

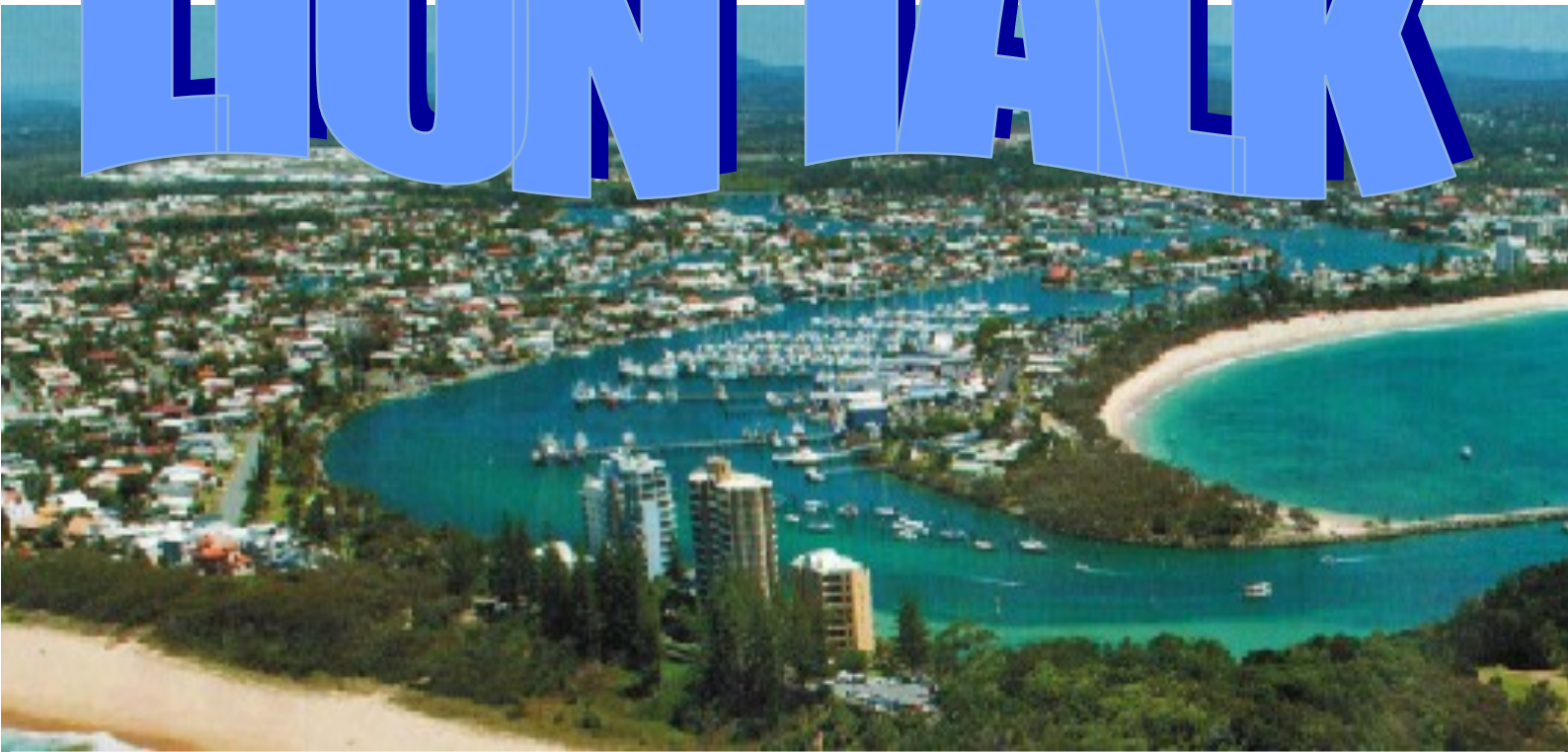
A Monthly Publication of Mooloolaba Lions Club Inc.  
Lioness Club and Swanies Leo Club  
District 201Q4



May 2020

we serve

# LION TALK



lionsmooloolaba

*Working with Pride*



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Husband and wife had a tiff. Wife called up her mom and said, "He fought with me again, I am coming to live with you."

