

21Q1



DISTRICT NEWSLETTER 2023-2024

Savva's Ant Trail



DECEMBER 2023 EDITION



201Q1 Newsletter

December 2023

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www.facebook.com/District201Q1Lions

www.twitter.com/201Q1Lions

www.instagram.com/lionsdistrict201Q1

YouTube - Coming Soon - Watch this Space!





Lions Club members of Q1, Leos and friends,

Now that all the Clubs are coming to the end of this fundraising mayhem of selling cakes, it's time to take a small break and enjoy your hard-earned rest.

Leos has been out raising funds and are doing an amazing job in their communities. Just Remember your service is not complete until you have reported it to Lions International.

If you're having a problem in reporting, please don't hesitate to call so we can lend a hand. We are currently sitting at 54 clubs reporting service and 1 Leo Club reporting to LCI.

I understand you might think that this is only figures, but have you thought what these figures might mean? Let me break this down, we all understand we are part of a global organisation who helps when help is needed. We as clubs and district can ask for help from Lions International if we need funding for projects. There are many grants we can apply from Lions International to help our clubs, our Leos, and our district.

If we don't report, how can we show what an amazing contribution our district is doing in our communities? This is a way for Lions International to view and make our application easier for processing. Leo Clubs reports are just as important as Club reports. If you are a Leo liaison between club and your Leo club, and don't know how to report please contact us and we can help.

If you would like more information on grants, please contact our LCIF Chairperson IPDG Ian Bruning who would happily assist with your enquiry.

On this joyous occasion of Christmas, I extend heartfelt wishes to each one of you. May this festive season bring you warmth, togetherness, and moments of joy with your loved ones.

As we reflect on the past 6 months, let us celebrate the impact we've collectively made in our communities. Your dedication to service embodies the true spirit of Lions Clubs, and I'm proud to be part of this compassionate family.

Looking ahead to the New Year, may it be filled with fresh opportunities, continued success in our projects, and strengthened bonds among our Lions family. Together, let us strive to make an even greater difference in the lives of those we serve.

On behalf of Sophia, Vasiliki and myself.

We wish you all a Merry Christmas and a Joyous New Year.

Thank you for your unwavering commitment to service.

DG Savva Argyrou





From the Editor

December 2023

Thank You from The Editor

A very big thank you to all who have sent in photos, articles, information, details of events etc. during the last 6 months.

If there is anything else you would like to see in the District Newsletter, please let me know.

Please continue to send your stories and photo's in, and if you need any assistance please just ask.

I would like to wish you all a very Merry Christmas, enjoy a well earned break and Best Wishes for 2024.

Yours in Lionism,

Christine Cufflin

Q1 Newsletter Editor

newsletter@lions201q1.org.au



Does your Club have a Club Newsletter?

CLUB NEWSLETTER COMPETITION

Winners to be presented at the District Changeover in 2024 and assessed by the District Governor and appointed committee. The requirements and inclusions are:

Published Monthly (minimum 8 issues).

Club name, number, address, phone number and website or email address.

Date, volume and issue number, page number and newsletter title.

Educate, congratulate, motivate, inform members and be creative.

Foster a sense of camaraderie within the club.

It should be interesting & readable.

Editors name & contact shown.

Content quality, page layout, calendar of events & publication design.

Send your monthly newsletter via email to

DG.Q1@lions.org.au

1VDG.Q1@lions.org.au

2VDG.Q1@lions.org.au

newsletter@lions201q1.org.au



Griffiths University Lions Club

December 2023



Finished products were delivered to Meals on Wheels at Acacia Ridge and Sunnybank. A happy group of Krafters



More Teddies delivered to QML Pathology and Beanies delivered to the Seafarers Mission. All gratefully received. Thank you Krafters.





Tamborine Village

December 2023

'Christmas in the Village' and Twilight Markets

Highlights - Tamborine Village Lions Club annual 'Christmas in the Village' and twilight markets held today on the first day of Summer, Mother Nature did not hold back and poured down heavily at the started of Carols around 6pm with everyone moving into the community hall and the carols continued with Santa's arrival surprising the Kids. It is great to see the Community and local business supporting the Lions Annual Christmas Event.





