

InforM



February 2021

Vol 14 No 7

David's Patter

Happy New Year to you all!

It just seems like yesterday that I was sitting down to read 1st VDG Simon Williams 'Simon Says', and now here we are, Christmas done, tick, New Year come and gone, tick, summer come and hopefully not gone! Some of you in 202M have had some fabulous days, but those of us down in the southern end of the District, well, it's been patchy to say the least, although I manage to get some enjoyable walks in along Waikanae Beach over the break.

As we welcome in 2021, we are all hoping that the year will be a much better one than 2020. I'm not sure how many times I have heard, 'well I'm pleased that year is behind us'!

One of my last club visits last year was to Norsewood Lions, which happened to coincide with their Christmas party. It was a very enjoyable and fun evening culminating in inducting three new members to the club. With the numbers of Lions members reducing, it was great to be able to welcome their three new members.

The Lions' year is now gearing-up with DG Murray's Cabinet meeting this weekend in Paraparaumu, and I'm advised that planning for DG Murray's convention is well under way.

As a reminder, it's being held at the Silverstream Retreat 12-14 March. Those of you in the Wellington region who

have never been to a 202M Convention, or have not been to one for some time, here is one being held right on your doorstep. I strongly encourage you to attend, they are very informative, a great networking opportunity and not to mention lots of fun as well! I look forward to seeing you there, and meeting those of you I haven't had the opportunity to meet yet. More details are included further in this InforM.

My 2nd VDG training has recommenced for the year, and it was great to catch-up with my fellow 2nd VDGs and hear about what has been happening in their Districts. Lots of great ideas!

On behalf of DG Murray and 1st VDG Simon, we would like to offer you our Best Wishes for the year ahead, as we move into the second part of the Lions' year, and most of all, let's continue to be kind to one another.

David Skjellerup

2nd Vice District Governor



District Governor: Murray Pringle
Home Club: Dannevirke Host
Email 202M.dg@lionsclubs.org.nz

Vice District Governor: Simon Williams
Home Club: Dannevirke Host
Email: 202M.vdg@lionsclubs.org.nz

2nd Vice District Governor:
David Skjellerup
Home Club: Mana
Email: 202M.2vdg@lionsclubs.org.nz

Cabinet Secretary: Graham Atkinson
Home Club: Wellington Host
Email 202M.secretary@lionsclubs.org.nz

Cabinet Treasurer: Keith Kenderdine
Home Club: Tawa
Email: 202M.treasurer@lionsclubs.org.nz

GLOBAL ACTION TEAM
Leadership: Rex Bullard
Home Club: Silverstream
Email 202M.glt@lionsclubs.org.nz

Services: Alice McDonald
Home Club: Karori
Email: 202M.gst@lionsclubs.org.nz
Membership: Cat Hancock
Home Club: Napier Host
Email: 202M.gmt@lionsclubs.org.nz

InforM Editor: Mary Snook
Home Club: Karori
Email: 202M.editor@lionsclubs.org.nz

From the Editor's Desk

Happy New Year Everyone and its time to get started on what we do best - helping our communities.

Thank you to the clubs who send me articles of their projects along with photos and captions. It is quite a big InforM this month with lots of interesting articles and I would like to highlight a few of them - **Pages 4-6 Update on the Wellington Children's Hospital Playscape** not the least that our application for a matching grant from LCIF has been successful. HUGE thanks to Jo Cameron and Alice McDonald for preparing the application. Check out the graph.

Congratulations to those clubs who have welcomed **new members** in November and December—16 in all.

In Trevor Ander's article - **Environment** he asks if your club is involved in a project improving our Environment to please send him an article with pictures and captions.

It is time to register for our **District Convention** which is on **12-14th March at Silverstream Retreat** and, if you require accommodation, to get that booked as well.

Please note the request from our **Almoner Sandie**, to please send her the eulogies and pictures of your club members who have died this last year.

There is a couple of good stories about women who have reached for the stars— Sophie, a professional cricketer who has excelled and Diane who went beyond the limits of her abilities or so she thought. Having done a Senior Lions Institute in 2004, I know the sort of inspiration one gains from being extended beyond what one thinks they are capable of. There is so much to be gained from all of the courses Lions offers and it is such a shame to see them not taken advantage of more than they are.

If you are a lawn bowler, think about participating in **KapaKapanui Charity Bowls Tournament** on 6th March at Raumati Bowling Club.

Mary Snook - Editor

PRESIDENT'S MESSAGE

United in Kindness and Diversity with International President Dr Jung-Yul Choi

Dear Lions,

You and I share the belief that we have the power to make a better future for all people because Lions have a passion for what's possible. There may be challenges ahead of us, but there are opportunities too.

Lets continue to deliver hope to our communities.

Lets continue to innovate and serve safely. Lets continue to keep our eyes and hearts open to

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new opportunities to make a difference every day in people's lives. Together we can build a better future for our families, communities and the world we share.

Regards,
Dr Jung-Yul Choi
International President



Stop Press

2021 Montreal Lions Clubs International Convention

Due to the continuing concerns about the coronavirus(COVID-19) pandemic, the board of directors voted to transition the 2021 Montreal Lions Clubs International Convention to a virtual event that will be delivered totally online. This decision was made with the health and safety of our Lions, staff and vendors in mind as limiting international travel and large gatherings is key to global containment strategies.

Although we are disappointed that we won't be able to host this event in person, we are excited about hosting our first virtual international convention that can safely connect Lions from around the world. We are still finalising the details of your convention experience and will share those with you as soon as they are ready.

