

InforM



April 2021

Vol 14 No 9

Simon Says

Greetings Fellow Lions,

As I pen this article, I am reflecting on our Virtual Convention, that was held on 13th March. Certainly a first for our District and a new experience for us all. Thank you to those who “tuned in” on the day. It was a good opportunity for any Lions who have not attended a convention, to get a feel for some of the items that make up the business agenda.

The Convention Committee, had to consider the uncertainty of Covid which was lingering around and make an early decision to avoid the possibility of the district having to incur loss of deposits for venue hire and the like. A huge vote of thanks to PDG Rex, PDG Alice and Cabinet Secretary Graham, who formatted everything with short notice. The meeting flowed well and we were privileged to have Council Chair David Peart to present his message and PID Ron Luxton for a very sincere Rededication Message.

A heartfelt thank you for nominating me as your District Governor for the 2021/22 Lions Year. It certainly is a great honour and I appreciate your support.

Congratulations also to 1st VDG Elect David Skjellerup and 2nd VDG Elect Carol McMillan for their successful nominations. It is fantastic to have these positions confirmed as now there is a team in place to continue the succession planning for the running and care of District 202M. (As an aside, we are now busy with on line zoom meetings and training modules to be completed before we “take office”)

DG Murray is very conscious that we have not remembered our deceased Lions with their families in the

normal way. He is currently planning a stand-alone Remembrance Service to be held within the current Lions year. Details will be advised shortly, once the organisation is finalised. Awards: Congratulations to the clubs who have received awards, which I announced at the virtual convention meeting. A list is attached and congratulations to the recipient clubs. DG Murray is arranging for these to be presented to you as well.

In three months’ time we will be into a new Lions year. Now is the time for Clubs to be finalising the nominations and voting for Board positions and have them finalised. They need to be confirmed by next month and ready for publication in the Lions Directory for 2021/22 year. Many clubs also decide on their donations for recipients in their communities at the end of the Lions year. It is also a good time to consider The Playscape Project at the new Wellington Children’s Hospital, as well as LMLCCT and LCIF, our own lions Charities. Clubs can recognise their hard working members by giving them one of the awards that are available.

Thank you all for being Lions and continuing to serve your communities, so well. It hasn’t always been easy trying to make plans and then having to change things. If anybody can do it, we as Lions can do it together.

Regards
Simon Williams
District Governor-Elect



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Home Club: Dannevirke Host
Email 202M.dg@lionsclubs.org.nz

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

Cabinet Treasurer: Keith Kenderdine
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Email 202M.glt@lionsclubs.org.nz
Services: Alice McDonald
Home Club: Karori
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Membership: Cat Hancock
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InforM Editor: Mary Snook
Home Club: Karori

From the Editor's Desk

As I write this I am listening to the News and the reducing of lockdown restrictions in the UK, but only marginally. They can meet in groups of 6 including weddings and funerals, still very much like our lockdown was here in NZ. We are so lucky here where we are at least catching the positive cases at the border or in the MIQ facilities and we can look forward to a vaccination by July.

We had our District Convention by zoom on Saturday 13th March. It started at 10.00am sharp and finished, all done and dusted by about 12.30pm. The business session consisting of the Election of Officers - District Governor-elect (DGE) Simon Williams, Vice District Governor (VDGE) David Skjellerup and Second Vice District Governor (2VDGE) Carol McMillan. Congratulations to all of you.

The Rededication Address was given by PID Ron Luxton who encouraged clubs to continue serving their communities while asking people they meet to join them.

There were three Awards from International President Jung-Yul Choi.

Clubs will be notified when the Remembrance Service which will be held before the end of the Lions year.

Please note the courses offered to us by GLT Rex - Stand and Deliver, details on page 4 and Guiding Lion, details on page 5. Enjoy your Easter eggs. Editor

PRESIDENT'S MESSAGE

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

Dear Lions,

Being a Lion means so much to each of us. Its about serving our communities and the joy of seeing lives changed. Its about fellowship, and the lifelong bonds we share. Its about giving, and seeing our generosity flourish, But as much as being a Lion means to us, it means even more to the people we serve.

So take pride in your safe service and the impact you've made. Continue inspiring your community and encouraging others to put their kindness in action as Lions. And keep giving because so many are depending on us. That is what it means to be a Lion.

