cakes are \$16; puddings are \$16 and the price of mini cakes remains unchanged at \$2.

*Diane Henderson*  
*Cakes & Mints*

Support your community with a Lions Christmas Cake.



Available here

**Always.**  
lionsaustralia  
75 years and counting





# Lions Christmas Cakes

October 2023



## How to Order Lions Cakes and Puddings



- All orders must be on the current and official order form.

It is preferred that orders be typed (not handwritten) and sent via email (if sending order forms by Australia Post, please allow an extra 10 working days, total 20 working days for processing and delivery).

### STEP 1

Go to the Australian Lions Web page at [www.lionsclubs.org.au](http://www.lionsclubs.org.au)

Click on *Get Involved, Fundraising, Lions Mints and Cakes*

### STEP 2

Click on the *cake order form* link.

You will be asked to enter a password.

Password is westons2020

The order form document link will open, so download, and open file - order form will open. Save to your computer.

### STEP 3

Complete the order form you have saved by typing in details.

Please ensure all required information is placed on the order form.

Once completed don't forget to "save" again the order form.

### STEP 4

Open your email account.

Attach your saved order form to a new email and send to [lions@traditionalfoods.com.au](mailto:lions@traditionalfoods.com.au)

A confirmation email will be returned.

**Please note:** Invoice will be sent to the email address on the order form at the time of ordering, so please ensure your Club's official email address is used. Please pass all invoices to your Club's Treasurer for payment.

*Kind regards, Diane Henderson*

## Christmas Cake Merchandise

Have you seen the Lions Christmas Cake Merchandise available on the Lions Australia Website?

[www.lionsclubshop.com.au](http://www.lionsclubshop.com.au)



Christmas Cake Apron \$20

Support your community with a Lions Christmas Cake.

900g Pudding \$16	1.5kg Cake \$20	1kg Cake \$16
----------------------	--------------------	------------------



Available here **Always.**  
lionsaustralia  
75 years and counting

Cake/Pudding Poster—Pack of 10 \$2.50



Christmas Cake Banner \$70 each



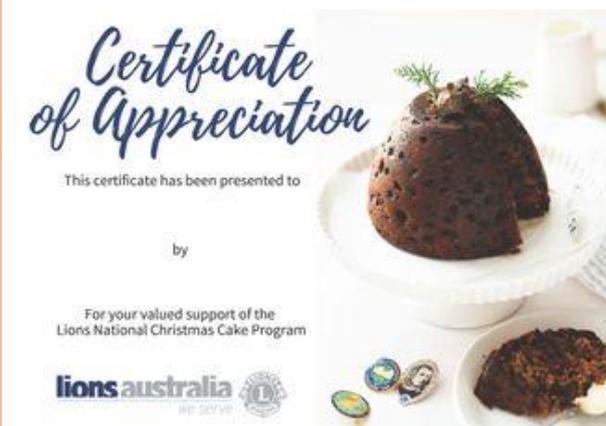
Christmas Cake Gift Bag \$3 each

*Certificate of Appreciation*

This certificate has been presented to \_\_\_\_\_

by \_\_\_\_\_

For your valued support of the Lions National Christmas Cake Program



**lionsaustralia** 75 years and counting

Certificate of Appreciation \$1 each



# Lions Mints Orders

October 2023

## Mint Orders Fact Sheet

### Placing Your Order

- A copy of the most up to date order form and price list can be downloaded from the Lions Website: [www.lionsclubs.org.au](http://www.lionsclubs.org.au) and follow these prompts; Get Involved → Fundraising → Mints  
Password (no username required): md201
- Orders can only be placed via email, and you will receive a confirmation email within 24-48 hours

### Preparing Your Order

- If your order is not able to be supplied in full, we'll advise this on the email sent through with your invoice, including the anticipated delivery date for the backordered items

### Despatching & Invoicing Your Order

- Orders are dispatched once a week
- Orders cannot be delivered to PO Box addresses
- Please note any specific instructions on the order e.g. Please leave in garage if not at home
- Once your order has been picked up by the courier company, an invoice will be sent to the email address we have on file
- Payment terms are strictly 30 days and payments can be ONLY be made via EFT (please include your invoice number as the reference to avoid additional charges) or cheque