Here are some important details about the 2021 virtual convention we'd like to share with you:

Everyone's invited - Our 2021 convention will be a virtual event that is open to all Lions and Leos around the world.

Registration Fees - The registration fee will be US\$50 until March 31, then US\$75 beginning April 1. The registration fee for Leos will be US\$30 regardless of the date. Convention is currently scheduled for June 25-29. Additional event and registration details will be provided soon.

Convention Updates - Check our convention website **LCIcon** for Convention updates and details as they become available.

This global health pandemic has forced us all to make decisions and changes that place health and safety first.

However, we are optimistic that with each new day there is hope, and as Lions, we continue to find new ways to stay connected, safely serve our communities and continue our global mission of service.

We appreciate your understanding during this challenging time for our organisation and the world, and thank you for your incredible service as a Lion.

Regards,

Dr Jung-You Choi.

International President

17 December 2020

Murray Pringle
District Governor
Lions District 202M
75B Barraud Street
DANNEVIRKE 4930



Dear Murray,

NEW WELLINGTON REGIONAL CHILDREN'S HOSPITAL - UPDATE

Well, what a year 2020 has been. Despite all the many challenges we have all faced throughout the year, we wish to express our utmost gratitude to Lions District 202M for its support of the Foundation and our new Wellington Regional Children's Hospital.

With the end of year approaching, we want to take this opportunity to provide you with an update on the project and are pleased to advise construction is progressing well, with some specific details being:

- External cladding and glazing are now complete and the construction team is proceeding with the internal fit-out. Rooms are formed and it has become easier to visualise the final spaces within the three levels.
- Service installation work, such as heating, cooling and ventilation, plumbing and cabling, is also moving forward.
- Structural steel fabrication, such as lifts, stairs and balconies is complete.
- Exterior coloured fins are currently being installed around the perimeter.
- Work has begun on ground preparation for the 'link bridge' between the new Children's Hospital & the main hospital.
- Handover date from McKee Fehl (builders) to the DHB is scheduled for September 2021.



External coloured fins

- Initially the new building will be put through its paces with three months of rigorous transition testing from late 2021, and the plan is to be fully operational early 2022.
- Transition testing is an essential part of the building process and enables staff to familiarise themselves with the new environment, consider operational flows as well as looking at issues of patient comfort and safety. Simulation testing will cover all aspects of the hospital's medical, administrative and building services systems. Whether it's an emergency response system or a family trying to navigate their way around with wayfinding signage – all processes and systems will be subject to rigorous testing.

Thank you again for your ongoing support. We look forward to providing you and club members with further updates in the New Year.

Wishing you a very Merry Christmas and all the very best for 2021.

Yours sincerely,

Bill Day MNZM, JP
Chair

cc: Simon Williams



Ground prep for link bridge



North facing balconies



Mock up room



A further and the latest update on Playscape's Progress

Basically the whole new children's hospital is moving along on track and the internal fit-out is continuing as we speak.

Last week the large Trusses to hold the link bridge between the New Childrens Hospital and the main hospital were installed and the link will be finished in about two months.

The lifts in the hospital are now working.

On the basis of Lions wonderful commitment the builders have begun the preparations for the Lions Playscape. This involves the maintenance room being almost completed and the roofing on which the Playscape is to be erected is being made ready.

There have been a few changes to meet environmental concerns and these have been provided for in the planning. One of these is the change from the hexagonal shade panels to top class sun shades . This is due to the ultra violet(UV) light for the sun. In fact the new shade sails will be far more effective.

Over the next month the walk-way from the hospital to the Playscape area will be completed.

It was thrilling to hear that the matching grant from LCIF for US\$100,00 plus the \$40,000 from LMLCCT have both been successful. Well done to all your team.

I have also been delighted to see that Lions Clubs in Nelson & Havelock have also been very active in raising funds for the project.

Your clubs are doing a great job and it is a pleasure to be associated with you all.

As an aside Mark Dunajtschik and partner Dorothy Spotswood are pleased with progress and the way things are coming together.

Kind regards to you all.

Sincerely

Bill



Bill Day MNZM, JP

Chair

Wellington Hospitals Foundation

p: (04) 806 2334 0274421860

w: whf.org.nz bill.day@ccdhb.org.nz



MEMBERSHIP MATTERS



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

Duncan Black – joined the Lions Club of Pahiatua

Samantha Fraser – joined the Lions Club of Tararua District

Grant Glendinning – joined the Lions Club of Mana

Warrick Greaves – joined the Lions club of Pahiatua

Susan Jackson – joined the Lions Club of Napier Host

Gavin Redpath – joined the Lions club of Eastbourne

Margaret Shannon – joined the Lions Club of Tararua District

Laurie Watkins – joined the Lions Club of Mana

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 November 2020. If you have new members who were inducted during November 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.



MEMBERSHIP MATTERS



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

Meredith Birrell – joined the Lions Club of Silverstream

Diana De Alwis – joined the Lions Club of Karori

Judith Farley – joined the Lions Club of Norsewood

Colin Franklin – joined the Lions club of Waipawa District

Diane Hall-Piuselli – joined the Lions Club of Wainuiomata

John Keating – joined the Lions club of Carterton

Anne Kelly – joined the Lions Club of Norsewood

Andrew Young – joined the Lions Club of Norsewood

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MEMBERSHIP MATTERS

Congratulations to the following clubs who have inducted new members between July and December -

Waipawa and District (7); Johnsonville (4); Hastings Host (3); Norsewood (3); Pahiatua (3); Waikanae (3); Gisborne Wainui (2); Mana (2); Tararua District (2); Wellington Host (2); Carterton (1); Eastbourne (1); Karori (1); Masterton Holdsworth (1); Masterton Host Waipoua (1); Napier Host (1); Napier Spirit (1); Silverstream (1); Takapau (1); Titahi Bay (1); Wainuiomata (1); Wairoa Lighthouse (1); and Woodville (1).