Regards,

Jung-Yul Choi

Dr Jung-Yul Choi International President

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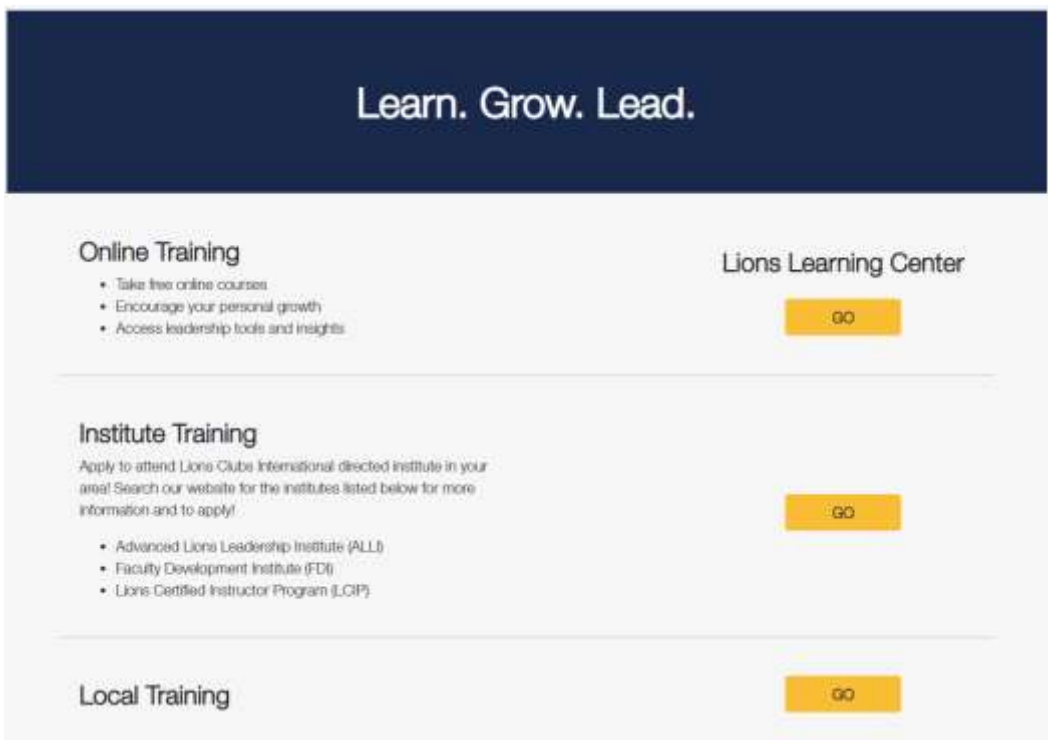


The Lions Learning Centre

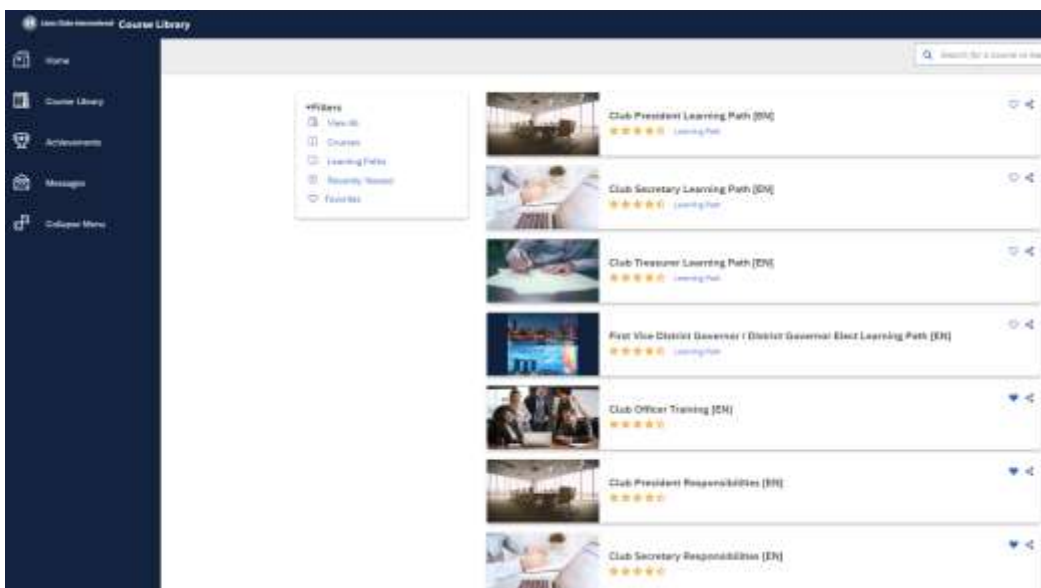


Access the Lions Learning Centre after Logging on to the Lions International Website in the Members Login.

Now Select LEARN



Select ONLINE Training



A List of available Courses are shown.

There is something there for ALL Lions.

Each course has a series of slides and review slides to ensure understanding

If you need help to Logon to the International website, please contact Alice McDonald
alicem.mcdonald@outlook.com or 202M GLT Leader PDG Rex Bullard 202M.GLT@lionsclubs.org.nz



Stand and Deliver



How are your presenting skills?

Would you like to be part of your districts training team?

Come join our zoom sessions and increase those skills!

Saturday May 1st 1-5pm and Sunday May 2nd 1-5pm

You will be required to attend both days.

Via zoom

Send an e mail now to receive your zoom invite to this wonderful opportunity.

202.glt@lionsclubs.org.nz

Important Dates for Your Diary

Dates and events which are on the horizon:

9– 11 April ALLI will be held in Nelson.

15 April District Speechmaker Competition in Masterton

23-25 April MD Convention in Whangarei

8 May DG Murrays final Cabinet Meeting in Hawkes Bay

9 May DGE Simons Introductory Cabinet Meeting in
Hawkes Bay - venue tbc

15 May District Speechmaker Competition in Masterton.

22 May Incoming Officer training in Dannevirke.

25-29 June Virtual LCIcon 2021 - registrations open now.

District Awards Winners

The District Awards, which will be more formally presented at a later date are:-

202M Club Bulletin Award **Lions Club of Carterton**

202M LCIF Award **Lions Club of Lower Hutt Host**

202M LMLCCT Award **Lions Club of Karori**

202M Membership Award **Lions Club of Gisborne Host**

202M Project Award **Lions Club of Silverstream**

202M Social Media Award **Lions Club of Silverstream**

202M Youth Award **Lions Club of Silverstream**

202M Top Club Award **Lions Club of Napier Host**

International President's Certificates of Appreciation

Awarded to PCC **Jo Cameron**, PDG **Alice McDonald** and DGE **Simon Williams** for the work they did on the LCIF application for a grant for the Playscape.