Lions Club of Capalaba

December 2023

Capalaba Lions Club Christmas Food Donations

Christmas Shortbread, Lions Christmas Cakes, Mince Pies, Christmas Stars, Florentines, Crackers, Pringles, Choclates, Lollies and lots more goodies donated to Redland Community Centre to help the local community and those doing it tough .

"This makes my heart ❤️ sing - thank you so much "
Alison Wicks Redland Community Centre,



Christmas Party Celebrations





Lions Club of Mudgeeraba

December 2023

Aged Care Christmas Gift

The Lions Club of Mudgeeraba completed the 2023 Aged Care Christmas Gift packing, this project requires, a lot of organisation, with every one of the 420 gift packs, receiving, at least one hand made (with love) item, in it.



My first shoutout, is to club project leader Diana, what a great job, you have done this year. Di also had a team of helpers, including Peter, and Di also had a team of craft ladies, thank you to you all.

We have been overwhelmed by the amount of donations we have had this year, thank you so much, to all that donated, please know this WILL make a difference to a lot of people.



To our club members, and people that turned up to help us pack including a couple of Lions from Lions Club of Burleigh Heads. We also had some donations from Robina Lions Club, Lions Club of Carrara Inc and Lions club of Palm Beach.

Michael McDonald, President



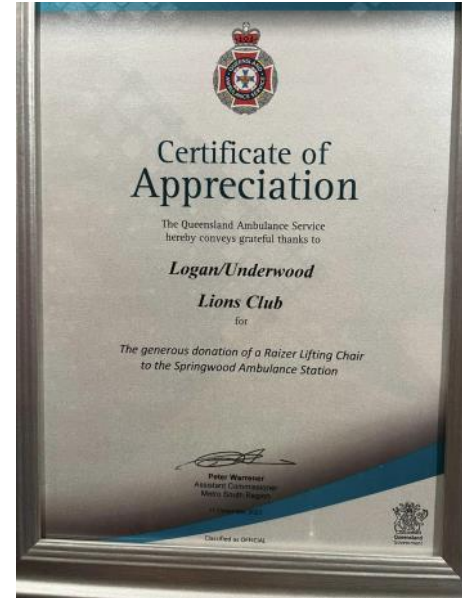


Logan Underwood Lions Club

December 2023



Beenleigh Ambulance Christmas last night with a surprise appreciation for our Club. Thank you Ambos.



ALBN 97 429 481 702

Logan & Districts LAC

Treasurer Col Myers
colmyers@gqtpnet.com.au
0411 610 223

Hon Shannan Fentiman MP
Member for Waterford
PO Box 273
WATERFORD QLD 4133

Re: Logan & Districts Local Ambulance Committee
"Christmas Get Together"

Hey Shannan

The Logan & Districts LAC is holding their Annual "Christmas Get Together" on December 11th at the Beenleigh Ambulance Station at 6.30

We would like to extend to you and an associate, an invitation to attend this important function to us and it is a wonderful opportunity for you to meet the local Paramedics and LAC members, but more importantly, for them to meet you

This is very "Informal" event and it gives us a chance to mingle with the Ambo's and to get to know everyone

Looking forward to seeing you there

Logan and Districts Local Ambulance Committee

Col Myers
TREASURER



Santa's 'Little' Helpers

Our team of helpers assisting with the replies to letters to Santa from six of our local primary schools. This is an annual event for our club and a lot of fun for us as well.



Trailer Raffle & Christmas Cakes



Our longest serving member, Greg Nothling OAM alongside our newest member, Peta Duffy, working together at our major fund raiser for the year - our Christmas trailer raffle and sale of Lions Christmas cakes .



Great to have Mick de Brenni MP (a member of our club) give us some of his valuable time today at Chatswood Central shopping centre to help us sell our wonderful Lions Christmas cakes and tickets in our trailer raffle



St Andrews Leo Club

December 2023

St Andrews Leo Club raise over \$2000

The St Andrews Leos have been working hard over the holidays to raise funds for charities. They volunteered at the Bunnings Community Christmas event on the evening of 7th December, running craft stalls, making fairy floss, and handing out popcorn. They also ran a huge all-day sausage sizzle this past Saturday (9th Dec) at the Bunnings Burleigh Waters raising over \$2,000 for charity. We are so very proud of our St Andrews Leos and are grateful for their contributions to the community around them.