Mom said, "No darling, he must pay for his mistake. I am coming to live with you."

*Thanks for the submission Ray*

### Next month's Lion Talk –The creative you.


A car restored, a poem written, a beach rock painted, an old building sketched, a plant grown, a bird photographed, a garden landscaped, a pattern knitted, a scene painted, a shed built, a dress sown, a renovation completed, a meal prepared, a story written .....

Looking forward to your contributions. Details to follow.



## Program for Upcoming Events

3

<b>Fri 1st May</b> 10am	Zoom Meeting casual "walk through" at home morning tea conversation — all members welcome
<b>Sat 2nd May</b>	Working bee at Markets time to be advised
<b>Mon 4th May</b> 6pm	Possible Zoom board meeting—will be confirmed if going ahead
<b>Tues 12 May</b> 7pm	Welcome Induction with guest speaker David Dangerfield Compass Zoom . All welcome
 <p><b>Don't forget -The Sunday Markets</b> Please refer to the roster and phone President Shirley Ellis</p>	



### *Facebook clipping*

#### *The Compass Institute*

*The very generous Lions Club Mooloolaba has changed the lives of our trainees and staff at our Caloundra Centre with a \$10,000 donation to install reverse cycle air conditioning. Our trainees will now be cooler in the summer and warmer in winter thanks to this amazing organization.*

*772 reached the site with 139 engagements in the first 20 hours following posting*

**The Compass Institute Inc.** is an award winning Sunshine Coast based Charity dedicated to providing support for people with intellectual and/or physical disabilities. While Compass commenced in 1992 providing Alternative Education programs to seven thousand at-risk youth, in 2003 we followed our dream to establish a leading edge day program for young people with disabilities. The intent of the service model was to dramatically change the philosophy behind this type of service from one of passive recreation to a pathway of lifelong learning, skills based training and vocational opportunities. In many ways Compass has re-written the rule book around what a day program can achieve.





## Visit to Compass Campus—An inspiration

Clients in training, staff, volunteers and parents were most grateful for the \$10,000 donation which enabled them to air condition one of their training centres. The network of centres reflects evident quality of building pride in self and enhancement of independent living in a caring environment

Thank You Mooloolabah Lions Club for  
 Providing the money to buy our ~~air~~ Conditioners.  
 We Love all ac

It's Just Perfect

Thank You. Because Living on the  
 Sunshine Coast we really need ~~an~~ a Conditioner  
 to keep cool.

Thank you again we are very grateful and  
 Cooler.

Chloe



Trainee Chloe presenting her speech of appreciation  
 Thanks WIN for covering this good news story  
 Lower photo of trainees preparing mother's day cards.  
 President Shirley doing the PR thing



Matt Phillips is bringing new front line service to those in need in our local community. This is the essence of what Lions is about. Commendations to those from the club who have already followed Matt's lead with this highly needed voluntary work.



## Progress Report - Writing Challenge 2020

Our program began as always with the emails, phone calls and abundant enthusiasm. The theme chosen was "Challenges and Achievement". We were thinking of bushfires, drought and the Olympics. We had not heard of COVID 19.

Stories were due for handing in to teachers at the end of term 1. Schools had closed a week earlier with no re-opening date .

The committee acknowledges the tenacity of students and the dedication of the teachers who each year offer to coordinate the program in their schools. All our established participating schools are collecting stories. They're coming in by mail, email and being dropped off at school offices. We anticipate we will not reach last year's record number of story writers but we are experiencing new levels of ingenuity.

We have relaxed the closing date for schools this year. Mt Creek was the first to send us their top entries for us to read to determine school and district champions. A large number of entries have been submitted by Bli Bli and Glenviews are ready for us to collect. Stella Maris has hundreds of students writing for us. Received an email today for a Stella mum asking why her seven year older in Year 2 son has not received an invitation to write a story.