My sincere congratulations to all the recipients.
DG Murray Pringle

MD 202 Lions offers you the opportunity to zoom attend



Guiding Lions

This course is a Lions Club International recognized course with many practical elements to support our Lions Clubs

ON completion YOU WILL RECEIVE INTERNATIONAL RECOGNITION

Saturday 17th April 9.00 – 3pm

NB : there will be material to download and read prior to attending this course.

Please e mail your registration of interest to 202.glt@lionsclubs.org.nz



Tararua District Lions Present



**CASH
ONLY**

A TWO DAY “POP UP SHOP”

**BYO
BAGS**

Thursday 15th April 10am – 4pm

Friday 16th April 10am – 4pm

At Bush Community Church. Pahiatua

Proceeds to Wellington Children’s Hospital

“Playscape” Fund

All donations gratefully received

**Clothing, Jewellery, Household Goods,
Toys, Books, Linen etc**

For further information and Donations call
Denise 021 02300245, Vicki 027 3544484
Woodville – Breda 0223120581

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.

LET'S RAISE OUR OWN AWARENESS

Raise club awareness about childhood cancer by holding an educational talk with a healthcare professional or public health official at your club or district meeting or related events.

Collaborate with a local childhood cancer hospital or support home staff to learn about the needs of their patients and families. Brainstorm ways your club can address key challenges and gaps.

Research and develop a list of local childhood cancer organizations in your community to support future projects.

Identify local advocacy events related to childhood cancer and explore ways to get involved.

PROJECT IDEAS TO SUPPORT CHILDHOOD CANCER

Some simple activities your club may be able to undertake

Identify nearby childhood cancer centres and support homes to request a wish or needs list. Conduct a drive to raise money or collect / donate the requested items.

Prepare healthy meals for families with children undergoing treatment. This can be done in collaboration with other community members to ensure the family receives food on a regular basis.

Collect recyclable materials and donate the profits to a childhood cancer organization.

Write cards full of well-wishes and share them with a local cancer centre.

Donate financial support or gift cards to identified families in need or a nearby childhood cancer centre. This could cover expenses like gasoline, parking, food, medical expenses, etc.

Make or buy new hats, caps, head scarves or blankets to donate to childhood cancer centres.

Volunteer at a local childhood cancer organization fundraising event.

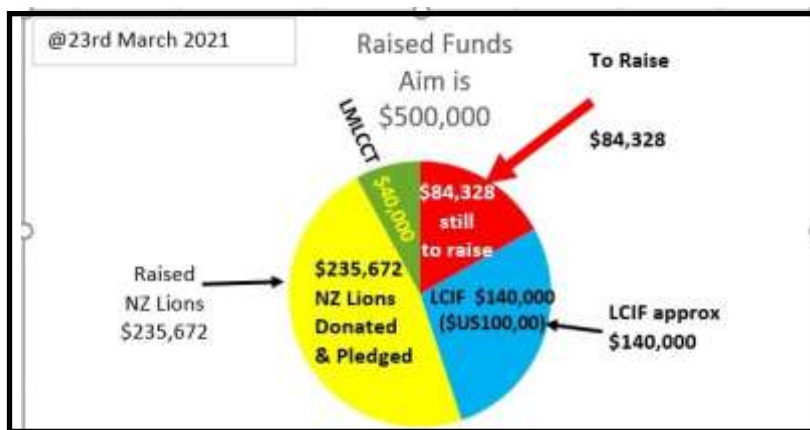
Organize a community drive to assemble a toy library for the enjoyment of patients.

Participate in a blood donation or bone marrow registry event to benefit cancer treatment.

Beth Anders

LCI 202M Cabinet Support - Child Cancer

Playscape Update



Funding to date is as follows:

Donations received \$217,672 (includes interest earned)

Pledges \$ 18,000

LMLCCT grant \$ 40,000

LCIF US\$100,00 \$140,000

estimate pending exchange rates when transferred

TOTAL TO DATE \$415,672 Target \$500,000

Our aim is to try and have this project completed in this Lions year, which will keep it nice and tidy. I am aware of a couple of fund raising opportunities were lost with the last round of Covid.



Lions Clubs International

Lions Club International supports clubs and members around the world so we can advance our global mission of service together. Our international support and the work of Lions Clubs International is fuelled by the international dues of our incredible members.

In recent years, it has become increasingly clear that the services Lions Clubs International has been able to provide to members with the available budget is no longer in line with what Lions need and expect. The International Board of Directors voted in October 2019 to approve an international dues adjustment resolution that would be voted on at the 2020 International Convention, but it was cancelled due to the COVID-19 pandemic. *The board recently approved a new dues adjustment model that will be voted on at the 2021 International Convention.*

The Board of Directors undertook an extensive review of Lions Clubs International's financials, including the implementation of substantial budget reductions. After much consideration, the board proposed to adjust dues by \$7.00 over a three-year period.

Under the proposal, international dues would be adjusted according to the following schedule:

- \$3 increase on 1 July 2022
- \$2 increase on 1 July 2023 International dues have not been adjust
- \$2 increase on 1 July 202

Why an international dues adjustment is needed

We realise the association has been reluctant to adjust dues over the years, and we have not adjusted international dues since 2011. The proposed adjustment will help cover our costs and allow us to suitably serve our members' needs. With that said, the Board of Directors did not take this issue lightly, nor are we minimising the value of each dollar that our members contribute.

