

InforM



December 2020

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Simon Says

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Greetings Fellow Lions,

I feel as though our lives are getting some normality back and we can plan and organise our Lions events with some confidence. Clubs around the District have managed to complete book sales, run carnivals, and now planning Christmas parties for the elderly, Christmas parades in the streets for the young and so on. It is great to be able to "Serve" again.

I have just completed a weekend of training with my fellow Vice Governors. It was very worthwhile – planning and organising will begin after the New Year, to make sure we have a smooth transition leading into the next Lions year.

It has been a busy month.

Emerging Lions Leadership Institute (ELLI) was held at Silverstream Retreat, with attendees from the Multiple District, 5 of whom from 202M. There have been many very favourable comments. Thank you to PDG Alice McDonald, Karori Lions and Stephen Cook, Johnsonville Lions who were part of the Faculty Team. These courses take many hours of preparation to put together, so a job well done. Peace Poster entries have been received by DG Murray. At the time of writing the judging has not been completed. Thank you to the Lions Clubs of Karori, Masterton Host Waipoua and Hastings Host for supporting this very worthwhile project.

IPDG Jack Hayes and many volunteers have managed to complete the sale of National Library books. It was a huge effort, having 3 separate dates and venues, thanks to Covid-19. This was run in conjunction with rotary and all proceeds, going to the Wellington Children's Hospital



Whanau rooms (Rotary) and Playscape (Lions). See separate article under The Playscape page.

DG Murray and I have attended the first of the conventions, held by 202K. It is time to note your diaries for our convention 12-14 March 2021. This will be held at Silverstream Retreat, Upper Hutt. A full range of accommodation is available on site, so book early to save those travel hassles.

This will be the last InforM publication before Christmas. DG Murray and the Team, wish you all a very Happy Christmas and Healthy New Year. 2020 has offered us a few challenges, but we have shown our strength, determination and unity. We can take a rest and look forward to 2021.

Blessings to you and your families,

Simon Williams

1st Vice District Governor.

From the Editor's Desk

Just 26 days and it will be holiday time for some and hopefully a slower pace of life for all of us for a while so we can enjoy the warmer weather.

There are reports from 3 Lions who, by all accounts, thoroughly enjoyed the Emerging Lions Leadership Institute (ELLI) held in in November. See pages 26 & 27. This was a rare event as the participants were all New Zealanders, all 41 of them. Congratulations all of you. And well done the facilitators who, once again, delivered an enjoyable if challenging learning experience. Institutes are open to Lions from Australia and Indonesia (CA7) as well but Covid prevented that this time. I attended an Institute in Cairns in 2004 and I'm still benefitting from that experience. It challenged me and I made life-long friends among them PIP Barry Palmer who was one of the facilitators along with our own Sandie McIntosh. I see some of them at annual District and Multiple District Conventions as well. District Convention registration and accommodation forms are on pages 6-8 and you are encouraged to complete and email them as soon as possible as accommodation is filling fast.

Wishing you all a happy Christmas and a restful and safe holiday. Here's to 2021! May it be everything we hope it will be.

Editor Mary

President's Message

United in Kindness and Diversity

Dear Lions,

All Lions are united by a common spirit - and we express it in our own unique way. Your experience, character and culture enhance the incredible work your club is able to accomplish every day. The opportunities within Lions are just as diverse as we are. We serve. We raise funds for the people who need us and the causes that matter to us.

We invite others to join us so they can feel the power of service too. So let us embrace our diversity, and the many opportunities to be the difference as Lions.

Regards,

Dr Jung-Yul Cho
International President

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Message from CC David Peart

The election has come and gone, but the pandemic of Covid 19 rages on. Dr Shane Reti, in his speech at the District K Convention in Waipu, told us to expect breakdowns in our quarantine borders, but believed the systems we have in place should prevent a major outbreak in New Zealand. Human error and complacency will be the most likely source of the breakdown. In his words "This is a tricky virus". Keep recording your visits so that contact tracing helps us all to keep any outbreak confined to as few victims as possible.

The economic consequences of our isolation from the rest of the world and the ravages of the disease have so far been

much less than earlier predicted. However, the economic suffering has not been shared by all and is just now becoming more apparent. Some sectors of the community have seen major cuts in employment and social agencies are seeing a rapid increase in families that are in financial strife. Our communities will need us more than ever and we will need to find more people to join us to ensure we all, not only survive but thrive as a society.

Regards,

David Peart

Council Chair
Lions District 202



COVID is not going away any time soon, adding yet another significant element to the fact that change is required on several fronts to enable our Lions Clubs organisation to renew, rebuild and proposer for the betterment of what 'we' have worked for over many years, our communities.

[Read more from Ron Rowe's article.](#) (ctrl+click to open)

It is worth taking the time to read this article of Ron Rowe. It includes quotes from people as diverse as Niccolo Machiavelli 1469-1527, Italian Political Philosopher and Diplomat, to Dr Condoleeza Rice, former US Secretary of State. It would be worthwhile for club boards to study and take its sentiments on board especially the contents of District D's interactive workshop held on Labour Weekend which focused on the theme 'renewal, re energise'. Editor.

Round the Cl ubs

Silverstream

Earlier this month President Rex Bullard and Vice President Anna Wilson Farrell were honoured to be able to attend the **Upper Hutt City Council Young Achievers Awards** ceremony. Silverstream Lions sponsored the Leadership category and were thrilled to meet category winner Emoni and runner-up Sasha. It was an absolute honour and pleasure to be able to celebrate the achievements of such outstanding young people in our community.

Congratulations to all the nominees - your contribution to our community is so valued.

Pictured are Anna of Silverstream Lions Leadership category winner Emoni, Rex Bullard of Silverstream Lions and Wayne Guppy, Mayor of Upper Hutt.



Hastings Host

Lions Book sale.

Our book sale draws buyers from all around the country. Held in the middle of November every year. The funds raised in November 2020 has been one of our best sales for a long time with takings of \$39,000-00

All recycled books, and considering we sell kid's books at \$1, most others at \$2, with only a few more priced higher than that, that is a lot of books. Also good to see books are still in vogue.

The 2 pictures at the bottom of the page are set up before people arrived and our briefing from Alan before opening the doors.

This has prompted Hastings Host to open a second hand book shop. Grand opening 8 January 2021.

First picture is the building in its current state so watch this space, the colour scheme to be is beautiful.



202M Convention 2021



Silverstream Retreat



12 - 14 March 2021

Embracing Diversity

On-site Accommodation available!

A wide range of accommodation is available.