The coronavirus (COVID-19) pandemic is continuing to impact the work of Lions around the world. As you know, it has also created financial hardships for our Lions and the people for whom we care.

To support the incredible men and women serving with us, the International Board of Directors unanimously passed another resolution to help our clubs.

- **Charter and entrance fees waiver** – We have waived all charter and entrance fees from January 1 through June 30, 2021.

We look forward to seeing more clubs take advantage of this temporary waiver for the remainder of this Lions Year.



As enormous challenges due to the coronavirus (COVID-19) persist, so too do natural disasters. LCIF continues to support recovery efforts from natural disasters worldwide, providing Emergency grant funding when and where it is needed.

When a humanitarian crisis strikes, we, as Lions and humanitarians, are ready to help. For



example, on December 29 a 6.4 magnitude earthquake destroyed several cities and dozens of villages in Sisak-Moslavina County in Croatia, killing at least seven people and injuring dozens more. Our global foundation, Lions Clubs International Foundation (LCIF), quickly responded and approved US\$10,000 in Emergency grant funding to allow Lions in Croatia to respond to urgent needs of the victims.

In November and December 2020 alone, and adding to relief funding for Sisak-Moslavina County, LCIF provided US\$235,000 in Emergency grants for:

- Flood relief in India, Brazil, Italy, and Sri Lanka
- Tropical storm relief in Colombia
- Typhoon relief in the Philippines
- Earthquake relief in Greece

You can help.

Your generous donations to LCIF helps deliver relief and hope. Donations to the Disaster Relief fund ensure LCIF can continue to provide funding through programs and grants to those who will be devastated by natural disasters yet to come.

Thank you for your compassion and generosity.

Jo Cameron
202M LCIF Coordinator

Sophie Devine, Captain of the White Ferns, wants young people with diabetes to see all the possibilities that are open to them in sport.

A PASSION FOR SPORT

Sophie Devine remembers her own diagnosis as a 15 year old. She'd been losing some weight and was thirsty a lot, but her family put that down to all the sport she was playing. It was when she noticed her vision going wonky that she told her mum maybe something was wrong. Sophie says, "That's what prompted us to head to the GP and within literally 20 minutes of seeing the GP, I was off to the hospital."

"After I was diagnosed, my mum and I were in a state of shock, and I remember going and sitting in the car with her, and we just bawled our eyes out. It was a pretty overwhelming experience. Then, after five or so minutes, my mum said, okay, right. This is it. We know what we're dealing with. Now we move on. We get on with it. There's people a lot worse off than you, so we're going to absolutely go out there and we're gonna smash it."

"And that's been the attitude right from the start. I'm really lucky with it. We got home, and my brothers and sisters were all really supportive and wanting to learn about it. Over the years, my teammates have been awesome too. I've been really fortunate with a support network."

SOLID SUPPORT

In the early days of her diagnosis, Sophie's mother's unfailing support from the sidelines was vital. "I think that was one of the hardest things - that there's no manual about how you as an individual will react with your insulin and food and activity, and so on. She was always there to help me work things out."

Still, Sophie says she went through what many newly diagnosed teenagers do. "I did really struggle with it at college. I was embarrassed, and I remember going into the toilets at lunchtime because I didn't want people to see me inject."

"I didn't really know anyone with diabetes, and I struggled to connect with people that didn't have it."

Today, she loves talking to young people and sharing her story. She says, "I like to hear their stories, too, and what they're struggling with or what they find helpful."

"Often I'll speak to a group of teenagers and their parents, and their parents come up to me afterwards and tell me their child is too scared to play sport anymore, and yet they'd loved sport. They wonder what to do. It saddens me to hear how common that is. So I want to try to get the message out there that actually staying active is one of the best things for diabetes."

Sophie is often asked how she



"I want to try to get the message out there that actually staying active is one of the best things for diabetes."

Sophie Devine continued.....

manages lows on the playing field. "I've had a couple of bad lows. Not for a while. But it's about communicating.

"Once I was actually playing cricket for New Zealand and was going low. I came off and did a test and I was pretty low, but I didn't want to miss any of the game. So I just shoved a couple of jellybeans in and jumped back out without waiting.

"And yeah, I was no good. I remember standing out in the field and being like: I see about two or three balls here, and I'm a little bit tingly ... I had to go off again. That's when the physio said, 'I think you probably need to take a little bit more time to let your sugars get back up. Let's have a sandwich ...'

"From that experience, I certainly learnt that you've got to give yourself time at the start and look after yourself, because you're not going to be any help to anyone on the sidelines or if you can't focus."

Sophie has also always made sure to let the people around her know about her diabetes. "I've always tried to be really open if anyone has questions, particularly teammates. I'd much rather they ask than be scared or not want to upset me. It helps me as well, because if things do go a little bit wobbly, I've got a whole bunch of teammates that can say, 'Hey, are you okay? Do you need to test? You look a bit funny ...'"