### Tracking Your Order

- Depending on the courier company we use to ship your order, you will receive a text and/or email with a tracking number to track your delivery
- If your order is not received after 14 days, please contact Dollar Sweets via email

### Receiving Your Order

- If a product is damaged during transit, contact Dollar Sweets. You will need to provide details of the extent and type of damage and the quantity and type of goods affected. Dollar Sweets will lodge a complaint with the freight company on behalf of the relevant Lions Club. Photographic evidence of damaged goods may be requested so it is advised to hold onto any damaged goods until you have spoken to Dollar Sweets. Dollar Sweets must be notified as soon as possible of any damaged or lost in transit goods. Credits claims may be rejected if too much time has lapsed.

LION MINT AUSTRALIA  
+61 3 5945 0500  
EMAIL: [admin@dollarsweets.com](mailto:admin@dollarsweets.com)  
HOURS: Monday-Thursday, 9am-12pm



**lions australia**  
we serve





# Lions Mints Orders

October 2023

## LION MINT AUSTRALIA ORDER FORM

Effective: 2nd October 2023

CLUB LCI NUMBER:  CLUB NAME:

DATE:  CONTACT:  PHONE:

EMAIL (FOR INVOICES/STATEMENTS):

DELIVERY ADDRESS: \*We are unable to deliver to PO Boxes DELIVERY INSTRUCTIONS:  
 E.g. Please leave in garage if not at home

		\$ P/CTN	QTY	TOTAL \$
STANDARD PEPPERMINT	576 rolls (48 outers x 12 rolls), RRP 80c per roll	\$201.60	<input type="text"/>	<input type="text"/>
STANDARD FIZZERS	576 rolls (48 outers x 12 rolls), RRP 80c per roll	\$201.60	<input type="text"/>	<input type="text"/>
STANDARD MUSK	576 rolls (48 outers x 12 rolls), RRP 80c per roll	\$201.60	<input type="text"/>	<input type="text"/>
STANDARD SPEARMINT	576 rolls (48 outers x 12 rolls), RRP 80c per roll	\$201.60	<input type="text"/>	<input type="text"/>
ASSORTED - STANDARD	Equal quantities Peppermint, Fizzers, Musk and Spearmint	\$213.70	<input type="text"/>	<input type="text"/>
ASSORTED - 1/2 AND 1/2	<input type="checkbox"/> ½ Pepp ½ Fizz <input type="checkbox"/> ½ Musk ½ Fizz <input type="checkbox"/> ½ Spmt ½ Fizz	\$213.70	<input type="text"/>	<input type="text"/>
BAGGED MINTS	Min. order 2ctns (20 x 150g), RRP \$2.50 per bag	\$30.80	<input type="text"/>	<input type="text"/>
CHRISTMAS BAGGED MINTS	Min. order 2ctns (20 x 150g), RRP \$2.50 per bag	\$30.80	<input type="text"/>	<input type="text"/>
PEPPERMINT DROPS	Individually wrapped. Approx 4,500p/ctn (6 x 1.5kg boxes)	\$105.60	<input type="text"/>	<input type="text"/>
DISPLAY - ROLL TRAYS	Display Tray (5 x trays, header cards and shelf strips)	\$45.10	<input type="text"/>	<input type="text"/>
	Wire Rack (x5)	\$55.00	<input type="text"/>	<input type="text"/>
	Header Card - Standard (x1)	\$1.30	<input type="text"/>	<input type="text"/>
	Shelf Strip (x1) - Inserts available at <a href="http://www.lionsclubs.org.au">www.lionsclubs.org.au</a>	\$0.85	<input type="text"/>	<input type="text"/>
DISPLAY - BAGGED MINTS	Wire Rack (x1)	\$19.60	<input type="text"/>	<input type="text"/>
	Header Card (x1)	\$0.80	<input type="text"/>	<input type="text"/>
	Money Collection Box (x1)	\$1.10	<input type="text"/>	<input type="text"/>
STARTER KIT - Great start to Lion Mint Fundraising!	2 outers of each standard flavour, 2 trays, 1 header card, 2 shelf strips. To order a Starter Kit, contact your State Coordinator or email Lion Brendan Delahunt: <a href="mailto:mints@lions.org.au">mints@lions.org.au</a>	\$45.00	<input type="text"/>	<input type="text"/>

Please Note: Display items will only be sent with a stock order. Prices incl. GST.

