

201Q1



DISTRICT NEWSLETTER 2023-2024

Savva's Ant Trail



MARCH 2024 EDITION



201Q1 Newsletter

March 2024

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





DG Sawwa Argyrou

March 2024

Dear Lions Club Members,

Greetings and roaring success to all Lions! As we embark on a new chapter of service and community impact, it is paramount that we reflect on the values that bind us together and the responsibilities we carry as leaders within Lions Awareness Day Triumphs

Lions Awareness Day Triumphs

We take immense pride in the success of Lions Awareness Day within our district. The collective efforts of Lions across various clubs have significantly heightened awareness about our mission and strengthened our bonds with the communities we serve. Let's continue to build on this momentum, ensuring that our impact resonates far and wide.



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Welcoming New Lions to the Pride

A warm welcome to all the new Lions who have joined our mission! Your enthusiasm and dedication are invaluable assets to our club, and we look forward to achieving great things together. Your unique perspectives and fresh ideas contribute to the diverse tapestry of our Lions family.

Leadership Roles: A Foundation for Success

Our Lions Clubs are thriving with passionate individuals who have stepped up to take on key leadership roles. We commend our Presidents, Treasurers, and Secretaries for their dedication and commitment to steering our club towards greater heights. These roles play a pivotal part in ensuring the smooth functioning of our club, and we are grateful for the efforts invested.

If you find these roles unoccupied within your club, let's consider the strength that comes from shared responsibility. Our motto for this year is "Working Forward Together," and what better way to embody this than by inviting fellow members to assist in these critical positions? The success of our club depends on each member contributing their unique skills and perspectives.



Succession Planning: Paving the Way for Future Leaders

As we progress through this term, let's not lose sight of the importance of succession planning. A well-thought-out plan ensures the continuity of our club's success. Identifying and grooming future leaders is the first stepping stone toward maintaining a healthy and thriving Lions Club. Let's invest in the future by nurturing leadership potential within our ranks.

Remember, the strength of our Lions Club lies in the unity and collaboration of its members. Together, we can achieve extraordinary feats and leave an enduring legacy of service and compassion.



Diversity: Respect of our Members

Diversity and respect are fundamental pillars within our Lions Clubs and Districts, fostering a culture of Inclusivity and understanding among members



Embracing diversity means valuing the unique perspectives, backgrounds, and experiences that each member brings to the table

It's about recognizing that our differences enrich our organisation, making us stronger and more adaptable in serving our communities. Respect forms the cornerstone of our interactions, ensuring that every voice is heard, and every contribution is valued regardless of gender, race, religion, or background. By upholding these principles, we not only honor the diversity within our Lions Clubs and District but also amplifies our collective impact as we work together towards a common goal of serving humanity.



Yours in service

District Governor Savva Argyrou 201Q1





New Lion Portal

March 2024

Get ready for the Lion Portal

We're preparing to launch the new Lion Portal. See below for some key dates and be sure to check out our recently updated frequently asked questions and new resources.

Key dates

- **April 12 and beyond:** MyLion, MyLCI, and Insights are no longer available.
- **April 15 – May 13:** Invitations to access the new Lion Portal via email on a rolling basis to existing Lion Account users.
- **May 13 and beyond:** All visitors attempting to access the previous digital tools will be automatically redirected to the new portal.

Training videos

Frequently asked questions

Launch resources

Lion Portal

Talking points

What's happening with the Lions digital tools?

- We're taking the functionality of our current digital tools and creating one streamlined experience.
- The new portal is built on Salesforce, an industry-leading platform used by over 150,000 organizations — including 40,000 nonprofits.
- MyLion, MyLCI and Insights, along with some additional tools and functionality will be accessible through an updated portal for members.
- The portal will have all the same features and functionality currently available with separate tools, but with a more consistent and efficient experience — whether you're on your computer, your tablet or mobile device.
- We're aiming to launch in 2024. And a preview of the portal will be available before that. Stay tuned for more information.
- Have a question? Send it to salesforcefeedback@lionsclubs.org
- *Once the landing page launches in November:* Learn more at lionsclubs.org/portal-updates



Youth of the Year District Final

March 2024



Come One, Come All to the MD201Q1 District Youth of the Year Finals to be held on Saturday 6 April 2024

At

Cleveland RSL

8 Passage Street, Cleveland 4163

Speeches and Buffet Dinner to start at 6.00pm

Costs: \$66@Adult,

Payments to be BSB 633 000 Account 135 988 707

(With Surname and Number attending) preferred

Contact : psime@bigpond.net.au if you are paying on the night, EFTPOS facilities on the night.