LOVE FOR CRICKET

Sophie says cricket was her first love – her father and brother both played, and from an early age she adored watching their games. She got onto the pitch herself as soon as she could, and although she's played many sports over the years it's cricket she's remained most passionate about.

It's also a sport that accommodates her diabetes. "With cricket, you're standing out in the field for quite a few hours ... I usually leave my kit just on the sidelines with the physio. If I need to, I can come to the boundary and do a quick test or a scan, and if it's something more I can simply say to the umpire, look I just need to shoot off for a couple of hours. I get subbed off and jump back on when I'm ready."

Sophie says it means a lot to her when young people or their parents contact her to say that she's helped them understand that it's okay to play sport with type 1 diabetes.

She's also enjoying the fact that the White Ferns now have another player with type 1 diabetes on the team – Jess Kerr. Sophie and Jess share stories and tips and with each other and together are providing twice the inspiration to young sportspeople with type 1.

Sophie plays for the Wellington Blaze in the current Super Smash Womens competition.

There are many successful sportsmen and woman who have been able to excel in their chosen sport while managing Type 1 Diabetes. The technology available is vastly improved from say 20 years ago!!!



202M District Convention

“Embracing Diversity”

Preparation is well underway for the upcoming District Convention at Silverstream Retreat.

Accommodation:

A large variety of on-site accommodation is available. Please contact Sheree Hills directly at Silverstream Retreat for your booking. Make sure that you book early as it is beginning to fill up. Breakfasts will be available but must be indicated at time of booking.

CONTACT: Sheree Hills | sheree@staywithus.co.nz, Silverstream Retreat, Phone M 022 1858926

Programme Outline:

The Convention will follow the usual programme with Friday Night Opening and Flag Ceremony, Saturday morning business session, Saturday afternoon 3*Convention Forums, Saturday Evening Dine and Dance. Sunday Morning will be the Remembrance Service, Rededication service and BBQ.

Guests:

International Guest: PID Ron Luxton and Janet

Friday Night Guest Speaker: TBC but hopeful of having Dr Ashley Bloomfield

Flag Ceremony: Ron Rowe

District Convention Forums:

New Membership Workshop—PDG Alice MacDonald

Telling your story/Public Relations/Raising your Profile—Ken Huberts

Succession Planning for Survival—PDG Rex Bullard

Saturday Evening Entertainment: Chris Kirkland

Sunday Remembrance Service: Robyn and Ken Daniels

Rededication Service: PID Ron Luxton

Convention Reports: It has been decided that we will not print a booklet but will send out Cabinet Reports to all clubs at the start of March and only supply printed copies of the Accounts for attendees.

Convention Bags: With one of the main Lions Global causes being the environment, we will not be supplying convention bags filled with unnecessary items that get thrown away. We will supply a compendium to each Lion and will be looking to recycle as much as we can.

Photographer: Donald Lamont who is a regular photographer at Lions Conventions will this year be taking photographs throughout the convention which he will print and have for sale at \$6 each.

Registration Forms: This is included elsewhere in the “Inform”. Please get yours completed as soon as possible and returned by 28th February. The convention is a great opportunity to meet other Lions and to learn more about what we do and our impact Internationally.

Covid-19 Lockdown?: In the event of a Covid type lockdown occurring we will move to an on-line convention and endeavor to carry-out as much business as we can via ZOOM or similar. Voting will be done via email to registered delegates. Hopefully this won't occur????

Remembrance Service

We **URGENTLY** require Photographs and Eulogies for Lions that have passed since 1st March 2020. It is important that these Lions are remembered properly and remember to invite the families of these Lions to the Remembrance Service at 10:00am on Sunday 14th March at Silverstream Retreat.

PDG Rex Bullard

202M Convention Chair



202M District Convention 2021
202M District Convention 2021
 12-14 March 2021, Silverstream
 12-14 March 2021, Silverstream



REGISTRATION FORM

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

Surname				First Name				
Club				District				
Lion		Lioness		Leo		Office Held	Delegate: Yes / No	
Partner's Surname				First		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 \$			

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

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	
	Forest Studio - \$ 220 per Night Open plan studio unit with kitchenette, separate shower and toilet facilities, 37 inch LCD TV, microwave, fridge, and heat pump. 2GB Free wireless internet available. Free to Air TV Channels available
	Stonewall Studio - \$ 210 per Night 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. 2GB Free wireless internet available. Freeview Channels available
	Twin share accommodation: -\$ 91.00 per person share 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.

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

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://hawksinnmotel.co.nz/</p>

ENVIRONMENT

In line with objectives originally provided to Cabinet, I have written a column for each of the InforM issues of the current Lions year, addressing a range of topics.

Each time I have encouraged clubs to participate in environmental projects, and communicate what they are doing, so that we can all enthuse and share in the knowledge. So far I have not had a single response.

I have asked that responders use my personal email address, as the generic environment address was incorrect in the directory initially sent out. This is trevoranders@outlook.com

A recently announced initiative by the Government is the “Jobs for Nature Community Conservation Fund” of \$16m. This scheme is under the umbrella of the \$1.245 billion (over 4 years) “Jobs for Nature Covid-19 Recovery Package.”

The Community Conservation Fund is contestable for individual grants of between \$300,000 and \$700,000. Applications close on 16 February 2021. The criteria are such that it is unlikely that any Lions club would be able to apply on its own, especially in the short time frame available, but may well be able to collaborate with another community-based organisation in applying. Is there a community organisation you can work with? This would be especially relevant if you already had had some planning and collaboration towards a project that you would now be able to boost with a grant.