As we consider this dues adjustment, it is essential that we keep in mind that our global efforts and initiatives support more than 1.4 million members in 50,000 clubs around the world. Through the support of staff, we are able to serve globally on the level that we do, keeping members and

clubs fully supported with service resources, training events and software, club operational support, international meetings, language services, technology, Foundation support, leadership support, an everything else we have come to expect as Lions.

A dues adjustment will allow Lions Clubs International to provide improved support to Lions and to continue to invest in improving programmes and digital products such as our website and MyLion. It will also allow us to invest in new programmes such as the Learning Management System (LMS), development of new curriculum such as digit literacy, training videos, global advertising, marketing automation, digital and video storytelling and other tools and initiatives that will enhance our impact, our brand and our membership.

Why your help is needed

Essentially we have to decide whether or not we want Lions Clubs International to continue to grow and thrive. Lions is more than a way of life. It's also an investment of money, time, energy and passion. As with any good investment, the more we put in, the more returns we see.

When were international dues last adjusted?

Not since 2011 even though annual inflation has been increasing the cost of operations required to do business around the world.

How do Lions Clubs International dues compare to other service organizations?

Currently, Rotary International dues are \$69 per year. Kiwanis International charges \$60 per year for most countries, which includes an \$8 premium to receive their magazine. Lions pay \$43 per year. I hope you will see this adjustment as we do; an adjustment in the future of Lions. Through your support, we can ensure that Lions are positioned for success in the future.

Regards,
Dr Jung-Yul Choi
International President

MEMBERSHIP MATTERS



Many members leave our clubs for perfectly understandable reasons: death, sickness, economic hardship, transfer to an area without a similar club. Others lack the commitment required of a true active member. But most leave for reasons that could have been prevented by a club with a strong membership development and retention programme --- a club determined to retain them.

An effective membership retention effort doesn't just happen. It has four equally working parts:

1. the cooperation of your club's officers and directors,
2. the work of the members of your own committee,
3. the understanding and cooperation of all club members,
4. a well-planned, efficiently executed annual membership development and retention programme.

The first step is to analyse the reasons for the membership losses and then take the necessary measures to overcome them.

From a survey of executives and directors, the following are the most mentioned reasons for dropped members.

Examine this list objectively to see if any ring true for your club.

26 Reasons Why Members Drop Out of Clubs

1. Poor club leadership.
2. Lack of proper screening for quality members.
3. Improper induction ceremony.
4. Inadequate orientation of the new member.
5. No participation or involvement.
6. Non-fulfilment of sponsor's responsibilities.
7. Insufficient attention to members (new and old).
8. Lack of friendship or fellowship.
9. Cliques.
10. Misjudgement in committee appointments and improper use of talents.
11. No meaningful club projects.
12. Clubs do not measure up to expectations.
13. Boring meetings -- too formal and inflexible.
14. Wrong meeting time and/or place.
15. Poor order, planning, and objectives.
16. Lack of individual and collective discipline in reaching a common purpose.
17. Complacency, indifference, and apathy on the part of some club members and officers.
18. Loss of faith.
19. Lack of proper recognition.
20. No motivation, enthusiasm, or dedication.
21. Poor communication between officers and members.
22. Excessive cost --- too many parties and social events.
23. No follow-up on transfer members.
24. Lack of encouragement to members (new and old) to attend district and international affairs, such as forums, conventions, district conferences, training seminars, etc.
25. Inadequate publicity to gain community support.
26. Lack of continuing membership growth and development programmes.

MEMBERSHIP MATTERS



No matter how many of those on page XXXX you found true for your club, there are many solutions you can implement starting today to minimise drops.

23 Ways to Retain Members

1. Leadership training at club level.
2. Concentration on quality members through proper screening.
3. Impressive and meaningful induction ceremonies.
4. Education or orientation of new members.
5. Involvement of all members (new and old).
6. Family involvement. Invite/include the family in the new member's induction and orientation.
7. Sponsors should carry out their responsibilities toward the new members.
8. Members must feel needed and wanted.
9. More emphasis on service and quality fundraising projects.
10. Meetings should start on time and close on time.
11. Meetings with free, creative spirit; tolerance and flexible moral sense; abundant good will and quick wits.
12. Improved attendance through good and interesting programmes.
13. Better planning and establishment of objectives and goals.
14. Proper recognition.
15. Reorientation and motivation of old members.
16. Improvement on communications between officers and members.
17. More teamwork.
18. Cost of meals and social events should be low to keep dues reasonable.
19. Transfers should be followed up.
20. Members should be encouraged to attend district and international affairs.
21. Prestige and image of the organisation should be maintained through good public relations.
22. Advice and counsel from the district cabinet members should be sought to solve individual problems as soon as they arise.
23. A year-round membership growth and development programme should be consistently applied and monitored as a priority.

Your members are the lifeblood of your club; enjoy their friendship, embrace their talents, respect their diversity, and celebrate your successes.

Good Luck!

Jo Cameron
GMT support

CLUB ELECTIONS THIS MONTH

People make the difference! Elections are usually held in April so this is the perfect opportunity to establish your team for the future.

To be a successful club president, you will need to empower your leadership team, which is your club's board of directors. Each board member fills a specific leadership role designed to ensure effective operations at your club.