Warmly, Amy

Lions Club of Tallebudgera and Lead Leo Advisor for Leos St Andrews.





MBBC Leo Club

December 2023

MBBC LEO's Receive two Lions International Awards

2023 OCTOBER MEMBERSHIP GROWTH AWARD

This certificate is presented to

Brock Humphries-Norton

for sponsoring three or more new Leo members in the month of October to the Leo club of

Moreton Bay Boys College

Dr. Patti Hill
International President
2023-2024



2023 OCTOBER MEMBERSHIP GROWTH AWARD

This certificate is presented to

Ethan O'Hagan

for sponsoring three or more new Leo members in the month of October to the Leo club of

Moreton Bay Boys College

Dr. Patti Hill
International President
2023-2024



Well done guys!

You & your team have achieved a great deal of benefits for your charitable causes & made this Semester a very action packed & successful one for the Leos.

This couldn't have happened without the valued support & guidance from your School Leo Advisors, Dr Wollenweber & Mr Rofeta.

Both Dr Kurth (our Lions Club past President who attended the BBQ yesterday) and I were greatly impressed by the number of eager volunteers you inspired to assist with the event.

I hope that you all enjoy a well-deserved break over the Christmas Holidays and am looking forward to witnessing your great efforts and successes in the new year.

All the best

Greg Woodard

**Brisbane Camp Hill Carindale Lions Club
MBBC Leo Club Advisor**



Christmas Gallery

December 2023





Christmas Gallery

December 2023





Christmas Gallery

December 2023





Lions Hearing Dogs

December 2023



As 2023 swiftly draws to a close, we find ourselves on the brink of a new year, 2024. This past year has been a whirlwind, and as we enter the final stretch, we're proud of our progress.

Thanks to our expanded team and innovative methods, we're on target to place a total of 35 Assistance Dogs by December's end. This includes 31 Hearing Assistance Dogs and 4 Medical Alert Dogs, showcasing the remarkable growth of our Medical Alert Program since its inception in 2021. By the end of 2023, we will have also accredited a total of 15 dogs.

Our Puppy Program and Breeding Program have flourished, with various strategies enhancing their success. With this growth, the need for both puppies and volunteers to guide them during this crucial phase has risen. To meet this demand, our team has explored and tested new approaches, such as recruiting volunteers in the South-East of SA. These volunteers care for some of our puppies with fortnightly video calls and monthly visits from our Puppy Socialisation team. Presently, 5 puppies are in the South East being a part of this trial.

Our volunteer program is thriving, with familiar and new faces dedicating their time to enriching the lives of our dogs. Their support ensures our dogs receive the love and care essential for their happiness and well-being.

Our heartfelt gratitude extends to the incredible sponsors from Lions Clubs and individual supporters who have played an invaluable role in our journey. After all, it is your support that has also been instrumental in our organisation's achievements.

As we bid adieu to spring and embrace the upcoming summer, along with the festive season of Christmas and New Year's, please note that our Training Centre will be closed during the holidays. However, our dedicated staff will be on-site, ensuring our dogs are well cared for. Our office will close from the end of business on Friday, December 22nd, reopening on Tuesday, January 2nd. During this period, our emergency phone line will remain active for urgent matters that require immediate attention. We want to express our heartfelt gratitude for your unwavering support and interest in ALHD throughout 2023.

Wishing you all a joyful and safe holiday season and we can't wait to see you in 2024.