We need numbers for the night , email

your numbers to

psime@bigpond.net.au

by Wednesday 27 March

Come and see our great youth



Youth of the Year Gallery

March 2024





Youth of the Year Gallery

March 2024





Peace Poster Competition

Vicky Clark

March 2024

Hi Lions

Just an update on the Peace Poster. Peace Poster kits are now available to purchase from Lions Australia. You must have a kit to offer this project to schools, scout/guide groups etc. Cost is \$25 plus postage which enables your club to participate in this great competition. Last year our District won the Multiple District Award which is very exciting. The student receives \$200 from Lions Australia plus an award at the MD Convention in Darwin this year.

The theme for this year is **"Peace without Limits"** asking students to create a poster/essay that speaks to our World's infinite potential for kindness once we commit to pursuing the idea of peace without limits. Now is the time to approach schools, youth groups to see if they are interested in participating. You must have a Kit to be part of this project, also you must use the correct sized paper which I have for you. If you allow schools sufficient time asking if they would put this project in their curriculum, you might have success.

Hoping your Club might take the Peace Poster competition on as a project.

For more information, please contact me

Yours in lionism

Vicky Clark

District Peace Poster Chairperson

Mobile: 0488 183 199

Email: robinalionsclub@hotmail.com

LIONS INTERNATIONAL



Lions International
PEACE
Poster Contest

IMAGINE

600,000 children sharing their visions of peace

INSPIRE

Young people to showcase their talent

CREATE

Memories that will last a lifetime

Give children in your community, ages 11, 12 and 13, a creative way to express their visions of peace through the Lions International Peace Poster Contest. One grand prize winner and 23 merit winners are chosen each year.

Lions clubs proudly sponsor this contest in local schools and youth groups around the world. Find out how you can be a part of it.

lionsclubs.org/PeacePoster





Lions Children of Courage

Vicky Clark

March 2024



Lions Children of Courage DISTRICT 201Q1

Hi Lions

I recently sent you information re the Children of Courage Awards via the District Newsletter. Capalaba Lions have taken up the challenge to participate this year.

Has your club thought about being part of this amazing project. It is so rewarding to see children who normally do not receive awards at this ceremony.

It takes a little work to set this up but once you have all the paperwork sorted with the schools/youth groups you will find it very satisfying to be part of the Children of Courage Awards. Maybe this could be a project for some of your Lions who cannot participate in physical work but are happy to organise documentation.

I am happy to send you information re this and help in any way I can.

Hope to hear from you soon

Yours in lionism

Vicky Clark,

District Children of Courage Chairperson

Email: robinalionsclub@hotmail.com

Mobile: 0488 183 199



From the Diabetes Chair

Ken Scells

March 2024

A BAD RELATIONSHIP: DIABETES AND HEART DISEASE



Hundreds of thousands of Australians are living with a bad relationship – the relationship between their diabetes and their heart.

Many people don't even know

The connection between type 2 diabetes and heart disease is closer than many Australians think. People living with type 2 diabetes are two to four times more likely to develop heart disease, but only 12 per cent think they are personally at risk.¹

For people with type 2 diabetes, the first step to a better relationship with your heart is knowing your risk. Then you can take steps to improve your heart health.

The heart of the matter

Between one and three per cent of people with type 2 diabetes experience a heart attack every year.² That means that in any given year between 11,000 and 33,000 Australians will suffer a diabetes-related heart attack.

Heart disease contributes to just under two-thirds of deaths in people with type 2 diabetes.³ Alarmingly two-thirds of people with type 2 diabetes do not know that heart disease is the number one cause of death for people with type 2 diabetes.



Credit: Baker Heart and Diabetes Institute

Why is this relationship so complicated?

Diabetes, like other causes of heart disease, causes plaque to build up on the walls of the arteries. This can clog up the arteries, making it easier for cholesterol to gather and making blood flow more difficult. This blockage can lead to heart attacks, strokes and even sudden death.

Diabetes also damages the walls of blood vessels, making them more prone to injury from blood pressure, swelling in the arteries and plaque build-up.

What do I need to do?

Now is the time for you to take diabetes to heart. Have a serious conversation with your GP about what you can do to reduce your risk.

It takes more than controlling blood glucose levels to reduce your risk.

If you have diabetes, speak to your GP about the relationship between diabetes and heart disease. If you have loved ones with type 2 diabetes, encourage them to take action and speak with their GP. The sooner you do, the sooner you and a GP can take action.

¹ Haffner, S., Lehto, S., Rönkä, T., Pyörälä, K. and Laksso, M. (1998). Mortality from Coronary Heart Disease in Subjects with Type 2 Diabetes and in Nondiabetic Subjects with and without Prior Myocardial Infarction. *New England Journal of Medicine*, 339(4), pp.229-234.

