



Lioness Chairman Calling

November 2017

Volume 1, Number 2

Your MD Committee

Chairman:

Lioness Liz Alcock

lionessliz@optusnet.com.au

State Coordinators:

C & W Districts

Lion Beccy Field

becfield@bigpond.net.au

N Districts

Lioness Wilma Holmes

wilmaholmes@bigpond.com

Q Districts

Lion/Lioness Jo Lynes

jolynes9@gmail.com

V & T Districts

Lion Cynthia Robinson

lakeslioness@gmail.com

Lioness Kings Coordinator

Lion Lenore Howard

lenorehoward@bigpond.com

Link to a Web page

lionsclubs.org.au/members/lioness/

Facebook Page

[lioness clubs multiple district 201](https://www.facebook.com/lionessclubs/multiple-district-201)

Multiple District Convention 2018- Townsville May 4th -7th

The Townsville Convention may seem like a long time away but now is an ideal time to make your plans to attend what promises to be a warm, friendly and welcoming convention.

Your Lioness Committee is already planning the Lioness Dinner which will be held on Thursday 3rd May in the Townsville Yacht Club. We have organised to have an elegant dinner with a two course meal and the theme is going to be Tropical, so find your colourful dresses and prepare to enjoy yourselves.

The surrounding Lioness clubs are assisting our Q Districts Coordinator, Jo Lynes, so you can be assured that it will be a great evening. Please encourage your partners and friends to join us, they will be most welcome.

All Lioness Clubs will receive an invitation early in 2018 with the details. We hope to see you there.



We are planning to have a Lioness Forum, and at this stage, it will be on the Friday. Our committee is willing to listen to any suggestions you may have for the Forum i.e. topics, guest speaker. Please contact your State Coordinator and share your ideas by the end of January.

We would like the Forum to be informative, interactive and most of all, enjoyable.

The Lionesses from the surrounding Lioness Clubs will be in attendance so this will be a great opportunity to meet with them and make new friends 'in the North' as well as Lionesses from all around Australia. Please come along, join us and share your knowledge and ideas.

We can always learn something new.

“Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person.”

— R. Buckminster Fuller

He could be talking about Lions, Lionesses and Leos

Lionesses, remember that what you are doing for your community is important, we are making a difference and the people we help do appreciate it.

We do have the support of the MD 201 Council of Governors and our Sponsoring Lions Clubs and we thank them for that. Never doubt the value of what you are doing, you are all amazing women (and men) and you do amazing projects.

We Serve Too



We Care

Australian Lions Foundation (ALF) Grants

At the Lioness Forum held during the Q3 Convention we had the pleasure of the company of International Director Tony Benbow. ID Tony is also the Chairman of the Australian Lions Foundation. ID Tony suggested that if a Lioness Club is interested in applying for a grant you may apply through your sponsoring Lions Club.

If you would like to support a local project but you don't have sufficient funds, this could be an option. The Foundation may be able to assist you, for more information just go onto the Lions Australia web site lionsclubs.org.au and look under Foundations.

The application form and guidelines for a grant are on the web site.

Thank you ID Tony for sharing this information.

A Blast for the Past... March 1997...a Poem

L is for the Lioness badge which we wear with great pride, for it symbolizes a common bond with women worldwide.

I is for the individuals who combine to make this club work. They give their time and talents to do tasks they never shirk.

O is for the Lions Clubs Objects (Purposes) which are our guide. By these we most devoutly abide.

N is for nurture which is what we all do, especially when we have members who are brand new.

E is for the Lions Code of Ethics to which we all adhere, for they are values we all hold dear

S is for service which we enthusiastically give, to make people's life easier to live.

S is for sisterhood that is our bond, for each other, we are quite fond.

Being a Lioness you can plainly see is very special to someone like me.

By Lioness Sue Parkinson, Lioness Club of Mt. Gambier

20 years later this still rings true.

'Life is better when
you are happy,
but life is best when
other people are
happy because of
you'

Anonymous



News from Overseas Lioness Clubs... Are you thinking of travelling?