Normally we present certificates and awards on assemblies. This year might be different. Our key rationale is to challenge our young students to build on their writing skills. The success continues despite the road blocks and hazards of COVID 12 in 2020.

Some winners from earlier years



### Sanity Saver COVID 19

**You will not find gouldians in your backyard - but aren't they something else. N.W.WA maybe**



**BirdLife Australia** is a national bird conservation charity with more than 175,000 supporters. Their purpose is to stop extinctions, ensuring native birds are protected and valued.

Take a look at their website for activities you can participate in from home including:

**#CuppawiththeBirds.** Do a 10minute bird count from your balcony or backyard then share your list on social media using the hashtag **#cuppawiththebirds**. Join the conversation on Twitter, Instagram or Facebook.

A Birds in Backyards survey is conducted every season (Autumn was March-April so Winter is next!). Become acquainted with your birdy neighbours and send your data to BirdLife Australia. They use all the data collected to ascertain how urban birds are doing and how our gardens and our behaviour in those gardens can impact on birds visiting.



Happy Birthday Happy Birthday Happy Birthday

Zip according to my records. Let me know if I have slipped up.

### Anniversary Years of Service—

Ron Alexander—37 years . Inducted 7/5/1983



#### Profile on Lion Ken Peters

Club records indicate that July this year will mark Ken's 40 year of service to Lions and the community.

Records indicate an average of two to four key leadership roles have been adopted by Lion Ken across this expanse of time. Do the sums.

He has co-ordinated/managed our market from its inception 21 years ago.

In 1985/86 Ken served as club president

Despite his humility many accolades have been awarded to acknowledge his outstanding voluntary work.

These have included

Secretary of the Year X 2

Lion of the Year X 3

Outstanding Leadership Award

Melvin Jones Fellowship

Ray Phiippard Award

Lions International Life Membership

Order of Australia Medal

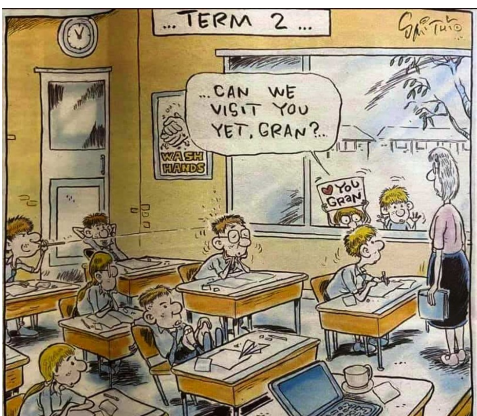
#### Quote for the Month

*"If we are to achieve a richer culture, we must weave one in which each diverse human gift will find a fitting place."* Margaret Meade





Hello, hello ....can you hear me?  
 I think we are experiencing a cyber attack.  
 We have an imposter.  
 Is it a zoom interloper or a Disney impersonator?





**Guess Who? Prize for 1st correct email response to the editor**



**Photo 1**

Hint -1st place in spring  
baby show 1947



**Photo 2**

Hint -Who owns this mum?  
1949



**Photo 3**

Hint - Beach lover, even in  
1967



**Photo 4**

Hint - Sweet jazzy child



**Photo 5**

Hint - Pretty cool dudes back in  
the day 1977



**Photo 6**

Hint - Cuty but a little bit  
cheeky





# YUM YUM - A SMORGASBOARD OF GOURMET DELIGHTS

**Thanks for the contributions**

## **Jaz Hoy's Carrot and Orange Soup**

This is a recipe I love making when I can buy fresh coriander, yummy organic carrots and luscious oranges.

(Sometimes I use fresh parsley instead of coriander, but it's not quite the same).