² Shaw, P., Thomas, P. and Magliano, A. (2018). The Dark Heart of Type 2 Diabetes. [online] Baker Heart and Diabetes Institute. Available at: <https://www.baker.edu.au/-/media/documents/impact/Baker-Institute-The-dark-heart-of-type-2-diabetes.ashx?la=en> [Accessed 8 Jun. 2018].

³ Australian Institute of Health and Welfare 2017. Deaths among people with diabetes in Australia, 2009–2014. Cat. no. CVD 79. Canberra: AIHW.

TAKEDIABETES2HEART.COM.AU

**diabetes
australia**

* Source National Diabetes Services Scheme factsheet. It is intended as a guide only and should not replace individual medical advice. If you have any concerns about your health or further questions, you should contact your health professional.



Lions Awareness Day Gallery

March 2024





Lions Awareness Day Gallery

March 2024





Griffith University Lions

March 2024



The year has already been a busy one for the Griffith University Lions starting with a special morning tea to thank the Krafters ladies for all their hard work! Followed by a social night of Trivia.



First project for the year done with deliveries to Meals on Wheels in our local Community. Bringing lots of joy this Easter.





Robina Lions Club

March 2024



Robina Lions 35th Anniversary at Mermaid Waters Hotel



Founding Charter President Lion Toulia Singer OAM, recounting the history behind the formation of the Robina Lions Club in 1989



Presentation to President John by District Governor Savva Argyrou



Lions Hearing Dogs

March 2024



Meet Yannis, soon to be our 700th Hearing Assistance Dog! If you haven't already heard the buzz, Yannis is set to take the spotlight as the face of our upcoming National Hearing Dog Day; a fitting milestone to reach on such special occasion!

National Hearing Dog Day marks the annual celebration of the incredible contribution made by Hearing Dogs, who dedicate their lives to positively impacting and even saving the lives of individuals who are deaf or hard of hearing. This significant event falls on April 19th, commemorating the day when Amber, our very first Hearing Assistance Dog, was delivered in Australia, free-of-charge to a recipient in need, marking the start of our journey. Since then, Australian Lions Hearing Dogs has provided 700 Hearing Assistance Dogs to Australians in need.

This year, we're embracing the theme 'All Shapes and Sizes' as we celebrate the diversity of breeds that can become Hearing Assistance Dogs, each one capable of profoundly changing someone's life for the better.

Your Lions Club can support and celebrate the day with us by sharing stories of a Hearing Assistance Dog you know. Or better yet, why not host your own celebrations! We have PR resources [free to download](#) on our NHDD webpage to spice up your event. Let's make this special day unforgettable!

Our annual appeal will also be coming out soon, reaching all Lions Clubs in just a few weeks' time. We kindly ask for your support in helping us continue providing amazing Hearing Assistance Dogs, like Amber and Yannis, to Australians who are deaf or hard of hearing.

Moreover, you can catch our team at both the MD201 Convention in Darwin and the International Lions Convention in Melbourne in the upcoming month. Swing by and say hi! We're always more than happy to share updates on our programs with you!



Saturday 20 April 2024 11:30 AM - 3:30 PM Events on Oxlade, Newfarm QLD 4005

We are excited to celebrate 20 years of service to our local and international communities and distributing over 200 shipping containers. Your presence will add to this special occasion.

Our club was formed in 2003 as Lions Club of Apple Mac Users of QLD and in this time our Lions Aid & Relief Centre (LARC) have distributed over 200 shipping containers of aid. These containers has included health and education equipment. Our project provided assistance in Australia after natural disasters i.e 2011 QLD Floods with over 5.5mil of clothing, bedding and footwear.

For 20 years, our club has proudly served as a Work for Dole host, facilitating projects aimed at helping the unemployed to acquire skills for the workforce.

This event will be celebrating both major milestones and we would like to share our history and celebrate with you.



Calamvale Lions

March 2024



Calamvale Lions Club

invites
you
to
a

"VariTEA"

in support of Variety's Miss World Australia's Beauty with Purpose Program entrant : Charlotte Fung



Charlotte Fung
Speaker & Entertainer

An afternoon tea (High Tea) with purpose!
Variety works to better the lives of kids who are sick, disadvantaged, or living with a disability.



Date
Sat 20th April, 2024

Join in the fun & wear something RED !!