A key criterion is that the project should create paid jobs – hence you would most likely need to work with a community group that already employs people (with all the workplace considerations that apply).

Full information can be found at [Jobs for Nature Community Conservation Fund \(doc.govt.nz\)](#)

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

Trevor Anders

LCI 202M Cabinet Support - Environment

Lions Club of Karori

trevoranders@outlook.com

(to access either of the links on this page press ctrl - Editor)

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

Glasses to Darwin

Just a couple of weeks prior to Christmas I had a request from Kylie Dreaver, the Secretary of VOSO (Volunteer Ophthalmic Services Overseas). She had moved from working at Alice Springs to Darwin and they urgently required some glasses. Within the freight budget I was able to send 238 pairs which

helped slightly to reduce our stock. We have a lot of glasses in stock and I am trying to find other outlets for them, as Voso, due to Covid 19 and not knowing when the borders will reopen, have decided not to send a team to Labasa this year,

Jennie Vowles
Vision

(GLT) Global Leadership Team—Updates



Lions Institute Courses:

Emerging Lions Leadership Institute: ELLI

Please congratulate the following from our District who completed ELLI in November.

Anna Wilson-Farrell—Silverstream

Kerry O’Leary - Titahi Bay

Susan Lyford—Dannevirke

John Forbes—Dannevirke

Jill Miller—Hastings

Diane McKenzie—Hastings Pioneer

Colin Rhodes—Johnsonville

Angela Amber—Johnsonville

Tricia Shields—Hastings

Advanced Lions Leadership Institute: ALLI

The following Lions have applied to attend the next Advanced Lions Leadership Institute, April 15- 17, 2021 in Nelson and will be advised by LCI of their success later this month.

Anne Richardson—Silverstream

Rene Clough—Masterton Host Waipoua

Ken Huberts—Gisborne Wainui

Ron Wezenbeek—Kapakapanui

Themba Ncomanzi - Waipawa District

We look forward to these Lions contributions to their clubs and district in the coming year.

District Convention Forums:

At this years District Convention in March we will be holding three forums for attendees on Saturday afternoon:

- New Membership Workshop—PDG Alice MacDonald
- Telling your story/Public Relations/Raising your Profile—Ken Huberts
- Succession Planning for Survival—PDG Rex Bullard

International Convention:

I am sure that by now you will be aware that this years International Convention will be held on-line. I encourage all Lions to register and be able to observe a Virtual Convention. For more info see <https://lcicon.lionsclubs.org>

Yours in Lions
PDG Rex Bullard
GLT Team Leader

From your District Diabetes Co-ordinator Glenys Hansen
The following articles have been taken from the
Diabetes NZ Wellness magazine.

Nourish

Are ancient grains just another food fad or something worth adding to your diet? **Rose Miller** investigates.

Ancient Grains



In recent years, we've been adding some new words to our food lexicon: spelt, einkorn, buckwheat, and a few less-pronounceable names. Just what are these "new" grains that are appearing on our supermarket shelves, and are they really any good for us?

In fact, they're not new at all. They're what are termed "ancient grains". This is a fairly loose grouping of grains that remained largely unchanged over the last several hundred years, according to the Whole Grains Council.

"Modern" grains, such as bread wheat, corn, and rice, have changed through selective breeding and hybridisation, to achieve higher-yielding, faster-growing crops. The advantage of adding some ancient grains to your diet is that they increase your dietary diversity and add some great new flavours and textures.

WHOLE GRAINS

Most of us know that whole grains are important for maintaining health: they raise "good" HDL cholesterol levels and lower "bad" LDL cholesterol, triglycerides, and blood pressure. According to the Mayo Clinic, "Foods containing fibre can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer." Importantly for people with diabetes, fibre — particularly

soluble fibre — can slow the absorption of sugar and help improve blood sugar levels.

ANCIENT WHEATS

Our modern bread wheat has some interesting ancestors and relatives, and you can easily find some of these at your local supermarket.

Farro

With a nutty, slightly sweet flavour and a pleasant chewy texture, farro (also known as emmer) makes a flavourful alternative to other grains. It's a staple in traditional Tuscan cooking. It can be used in risotto and soups, or added to stews and salads for an interesting texture and nutritional boost. Farro resembles brown rice and is packed with fibre, protein, vitamins, minerals, and antioxidants. Try our healthy fried rice recipe on page 10, where we replace rice with delicious nutty farro.

How to cook farro

- Rinse the farro with water.
- Add 1 cup farro to a pot with 3 cups of water.
- Boil and then reduce heat to a simmer.
- Cook until the grains are tender, about 30 minutes.
- For faster cooking, the farro can be pre-soaked in water overnight in the refrigerator. Drain the water, replace it with 3 cups of fresh water, and then cook for 10 minutes.
- Drain the water and then use as desired.

Spelt

Another ancient species of wheat is spelt (also known as dinkel). Some people say that farro and spelt are interchangeable. They are not! Cooking with spelt whole grains (called berries) is very different. Spelt berries first need to be soaked and then cooked for about one hour in plenty of water or stock, and the resulting grain is a little firmer than farro. Think of it as similar to brown rice. Add pre-cooked grains to your morning porridge or to soups and stews.

How to cook spelt berries

- Soak the berries in enough water to cover them for an hour or longer (even overnight). Drain and rinse.
- Add the spelt berries and water to a pot and bring to a boil. Once boiling, reduce heat, stir, and cover.
- Simmer for about 50 minutes, until all water is absorbed (may be slightly longer, but check to make sure it hasn't dried out).
- Cooked spelt should be chewy and soft.