The wonderful thing about this soup is that it is inexpensive and very easy to make. It thickens when liquidised and has a beautiful rich colour. It is important to liquidise it thoroughly to obtain a smooth consistency and if you want something creamier, cook the carrots in less water, adding a little milk or cream AFTER liquidising.

(I have also sneaked in a little sherry when I have been feeling extravagant).

### **Serves 4-6**

**2 tablespoons oil**

**1 medium onion, peeled and chopped**

**900g carrots, scrubbed, peeled and chopped**

**1 litre vegetable stock**

**1/2 teaspoon nutmeg**

**1/2 teaspoon paprika**

**1-2 tablespoons fresh coriander finely chopped**

**rind and juice of 1 large orange**

**salt and freshly ground black pepper**

### **Garnish**

**Extra coriander leaves**

**Orange slices.**

Heat the oil in a pan, add the onions, then cover the pan and sweat them for 2-3 minutes.

Peel and chop the carrots finely and add these to the pan. Cover again and sweat the vegetables for a further 10 minutes.

Next add the stock, spices, coriander and the rind and juice of an orange. Bring to the boil and simmer for 40 minutes.

Let the soup cool. then liquidise it thoroughly, making sure it is completely smooth. Season well with salt and freshly ground black pepper, then return the soup to a clean pan and re-heat it gently.

Serve the soup garnished with extra coriander and thin slices of orange. Enjoy with a little crusty bread. Yum!



## Shirley's Zucchini (Courgettes) with Mushrooms in Yoghurt Sauce

Serves 4

If you like mushrooms this is delicious and great accompaniment to serve with poultry or lamb

1 tsp oil

1 medium onion roughly chopped

1 tsp ground cumin

1 tsp ground coriander

1 tsp salt

$\frac{1}{2}$  tsp chili powder

3 cups mushrooms sliced

2 zucchini (courgettes) sliced

100g baby spinach (optional)

1 tsp fresh coriander

### Method

Heat oil in heavy pan and fry onion until golden brown. Lower the heat to medium, add the ground coriander, cumin, salt and chilli powder and stir together well.

Once the onion and the spices are well blended, add the mushrooms and zucchini, and stir fry gently for about 5 minutes until soft. Add baby spinach in final 2 minutes.

If mixture is too dry add just a little water to loosen.

Finally add the yoghurt and mix well into the vegetables.

Sprinkle with chopped fresh coriander and serve immediately

*Locally grown mushrooms from Ray Clark and the spices from Dianne McLaren*



## A treat from Jane Donaldson- Lemonade Scones

### Ingredients

1 cup pure cream

$\frac{1}{4}$  cup of mixed Sultanas & Ginger

1 cup Lemonade

3 cups self-raising flour

Pinch of salt

Jam & whipped cream to serve

### Method

Preheat oven to 200 degrees or 180 fan-forced

Lightly flour a baking tray.

Place all ingredients in a bowl and mix lightly until combined.

Scrape onto floured surface.

Knead lightly and shape into a rectangle about 3 cm high.

Cut out with 5 cm cutter.

Lightly dust with flour and bake for 15 - 20 minutes or until top is browned.

Serve with whipped cream and jam.



Join us at our place for morning tea. I love cooking these as a treat for Jane for morning tea. Ray

Suggest getting the in-season strawberries from McMartins at the market.





### **A tangy mango and mint salad provided by the editor—he can prepare a salad**

This refreshing salad makes a terrific accompaniment to a chicken or fish dish. The mango's sweetness is offset by the chilli kick and the zingy taste of mint, while cucumber and radish add lightness and crunch. Suggest buying the mangoes from Joe Stotschek at our markets. If the mangoes from his local hinterland farm are out of season, abandon the recipe and instead have a frozen mango juice from his stall.