Book accommodation directly with

Sheree Hills | Operations Manager

Silverstream Retreat

M 022 1858926

P 04 562 9080 | W silverstreamretreat.co.nz

For more Information:

Convention Chair:

PDG Rex Bullard

Ph 0275 714 103

C% Silverstream Lions Convention Secretary:

PO Box 48-015 Peter Stern

Silverstream, Upper Hutt 027 358 0266



202M District Convention 2021

12-14 March 2021, Silverstream



REGISTRATION FORM

IMPORTANT: Each Lion must complete a separate registration form (please print clearly)

REGISTRATION & PAYMENT OPTIONS - *EARLY BIRD REGISTRATIONS (first 50) go into a SPECIAL PRIZE DRAW (be in to win).* **REGISTRATIONS CLOSE 28 FEBRUARY 2021**

Surname					First Name				
Club					District				
Lion		Lioness		Leo		Office Held			Delegate: Yes / No
Partner's Surname					First Name			Lion / Non Lion	
Postal Address							Post Code		
Email Address						Phone No. ()			
REGISTRATION AND FUNCTIONS						COST	LION	PARTNER	TOTAL
Friday Night Opening Ceremony + Canapes						20.00			
Saturday AGM (no charge) Morning tea and Lunch						35.00			
Saturday AGM (no charge) NO Morning tea or Lunch						0.00			
Partner's Programme						35.00			
Saturday Evening Dinner and Dance						60.00			
Sunday Rededication + Remembrance Service – light lunch						25.00			
Convention Pin						10.00			
Any Special Dietary Requirements:						TOTAL TO PAY \$			

EMAIL: Attach your scanned Registration Form and send to; 202m.consec@lionsclubs.org.nz

INTERNET BANKING: ANZ Bank 06-0773-0044291-60

Particulars: Registration Code: Your club name Reference: Your name

POST: Registrations, Lions 202M Convention, PO Box 48 015, Silverstream, Upper Hutt 5142

An acknowledgement will be emailed promptly. Please ensure your email address is printed clearly and keep a copy for your records. Please contact 202M.GLT@lionsclubs.org.nz if no acknowledgement received






202M District Convention 2021
12-14 March 2021, Silverstream
On-Site Accommodation



Silverstream Retreat

Variety of Accommodation available

\$91 - \$310 per night – Book directly with the Retreat

	<p>Forest Studio - \$ 220 per Night</p> <p>Open plan studio unit with kitchenette, separate shower and toilet facilities, 37 inch LCD TV, microwave, fridge, and heat pump.</p> <p>2GB Free wireless internet available.</p> <p>Free to Air TV Channels available</p>
	<p>Stonewall Studio - \$ 210 per Night</p> <p>This is an open plan studio unit with King Sized bed (can be made into two singles on request), en-suite, tea and coffee making facilities, 37 inch LCD TV and central heating.</p> <p>2GB Free wireless internet available.</p> <p>Freeview Channels available</p>
	<p>Twin share accommodation:</p> <p>-\$ 91.00 per person share</p> <p>Stonewall Lodge has 12 rooms and are set-up as twin and tri-share rooms. There is one shared bathroom, three private bathrooms and a lounge space.</p>

Breakfast can be available but must be included at time of booking.

To confirm your On-Site accommodation requirements please contact Sheree Hills directly:

Accommodation is limited

Sheree Hills– Phone 04 562 9080

or Cell 022 185 8926

Email: sheree@staywithus.co.nz







202M District Convention 2021

12-14 March 2021, Silverstream



Local Motels - Contact directly

	<p>Bristol Motel 8 Bristol Street Trentham Upper Hutt Phone 04 939 8777</p>	<p>http://bristolmotel.co.nz/</p>
	<p>Trentham Motel 438 Fergusson Dr Heretaunga Upper Hutt 5018 Phone: 04-528 8635</p>	<p>http://www.trenthammotel.co.nz/</p>
	<p>Totara Lodge 68 Ararino St Trentham Upper Hutt 5018 Phone: 04-524 9066</p>	<p>http://totalodge.co.nz/</p>
	<p>Hawks Inn Motel 704 Fergusson Dr Elderslea Upper Hutt 5018 Phone: 04-528 6130</p>	<p>http://hawksinmotel.co.nz/</p>

District 202M Convention and AGM

I give notice that the 14th Convention and Annual General Meeting of District 202M, Lions Clubs International, will be held at the Silverstream Retreat, Reynolds Bach Drive, Lower Hutt from Friday 12 to Sunday 14 March 2021.

Nominations are now called for the positions of

District Governor 2021 – 2022

1st Vice District Governor 2021 – 2022

2nd Vice District Governor 2021 – 2022

Nominations close 12 January 2021

As provided in the Constitution an election will be held during the Business Session of the District Convention on Saturday 13 March 2021. Nominations, which must be accepted by the nominee and seconded by a Club, should be made to:

Cabinet Secretary Graham Atkinson

P O Box 2459

WELLINGTON 6140

e-mail: 202m.secretary@lionsclubs.org.nz

REMITTS

Any Club wishing to submit a remit for consideration at the Business Session should note the following requirements

- Prior to submission Remits, in draft form, should first be checked with the District Legal Chairman David McDonald to ensure they comply with the Constitution.
- Remits must be in the hands of the Cabinet Secretary Graham Atkinson
no later than 12 January 2021

Murray Pringle

District Governor



Diabetes Wairarapa will be taking 10-15 teens with Type 1 diabetes for a day out and games including ten pin bowling in July 2021. Financial support has been requested and it is recommended that the Club support a sum of \$400.

MEMBERSHIP MATTERS



*W*elcome... **to our new members
inducted during October**

Margaret Cotter – joined the Lions Club of Wairoa Lighthouse

Jim Gordon – joined the Lions Club of Waikanae

Carole Anne Page – joined the Lions Club of Masterton Holdsworth

You are now a part of the world's largest humanitarian service organisation. You have joined a global community of kind-hearted, service-minded people, dedicated to making a positive impact on the lives of others and the environment we live in. We look forward to meeting you – it is great to have you as a Lion!

Congratulations and welcome!

Disclaimer: new members acknowledged as per the MyLCI New Member Report for July 2020. If you have new members who were inducted during July who do not appear on this list – firstly, my apologies for not acknowledging you yet – hopefully you'll appear on next month's list; and secondly, check with your club secretary to ensure your new members are being registered on MyLCI.

Diabetes is a major cause of visual impairment in adults, so caring for your eyes is all important. The New Zealand Association of Optometrists demystifies this common complication of diabetes and offers advice.

Diabetes and your eyes



The main way type 1 or type 2 diabetes can affect your sight is through damage to the retina – your eye’s light-sensitive lining. The damage is called diabetic retinopathy.

WHAT IS THE RETINA?

The retina is the delicate layer of blood vessels and light-sensitive cells positioned at the back of your eye. It’s like the film in a camera: Images we see are formed on the retina itself and converted into electrical impulses that pass from the retina, along the optic nerve, to the brain.

The central part of the retina, opposite the pupil, is called the macula. This part is the most sensitive and allows us to see fine detail. The rest of the retina sees less well-defined images, but it gives us peripheral visual awareness and movement sensation. It also helps us see at night.

If the retina is damaged by diabetic retinopathy, the images formed on the retina are not detected by the light-sensitive cells and some of the electrical impulses are not transmitted to the brain, so our vision is reduced.

EARLY SIGNS

The early signs of diabetic retinopathy are quite common among those living with diabetes. Often these changes are minor – that is, they don’t threaten your sight right now but they do require regular monitoring. Their presence also means that special attention should be given to blood-glucose

control and treatment of other medical conditions such as blood pressure and abnormal cholesterol levels. This will reduce the chances of the retinopathy progressing.

HOW CAN DIABETES DAMAGE THE RETINA?