Spelt flour is an interesting alternative to our standard wheat flour and can be used in exactly the same way, although spelt bread dough may take longer to rise because spelt contains slightly less gluten.



Ancients Grains continued.....



GLUTEN-FREE ANCIENT GRAINS

Amaranth

Amaranth was originally cultivated by the Aztecs but is now a staple in Indian cooking. Amaranth is actually a seed. It's classified as a pseudo cereal, meaning that it's not technically a cereal grain like wheat or oats but that it shares comparable nutrients and is used in similar ways.

Amaranth is rich in protein, fibre, magnesium, and iron. It can be roasted, popped, boiled, and added to other dishes, making it a versatile pantry item. Its earthy, nutty flavour and sticky texture make it perfect for porridge. If you don't like the mushy texture of amaranth porridge, try puffed amaranth. (See our recipes for both on page 11.) You can add it to your morning cereal, use it to top salads for some crunchy texture, or just eat it as it is with your choice of milk as your morning cereal.

Millet

Millet originally hails from Africa, and it's still a staple in the diets of about a third of the world's population, particularly in northern China. Like amaranth, it's a seed that is classified as a pseudo cereal. Yes, you'll see it included in bird seed, but don't let that put you off!

When cooked, the grains are light and fluffy, and have a mild corn flavour. The small size of the grain makes them quick to cook. Millet can be cooked as a whole grain, similar to quinoa (see below), but by using extra water and cooking for longer you can also make it into a breakfast porridge.

Add cooked millet to greens for a healthy salad with a wonderful texture – we provide a recipe on page 12.

To cook millet

- Heat 1 cup of uncooked millet in a large, dry saucepan over medium heat and toast for 4 to 5 minutes until it turns golden brown.
- Stir in 2 cups of water or vegetable broth and ¼ teaspoon of salt, then bring the liquid to a boil over high heat.
- Reduce the heat to low and stir in 1 teaspoon of butter, then cover the saucepan.
- Simmer until the millet grains absorb most of the liquid, about 15 minutes – avoid over-stirring or lifting the lid too often.
- Remove from heat and let stand, covered, for about 10 minutes until the rest of the liquid is absorbed.
- Fluff the millet with a fork and adjust the seasoning to taste. Serve hot.

But wait... there's more!

There are so many other grains we can add to our diets. You can find many ancient grains at your local supermarket, but venturing to a whole foods store will give you even more choice.

GLUTEN-FREE ANCIENT GRAINS

- Sorghum
- Quinoa
- Buckwheat
- Wild rice
- Teff
- Chia
- Amaranth

GLUTEN-CONTAINING ANCIENT GRAINS

- Freekeh or farik
- Farro or emmer
- Spelt or dinkel
- Einkorn
- Barley

HOW MUCH?

- **Don't eat whole grains alone – treat them as side dishes.** Remember that grains are a carbohydrate and need to be consumed as part of a balanced diet. Use the "diabetes plate" as a guide, with a quarter of your plate being carbs, a quarter protein, and half vegetables.
- **Watch your portion size.** Two-thirds of a cup of cooked whole grains is generally an appropriate amount at any one meal or snack.
- **Eat grains in the least-processed state.** This is one great advantage of adding ancient grains to your diet – you are reducing your reliance on processed grains.

I hope you'll consider trying ancient grains. You might end up being as hooked on them as I am. My next step is sprouting, which makes some of the minerals such as iron and zinc in your grains even more available to be absorbed. (Maybe there's another article waiting right there!)

MILLET AND GREENS SALAD

- ¼ tsp salt
- 2 cups sliced asparagus, about 2cm pieces, bottoms trimmed and peeled if necessary (but leave the tips whole, even though they will be more than 1cm long)
- ¼ cup olive oil
- ¼ cup red wine vinegar
- ¼ cup finely chopped onion
- 1 tsp Dijon mustard
- Freshly ground pepper to taste
- 4 cups baby rocket (arugula) or roughly chopped larger leaves
- ½ cup torn fresh basil leaves
- 2 cups cooked millet (see instructions on page 9)

Bring about 2–3 cm of water to a boil in a medium saucepan over high heat, add salt, and add the asparagus. Cover and simmer for 2 minutes, then drain and rinse under cold water to stop the cooking and preserve the green colour.

Whisk together the oil, vinegar, onions, mustard, pepper, and a pinch of salt in a large bowl.

Add the cooled asparagus, arugula, basil, and millet. Toss everything to combine with the dressing and serve at room temperature.

ENERGY 1290kJ (308kCal) | PROTEIN 14g | FAT 4g
(SATURATED FAT 1.3g) | CARBOHYDRATE 52g (SUGAR 4.5g) |
SODIUM 437g



12 DIABETES WELLNESS | Summer 2020

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.

Going beyond your limits

I have always been cautious about doing new things as I find my expectations may be challenged and restricted. This all changed about a week ago.

Last year I coped with several changes. Yes, I became President of Pioneer Lions Hastings. Yes, I had two eye surgeries which changed my eyesight and I can now see and no longer need glasses. For several years I had been registered as blind, used a white cane and with no sight in my right eye and limited in my left eye. I had to give up work, as a registered nurse. Now I don't wear glasses and also can now drive a car legally. I had other health issues and spent five days in hospital in August. This had left me with anxiety, inability to sequence and although I tried to hide it from others, some of my friends knew when I wasn't coping.