Rachel Lim
Communications Coordinator





PEACE POSTER

December 2023

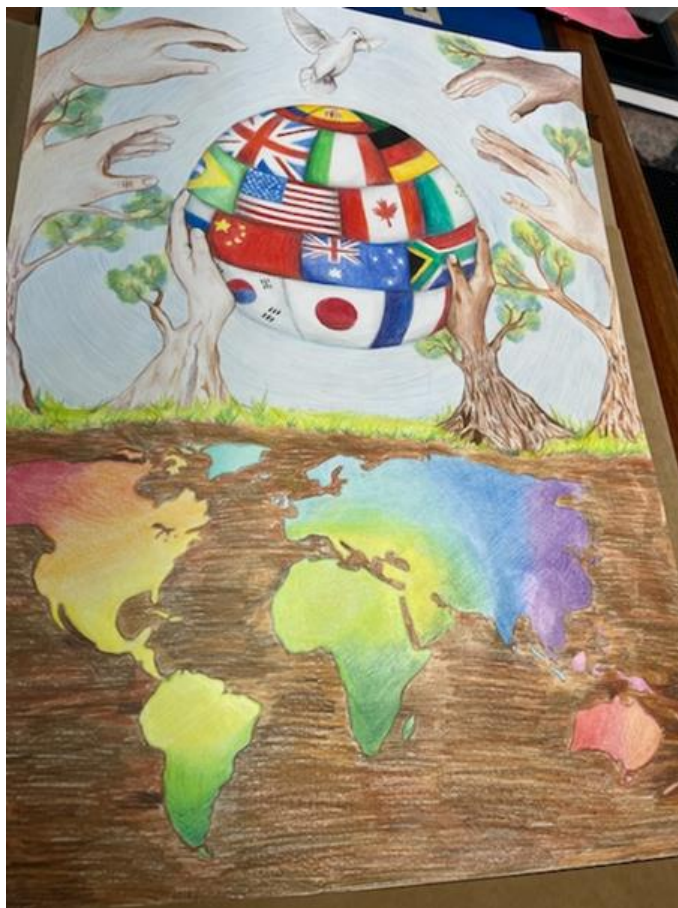
PEACE POSTER

Firstly, thank you to the Lions who took on the position of promoting the Peace Poster for their Lions Clubs. I know it is difficult to ask the schools to put more projects into their busy year. One Lions Club advised me that they go to the Schools in early February to promote the Peace Poster Contest and the schools actually put the Peace Poster into their curriculum for the year. This gives them approx. 8 months to work on their artwork. I can find out the theme in February so we can start working early.

We judged the posters at the Cabinet Meeting in November and the lucky winner was Alicia from Varsity College, sponsored by Robina Lions Club. A very close second place was Jami from Coopers Plains School, sponsored by Griffith University Lions Club and third place was sponsored by Carrara Lions Club. Well done to all the students – the posters were amazing and I thank you for all your hard work over the year.

Vicky Clark

District Peace Poster Chairperson



First Place



Third Place



Second Place



DIABETES—Ken Scells

December 2023



FACT SHEET:

Understanding pre-diabetes

Pre-diabetes is a condition in which blood glucose levels are too high, but not high enough to be diagnosed as diabetes.

Pre-diabetes has no signs or symptoms. This makes it challenging to diagnose. It is a risk factor for developing type 2 diabetes and cardiovascular diseases, such as heart disease and stroke. Sixteen out of 100 of adults in Australia have pre-diabetes.

Who is at risk of pre-diabetes?

Pre-diabetes usually occurs in adults, but younger people can also develop this condition. Risk factors for pre-diabetes are the same as those for type 2 diabetes. These include:

- having a family history of type 2 diabetes or pre-diabetes
- being above the healthy weight range
- having an inactive lifestyle
- having high blood pressure
- having high blood fats such as cholesterol and triglycerides

- being from an Aboriginal or Torres Strait Islander background
- being from a Pacific Islander, South Asian, Middle Eastern or North African background
- having gestational diabetes during pregnancy
- having polycystic ovary syndrome
- taking steroids or other medications that can cause high blood glucose levels.

People who have pre-diabetes can delay and, in some cases, prevent developing type 2 diabetes by following a healthy lifestyle. This includes regular physical activity, making healthy food choices and maintaining a healthy weight.

How is pre-diabetes diagnosed?

To diagnose pre-diabetes, your doctor or diabetes nurse practitioner will send you to have your blood glucose levels checked at a pathology lab.



DIABETES—Ken Scells

December 2023

Understanding pre-diabetes

A fasting blood glucose or a non-fasting random blood glucose

This involves having blood taken from a vein in your arm. This test may be done by fasting (after nothing to eat or drink for at least eight hours) or non-fasting. If the test shows your blood glucose levels are above the target range - but not high enough to be diagnosed as diabetes - you will need further testing.

A glycosylated haemoglobin (HbA1c)

This involves having blood taken from a vein in your arm. You do not need to fast. Your doctor or diabetes nurse practitioner will determine if your results are above the target range but not high enough to diagnose diabetes. Your doctor or diabetes nurse practitioner will decide if you need further testing.