Serves 4 to 6

#### **Ingredients**

- 1/2 mango, peeled and diced
- 1 cucumber, diced
- 20–25 small radishes, quartered
- 1 small red onion, finely chopped

For the dressing

- 1/2 mango, peeled and chopped
- juice of 1 lime
- 2 garlic cloves, roughly chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 10g (1/4oz) mint leaves (roughly a handful)
- 1 small green chilli
- 1 tablespoon extra virgin olive oil



#### **Directions**

Put all the dressing ingredients, except the oil, into the bowl of a mini food processor and blitz to a paste. With the motor running, slowly add the oil and continue to blitz until the mixture emulsifies and becomes creamy.

Put the salad ingredients into a serving bowl. Add the dressing and toss well. Serve at room temperature, if you like, or pop the salad into the refrigerator to chill for 10 minutes or so, which is also great!

### **Alison's Prawn & Avocado Salad**

#### **Ingredients**

- 1 Cos Lettuce
- 2 Ripe Avocados sliced
- 500gms Prawns
- 1 Red Capsicum sliced
- 100gms Macadamia Nuts sliced in half



## Prawn & Avocado Salad (From previous page)

### Sauce / Dressing

- 1/2 cup vegetable oil
- 2 T cider vinegar
- 2 T flavoured oil
- 1/2 cup orange juice
- Large T mayonnaise
- 1-2 mangoes
- Pinch cinnamon
- Pinch ginger



### Preparation

Lay lettuce on a platter, follow with avocados, prawns, capsicum & nuts.

Prepare sauce by placing all ingredients in a blender & blend until smooth. Pour over salad just before serving.

**Suggestions** Joe Stotschek for best locally grown avocados and mangoes when in season.

The Vang family normally have fresh cos lettuce mixed among their array of Asian greens

Michael Moss stocks prawns

## Mooloolaba Lions submitted as Zone Report April

Maybe Lions as an organisation might look differently at the end of this period. Sometimes in history forced changes in difficult times result in rethinks that lead to growth and unforeseen positive outcomes.

Our dinner meetings, our social outings, our income source and most of our hand to hand service to the community are in hibernation. Zoom has become our new medium of communication, thanks to training by Bill Moore.

Who chose Sunday 8th March as Lions Awareness Day? Here are the statistics from our display, poster boards, handouts, token gifts of book markers and prepared selling spiels - soaked to the bone Lions members - 8, recruited new members - 0. Assessment of public reaction from the few public that braved that disastrous weather. - maybe they thought we were crazy or possibly keen beyond belief on telling our story. This occurred at our market. Our misery was shared by fellow club members on market duty that morning. One outcome was some funny yarns at the following dinner meeting.

Easter Sunday we had planned to celebrate the 21 st birthday of our Fishermans Rd Market. It's been cancelled. The thousands of shoppers spending a casual outing with family and friends strolling among the 120 to 140 stalls has been replaced by dramatically reduced visitors doing a quick call in to buy primarily fruit and veg from the three dozen or so allowable operators. Operating costs have been adjusted to meet the diminished stallholder fees. Most requests for financial assistance are now on the back burner.





## Report for Zone (continued)

Last month our main financial "helping hands" were \$10,000 for air conditioning at Compass Caloundra Campus and \$5,000 to support Camps for Kids affected by diabetes at Mapleton. This month such outgoings are zero while we assess our on-going financial viability.

This has occurred at a time when we are receiving increased requests from individual local families in destitute situations. From our understanding, we are one of the few clubs with a publically listed Lions phone number. The result being many requests for assistance. Most frontline services such as Vinnies and the Salvos have been forced to reduce their assistance as volunteers are staying at home.

Like most of our neighbouring Lions clubs, a large proportion of our members are retirees who fit into the category advised to remain indoors. We are fully understanding of such withdrawals. In fact, a level of debate has occurred within the club as to whether we should close down activities in the public domain in the interests of members' welfare. A proportion of the membership continue to volunteer. In fact, as I write this report a working bee is underway at our market site re-aligning stallholder boundary markers. Tomorrow morning the market gates will be manned.

Members relatively new to the club comprise a significant proportion of those making themselves available to carry on in key roles. The emergence of talents and skills that might have taken longer to surface has been a positive.