Here are a few tools to help you develop your club leadership. They may be adopted by your club by amending its club's constitution and by-laws.

Standard Club Constitution & By-Laws – This document outlines the election process and describes key positions within the club structure as outlined in the Standard Club Structure. Immediately after your club completes its elections (and no later than April 15), your club secretary should report the incoming officers and directors. Help us keep them in the loop by providing email addresses for future communications.

Standard Club Structure – Help your nominating committee know the positions available in the new Standard Club Structure. The sample structure includes the officers, board of directors and standing committees. It provides guidance to the overview of a club's layout.

Finally, Lions Clubs International has designed webpages, e-Books and resources to assist your club officers in their positions. Visit the **Club Officers** webpage to learn more about each of these key roles.

Critical Timeline:

15th April – Club Elections Completed

15th May – All officers details entered into MYLCI

If your club needs help in filling Board positions for the next Lions year do not hesitate to contact the GAT Team:

GMT - Cat Hancock 202M.GMT@lionsclubs.org.nz

GLT – PDG Rex Bullard 202M.GLT@lionsclubs.org.nz

GST – PDG Alice McDonald 202M.GST@lionsclubs.org.nz

(GLT) Global Leadership Team—Updates



Upcoming Online Courses

Stand and Deliver via zoom Saturday May 1st & Sunday May 2nd

The chance to increase your skill base and confidence in being able to present to others. The course is designed to enhance training delivery skills, training techniques and covers some practical applications such as projectors and power points. The aim is to develop and expand the number of skilled Lions available for use in training at club level and right through to the district and multiple district levels.

The course is run over two afternoons via zoom with homework done in between towards completing the second afternoon. The completion of Stand and Deliver is a Nationally recognised qualification that is recorded at a National level.

Certified Guiding Lions via zoom – Saturday 17th April

Our clubs more than ever in this changing world need all the support we can give them. One of the ways that Lions Internationally do this is by training Lion's members as Guiding Lions.

While all Lions are welcome to take the course, it is recommended as a foundation to anyone who will work with new or existing clubs or serve (or plan to serve) in a leadership position. Upon completion of the course, you will become a Certified Guiding Lion! While the course may be valuable to any Lion, having the experience of a club president will enhance your success in guiding a new or existing club.

This course is suitable for new Guiding Lions and those needing to renew their certification, it is an Internationally recognized course.

To register your interest in either of these courses –
Please email Lynda on email 202.glt@lionsclubs.org.nz

Online Training: You are not alone

The Lions Learning Centre offers a wide range of On-line courses for ALL lions. I encourage everyone to create a Member Login on the Lions International Website and explore the free courses that are available. Many of these courses are applicable to your everyday life as well as to your Lions Club.

If you have difficulty creating a logon contact PDG Alice McDonald who is very happy to assist you.

Incoming Officer Training: MARK YOUR DIARIES NOW

Incoming Officer Training is primarily aimed at Presidents & Vice Presidents, Secretaries, Treasurers and Directors. More details are to follow

ZONES 1, 2, 3,4 – May 22nd, Presbyterian Church, Dannevirke. Start 9.30am morning tea for 10.00am. Finish: 3 pm

ZONES 5,6 and 7 – May 23rd Venue: TBA Start: 9.30am morning tea for 10.00am. Finish 3.00pm.

Yours in Lions
PDG Rex Bullard
GLT Team Leader

The Great Kiwi Internal Youth Exchange

How can your club help with hosting?

Youth exchange is a rich and rewarding experience for all who take part. It is a wonderful opportunity for your family and clubs to host a young person aged 15-18 years from a different part of New Zealand. Please remember, this is a cultural exchange, and it is certainly not about your age, but just being young at heart.

The hosting period is **Saturday 2nd October to Sunday 10th October 2021.**

It is planned to have host families and exchangees finalised by 2nd August 2021.

To make this trial internal youth exchange programme a success, the whole club would be involved.

The following are ways in which everyone can help.

Hosting - are you able to host 1 or 2 young people in your home for a period of 2-7 days? The exchangees may move with different host families. Ideally the exchange students will stay with one family and do 'day trips' from that location.

The day programme - each zone/club could work out an interesting programme for the time the exchange/s are in their area. Clubs can work together to share activities. Our Exchange Student hosts will be expected to provide bed and breakfast, with Host Club members assisting every day with day trips, activities, meals, working bees, club meetings and the like. Wherever possible, an evening meal should be included in the day programme to reduce the workload on the hosts.

The exchangee could be involved with a **current club project**- assisting with a small working bee, helping with a club activity or attend a Lions meeting.

Grocery basket - the club may wish to put together a grocery basket to help keep the cost down for the host family during hosting. Each Club can provide support for Hosts to suit as needed.

Meals- it would be a great idea to have a small club get-together (if a Lions meeting is not scheduled) to share a BBQ tea or lunch etc. with members and the exchangee. This might also involve the Club Members children and/or grandchildren to spend time with the young person.

Clubs will pay a single fee of \$150.00 to their respective District Youth Chair for each exchange student that is selected to travel. An invoice will be sent to the Club once the student has been selected and has agreed to attend.

Looking for host families- What to do next?

Look for host families within the club / zone. Hosts do not need to be Lions and so Schools may be approached to ask if they have suitable exchange students and/or host families. Once found, the host family should complete a host family application form that will answer their questions.