Too much sugar in the blood causes the walls of the smallest blood vessels in the retina to weaken, resulting in balloon-like bulges called microaneurysms. There can then be bleeding from these blood vessels (retinal haemorrhages) as well as fluid leakage (retinal oedema) and leakage of fats (hard exudates). The blood, fluids, and fats leak into the retinal tissue. If this leakage occurs at the macula, it is called macula oedema and vision will be reduced.

In some cases, the early signs of diabetic retinopathy progress to a more severe stage of eye disease called proliferative retinopathy. If untreated, 50% of those affected with proliferative retinopathy will suffer serious visual loss. This stage is marked by neovascularisation – the growth of very fine, delicate new blood vessels that bleed easily. This bleeding causes varying amounts of visual loss, and it may take considerable time for vision to return.

Sometimes, the bleeding results in the formation of scar tissue that contracts and pulls away the retina. This is called retinal detachment. It is a serious, sight-threatening condition and must be treated promptly.

HOW CAN DIABETIC RETINOPATHY BE TREATED?

Usually, an optometrist is your first port of call for regular monitoring, but if the condition is progressing you may need to be referred to an ophthalmologist for ongoing medical care.

If diabetic retinopathy threatens vision, it will require laser treatment by the ophthalmologist. The laser seals the leaking retinal blood vessels that cause damaging deposits of fat in the macula. The laser also stops neovascularisation – the growth of fragile abnormal blood vessels that may bleed and reduce sight suddenly.

Laser treatment mainly works by preventing and delaying further damage to the retina. Early detection of sight-threatening retinopathy is extremely important so that laser treatment can be done at the optimal time. This type of treatment is painless and can be carried out on an outpatient basis.

Surgical treatment (vitrectomy) may be required if bleeding into the eye is causing persistent cloudy vision or scarring has occurred. Surgery is also required if retinal detachment occurs. This is major eye surgery and requires a general anaesthetic.

PREVENTION IS BEST

Do not wait until you notice problems with your eyes before having a retinal examination. Sometimes diabetic changes to your retina are well advanced and unable to be treated by the time you notice them, so it’s important to get your

There are many FACEBOOK pages and Websites relating to Diabetes, too many to list here, but do a search for yourself to see what you can find that may be interesting.

Diabetes and Your eyes—continued.

eyes checked regularly no matter what.

If you are newly diagnosed with type 2 diabetes, you should have a retinal examination when first diagnosed. If you are newly diagnosed with type 1, you should have your first examination within the first five years of diagnosis. Children living with type 1 should have their first retinal exam either five years after diagnosis or when they are 10 – whichever comes first.

After your first examination, you need to have an eye examination every two years to pick up any changes that may be happening to your retina. Your eye exams need to be done by an optometrist or an ophthalmologist. They will tell you if you need to have your eyes examined more often than every two years.

However, if you are concerned about your sight or if, for any reason, you have not had regular-enough eye exams, remember that your optometrist can provide a comprehensive eye examination at any time. You can also ask your GP for information about diabetes care from practitioners such as optometrists, ophthalmologists, or diabetes specialists – or about diabetic screening and monitoring services available in your area. Your GP can arrange a referral to any of these.

PREGNANCY

Check with an optometrist or ophthalmologist about the possibility of more frequent eye examinations if you have diabetes and are pregnant, as pregnancy poses additional risks.

WHAT DOES A DIABETES EYE EXAM INVOLVE?

This is a simple procedure and usually involves drops that dilate your pupils so that the retina can be directly examined. Modern digital cameras may also be used to photograph the retina, and this

process may or may not require drops.

If drops are used, they will temporarily blur your near vision and make your eyes more sensitive to light. You should bring a pair of sunglasses with you.

Although some people can drive afterwards, leaving your car at home or bringing a driver with you is often a good idea.

HbA1c - AN IMPORTANT TOOL IN EYE CARE

If you are new to diabetes, make sure you understand about HbA1c. Your GP or diabetes specialist should be regularly giving you a blood test to measure your HbA1c. This is your glycated haemoglobin – the amount of haemoglobin in your blood that currently has glucose attached to it. Measuring your HbA1c shows what your average blood-sugar levels have been over the past two to four months.

Measuring blood-sugar levels with a pin pricker or CGM helps you manage those levels on a daily basis, but a regular HbA1c test gives you a big picture view, so you can see how your blood sugar levels have been averaging over time.

If your HbA1c generally ranges between 43 and 52, the chances of developing sight-threatening eye disease are majorly reduced. If, over time, the number is greater than 64, then sooner or later sight-threatening retinal changes are likely to develop.

KEY CARE POINTS

To look after your sight:

- maintain healthy blood glucose levels
- know what your HbA1c is and get it checked regularly
- treat general medical conditions such as high blood pressure and abnormal cholesterol levels
- have regular eye examinations
- report any rapid changes of vision to your healthcare professional straight away.

What is the difference between an optometrist and an ophthalmologist?

In New Zealand, an optometrist is an eyecare professional who has generally completed a five-year Bachelor of Optometry. They must be registered with the Optometrists and Dispensing Opticians Board and hold a current practising certificate.

An ophthalmologist is a specialist doctor who is trained to treat serious diseases of the eye. They will have completed a Bachelor of Medicine and Bachelor of Surgery, and then spent several more years training and passing exams to become a specialist. They must be registered with the Medical Council of New Zealand.

The New Zealand Association of Optometrists

The New Zealand Association of Optometrists is concerned with the professional and clinical aspects of optometry.

The work of the NZAO includes:

- promoting the importance of eye and vision care to the public
- maintaining the highest clinical standards through credentialing, continuing professional development, and best practice standards
- representing the eye care interests of the public to the government and the Ministry of Health.

Optometrists provide the majority of primary eye health care to the public of New Zealand. The optometry scope of practice includes assessing, diagnosing, treating, and managing conditions affecting the eye and its appendages and the prescribing of medicines whose sale and supply is restricted by law to prescription by authorised prescribers.

NZAO is not involved in the commercial activities of the optical industry or any connection with the business activities of its members.



HEALTHY FESTIVITIES ON A BUDGET

For many of us, our post-Covid festive season will involve a staycation and a tight budget. Dietitian **Helen Gibbs** says that can still be fun – and healthy.

When I lived in Scotland, I used to joke that we needed six feet of snow on Christmas Eve because the amount of food in the house was usually enough to last a week.

Think about your own previous celebrations. How often have you had left-over food to eat for days? Or food that was wasted?

If you need to budget tightly this year, start by thinking what is really important to you, and go from there. For example, my partner and I have decided the important things for us about Christmas Day are a chance to eat slowly over several hours and to have lots of interesting tastes. We also want to open and admire presents one at a time.

Sometimes a radical departure from your normal approach can be the best option. If there are children in the mix, they may have particular expectations of how the celebration is going to be, so include them in the discussions and planning.

AIM FOR ENOUGH

In my article on budgeting in the spring issue of *Diabetes Wellness*, I gave some guidelines for meal portions per person, per day. It's okay to use this information to plan for a festive feast as well. If you're worried that it's not generous enough for a celebration, you may want to increase the

amount by a quarter. With desserts, it's also okay to scale back and consider smaller portions to be savoured and enjoyed.