An oral glucose tolerance test (OGTT)

You will have a fasting blood glucose test first. You will then be given a sugary drink and have your blood checked again two hours later. The results from the OGTT will show whether your blood glucose levels are in the normal, pre-diabetes or diabetes range.

If you have pre-diabetes, you will have one or both of the following conditions:

Impaired fasting glucose. This is when your fasting blood glucose level is higher than target levels, but not high enough to be diagnosed as diabetes.

Impaired glucose tolerance. This is when your blood glucose level is higher than the target range two hours after an OGTT. But it is not high enough to be diagnosed as diabetes. Your fasting blood glucose level may still be within target.

Pre-diabetes is managed by making healthy lifestyle changes to reduce the risk of developing type 2 diabetes and heart disease.

Weight loss

If you are above the healthy weight range, losing as little as 5 to 10% of your weight can help lower blood glucose levels. For example, if your weight is 100 kg, try to lose 5 to 10 kg. Weight loss can reduce your risk of developing diabetes and other conditions such as heart disease.

Regular physical activity

Being active can help you manage your weight and reduce your blood glucose levels. It can also help manage other risk factors such as blood pressure and cholesterol levels. Aim to do at least 30 minutes of 'moderate intensity' physical activity, such as brisk walking or swimming, every day.

- Include some resistance training, such as body weight exercises like squats or lunges, or light weights twice a week. This builds and improves the way your muscles work.
- Reduce and break up sitting time. Get up and move around every 30 minutes.
- An exercise physiologist can help you develop an exercise plan and show you how to exercise safely.
- Always talk to your doctor before starting any new type of physical activity.

Healthy eating

Choose a wide variety of foods including fruit, vegetables, legumes, less processed wholegrains, lean meats no more than 2-3 times per week, poultry, fish, eggs, tofu, and low-fat dairy foods. Include high-fibre, low-glycemic index (GI) carbohydrate foods. To manage your weight, it is important to reduce your total energy (kilojoule) intake. Limiting saturated fat can also help your body's insulin work better and keep blood fats in the target range.

A dietitian can help by recommending the best food choices for weight loss and for reducing your risk of developing type 2 diabetes.



Sari Elle's Marathon for ALF

December 2023

lionsaustralia
we serve



Fellow Lions and Leos of Australia,

There seems little point in telling you all about the wonderful Australian Lions Foundation which provides help for public relief, emergency aid and community welfare right here in Australia.

What many may NOT know is that Lion Sari-Elle Kraemer, the enthusiastic 32-year-old President of Coogee in 201N5, is an ALF Ambassador and she has set herself a very lofty goal - to raise \$120,000 for the Australian Lions Foundation Compassionate Fund.

To raise this enormous sum Sari-Elle plans to climb to the Mt Everest base camp and then run a 42.195km marathon crisscrossing the Sherpa trails of the Khumbu Valley. Full details are on the ALF website. Sari-Elle is currently training hard to prepare for the marathon and is participating in community events around the country where she is proudly promoting lions and the Australian Lions Foundation.



While every cent raised through her fundraising efforts will go directly to the ALF, Sari-Elle is personally funding her travel and accommodation costs. The cost to her is likely to be close to \$20,000, and this is where I am sure many Lions Clubs across Australia would love to help.

We have over 1300 Lions and Leo clubs and some 23,000 members across this wide brown land. We also recognise that not every club is in a position to help financially so we are asking clubs to consider a minimum \$200 once only donation towards Sari-Elle's personal costs. If most clubs respond we can reach the target with ease, and as a bonus any unused funding will go directly to the Compassionate Fund. That, my fellow Lions, is what's known as Win-Win.

So how about it? Is your club able to support one of our own who is going well and truly beyond the norm to make a difference?

Donations should be sent to the coordinating Club:

Lions Club of Coogee - Activities account
BSB:633 000 Account Number: 162 955 835
Reference: ALF- Sari-Elle

Should you have any questions please contact me.



PS, this request has been endorsed by Council Chairman Vin Pang.

Yours in Lions Service,

PDG Elvio Munzone OAM
elvio@bigpond.com 0418651549



Bunnings - Lions Awareness Day

December 2023

Have you booked your space?



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 .