Host Club:

The Club President will encourage Club Members with the responsibility to meet host families, discussing programme for their youth exchangee, organising travel and collection and return to home.

The Club should support all hosting activities (inwards and outwards) as a club project where all members can help - meals, day trips, and visits so the day activities are not left solely to the Host family.

It is expected that a Club member or two supports the Club President by organising the local support and co-ordination for any inwards exchangees in their Club area.

Finding Exchange Students.

The basis of this programme is to reach out to those youth in our communities who otherwise will not have the opportunity to travel within New Zealand due to cost, lack of self-confidence, or lack of opportunity. This exchange aims to provide a **life changing experience** for youth by providing safe, positive and fun time that opens their minds for future life choices. It can be also be viewed as a first step before attending an International Youth Camp or Youth Exchange programme in the future.

Secondary Colleges are your best option so please make an appointment to ask the Principal for help in identifying suitable candidates. The School staff may also be your best bet when asking for Host Family assistance. They know the families of their students and can ask on our behalf,

Applications:

Applications must be completed with parental consent and will close 2nd August for the October 2021 exchange. This gives us enough lead time for all the administration to be completed.

Applicants must complete an application form and include a declaration of any health issues. Youth will also be required to have the COVID-19 vaccine prior to travel. If prescribed medication is required, we reserve the right to ask for a Doctor's note, so the host family are fully aware of what medication is to be taken and when.

The Great Kiwi Internal Youth Exchange Contd.

The applications are sent to your Lions Youth Exchange Coordinator (as shown in the application form) and we will then match the students and hosts together and make an offer to the student. (Copy to the sponsoring Lions Club). There is no guarantee of travel as we must find suitable hosts for each student. In some cases, students may be travelling as a pair and staying together. Once the youth exchange offer has been made and accepted by the student, The District Youth Coordinator will bill the sponsoring Lions Club for the \$150.00 fee.

Costs:

Clubs will pay a single fee of \$150.00 to their respective District Youth Chair for each exchange student that is selected to travel.

Spending money is to be provided by the youth exchangee - they are expected to pay their own way and will have the opportunity to shop and go to activities where they may have to pay an entry fee. Clubs can assist them with raising that money. We suggest that \$200 is ample.

An option for Clubs doing this is to encourage the Youth who need financial help to 'pay them back' through participation in some Clubs projects, essentially labour in return for their cash support.

Clubs should also be aware of the opportunities for membership that will come with this programme. It includes the interaction with College Staff, the parents of the exchange students, and the network around them. This does not have to be pushed so it becomes a barrier, but information on your Lions Club and what Lions do is part of the education of the Youth Exchange student, his/her family and the school team involved. Encourage them to attend Club projects that they find interesting and ask if there is something else that your Club could work together with them on.

COVID-19: The chances are high that we will be able to complete this programme as planned, but we must all enter it being aware of the possibility of changes directed from the New Zealand Government. Paramount is the health and safety of the Youth Exchangees and the host families.

Completion of Exchange.

On completion of the Exchange, Youth Exchange students will be required to write a small essay on the Exchange experience. From this a report on the exchange will be sent to the Council of Governors.

Clubs are encouraged to invite the Youth Exchange students they host (and parents) to a Club meeting after the exchange so they can hear first hand of the impact this travel has provided.

We look forward to your support – please call with any queries.

Carol McMillan and Jack Hayes – 202M Youth coordinators.

Vision One of the 5 Global Causes of Lions Clubs International.

Here are a couple of photos of the people wearing glasses, which were part of a consignment of 238 pairs which I sent to one of the outreach villages in Darwin just before Christmas.

I have received another request since sending the last lot and sent off last week 270 pairs. The Casuarina Lions Club in Darwin is paying the freight for this last carton to be sent. The Brian Holden Foundation paid for the previous carton.

I understand at the present time Australia Lions, through the RedCliff Lions Club in Queensland are not processing glasses due to Covid-19. Their workers are people who have to do community service. There is just one Lion involved who looks after the project. I have visited RedCliff Lions and seen their set up.



Jennie Vowles
202M Cabinet Support - Vision

Lloyd Morgan Lions Clubs Charitable Trust

With the move of Richard Maddren to Tauranga, there is a vacancy in the role of District Trustee. Until another trustee is appointed, it would be appreciated if any queries for such things as recognitions, grants etc, could be addressed to me at lmlcct.admin@lionsclubs.org.nz or by post to PO Box 58041 Whitby, Porirua 5245 or by phone 027 241 3185. As we draw towards the end of this Lions year, Clubs will no doubt wish to award their members Life or Honoured recognitions and this needs to be done by the end of June 2021. Clubs that have made contributions to the Trust during this Lions year can use these contributions towards the recognitions but only by 30 June 2021. I would ask that any contributions for whatever reason, be made by internet banking and would also ask that the attached editable application form be used. To speed things up, particularly if there is a short deadline, it can be emailed to me rather posted.

Keith Kenderdine
Chairman

Lloyd Morgan Lions Clubs Charitable Trust

Kan Tabs for Kidney Kids

Would all clubs please return the following information to me. I am trying to make up a directory which can be linked on our NZ website for the public to know who to contact for this project. Currently I get many enquiries and I'd rather they could go directly to clubs in the appropriate area.

I will take the clubs that do not take part off the published list.

Look on this as a membership opportunity too. Some of the people donating might quite like to be invited to join you.

This is an example of the spreadsheet information that I need.