Many families that come together to celebrate also have plates and bowls of nibbles and sweets available during the day. Again, ask if this is necessary. If your family does want this, consider asking them to each nominate a nibble from a list of items available in your supermarket bulk bins. You could then buy less of these rather than relying on packets.

This may feel foreign, particularly if you're used to having lots available to visitors. Putting out smaller amounts then resealing packets and putting them away may be an option – so that these treats can last several days or weeks. Or you might have a rule that a bowl or plate has to be almost empty before you put out more.

JOIN WITH OTHERS

Perhaps you're on your own, or hosting a meal at your house is not an option. Around the country, there are many community groups that open their doors to welcome people to have meals on Christmas Day. If you feel too embarrassed to go just for the meal, consider volunteering to help prepare the meal, then enjoy sitting down to the fruits of your labour.

Recipes taken from the Diabetes Wellness Magazine Summer 2020

Four dishes for a light and healthy feast



CHICKEN AND HAM ROULADES

SERVES 4

4 chicken breasts without skin
(total weight approx 800g)
200g lean, thin cut ham
100g reduced fat cream cheese
4 sundried tomatoes
4 Tbsp pesto
Toothpicks

Chop the sundried tomatoes into very small pieces and mix through the cream cheese.

Take the chicken breast and whack it with a meat-tenderising hammer or a rolling pin until it is a consistent thickness of 1cm.

Spread the cream-cheese mix on the surface of the chicken breasts. Then place a thin layer of ham across each one and spread a small amount of pesto on the ham.

Carefully roll the chicken breasts up so they enclose the filling, and pin with toothpicks.

Bake in a moderate oven for 20–30 minutes until the chicken runs clear when pricked.

Serve hot or allow to cool and cut into slices.

Variation: Replace sundried tomatoes and pesto with about 1 Tbsp cranberry sauce per person.

PER SERVIING: ENERGY 1290 kJ | PROTEIN 52.5g | FAT TOTAL 8.8g (SAT FAT 3.8g) | CARBS 3.4g (SUGARS 3.2g) | SODIUM 481mg

NEW POTATOES WITH MINT DRESSING

SERVES 4

800g to 1kg new potatoes
1 tsp salt

DRESSING

1 cup low fat natural yogurt
¼ cup fresh mint leaves cut finely
(use a food processor or chop on a board)
1 tsp sugar
¼ tsp salt

Mix all the dressing ingredients at the start of the day, and set aside in the refrigerator until you're just about to serve.

Wash and scrub the potatoes, leaving some of the skin.

Put in a pot, cover with water, and add 1 tsp salt.

Bring to the boil and simmer for 10 to 15 minutes or until a fork can push into a potato. Drain water and leave in the closed pot to steam.

Mix the dressing through the potatoes. If making a cold salad, wait until the potatoes are just warm before mixing through the dressing.

If you like, garnish with small diced pieces of red capsicum and more mint leaves.

PER SERVIING: ENERGY 451 kJ | PROTEIN 5g | FAT TOTAL 0.7g (SAT FAT 0.4g) | CARBS 18.6g (SUGARS 3.1g) | SODIUM 32mg

CARROT, ORANGE, AND ALMOND SALAD

SERVES 4

480g grated carrot
4 spring onions, chopped extremely finely
1 large orange chopped into fine chunks
80g almond flakes toasted in the oven or a pan

DRESSING

¼ cup orange juice
¼ cup oil (olive or canola)

Put dressing ingredients in a jar and shake.

Add everything together in a bowl and toss. Leave covered in the fridge for several hours to allow flavours to develop.

PER SERVIING: ENERGY 651 kJ | PROTEIN 2.3g | FAT TOTAL 13.2g (SAT FAT 1.8g) | CARBS 5.4g (SUGARS 5.4g) | SODIUM 270mg



MINI SUMMER PUDDINGS WITH FROZEN YOGURT

SERVES 4

FROZEN YOGURT:
(requires a blender)
2 cups low-fat yogurt
1 cup frozen strawberries
2 Tbsp icing sugar

PUDDINGS:
8-12 slices of thin white bread
400g of mixed summer fruit
(strawberries, raspberries, black
or red currants, etc.)
2 Tbsp sugar
Four ramekins or cups
(about 150ml)

TO MAKE FROZEN YOGURT

Blend yogurt, strawberries, and icing sugar. Put into shallow tray and put in the freezer.

TO MAKE PUDDINGS

Cut out four cardboard circles to a size that will just fit inside your ramekins or bowls and cover the circles in tinfoil or gladwrap.

Remove the crusts from the bread and cut into 4 or 5 thin fingers.

Line each of your cups or ramekins with a single layer of bread.

Put the mixed fruit and sugar in a glass bowl, and heat for 1 minute in the microwave, then stir. Continue to heat for 20 seconds at a time, stirring in between. You want the berries bleeding but not cooked.

Put fruit into the ramekins and put a layer of bread on top. Put the prepared circles into the ramekin and press them gently down onto the puddings, then find something to put on top of them to weigh them down.

Keep the puddings somewhere cool and dark for at least 6 hours.

To serve: Carefully turn each pudding out into a shallow bowl and serve with a scoop of your frozen yogurt.

PER SERVING: ENERGY 259 kJ | PROTEIN 4.1g | FAT TOTAL 1.3g (SAT FAT 0.8g) | CARBS 6.8g (SUGARS 6.7g) | SODIUM 60mg

Enjoy your Festive Season with friends and family.
I hope you have enjoyed the articles I have sourced for you
and also the lovely recipes.

Hunger and Christmas – do not mix.



We as Lions can help though.

This is a sad time for many families as they try hard to make their budgets fit.

A simple idea is to have a collection at your next meeting of food items that then can be given to those in need and there are lots of agency that can help with this.

Send me your gift basket donations photos please.

I/we will give a bottle of wine for the best photo, note not the biggest.

Kind Regards

Carol McMillan carol@amc.nz

Kiwi Youth Exchange

Seeking 15 to 18 year olds to participate in a trail programme between 202M and 202D

All information and application forms will be with Club Presidents and secretaries in the next few days.

Please ask around, contact schools, youth groups or other young people clubs.

Let's give our youth an amazing opportunity and experience.

Photo (right) is of a Brazilian student at the top of Bluff Hill looking over the Napier port.



Wairoa Lighthouse

I would like to officially extend a warm welcome to our newest member Margaret Cotter after a long wait to be inducted, it has finally happened. It has been a bit like the Pantene shampoo advert ... “it won’t happen overnight but it will happen” and it did. Thanks to the Programme Committee for the quiz that they organised to entertain us at our last meeting. Pictured right President Robin Zeilstra inducts new member Margaret Cotter. Margaret’s sponsor Liz stands by.





November 2020

WELLINGTON REGIONAL CHILDREN'S HOSPITAL CHILD DEVELOPMENT SERVICE (CDS)

What is the Child Development Service?

The Child Development Service is a service within Wellington Regional Children's Hospital. It provides specialised assessments and interventions for children aged 0-16 years where there is a concern regarding:

An identified disability (physical or intellectual)

A developmental delay (physical or intellectual)

They also monitor at risk babies, such as the many babies discharged from the Neonatal Intensive Care Unit (NICU) following pre-term births, low birth weight babies and those who have experienced an adverse birth event. Many of these children are followed for a minimum of 2-3 years after leaving NICU.