MD Convention 2024

24-27 May 2024



24-27 May 2024 | Tropical Bliss

Isn't that a little late for a Multiple District Convention?

Most Conventions are held early in May, but we wanted to be very sure that we cleared the Cyclone season in the top end. You can expect warm, sunny, dry days. May is the Damibila* Season when the Barramundi are biting, and bush fruit are in abundance.

**The Damibila Season is one of the seven tropical seasons recognised by the traditional owners, the Larrakia people.*

What will be happening?

Plan to register at the Convention on Thursday 23 May 2023 at the Darwin Convention Centre. This state-of-the-art Centre will house all our activities including the Council meeting, Convention and Exhibits. Surrounded by restaurants, lagoon, ocean and a shady park, it's both beautiful and functional.

Friday 24 May

Be ready to start at 8:30 am. Shuttle buses will leave from key points in the city to get our Conventioneers to the Centre and home, but many hotels are within easy walking distance.

The Convention Opening and Flag Ceremony is on Friday with keynote speakers and the important notices of motion session where you can get involved in making important decisions about our organisation.

Over 40 Lions projects will be on display in the exhibition area, right beside the auditorium in air-conditioned comfort. Make sure you wander over during the breaks to find out everything you need to know about our Foundations, projects and activities.

After the Convention closes for the day, we are doing something new! Join us at the Darwin Casino Foreshore for our Opening Gala Dinner!

This year we wanted to have our big Gala dinner early in the Convention when we are all fresh. The outdoor event will be a chance to catch up with friends, plan for the Convention, sample amazing food and watch the unique Darwin Sunset over Mindil Beach.

The dinner will start at 6:00pm to give you a chance to get settled before that sunset! Shuttles will be available from key city locations but it's only a short Uber/Taxi drive if you want to get there early.

Saturday 25 May

Get to the Convention Centre by 8:30am to hear from our amazing Leos in the Leo of the Year competition. Saturday will also feature more notices of motion, keynote addresses and project presentations.

And something special is happening at 12:30pm...

We know that our Lions will be travelling a long way to come to this Convention, and you will be escaping the onset of winter by coming to Darwin.

We wanted to give you the chance to see more of Darwin as well as continuing our great discussions.



MD Convention 2024

24-27 May 2024

With that in mind we are planning workshops at various locations in Darwin.

Register to join an open-air workshop listed on the registration form.

Shuttle buses will leave from the Convention Centre to take you to your destination and return. Registration includes transportation and a boxed lunch.

Workshops will be held for about 1 hour and then you will have time to explore these beautiful venues before returning to your accommodation. Partners are welcome to participate in workshops or just have a nice social visit.

Saturday late afternoon/evening is a great time for Districts to arrange some gatherings and get together. The Convention Committee is happy to connect you up with many great Darwin venues that would welcome Lions.



Sunday 26 May

Sunday will be a full day with our important Remembrance Ceremony, project presentations, speakers and hearing from our international guests. There will be opportunities to visit the exhibits and displays.

Sunday will finish by 4:30pm to give Conventioneers the opportunity to freshen up before heading to our VIP area at the famous Mindil Beach Markets for our Farewell Reception. Join us in the VIP Lions area at the Markets to watch another beautiful sunset, enjoy some refreshments and browse these amazing markets with crafts and foods from all over the Territory.

Shuttles will transport you to the markets and return. Register now for the Farewell reception. The cost will include transport and 20 "Mindil dollars". "Mindil dollars" can be used at the myriad of food stalls at the markets to buy your meal or crafts. (1 Mindil dollar = 1 Australian dollar.)

Monday 27 May

The last day of the Convention will feature the very popular Youth of the Year Competition and we hope to encourage visits from local school children to inspire them to get involved.

The Convention will close at 12:30pm.

Consider staying on to see more of this beautiful part of Australia.

Childcare / Creche

At the Gold Coast Convention, attendees requested information about the possibility of childcare or a creche at this Convention. This will be dependent on demand and cost.

To assist with planning, please e-mail the Executive Officer by 30 December 2023, if you plan to attend the Convention and would like to discuss the possibility of childcare arrangements.

Please e-mail eo@lions.org.au and include "Convention Childcare" in the subject line of your e-mail.

Tell me more...

The Convention is well supported, and you can expect to see high quality entertainment, keynote speakers and special events.