Excerpt from MD 105 website <http://www.lionessclub.org/>

* *Going on vacation? Want to know if there is a Lioness Club at your destination?*

* *Would like to make contact with a foreign club and maybe start a friendship between your two clubs?*

* *Know of more clubs around the world, or would like to make sure your club is listed.*

In Multiple District 105 (British Isles & Ireland), we have compiled a record showing just where Lioness Clubs can be found all over the world. This is an ongoing project as we are sure there are more clubs out there that are not listed. Details for some of the clubs in the areas listed on the Multiple District 105 Lioness website.

News from around the Clubs...

Lioness Club of Cairns Q2 ...

THE magic of music is proving an important therapy for residents living with dementia at Mercy Place Westcourt, thanks to members of The Lioness Club of Cairns. Headsets and MP3 players are being provided by the club for a music therapy program, which allows the families of residents to make a playlist of their loved one's favourite music so it can be accessed at any time to provide relaxation and happy memories.

Service Manager Angela Cox said the therapeutic effect of music for seniors, particularly those living with dementia and other related conditions, couldn't be overstated. "Generally speaking, music is an incredible trigger for emotions and memories from our past to emerge," she said.

"We're delighted to have the support of The Lioness Club of Cairns to help us provide an uplifting and positive experience for our residents through facilitating their own personalised playlists. It's quite lovely to see residents who are usually very quiet and sometimes confused express their joy and sing along to the music they love from many decades ago".

Cairns Lioness Club secretary Narelle Hanrahan said the project was launched in Cairns after a Lions convention in Proserpine last year.

"Proserpine Lions Club started the project and we thought as a Lioness Club we could do the same thing in Cairns," Ms Hanrahan said.

"We received a \$4000 grant from Cazalys, a \$1000 grant from Stockland Cairns and held a fashion parade at the Pier to raise another \$2500 towards the program." Ms Hanrahan said the program had initially been introduced to those with dementia.

"But down the track, we hope to extend it to people with Parkinson's living in nursing homes," she said.

What an amazing project, congratulations ladies

The Lioness Club of Lakes Entrance...V3

The Lioness Club is hosting a Lioness Breakaway in February 2018. If you would like to know more, please contact Lion/Lioness Cynthia Robinson.

Lioness Club of Millicent... C2

The Millicent Club has established a bookshop which is going extremely well and become the major focus of operation for this club.

The club supports one amazing member who has established a 2nd hand clothing market stall, and 100% of profits from this stall go to Prostate Cancer Research.

Lioness Club of Brisbane Valley Toogoolawah ...Q3

The Lioness Club organised a trip to Octoberfest in Caloundra, about a 45 minute drive from Toogoolawah. The bus trip is an annual event and is well supported by the local community and club members.

Profits from the trip will support The New Futures Organisation (a not for profit organisation) which is situated 79 kilometers from Phnom Penh, the capitol of Cambodia. They operate and administer a chain of schools in rural villages surrounding Takeo town.

The Toogoolawah Lionesses have been supporting this organisation for 5 years and they will continue to work towards raising funds to make a difference to the lives of Cambodian children. *Another wonderful project.*

Kings Lioness Clubs of Ballina, Toowoomba and Golden Valley Keperra...Q1 & Q3

The Kings attended the Q3 District convention, their first convention. Kings Coordinator, Lion/Lioness Lenore Howard organised their accommodation and ensured that the Kings and their carers were well catered for. *Thank You* Kings Lioness, Niki, gave a presentation at the Lioness Forum, speaking about their project, supporting a Cambodian orphanage. Each Kings club raises funds in various ways and donates the profits to the orphanage. This is a great project and truly epitomizes the Lions Purpose 'to create and foster a spirit of understanding among the people of the world'.

The Kings are amazing and are to be congratulated on this wonderful project, keep up your good work.



**On behalf of Beccy, Cynthia,
Jo, Wilma and Liz
'Merry Christmas.'
We hope you have an
enjoyable Christmas and a
relaxing New Year. May 2018
be a wonderful year for
everyone.**

Lioness Liz