Our key youth programs are in disarray. Kerry Naumann did a great job with YOTY until it fell over. Our "Writing Challenge" involving eight local primary schools had the end of first term for students to submit their stories. Great timing - with students then in absentia. Julianne Enright leads the group of club members with this program. Some re-shuffling will occur next term. Regarding the Leos the story is similar. This vibrant club is however not without initiative. They are preparing "care packages" to assist those in need. This timely project is being driven by their president Zane Turner. Club Leo advisers Shirley and Lynette Radonich report that regular meetings and training are on hold.

The collection of prescription glasses from the optometrist firms in the area is another program on hold until after this corona virus pandemic

We received a letter of resignation from Sylvia Neville, brought about as a result of health concerns. Sylvia has been a stalwart of the club, yet you would rarely see her name in the limelight. She has been a highly regarded and respected club member. I know the friendships will continue with so many of us.

Four prospective new members appear to be about to join our ranks. One is a transferee and the other three will be new to Lions. From our contacts all will bring new dimensions to the club.

One silver lining is the level of care and connection between members. Phone link ups have replaced having a chat over a coffee. We are fortunate to have several members who excel at consideration for and empathy with others.



## Subject: Reflections on the virus

Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.

I need to practice social-distancing from the refrigerator.

Home-schooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.

This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.

Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 5 of Homeschooling: One of these little monsters called in a bomb threat.

I'm so excited --- it's time to take out the garbage. What should I wear?

I hope the weather is good tomorrow for my trip to "Puerto Backyarda". I'm getting tired of "Los Livingroom".

Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

Day 6 of Homeschooling: My child just said "I hope I don't have the same teacher next year" .... I'm offended.

*Supplied by Ken. Good one thanks!*

### **Bounteous sub-tropical food bowl — Sunshine Coast Region**

The request with the recipes segment was for local produce. We got it.

Carrots, oranges, onions, spices, poultry, lettuce, cream, ginger, sultanas, mushrooms, spinach, mangoes, cucumbers, radish, mint macadamia nuts, capsicum all featured.

Can you still visit a farm and buy produce at the gate? Have the scones on a farmstead veranda? Buy seafood from the trawler? Load up with fruit from an orchard ?

I need a hand. For the next Lion Talk send in info for our own directory.

**"Paddock to Plate "**. More details later.





## Notes from Board Zoom Meeting Tues 14 April 2020

**In attendance** Alison, Peter, Shirley, Ken, Ray, Lynette, Lorraine, Steph, Myra and Dallas. Kerry experienced audio connection problems however he was with us for part of proceedings.

**Apologies** Diane and Fay.

**Motions** re new members

**Matthew Phillips** - Moved Ray, seconded Ron. Carried

**Jaz and Rick** - Hoy Moved Ron, seconded Ray. Carried.

**Donna Sewell** Note - Donna is transferring from Noosa Heads Lions; hence a formal motion of approval is not necessary. There was a **Motion of Welcome**. Moved Peter, seconded Steph. Carried.

President Shirl recommended that we orchestrate an induction by Zoom. This was wholeheartedly supported with the proponent being called upon to organise.

**Motion** The board authorises the Market Committee to make decisions re any changes due to Covid 19. If the committee is concerned (by majority) about a need for referral to the board - this should occur. Any consideration of suspending the market beyond a directive from government must to be referred to the board. Moved Stephanie, seconded Lorraine. Carried.

Discussion occurred re "cash paying" stall holders to resume monthly prepayments. This was supported with a request for Shirley and Ken to organise.

### Zooming into the Future.

Ron suggested that we should take this technology to all members at our last meeting. President Shirley adopted this as an excellent idea for those of us happy to walk through a simple familiarisation process. Shirley commented that it is an added instrument for us to keep in touch during these times of isolation. Shirley offered to organise for us.