Register early!

Accommodation will sell out quickly, particularly in the more affordable brackets and air travel can be limited due to a scheduled airport upgrade. Please make your plans early to ensure that you can join us.

The registration form will be available online at the Darwin Convention website by mid-November.

Come join us and thaw out at the Top End; relax, eat, drink and have some fun in the sun.

We hope to see you there!



24-27 May 2024 | Tropical Bliss

**REGISTRATION
NOW OPEN**





INTERNATIONAL CONVENTION

21-25 June 2024





Melbourne 2024
106TH LIONS INTERNATIONAL CONVENTION

FRI, JUN 21, 2024 - JUN 25, 2024
106th Lions International Convention - Melbourne

For any Lions or Leos in Australia who have never attended a National or International Convention, LCICon24 in Melbourne is the perfect time to do so.

MELBOURNE 2024



MELBOURNE 2024

A Warm Melbourne Welcome

PID Tony Benbow OAM

Host Committee Chairperson





Monthly Wrap Up

A little note from our General Manager

"Season's Greetings Lions Club Members!"

From all of us at Lions Haven, we extend warm wishes for a Merry Christmas filled with joy and goodwill. This festive season, your dedication to service shines brightly, illuminating lives and spreading cheer. As we celebrate this special time with family, friends and our residents here at the haven, let's remember the spirit of giving and kindness that makes this time so special. Together, we've made a difference, and your unwavering commitment continues to inspire. May the holiday season bring you all peace, happiness, and renewed energy to keep making our world a better place.

Best wishes, Lions Haven Team



Christmas Light Cruise

We had our inaugural Christmas boat light cruise this month which the residents absolutely loved! With some nibbles and great light displays it was a real hit.



A little snap from some of the displays!



Hello Sunshine.



Our grounds are adored by our residents, particularly those at C House, who cherish taking strolls. Witnessing our residents relishing the sunshine among the fully bloomed garden is incredibly fulfilling.

Celebrating Excellence in Catering

We are thrilled to announce that our exceptional Catering Manager, Kylie Cusack, has been recognized as a 2023 HLAC Heroes Winner, presented by SoupedUp!

Kylie's dedication to our residents and her passion for crafting extraordinary culinary delights have truly set her apart.

We Have a Winner!



Or check us out on our socials



Vacancies Available!

We currently have available rooms ready for accommodation now. All residents will enjoy their own modern bedroom complete with ensuite, wardrobe, television, private telephone and outside patio or balcony area. Fully furnished to provide maximum comfort and customised to feel like home, rooms open on to lush gardens, secure private balconies or waterfront views. Unfortunately, we are unable to reserve or hold rooms.

If you know someone that would be interested, please find more information by visiting: please find more information by visiting: <https://lionshaven.com.au/accommodation/>

Waterfront View



THANK YOU!



A big thank you to the Mudgeeraba Lions Club

We're overjoyed to extend a huge thank you to Lions Club Mudgeeraba for their incredible donation! Our residents were thrilled with the thoughtful gifts of socks, handkerchiefs, and other goodies.

As we strive to enhance our community, we're seeking monetary donations for revamping our outdoor furniture and improving our memory support unit. Your generosity truly makes a difference in the lives of our beloved residents!

Welcome On Board - Dr Stephen Wellington



We are thrilled to announce the addition of Dr. Stephen Wellington, a distinguished and accomplished medical professional, to their esteemed team. Dr. Wellington's arrival marks a significant milestone for the facility, and we would like to extend a warm welcome to Dr. Wellington as he embarks on this exciting journey of caring for the aged.

Come and Join Us!

We could always use to support of our Lions Club members. We are looking for volunteers to help with lifestyle activities, assistance with functions and help with our onsite cafe. If you are interested please contact us at enquiries@lionshaven.com.au or call us on 07 5530 8966

**Scan the QR code
to start your
journey with us!**





CONTACTS

December 2023

POSITION	TITLE	NAME	SURNAME	EMAIL
DISTRICT GOVERNOR	DG	Savva	Argyrou	dg.q1@lions.org.au
1 st VICE DISTRICT GOVERNOR	1VDG	Jorge	Salles	1vdg@lions201q1.org.au
2 nd 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		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 2		TBA	TBA	ZC2@lions201q1.org.au
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