Patient Numbers / Assessments:

Currently CDS has over 1400 active cases and a long wait list of children to be assessed by CDS for a variety of conditions, some of which include Spina Bifida, Cerebral Palsy, ADHD, ADD, Asperger's Syndrome, Autism, Dyspraxia and Dyslexia.

Assessment of "Physical Disability / Development"

The Child Development Service provides therapy through a medium of play wherever possible. In working with children with a physical disability, a Playscape will give therapists the option to assess and develop a child's gross motor skills whilst they are engaged in a fun activity outdoors, weather permitting. Due to the nature of the Playscape environment the risk of a child refusing to participate is lessened.

Currently the Child Development Service, based in Wellington does not have an outside space for children and the current challenge is to use the indoor spaces creatively in order to support the development of children. With the new Wellington Regional Children's Hospital, children seen by the Child Development Service will have the best of both worlds, with both enhanced indoor therapeutic gyms as well as outdoor Playscape.

Both will be a welcome addition to support the work of the Child Development Service staff.

Why is Funding required for this Project?

An outdoor Playscape will allow staff to continue to improve the quality of care provided to children who have either a diagnosed or suspected disability.

There is not enough Government funding to enable the development & construction of an outdoor Playscape. However, thanks to our supporters, the Foundation is able to provide the hospital with the Playscape so that our exceptional medical professionals can continue to provide children with world class care. Having a child with an emotional, physical or psychological disorder can be stressful for families and with help from the community we are able to provide additional resources for staff, patients and their families.

Who is in the CDS team?

The team is made up of various medical professionals and a variety of therapists, who include:

Developmental Paediatricians

Provide developmental assessments and/or examinations of children with delay or suspected delay in areas such as language, cognitive or motor development.

Investigate the cause of any identified disabilities with regular reviews.

Occupational Therapists

Assess children's coordination fine motor and visual perception abilities.

Provide a programme of specific, goal-directed activities to improve identified areas of difficulty & provide assessment for equipment to meet daily living needs.

ADDITIONAL INFORMATION:

Physiotherapists

- Provide functional assessment of children's gross motor abilities and equipment needs.
- Provide treatment sessions and home/school programmes to improve posture, movement and function.

Neurodevelopmental Therapists

- Provide a home/community-based developmental assessment and intervention for children 0-5yrs.
- Provide family/whanau support
Liaise with other health professionals and community agencies
- Provide assessment for equipment, enhance developmental to meet daily living needs.

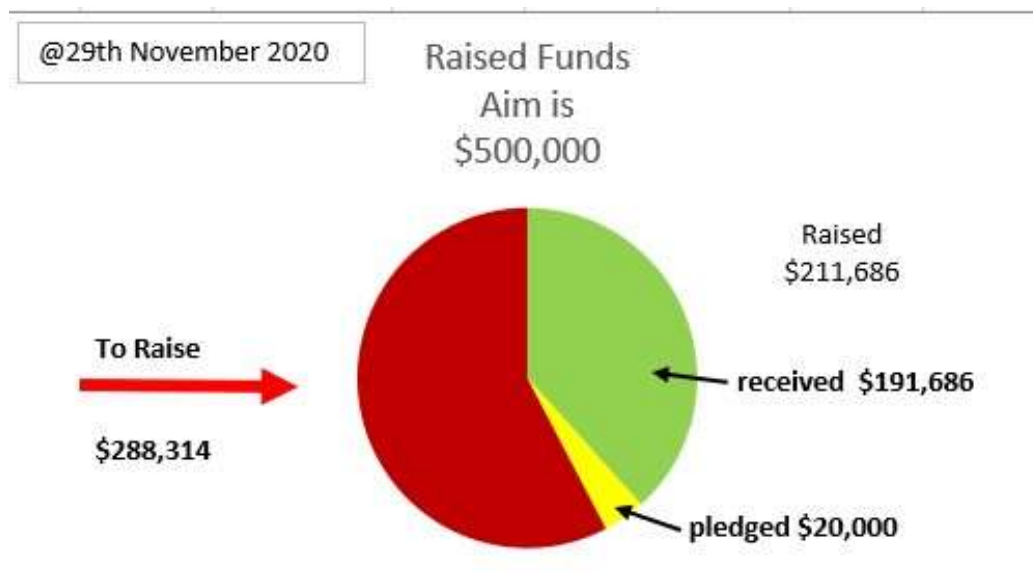
Clinical Psychologists

- Provide specialist developmental assessments in areas such as neuropsychological, behavioural and emotional difficulties. Speciality areas include Autistic Spectrum and Feeding Assessments.
- Provide intervention by way of consultation and liaison with parents and other health and educational professionals who work with the child.

Speech-language Therapists

- Assess and advise with feeding and swallowing problems.
- Assess and provide help for pre-school children with communication difficulties including delayed development, speech and language disorders and fluency problems.
- Advise on augmentative communication systems and aids.

VDG Simon Williams
Playscape Coordinator



Thank you to all the clubs who have supported this project. As you will see from the graph we have \$191,686 in the Lloyd Morgan Trust with \$20,850 remaining as pledges making a total raised of \$211,686. Our application for the LCIF grant has been received at LCI in Oak Brook and we will be informed of the result after the January Board Meeting.

VDG Simon Williams

Give the Gift of Sight After Death

Have you ever thought or considered being an eye donor and giving the gift of sight to a blind or low vision person?

Here are some facts you may not know.

The most common option for donation is for eye tissue - cornea and sclera. The cornea is the clear "window" at the front of the eye and is the main focusing structure. The sclera, the white "shell" of the eye, is used to construct part of the eye after trauma and eye tumours.

Defects, trauma, infection and keratoconus can cause the cornea to become severely altered in shape or transparency leading to poor vision or blindness.

There are a few medical conditions that exclude eye donations. They are infectious diseases, neurological disorders and disorders of the cornea itself.

Uniquely, people with cancer can only donate eye tissue. People with other eye disorders such as cataracts, glaucoma and diabetes can donate eyes as the cornea and sclera are usually fine.

Whole eyes donated provide 2 corneas and 2 sclera, enabling 4 recipients to benefit.

90% of donated eyes are found to be of suitable transplant quality. The other 10% is used for vital medical research into eye disorders, contributing to blindness prevention .

Cornea Grafts: In New Zealand there are approximately 360 cornea graft transplants needed per year. Cornea transplants are usually very successful. 90% are still surviving after one year. The success rate depends on the type and severity of the original disorder and most recipients gain reasonably good sight from a cornea transplant. A rejection does occur in approximately 10% of recipients, but can often be reversed by steroid applications.

Ages of recipients range from the very young to the elderly. More than half of the recipients are less than 40 years of age. One reason for that being keratoconus, a disorder of the eye which results in progressive thinning of the cornea and usually develops in late teens or early twenties. Although it can be any age, the condition rarely develops after the age of 30 .

Donors' ages range from 10 years to 85 years.

Anyone who wishes to be a donor must make it clear to family members as there is a time limit of 24 hours after death when the eyes can be used for transplant.

Jennie Vowles
Vision

Advanced Lions Leadership Institute (ALLI)

Advanced Lions Leadership Institutes focus on building the skills of Lions leaders to prepare them for leadership responsibilities at zone, region and district levels.