TOTALS:

LION MINT AUSTRALIA  
 PO Box 267 Pakenham, VIC 3810  
 PHONE: (03) 5945 0500  
 EMAIL: [admin@dollarsweets.com](mailto:admin@dollarsweets.com)  
 HOURS: Monday-Thursday 11am-3pm

Orders despatched within 14 days. Orders can be collected from Dollar Sweets, 22 Purton Road Pakenham Victoria 3810, if prior arrangements have been made.

PAYMENT:  
 Terms: 30 Days  
 EFT: Westpac Bank BSB: 035 000 A/C: 310500

Please pay on receipt of invoice only, not when placing your order. Include your Customer Code or invoice No. as a reference, otherwise or a \$35 bank trace fee may apply. Display items will only be sent with a stock order.





# Lions Hearing Dogs

October 2023

On November 14th, we observe the annual World Diabetes Day, with the theme "Access to Diabetes Care" from 2021 to 2023.

It highlights a pressing issue: millions of people with diabetes worldwide lacking access to essential diabetes care. Managing diabetes requires continuous care and support to prevent complications.

This event serves as a crucial platform to address matters of utmost significance in the diabetes community, keeping diabetes at the forefront of public and political discussions. This year is particularly noteworthy as it marks the centenary of the 1923 Nobel Prize in Physiology or Medicine awarded to scientists Frederick Banting and John Macleod for their groundbreaking discovery of insulin.

You can contribute to this cause and raise awareness about the need for enhanced diabetes education in several ways:

- Enroll in and share diabetes education courses: Expand your understanding of diabetes by participating in free courses and training available through the IDF School of Diabetes.
- Organise an event for your Lions Club: Arrange activities such as the "Lap the Map for Diabetes" walk, illuminate a local landmark, or host a local diabetes fair: [https://lionsclubs.org.au/lions-lap-the-map-for-diabetes/?fbclid=IwAR0-pqHJvJHt2ylsgcsa-dqil--D\\_ZnuN5yVQmTNqdJDFNJ9yiEOSRXhsrs](https://lionsclubs.org.au/lions-lap-the-map-for-diabetes/?fbclid=IwAR0-pqHJvJHt2ylsgcsa-dqil--D_ZnuN5yVQmTNqdJDFNJ9yiEOSRXhsrs)
- Utilise our visual resources: Download and display our Medical Alert Dog posters, infographics, and banners in your community: <https://lionshearingdogs.com.au/raise-funds/>



## Christmas is coming!

Have you started thinking about Christmas presents yet? We have some exciting new merchandise in stock for you to purchase – whether that be for friends and family, guest speakers at local events, or people in your community who support your Lions activities. (Plus, it all goes to a good cause!)



### PRICES

- NEW Dog Christmas Stockings \$8 each
- 2024 Calendar \$10
- Puppy Xmas Cards (5 for \$5 or 10 for \$10)
- Keyrings \$5

And much more available – visit our shop online at [www.lionshearingdogs.com.au/shop](http://www.lionshearingdogs.com.au/shop)



# LMRF-Spring for Research

October 2023

*Spring for Research*  
**2023**

**SPRING**  
New beginnings, new life, hope, and optimism

**LMRF**  
Supporting aspiring and emerging world class medical researchers in their quest for life-enhancing health outcomes for all

**SPRING IS OUR SEASON!**

Please give generously this Spring

*Research* is tomorrow's *hope*

**DONATE TO**  
*Spring for Research*

Dr Dominic Guanzone, current LMRF Research Fellow

Dr Dominic Guanzone is the latest recipient of the Queensland and Northern New South Wales Lions Medical Research Foundation Fellowship. Dr Guanzone is a research fellow based at the University of Queensland Exosome Biology Laboratory led by our previous senior research fellow, Associate Professor Carlos Salomon. The Exosome Biology Laboratory is located at the Centre for Clinical Diagnostics (CCD) within UQ Centre for Clinical Research (UQCCR).