In 2020 we had a planned trip to Waitomo which was cancelled because of Covid restrictions. So we rescheduled and set off on the Friday with two other couples for two nights away. We had a great trip over and once settled into our motel and a rest we went for a drive and found some falls and a lovely bush walk. This was magical and I really enjoyed the challenge of not tripping over tree roots or stones. I commend the Conservation Department on keeping the natural beauty at its best. We had a lot of banter between the six of us making for a great time.

Before going to bed I looked on the Waitomo website to see what we had planned for the next day as we had paid \$110.00 way back in September when we had booked the trip. I wondered what we had paid for.

As one o'clock approached for our tour, I became anxious of what we had booked to do. As soon as we arrived at the operator's office, I asked exactly what we had paid for. The reception said we would be going into caves, wear a wet suit, water may come up to our waists and we would be using a rubber tube. Our group couldn't comprehend about the intensity of this adventure. Can I just say that the average age of our group was nearly 70.

One of our couples had health issues and decided this would not be possible for them and pulled out. We found that we couldn't just change to doing something else as they said the money was non-refundable.

My husband and I talked about our ability to complete this. After a lot of discussion, we decided yes we would do this. Why I don't know, but we did:

We met the tour guides and I talked about my anxiety and they

said that they would look after us. We had three guides and twelve people on this journey. They helped us with a wet suit (never put one on before) and yes, they did have one to fit me.

We all had a practice run jumping into the river with our rubber tube as a guide to what we may incur on our adventure. Then we went to the site where we would be entering the cave. I do want to say that the Conservation Team again left nature as it should be. If we had gone on a tour on our own, we would not have known where the opening was.

It quickly became apparent that we may struggle with the parts of the trip. We could say it was our ages but it was also uneven terrain, going down waterfalls on your buttocks, trusting yourself where you put your feet not wanting to slip or fall over. These were massive challenges for us all, but we then found out that one of the guides had taken the other people in our group away in front of us and we were left with two guides and four of us. These beautiful guides were wonderful to us by encouraging helping us to trust ourselves and them. The trust to me was special that these kind people wanted us to have the best experience ever.

We climbed, struggled to move forward unsure where to put our feet and our hands. When we had the chance to look up we saw glowworms. I believe we were 80 meters underground.

The tour usually takes 90 minutes but, we took 50 minutes but we did it. We loved the challenge and the personal achievement was a total adrenaline rush which still continues. Our friends were as elated as we were and the fun continued for a long time.

Challenges included trusting others, putting on and removing a wet suit, climbing into a river, ensuring your feet go in the correct place, believing in yourself, and so many other issues. We roared with laughing trying to get out of a wet suit.

For several years I have been hard on myself mainly related to my disability of limited sight but to me 2021 is going to be my year, trying new challenges and I can and I will succeed.

Just an account of my personal struggle and having completed something that I thought I would never manage. Enjoy your life and live each moment because we do not know when this will end.

Diane McKenzie
President
Pioneer Lions Hastings

Going beyond your limits - contd.



Diane trying out the tube for the first time

Group Photo—Diane is in the front with the tube around her neck and David is behind her at the back. All smiles, a good time had by all.



Almoner's request

In 202M we care about the members of our Lions Family

Do you have a member in your Club who is recovering from recent surgery or is unwell, maybe they've been significantly affected by the challenges of this pandemic or just having a down time? Then please let me know.

If your Club has been impacted by a bereavement please would you send me the details including the information of the surviving spouse or family members to enable us to offer them some support.

All deceased members will be recognised at the remembrance service to be held on the Sunday of our district convention on 12-14 March 2021.

If possible, would your club consider inviting the

deceased members partner and family to attend with a club member.

NOTE: Clubs who have yet to send me photos and eulogies PLEASE would you send them to me promptly and no later than 3rd February 2021 via the email address listed below.

Many thanks

Sandie McIntosh

PDG Sandie McIntosh

District 202M Almoner

bob.sandie.mcintosh@gmail.com

Want a Lions Jacket?

Last chance to get yours!



The Lions Club of Silverstream has limited stock of Men's and Women's Lions jackets that are reduced to clear.

Men's New Jackets: (\$150)

1 x 92 Short, 1 x 92 Tall, 1 x 104 ??? (no label), 1 x 104 Normal,
2 x 108 Tall, 2 x 116 Normal

Men's Second Pre-Loved Jackets: (\$100)

1 x 104 Tall, 1 x 108 Normal, 2 x 124 Tall, 1 x 124 Normal,
1 x 128 Normal

Women's New Jackets: (\$150)

1 x 10, 1 x 14, 1 x 20, 1 x 22, 1 x Tailored 22, 1 x 24

Women's Second Pre-Loved Jackets: (\$100)

3 x Small ??? (no label), 2 x 20, 1 x 24 Normal

Order your Lions Jacket today

Contact John Adam at johncathadam@xtra.co.nz

Phone: (04) 528 4429, Mobile: 0274-548853

Silverstream Lions will also have the Jackets on display for purchase at our convention in March

BOOKS BBQ BARGAINS...GREAT FOOD



50th

50th

**KARORI LIONS
KARNIVAL
& FAIR**

Sunday Feb 21st

10am - 3:30pm

**Ben Burn Park
Campbell Street, Karori**

ALL THE FUN OF THE FAIR!