### Caring for Local community in these times of needs

Some discussion occurred around the initiatives of new member Matt Phillips in our community and Tim's suggestions of us joining a state-wide caring for our neighbours' program. Please note, Shirley has already acted on distributing details with several members offering to help. Maybe this is "back to the grass roots" of what we are about. Contact Shirley for more details.

### Zone report - club cohesion in time of local and global dilemmas around us

Many of us are concerned about our personal health. Traditional programs are on hold. The market has contracted. All this yet there is vibrancy in the club. Recently joined members are filling vacancies. New members are bringing modern ideas about community service. Many have been working on our behalf behind the scenes.



Close of meeting



## Club Sponsors Stallholder's Larapinta Trek \$1,000 in Smith Family Fundraiser.

*Here is a revisit of this amazing and clever sponsorship challenge organised by the Smith Family. Well done Caroline. If there is a spiritual heart to this land, maybe the country from Tjoritja (West McDonnell Ranges) to Uluru might be it. If you have camped and walked in any of these gorges you may know. If not - it's a good one for the bucket list. The following are snippet extracts from Caroline Goodwin's diary. Presented at our Den opening. Peter*



*For those of you who don't know me, my name is Caroline Goodwin and I have a stall at the fisherman's road market where I have been for the past 12 years doing Reflexology. Last year I embarked on a trekking expedition through the Larapinta Trail in support of the Smith Family.*

Firstly I would like to thank the Mooloolaba Lions Club for generously donating \$1,000 to the Smith Family.

The Larapinta Trail stretches almost 230km from just outside of Alice Springs through the West MacDonnell Ranges and has 12 sections to it, we trekked 5 of those sections over 5 days, so between 65 and 70 kms in total.



We commenced our journey 10 minutes out of Alice near the old telegraph station, a rocky, sandy trek with wallabies, numerous bird life and on to spectacular views from Euro Ridge. You think the colours are reds and greens but it is so much more than that - hues of purple, green, blue and yellow. Temperatures ranged from around 4 degrees to mid '20's. It was a good introduction to the following days, 14kms climbing precipices, loose rocks whilst trying to view the scenery. As you look over the view you see beautiful colours, rocky outcrops and wonder were our lunch stop or day's destination ends, a bit like are we

there yet! .....

On our fourth day of walking we woke at 2.30 - today's walk was much more challenging, we were to climb



Mt. Sonder for sunrise. A very cool morning, dressed for freezing temperatures with thermals on, scarfs, Beanies, gloves and water proof jacket to protect us from the wind.

This was quite a challenging day - 16kms of it! All we could see in front of us was about 6 feet as far as our miner's light could shine so you couldn't see how far the summit was, you could just feel the incline of the ascent. Gradually we made our way towards the summit, the group had separated into two and driver was today's rear guide for safety - lucky as I was the last one! The winds were incredible, 40 knots, you felt like you were going to blow over all the while holding dearly onto the poles, feeling your eyes water from the wind.....

Our final day of trekking would take us to Ormiston Gorge a beautiful water spot. We also rose before sunrise this day but not as early as previous day. It was another bitterly cold morning. Today was a more mindful meaningful walk. We trekked to Ormiston Pound to view the sunrise, the surrounds of the mountains echoed us.

It was here we managed the Smith Family photo then we were instructed to walk alone with about 100 metres between each person in mindful meditation to another dry sandy creek bed. There we would meet and open up about our reasons for taking on the trek, things we would leave behind and those we would take away with us. It was quite an emotional but also uplifting experience.

Onwards and upwards to the gorge we must go. Such a beautiful spot, to get there we had to clamber over massive boulders of amazing colours - pink, purples, yellows, blue and greens with marble like markings over them. Then to the icy water of the gorge, so relaxing and soothing to the feet which have traipsed through the wilds and been enclosed for the last 5 days.

Thank you for supporting me.....

Caroline Goodwin



## MOOLOOLABA LIONESS CLUB

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## MOOLOOLABA LIONS CLUB MEMBERS LIST

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