Time
1.00pm start at the **Runcorn Tavern**, Gowan Rd
Runcorn



Payment in advance
\$ 38.00 pp



Payment to Calamvale Lions : ("Surname" as reference)
BSB : 633 000
ACC : 179 466 941



RSVP by : on or before 13/04/24
calamvale.qld@lions.org.au
or text to : **0412 358 205**



Proudly Supporting



variety
the children's charity



Variety



Calamvale Lions



Griffith University Lions Club

March 2024



Griffith
University
Lions Club

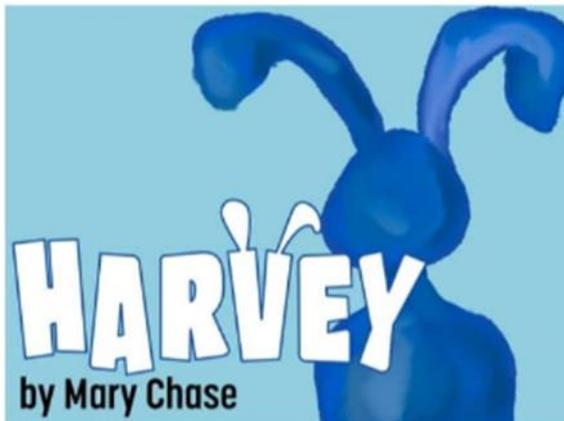


A Griffith University Lions Club fundraiser in cooperation with the Sunnybank Theatre Group.

HARVEY

by Mary Chase

Directed by Deb Chalmers



Mary Chase's Pulitzer Prize-winning play is the story of Elwood P. Dowd, a polite and friendly man with a very strange best friend—a six-foot, three-and-one-half-inch invisible rabbit named Harvey.

Elwood's sister Veta is concerned the rabbit will interfere with her life as a socialite, so she tries to have Elwood committed at the local sanatorium. Veta is so hysterical when she explains her brother's condition that she is committed instead.

Elwood leaves the sanatorium grounds unbothered, turning the town upside down as everyone goes on the lookout for this mind-mannered hero and his invisible rabbit.

2.00 pm, Saturday 4 May 2024

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



INTERNATIONAL CONVENTION

21-25 June 2024

BRINGING THE WORLD TOGETHER DOWN UNDER

Melbourne Convention Centre | 5.00 PM

JUNE 24TH

MELBOURNE 2024

LIONS INTERNATIONAL CHARITY CONCERT
 Proceeds to Fund **"Kill For Kids"**
 An LCIF Program and other Local Lions Projects

TICKETS
<https://LICCon2024.eventbrite.com>

With IPIP and LCIF Chairman Brian Sheehan!



Lions Have for the Aged

21-25 June 2024



LIONS CLUB EDITION

MARCH 2024

Monthly Wrap Up

GENERAL MANAGER

Update

We're gearing up for the rollout of new aged care standards and the Aged Care Act, actively participating in webinars, conferences, and forums to stay informed. Feedback from suppliers applauds our proactive stance, reflecting our commitment to excellence.

Additionally, we're thrilled to announce our selection for the Maggie Beer Foundation's Transforming Menus Program (TMP). This initiative, commencing between June and September, pairs our kitchen teams with a qualified chef trainer, enhancing our ability to serve flavourful, nutritious meals and elevate the dining experience for our residents. We are excited to keep you in the loop as we navigate these developments. Stay tuned for more updates on our progress.

WHAT'S ON

At the Haven

Our residents are going to paint the town green this Saint Patrick's day, with Irish based games and even a Luck of the Irish lunch.

Easter is right around the corner and we are getting ready to celebrate. Our residents are already getting into the spirit by making decorations to display during our special Easter Morning Tea with a visit from the Easter Bunny.

From all of us here at Lions Haven, we hope that you and your family have a happy and safe Easter





Lions Have for the Aged

21-25 June 2024

LAST MONTH *Wrap Up*

Love was in the air in February and our residents were all stuck by Cupids arrows. We celebrated love with a beautiful serenade by a local vocalist while we danced the day away.

Shrove Tuesday was a BLAST! Our wonderful kitchen staff created some beautiful pancake creations that did not last long once they were on our plates!

Celebrations to bring in the year of the Dragon were a must, the facility was bedecked in red lanterns and delicious Chinese cuisine of Yum Cha and other favorites were enjoyed by all.



Come and join us!

We could always use with an extra set of hands here at Lion's Haven for the Aged. 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!





CONTACTS

March 2024

POSITION	TITLE	NAME	SURNAME	EMAIL
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MINUTE SECRETARY		Kaylene	Perrett	assist.cabsec@lions201q1.org.au
CONSTITUTION & BY LAWS	PDG	Peter	Ho	cbl.q1@lions.org.au
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