Dr Guanzone, a well-published researcher, will be solving a significant problem in ovarian cancer by predicting when ovarian cancer recurs and whether it is resistant to cancer drugs (chemoresistance). Unfortunately, more than 60% of patients with advanced stage ovarian cancer develop recurrent disease, and prognosis is very poor due to chemoresistance.

Currently, there are no diagnostic tests available to predict ovarian cancer recurrence and chemoresistance. To address this need, Dr Guanzone has established the "EvOmics" subsidiary. Using blood from ovarian cancer patients, the EvOmics team will develop a diagnostic test to analyse all biomolecules within extracellular vesicles (EVs). Using this proteo-genomic approach has several advantages, such as requiring less blood and increased detection for recurrence and chemoresistance in women with ovarian cancer.

When completed, this blood diagnostic test would increase survival by 50% to 110% for women with the most common type of ovarian cancer (HGSOC).

By supporting Lions Medical Research Foundation, Dr Guanzone and his team can continue their life changing research into Ovarian Cancer.

Your help will go a long way to fund today's emerging medical researchers making a difference to the lives of many.

Thank you - We couldn't do it without you.

**07 3832 1688 lionsmedicalresearchfoundation.org.au**  
info@lionsmedicalresearchfoundation.org.au facebook.com/lionsmedicalresearchfoundation

**DONATE TO**  
*Spring for Research*

Dr Olivia Holland, current LMRF Research Fellow

**I dream of a world where diabetes is under control, and where the impact of this major public health issue has been drastically reduced.**

My name is Dr Olivia Holland, the 2019 & 2022 recipient of the Lions Medical Research Foundation Fellowship, and with support from LMRF, I study diabetes.

The World Health Organisation estimates that 422 million adults had diabetes in 2014, and these numbers continue to rise. Gestational diabetes is a type of diabetes that occurs during pregnancy. In Australia, gestational diabetes makes up over a quarter of insulin treated diabetes cases, equating to over 100 women registered with gestational diabetes each day.

The consequences of gestational diabetes doesn't end with pregnancy. Thirty percent of children born from a gestational diabetic pregnancy will develop type 2 diabetes later in life, and one in two women who had gestational diabetes will also develop type 2 diabetes within five to ten years.

I hope to better understand gestational diabetes, and to make a positive impact on women and their children who might otherwise be our future diabetics. I hope that by helping during pregnancy we can prevent the damage before it happens.

The Lions community is committed to funding research that will impact the health of Australians and people around the world, with diabetes a Global Cause for Lions Clubs International.

Medical research can improve many lives, and your support can help in kick starting the work of the next generation of researchers.

I invite you to help fund emerging researchers like myself, who over the coming years aim to make a difference to important health issues. Thank you - We couldn't do it without you.

Yours sincerely  
Dr Olivia Holland

**07 3832 1688 lionsmedicalresearchfoundation.org.au**  
info@lionsmedicalresearchfoundation.org.au facebook.com/lionsmedicalresearchfoundation



# EVENTS / INFORMATION

October 2023



**LIONS CLUB OF SUNNYBANK INC**  
invites you, family and friends to its annual

**MELBOURNE CUP 'GIDDY UP' CHAMPAGNE BREAKFAST**

**SUNDAY 5 NOVEMBER, 2023 at 8:00am START**

at the Lions Club Community Hall  
95 Lister Street, Sunnybank  
our

**BIG, BIG BUFFET BREAKFAST**  
with a glass of bubbly  
included in the cost  
of \$20.00 per head.

RSVP - Spaces available

- Book now with Jo 0428 776 948

**RAFFLES & LUCKY DOOR PRIZES**

**LOTS OF FUN TO BE HAD**

SEE YOU THERE



Griffith  
University  
Lions Club



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

## RED RIDING HOOD: VILLAINS' REVENGE

Produced, Written and Directed by Ashley Worsman



The Villains are back and ready for their revenge. So come with us to Storybook Land where a new adventure awaits you.