Qualified candidates are Lions that have completed a successful term as club president but have not yet attained the position of First Vice District Governor.

If you would like to be considered for the next ALLI course, please contact me as soon as possible to register your interest.

202M.glt@lionslcubs.org.nz (to access ctrl + click)

Topics Covered during ALLI include:

Leadership Fundamentals, Developing Extraordinary Teams, Promoting Lions Image, Project Management, Conflict Resolution, Delegation, Service Journey Resources, Presentation preparation, LCIF, Developing Lions Leaders of Tomorrow etc



If you fail to plan, you are planning to fail!!

Many Lions clubs will now be winding down to Christmas and will not start up again until early February. However, NOW is the time to start thinking about your next Lions years leaders.

If you don't already have a nominations committee, then I would encourage club boards to identify three members who may comprise: A senior club member, current Club President and the Incoming President.

This committee should start by identifying who within the club would make a future club president and then identify what roles within the club that they might be encouraged to take up. The nominations committee should not only be looking to fill the positions on the current board but also be looking into the future.

It is also important to consider succession planning so that newer club members are given some responsibility early on, such as bulletin editor, Lion Tamer etc. The board should also represent a cross section of the club and have one or two senior club members for guidance and stability as well as newer members with great ideas.

Potential leaders should be encouraged to attend as much of the Lions training that is offered such as Incoming Officer Training, Emerging Lions Leadership Institute, Pathways to Leadership, Stand and Deliver etc as well as the numerous courses that are on-line at the Lions Learning Centre.

It is imperative that when it comes to Nominations Night, (the first meeting in March) that enough members have been approached and have agreed to take up all the club positions for the next Lions year. To come to nominations night without doing your homework is "Planning to Fail".

All club election nights must be held by mid April, but nominations for positions cannot be taken during that evening. So time is running out to prepare for your next lions year.

If you or your club would like some help to fill your board positions do not hesitate to contact myself Rex Bullard 202M.glt@lionsclubs.org.nz or DG Murray Pringle or VDG Simon Williams who will be only too happy to assist.

Environment

Here's an idea for an environmental project which has multiple benefits. I have seen something like this in a few places in New Zealand and overseas.

The suggestion is to partner with a school, scout group etc to clean up and maintain a public area – e.g. a local stream, road verge, park, etc. The young people would engage in a clean-up activity, with the support and supervision of your Lions Club. A small budget may allow for some advertising, transport, refreshments etc. Most importantly, there should be a prominent noticeboard, displaying the statement, for example “This area is maintained by the Year 7 Class of the XXX School” – together with the Lions logo (and in smaller print, perhaps, a note stating – “a project of the YYY Lions Club). There is a lot of scope for innovative wording and design of such a noticeboard.

For this example, as the Year 7 class rolls over, there is potential for a new group of students to become engaged, and take pride in “their” area. Of course, it is essential to have the buy-in of the relevant teachers. Also, the approval of the local authority. It is also important to regularly reinforce the project and sense of ownership, from year to year. This is easier to do when you can point to a noticeboard identifying “ownership.” The activity can be a focal point for further engagement with environmental issues and projects. Hence the project encompasses Youth, Education and Environment.

Please let me know if you intend to engage in something like this – it would be great to share the information around the district.

Thanks for caring about the environment – a legacy for our children and grandchildren.

Trevor Anders

LCI 202M Cabinet Support - Environment

**** Please share details of your environmental plans and projects****

The sights one sees when walking through the railway station . . .



Many Lions Clubs support Camp Quality, which like many charities is suffering the effects Covid 19. Beth Anders (Karori Lions), as part of the fundraising committee for CQ, has been organising collections in New World, Wellington airport well as the usual ones. Wellington Railway Station has traditionally been a good source of street donations and this collection happened last Friday. Editor.

For your interest we had a most exciting collection this morning, 7.00 – 9.00 am at the Rail – Trevor and Alice were the stormtroopers – see photo, this was half the group. At the station we collected \$4,827.70 in 2 hours and then some of us hit the streets, and we collected a further \$878.80 – a total of \$5,705.50 for the day. What a day.

Many thanks to Trevor, Alice and Jennie for helping out, and Pete Walker – the big wood-faced guy at the back is Pete – some of you may be unaware that he is now on the Camp Quality committee for our area.

Cheers

Beth



MEMBERSHIP MATTERS

The benefits of being a Lion

Being a member of your local Lions club benefits your community and you.

- **Make a difference**

There are over 48,000 Lions clubs around the world. Each one is filled with people like you who have decided to take action and serve others. Collectively, Lions make a global impact through their community service.

- **Serve with pride**

Lions feel a great sense of satisfaction from doing what is at the heart of all Lions clubs – serving others. You have the opportunity to give your time, share your talents, help your community, and feel proud knowing you change lives.

- **Build your network**

As a Lion, you develop relationships with the people in your club and the local leaders you collaborate with in service. You can also network with Lions in your district and around the world who are serving their communities, just like you!

- **Gain Lion credibility**

There are Lions in over 200 countries and geographic areas who share your passion for service. Gain the respect that comes with being part of a global organisation known for its contributions to humanity for over 100 years.

- **Develop new friendships**

Feel a sense of belonging with the other members of your club, as well as the over 1.4 million Lions around the world. Through the MyLion App, you can connect with other service-minded men and women locally, regionally and internationally.

- **Show your leadership**

As a Lion, you have access to our online learning management system, where you can sharpen your leadership skills. You have the opportunity to lead within your club and gain valuable, practical experience for use in your personal and professional life.

- **Receive global support**

Every Lion and every club is supported by a global network of volunteers, the Lions Clubs International staff, and the Lions Clubs International Foundation (LCIF), which provides grant funding to support the compassionate work of Lions, empowering their service and addressing the needs of their communities both locally and globally.

I hope you all recognise and value the service we provide our communities, and that you all enjoy the many benefits of being a Lion.

PCC Jo Cameron
GMT Support

District 202M Awards

District 202M Awards will be assessed over the preceding calendar year at Convention in March of the next year.

Awards may be applied for by – clubs, Zone Chairs, or an individual Lion.

Application must be submitted in writing to the District Governors nominated Awards Committee by 20 January each year.

A project can be considered for one or more award categories. However once recognised with an award, that project will not be considered in any other categories.

A project which has previously been recognised with an award, will have an automatic 5 year stand down period before it can be considered again (only applies to ongoing and/or long-standing club projects).

Where a District Award can be submitted for a Multiple District Award the criteria will be the same as for the Multiple District Award and submissions should be of a standard for the District winner to be forwarded directly to the Multiple District for consideration.

Criteria for Multiple District and District Awards are on Lions website www.lionsclubs.org.nz

The decision of the District Governor is final, and no correspondence will be entered into.

1. District 202M Project Award – Multiple District Ron Usmar Award for Community Service

The purpose of this award is to encourage participation in Community Service Projects. It is permissible for each Lions or Leo Club to submit one entry each Lions year for consideration for this award.

Judging will follow the MD Ron Usmar Award criteria.

[Consideration is being given to including awards for each of the global causes with the overall winner being forwarded to the MD level of the LCI Top Club Service Project Award.]