Kan Tabs - Aluminium Recycling 202M		
Club	Y/N	Contact or Drop Off Place
Karori	yes	Karori Community Centre

Alice McDonald

202m.gst@lionsclubs.org.nz

What were you doing on Saturday 13th March 2021?

Dannevirke Host had their garage sale today – they have an old house from where they sell 2nd hand goods.



Top photo left to right

Gail Vigers, Steve St Meret, Pauline Brown, Clive Bartup, Barbara Ferguson.

The lady in a yellow jacket (obscured) is not a Lion but a Maori Warden.



Left to right.

Steve St Meret, Pauline Brown, Barbara Ferguson, Charlie Timu (Maori Warden) Richard Veitch, Lloyd Parkes and Bryan Cox



No, the picture above does not show a new type of wheelchair. Rather, collecting these bread and fruit bag tags will help purchase wheelchairs.

Our club has decided to start collecting plastic bread and fruit bag tags to recycle to raise funds for Wheelchairs in Africa. Please collect them yourself and ask all your friends to do so. Maybe a school in your area would like to join in. When you have a bagful ready, please bring them to Stephanie at a club meeting. Thank you.

Wellington Host

Wellington Host Club's new project - collecting the plastic tags from bread and fruit bags (pictured above). To contribute to this worthwhile recycling project, we would ask you to bag the tags and take them to your Zone Meetings and the Zone Chairs will then forward them to Graham Atkinson (Wellington Host) at the next Cabinet Meeting.

Wellington Host

In his latest *Morris's Moment* President Morris thanked his club members and those of Titahi Bay Lions for the financial support that the clubs provided to Corinna Primary School in East Porirua, to enable 30 of their students to attend the Weetbix Kid's TRYathlan in Lower Hutt. The children, many of whom seldom get the opportunity to leave their neighbourhood, had a lovely day. Morris said keeping track of them amongst the thousands of people present was a bit nerve-wracking at times, but we got them all to their respective events on time and they all went home proudly clutching their attendance medals. As 'icing-on-their cake', they finished off the day by winning a \$300 voucher for new sports equipment for their school.

Reprinted from *Morris's Moment* Wellington

Johnsonville



Part of the quiz groups who attended Johnsonville Lions Quiz night—always a good night out.

A couple of likely lads here. Stephen Cook and Ross Brown



Judy Marbeck with Teddy the Bear, one of the raffles prizes.

Johnsonville Lions Club held a successful quiz night at the 1841 inn to support the build of a "Playscape" at the new Wellington Children's Hospital.

Quiz organiser from Johnsonville Lions, Jim Ng, was pleased that the Club was able to donate a further \$3,000 to the project after the evenings activities.

Jim said that Lions Clubs in the wider Wellington area have pledged \$500,000 to the 'Playscape' project and money raised at the quiz will add to some \$400,000 already raised by local Lions Clubs.

"We appreciate the support of our local community, 1841 bar and other sponsors to raise these funds" said Jim.

Bill Day, Chairman of the Wellington Children's Hospital attended the local quiz evening and thanked Johnsonville Lions members for their support of the project. Bill explained to those attending that the "Playscape" is an external playground for children at the hospital. "The "Playscape" is the first of its kind in New Zealand, and is carefully designed to help rehabilitation and improve physical outcomes for young patients" he said.

During the event a request was made for more local residents to join Lions and enjoy the comradery of working together for community benefit.