As the pages turn and the chapters unfold, you will meet Red Riding Hood, The Big Bad Wolf, and The Evil Queen.

You will also be introduced to Snow White, the social media starlet who is looking for love. Upbeat songs, a fast-paced script, colourful sets and costumes, all mix together to form a modern style pantomime.

2.00 pm, Saturday 25 November 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



## Christmas Trivia Night.

Lions Club of Beaudesert Inc.

invites you to our Christmas Trivia Fundraising Night.

**When: Saturday 25<sup>th</sup> November 2023**

**Where: Beaudesert Bowls Club**

**Time: 6:00pm for 6:30 pm Supper**

**Game starts 7:00pm**

**Cost: \$20 per person**

(Which includes a lucky door prize raffle ticket and supper)

Teams of 6 per table OR come along and we will find you a team

RSVP by Friday 17<sup>th</sup> November so catering can be finalised.

Come along in your Christmas themed attire

Bookings (essential for catering purposes) and Enquiries to

Don Hewett: [dhewett5865@gmail.com](mailto:dhewett5865@gmail.com) 0411429168 or Henry Pellinkhof at [beaudesert.qld@lions.org.au](mailto:beaudesert.qld@lions.org.au)

All proceeds to local charities



# EVENTS / INFORMATION

October 2023



## MD Convention 'Tropical Bliss' Darwin 2024

*A message from 72nd MD Convention 2024 Darwin Chairperson, Delma Swan:*

Before you bring out your winter woollies next year, come and enjoy a 'Tropical Bliss' Convention to be held in Darwin in May 2024.

Our team is working hard to ensure your Convention will be both relaxing and enjoyable. And you will experience the vibrancy of a city in the Dry Season, enjoy the many outdoor functions that take place at this time of year and visit any of a host of locations. You will not want to miss it!

The month of May is the beginning of Darwin's tourist season and Tourism NT have Indicated that early bookings for accommodation bookings is a must. We're also advised that flights are not expected to be getting cheaper.

So – if you don't want to be disappointed, ensure you get cracking with your bookings to this amazing destination, enjoy the beautiful sunsets, multicultural environment and its many entertainment opportunities - but especially don't miss the Lion's 'Tropical Bliss' Convention.



# CONTACTS

September 2023

POSITION	TITLE	NAME	SURNAME	EMAIL
DISTRICT GOVERNOR	DG	Savva	Argyrou	dg.q1@lions.org.au
1 <sup>st</sup> VICE DISTRICT GOVERNOR	1VDG	Jorge	Salles	1vdg@lions201q1.org.au
2 <sup>nd</sup> VICE DISTRICT GOVERNOR	2VDG	Stuart	Perrett	2vdg@lions201q1.org.au
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CABINET TREASURER	PDG	David	Greenup	cabtreas.q1@lions.org.au
MINUTE SECRETARY		Kaylene	Perrett	assist.cabsec@lions201q1.org.au
CONSTITUTION & BY LAWS	PDG	Peter	Ho	cbl.q1@lions.org.au
IMMEDIATE PAST DISTRICT GOVERNOR	IPDG	Ian	Bruning	ipdg@lions201q1.org.au
ZONE CHAIR CO-ORDINATORS	PDG	Lorraine	McKenzie	RZPC@lions201q1.org.au
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ZONE 3		TBA	TBA	ZC3@lions201q1.org.au
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ZONE 12		Anni	Colbran	ZC12@lions201Q1.org.au
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GMT GLOBAL MEMBERSHIP TEAM		Kerry	Kilpatrick	gmt@lions201q1.org.au
GST GLOBAL SERVICE TEAM		Libby	Whitstyles	gst@lions201q1.org.au
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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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CONVENTION 2023 GOONDIWINDI		Wayne	Hamilton	convention2023@lions201q1.org.au
CONVENTION 2024 CASINO		Steven	Humphreys	convention2024@lions201q1.org.au