2. District 202M Membership Award – Multiple District Keith Mitchell Award for Membership Growth, Extension and Retention.

The aim is to recognise Clubs who have worked extremely hard to increase their membership and have achieved this goal.

The Club with the highest net gain in membership for the preceding calendar year will be presented with this award at the next following convention.

Judging will follow the MD Keith Mitchell Award criteria.

The entry sent to MD may differ from the District winner as the MD Award is based on the previous Lions' year and the entry we forward need to reflect this.

3. District 202M Youth Award – Multiple District Pat Ryan Youth Award

The winning entry of the District Contest will be forwarded to the Multiple District Secretary as the District's Entry to the Pat Ryan Youth Award.

Judging will follow the MD Pat Ryan Award criteria.

4. District 202M Sight Award – Multiple District LEI Award

The award is to be presented to an individual Lion or Lions Club in District 202 M for the most innovative vision related project.

Judging will follow the MD LEI Award criteria.

5. District 202m Bulletin Award

Multiple District Ron Rowe Bulletin Award.

This Award is for the best paper Bulletin. The Inform Editor must receive the Club Bulletin each month; - the Club that does not follow this procedure is automatically eliminated from entry.

Judging will follow the MD Ron Rowe Award criteria.

District 202M Bulletin Award

District 202M Use of Club Webpages (not awarded 2019 or 2020)

Under review – likely to become an award for good use of social media.

Criteria to be discussed at Oct 2020 Cabinet meeting.

Multiple District Morrison McDougal Electronic Bulletin Award.

This Award is for the best electronic Bulletin. The Inform Editor must receive the Club Bulletin each month; - the Club that does not follow this procedure is automatically eliminated from entry.

Judging will follow the MD Morrison McDougal Award criteria.

District 202M Administration Award

This award is presented to the Club, which, in the opinion of the District Governor, has performed with distinction, and in addition has met the administration and reporting criteria in Appendix 2.

Trust Awards

District 202M Lloyd Morgan Lions Clubs Charitable Trust Support Award.

Aim is to encourage Lions Clubs to give regular support to the Lloyd Morgan Lions Clubs Charitable Trust.

Criteria for this award are contained in Appendix 3.

Lions Clubs International Foundation.

Aim is to encourage Lions Clubs to give regular support to LCIF

Awarded to the club who has made the largest donation, based on a pro rata basis

District 202M Top Club

To the club which may not be the top in an individual area but has the best all round performance.

Club must have met the criteria and applied for the club excellence award by the 31st August deadline for the previous Lions year. Further criteria Appendix 4.

2021 DISTRICT AWARDS

NOMINATIONS REQUIRED

The District Awards nomination committee seeks nominations from Clubs, Zone Chairmen, DG team, and any Lions who would like to nominate a club or an individual Lion for any of the District award categories. These awards are to be presented at the District Convention in Silverstream 12 - 14 March 2021. In many categories, the winning club is the submitted for consideration for a Multiple District Award.

The nominations committee Chairman is PDG Keith Kenderdine. Please contact Keith with your nominations, or regarding any queries you may have.

Keith kenderkb@xtra.co.nz 04 234 8551

Please note that as a committee, we will review the submissions and based on the criteria for each award, put forward our suggestions to District Governor Murray for his consideration.

Child Cancer

This is one of the 5 Global Causes of Lions Clubs International

As Lions and as Clubs we can all do something to support this cause.

Camp Quality Summer Camp is just around the corner...

If your club has been thinking about supporting this great cause and has not yet made arrangements, it is not too late!

Our region is CQ Wellington Central Districts, and the [account number](#) is -
Camp Quality WCD 03 0609 0145840 00 - any amount helps.

I have been arranging some mall, supermarket and street appeals during the year as part of my role on the volunteer staff committee for our region. The most exciting of all these collections is the one we do at the Wellington Railway Station. KiwiRail only allow collections on Friday mornings, from 7.00 am to 9.00 am as the hordes stream off the trains and into the city.

It is really useful to try to coincide the date of the station collection with permission to collect in the Wellington streets as well, as that means we can have collectors in the bus tunnel, in the bus terminal and outside the Railway Station.

Friday November 27 was our date this year and the event was highly successful, with 18 collectors spread around the station, bus tunnel & bus terminal, and nearby pavements. The collection was extended to downtown streets across the morning and lunch breaks.

The total collection was \$, which will go a long way toward some activities on camp.

Beth Anders
Child Cancer Chairperson.



Diabetes Wairarapa will be taking 10-15 teens with Type 1 diabetes for a day out and games including ten pin bowling in July 2021. Financial support has been requested and it is recommended that the Club support a sum of \$400.

Emerging Lions Leadership Institute NZ 13-15 November 2020

Welcome boys and girls!

Would you all please place your phones on vibrate. You may as well enjoy it while you can!

And with that Alice McDonald set the tone of what was a fantastic and very tiring three-day ELLI



Leadership training weekend of leap frogging between two conference rooms known affectionately as “Toad Hall” and “Frog Pond”.

Our extremely capable, and often very entertaining instructors Lynda Halverson (Papakura Lions Club), Alice McDonald (Karori Lions club), Richard Simmons (Remuera Lions)

and Stephen Cook (you know which Lions club) led us through a riveting 15 sessions over the three days.

Our instructors instigated regular annoying seating and group changes. Occasionally to prove a point, but mainly to ensure that throughout the weekend we were testing our teamwork skills within varied teams made up of lions from every corner of the country.

Several sessions were Lions specific, while others were applicable not only to Lions, but also equally or more so to our personal and working lives.

One slightly demanding and fun challenge involved being teamed in small groups to prepare over two days and then present an allocated topic. A quick team meet before dinner on day one for brain storming, task allocation, and trust in each other that we can research and deliver a cohesive presentation by day three. For many the experience was both educational and fun. For some possibly frustrating.

The institute was a fantastic training opportunity from which we all took home new friendships, valuable experience and learnings. I hope that our respective clubs are all the richer for enabling us to contribute.

Thank you so much to Johnsonville Lions club for supporting my application to attend.

This presenter made quite an impression on attendees although his name currently eludes me..



Colin Rhodes
Johnsonville Lions

Emerging Lions Leadership Institute— John Forbes

This was a fantastic, full-on three days of learning, fellowship, and laughter (and drinks). Hardly surprising when there were over 40 participants from around the country. Our district was strongly represented, and it was awesome to meet people from Hawkes Bay, Masterton and even Palmerston North.

The learning has been invaluable on a personal level going from thinking we had one type of communication style and then after completing a questionnaire, found that we had a different style, to listening to other clubs talk about their issues and seeing similarities in our own club. The brainstorming of ideas and how we could possibly overcome these issues and potential ways to increase membership, engagement of members, all the while experiencing enjoyment for what we do in the community.

Along the way, we learnt about Lions Club International (LCI) and Lions Club International Fund (LCIF) and various aspects of disaster relief, causes and the like. Working together in small teams, we learnt to pull together and put forth presentations to our peers.

Over the next few months, a few of these ideas (with some already have been shared) will be shared, possibly used a discussion starters, and a sharing of tools that are available such as MyLion, MyLCI, and Community Needs Assessment. Some of these tools, each of us can use and others would be for the Club's benefit and direction.