For further information:

www.karorikarnival.com or

email: karorikarnival@lionsclubs.org.nz

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**ALL DAY ENTERTAINMENT ON STAGE
MUSIC ZUMBA DANCE**

Round the clubs

Levin-Waiopahu

The Levin community arranges, through a local business, what is known as 'The Avenue of Trees' which is staged just prior to Christmas. It is an 'avenue' of Christmas trees all displayed and decorated.

The local business provides the artificial trees and community organisations / businesses and schools choose and decorate a tree – all in their own very unique way. Many hours are put into crafting the decorations and then arranging them on their tree. Once they are all decorated, the display opens to the public to come and view and vote on what they consider to be their favourite tree.

The event runs for three nights from 6pm – 9pm and is hosted in the Salvation Army community church building here in Levin. Entry for the public is by way of a donation to the local foodbank and/or a gold coin donation. The room is darkened to create a wonderful Christmas feeling especially with all the twinkling lights.

This year there were 60 trees – each decorated individually. Many hundreds of people / families / retirement villages / school parties etc were able to come along and enjoy a pre-

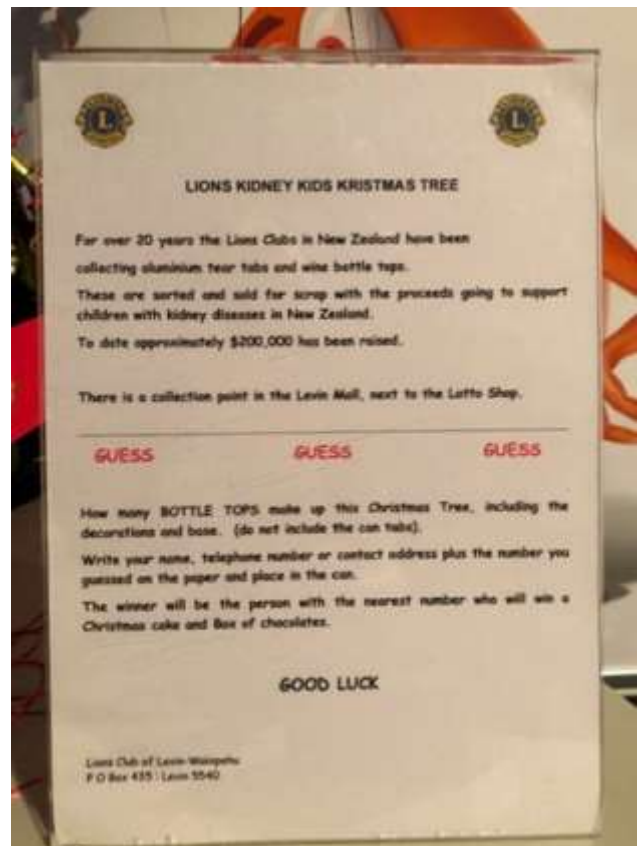
Christmas display. The Salvation Army band provided Christmas carol music each night which was able to create a wonderful, friendly 'mood' for the event.

Levin-Waiopahu Lions Club have decorated a conventional tree for some years and this year also added to their repertoire by displaying a tree solely decorated by wine bottle tops and tear tabs. This was decided upon to promote our Lions Club and also the Lions Kidney Kids Project that our club has been involved with for the past 20 years. The public were invited to guess how many bottle tops were used to form and decorate the tree.

175 people had a guess and the person who guessed closest to the number received the prize of a Lions Christmas Cake plus a box of chocolates.

The total number of bottle tops used in the display was 1,173 with the winner within 50 of this winning total at 1123. Guesses ranged from 150 to 6000!!

Many favourable comments were received from the public and the initiative was able to lift the profile of our Club in our



Round the clubs

Hastings Host

Hastings Host Lions have just opened a bookshop so we can now provide books and other things throughout the year as well as at our annual massive book-sale in November. We have been looking for suitable premises for over two years and eventually decided to rent the old "Golf Pro shop" at the showgrounds in Hastings.



After several months of repairing, reinvigorating, redecorating, and replanting we have arrived at a very practical project that we hope will serve the community for a long time to come.

The enterprise was opened by DG Murray Pringle and other speech makers were the MP for Tukituki Anna Lorck and Hastings District councillor Wendy Schollum. The Karakea was performed by IPP Pat Dewes and our present President Dave Mardon welcomed some sixty or so visitors.

The takings for the first three days of open time was just shy of \$1400. We look forward to more good results and hopefully a reduction in the rather huge supply of books we have on hand. This will not affect our annual book sale.



Wairoa Lighthouse Lions Market Day – Saturday 12th December 2020.

Due to lack of support for a "Parade of Floats" Wairoa's Vision Project Committee suggested a Saturday Market Day where the Community could participate and use for their own various projects same as a Fundraiser. Being loyal supporters Wairoa Lighthouse Lions took part by having a cake stall, children's knitwear and Monster Christmas Raffle. Members had shown their generosity and the trestles were laden. All were displayed along Marine Parade, Wairoa's main street, so great to have a Lion's presence and present the Motto "We Serve"





KapaKapanui Lions

**Raumati Bowling
Club**

Proudly Supporting



THE SHED PROJECT
KAPITI
Unlocking Potential

Charity Bowling Tournament

Four games of progressive triples



Saturday 6 March 2021 10am start

Raumati Bowling Club

Entry \$15.00 per person including lunch

Raffles—Barbecue —Prizes



Entries to Roger Matthews 04-297 1209 or 027-435 0825

roger-matthews@slingshot.co.nz

Entries close 3 March 2021 4pm

Our Sponsors