Our instructors: Alice McDonald, Richard Simmons, Lynda Halverson and Stephen Cook were awesome communicators and kept the sessions lively, provided practical exercises with feedback, and loads of laughs. They certainly managed to keep us awake. It was a rare opportunity for New Zealanders to lead this institute as in pre-Covid times, instructors would have come from LCI to run these sessions.

We would like to thank Dannevirke Host Lions Club for your support in sending us on this amazing opportunity which ultimately be beneficial to our Club and subsequently our wider community to whom "We Serve".

President John Forbes

Minutes Secretary Susan Lyford

Emerging Lions Leadership Institute - Kerry O'Leary

I attended ELLI last weekend. I had no idea on how the course would go for me so I attended without any expectations and just wanted to go with the flow.

There was a bit of preparation prior to the course and I am glad that I made the effort to do the prework, and happy for the help from Lions in my club.

All in all, I thoroughly enjoyed my time.

To be open, some parts were boring, but the course overall outweighed those not so good bits.

I recommend ELLI to all who are able to take part and have support from their club.

Kerry O'Leary
President
Titahi Bay Lions

A World in Need



2.2 billion

people have vision impairment or **blindness**¹

NEARLY

one-third of young

teens worldwide have recently experienced **bullying**²

1 in 11

people has **diabetes**³

300,000 children

aged 0-19 are diagnosed with **cancer** each year⁴

~1 in 9 people

lacks enough food to be healthy and active⁵

Each day, **300**

people die from **measles**⁶

Weather-related disasters have grown more than

50%

over the last 40 years⁷

By 2025, **half**

the world's population will live in **water-stressed areas**⁸

LIONS AND LCIF RESPOND

Devastation is experienced everywhere, every day. While many say the world's needs are too great to overcome, more than 1.4 million Lions globally say, "We Serve." With funding and expertise from Lions Clubs International Foundation (LCIF), Lions offer hope and positively impact lives.

Today, Lions and LCIF — the only foundation empowering Lions service on a global scale — continue a shared commitment to our world in need through *Campaign 100: LCIF Empowering Service*. LCIF's comprehensive capital campaign ensures Lions can increase their service impact, fight diabetes, and make meaningful progress in expanded global cause areas. Turn the page to learn more.



Lions Clubs International
FOUNDATION

Increase Service Impact

LCIF supports Lions' commitment to their communities, creating greater impact in the areas of vision, youth, disaster relief, and humanitarian efforts.



VISION

We are leading the charge to rid the world of infectious blindness, reduce avoidable blindness and visual impairment, and improve overall quality of life by providing services to the blind or visually impaired.



YOUTH

We are serving youth through improved access to quality education, vital health services, inclusive social and recreational opportunities, and positive development programs.



DISASTER RELIEF

We are deeply engaging in disaster relief efforts to prepare for, and respond to, natural disasters.



HUMANITARIAN EFFORTS

We are sponsoring and delivering programs addressing the distinct needs of at-risk and vulnerable populations disproportionately impacted by social and economic factors and requiring special services.

Fight Diabetes

LCIF is helping Lions reduce the prevalence of diabetes and improve quality of life for those diagnosed.



DIABETES

We are playing a major role in responding to the diabetes global epidemic. Targeting the communities where Lions live and serve, we are supporting diabetes prevention through multi-faceted, comprehensive health initiatives.

Expand to Additional Global Causes

LCIF is helping Lions identify areas of great need and opportunity in the cause areas of childhood cancer, hunger, and the environment; conduct pilot projects to develop expertise; and develop sustainable and long-term local and global programs.



CHILDHOOD CANCER

We are strengthening medical and social services to help increase global life expectancy of children with cancer and enhance quality of life for patients and their families.



HUNGER

We are working toward a world where no one is chronically hungry, expanding resources and infrastructure needed to address food shortages around the world.



ENVIRONMENT

We are protecting the environmental health of our communities, generating long-term, positive ecological impact globally.

OUR CALL TO ACTION

Over the past 100 years, Lions united in service have transformed the lives of so many. Since 1968, they have done so with resources and grant funding from Lions Clubs International Foundation.

Visit lionsclubs.org/campaign100 to learn more.

SOURCES: ¹World Health Organization; ²United Nations; ³Food Aid Foundation

LCI and LCIF are Equal Opportunity Providers

SHOW YOUR SUPPORT
lionsclubs.org/donate

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Lions Clubs International
FOUNDATION



Some rules for Running Public Raffles:

It is timely to remind clubs that the Gambling Act 2003 outlines some very stringent guidelines that must be adhered to when running a raffle where tickets are sold to the public. From time to time Lions clubs will operate a simple raffle where the total prizes amount to less than \$500 – this is known as **Class 1 Gambling** and does not require a license.

Class 2 Gambling is where the total prize pool is over \$500 and less than \$5,000 and must meet more detailed conditions as detailed below:

Must only be run by a society

The proceeds must be applied to authorised purposes

Consumer information must be clearly described at the point of sale (e.g. the name of the society, the authorised purposes, the number of tickets, the closing date for entries, the prizes (including their retail value) and when and how any draw will be made)

Does not need a licence

The gambling activity must follow the relevant game rules

Gaming Rules for class 1, class 2 and class 3 gambling.

Every organiser and society (or an individual where section 22 of the Act applies) must comply with the following rules when conducting a lottery that is class 1, class 2 and class 3 gambling (1) The organiser must clearly indicate to all participants the rules and requirements by which the lottery will be played.

(2) A ticket is the only valid basis for participating in the lottery.

(3) A ticket is the only valid basis for winning a lottery.

(4) Where tickets are sold to the general public, the date, time and location of the draw shall be publicly notified.

(5) Where tickets are sold to the general public, the drawing of the lottery must be open to the public.

(6) Tickets cannot be sealed.

(7) Each ticket sold must have an equal chance of being drawn.

(8) Each ticket sold and no other ticket is included or represented when the draw is made.

(9) No ticket can be adjoined to a ticket in any other lottery.

(10) Tickets in the lottery must not be combined with a fee to any other event or entertainment.

(11) Prizes must be given only to person(s) who win.

(12) Prizes must be given to winners within 3 months after the draw, unless the winner cannot be identified or located, or does not wish to accept the prize.

(13) The details of any conditions attached to a prize must be clearly indicated at the point of sale.

(14) Ticket sellers must ensure that information is obtained from ticket purchasers to identify and contact the person to whom the ticket is sold.

(15) Prize winners must not incur costs additional to the cost of participation in the lottery when claiming their prize.

(16) Prizes offered must not be changed once the lottery has commenced.

(17) The authorised purpose(s) to which the net proceeds of the lottery are applied or distributed must not change once ticket sales have commenced.

Conduct of game - class 2 and class 3 gambling Every society and organiser must comply with the following additional rules when conducting a lottery that is class 2 or class 3 gambling –

(1) A lottery cannot jackpot.

(2) Neither the society nor the organiser may hold a ticket.

(3) A ticket, which has been drawn, is not eligible to be drawn again in the same draw.

(4) Tickets must be individually numbered.

For more details check out the Department of

Internal Affairs website www.dia.govt.nz or

contact 202M Legal Advisor David McDonald on

202m.legal@lionsclubs.org.nz