Stephen Cook

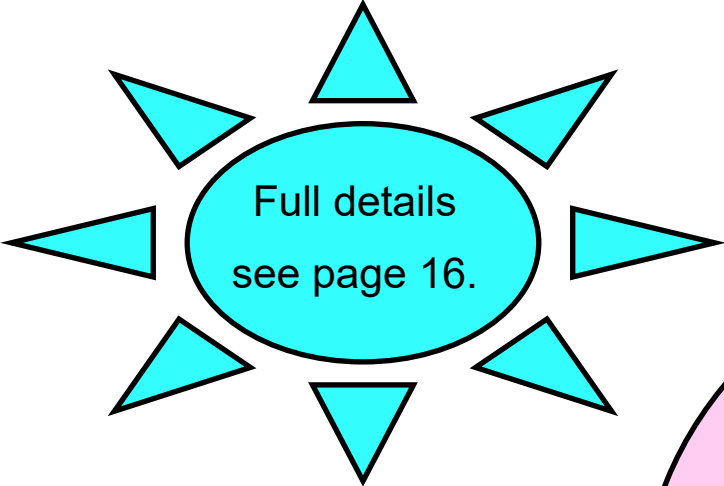
202M Inform - Young Speechmakers

venue and date of the 202M Young Speechmakers Contest

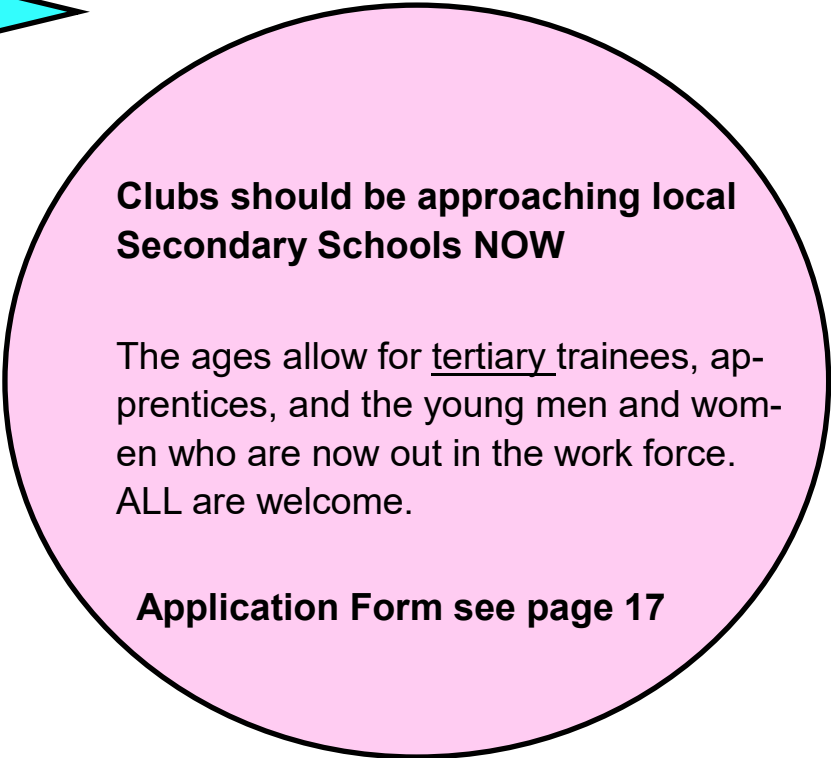


Saturday 15 May
Makoura College,
Masterton.
commencing 10.30 am.

Morning tea will be available from 09.45 am,




Full details
see page 16.



Clubs should be approaching local Secondary Schools NOW

The ages allow for tertiary trainees, apprentices, and the young men and women who are now out in the work force.
ALL are welcome.

Application Form see page 17



Give some thought
to where you will
display the work of
ALL your budding
artists.

202M Inform - Young Speechmakers

We are delighted to confirm the venue and date of the 202M Young Speechmakers Contest – **Sat 15 May at Makoura College, Corner Johnstone and Makora Streets, Masterton.** Morning tea will be available from 09.45 am, start is 10.30 am.

It is recommended that a small team is delegated responsibility for this contest as a Club project. The local Secondary School is a good starting point for contestants, but the ages allow for tertiary trainees, apprentices, and the young men and women who are now out in the work force. ALL are welcome to put their names forward.

It is over to your Club whether you hold a contest at a Club meeting night – partner nights are best as you will get contestants of both genders, and they will feel more comfortable. As well, our experience is your members and families will be ‘blown away’ by the intellect and range of subjects these young adults present. It is a very entertaining evening for a Club with three to five contestants. Allow an hour or so for the speeches, and arrange to have a small judging panel to make a decision. You can sponsor up to three speakers per Club for the District competition (to keep numbers at the District finals at a manageable level).

There is no cost involved for the Club until you nominate contestants for the District competition. The attached form is to be completed and \$70 per contestant is to be paid to the Cabinet Treasurer. \$30 of this goes towards the District Speech Competition through your District Youth Chair. The balance is retained at the MD202 Office to offset costs of the National competition in Wellington on Sat 14th August.

Prizes

We recommend that as a minimum, all contestants receive a Certificate of Appreciation for taking part. Clubs may make the call themselves on cash or voucher prizes – in many cases, these can be sponsored by local businesses.

At District level, the winner will receive an appropriate prize, along with the two runner up speakers. Prizes at all levels can be sponsored as cash or vouchers. All District level contestants will receive a Certificate for taking part.

At MD 202 Level, the winner will receive a cash prize of \$2,500, with the runner up \$1,000 and the third \$500. Again, all contestants will receive a Certificate.

Districts may send up to three contestants per District to the National Final on the following basis:

- 16 contestants or more at the District final – three
- More than 10 but 15 or less contestants to the District final – two
- Less than 10 contestants at the District final – one

The goal of this is to encourage a good number of contestants at the District competitions. Districts will receive \$30 per contestant to offset costs for running their District final. This is a generous amount and should allow the competition to be self-funding. This money will be used to provide:

- Venue hire (If any)
- Morning tea and a light lunch for the contestants and officials
- If there is money left, it may be used towards prizes for the contestants.

Club competitions can be held at your normal meeting venue, but only if these young speakers are not competing with other entertainment in adjacent rooms or high levels of music or talking from other patrons. Look at the option of a meeting without a meal in a local hall or school followed by a supper if your usual venue is noisy.

We encourage Lions and their families to make this an enjoyable contest for these young adults. They are always thirsty for genuine praise, so do not hesitate to encourage them and tell them what you thought of their ideas and speech. Give them helpful and constructive advice on how they can improve their next performance. This is a great chance for Lions to present a positive message to these young men and women and their parents and family in support.

Do not hesitate to call me with any queries.

Cheers

PDG Jack Hayes,
District 202M Young Speechmaker
& Peace Poster Coordinator

Tel: 06 377 2911

APPLICATION TO COMPETE IN THE LIONS CLUB OF NEW ZEALAND YOUNG SPEECHMAKERS COMPETITION

Name: _____
Home address: _____
Town: _____
Post Code: _____ Telephone: _____
Email: _____
Secondary School, Tertiary College or Employer: _____

Note: that in accordance with the Privacy Laws of New Zealand, my address and contact details will remain privileged information to Lions Clubs New Zealand and not be made available in any form to the general public.

I wish to compete for the Lions Clubs of New Zealand 'Young Speechmakers' competition in 2021.

I understand that by signing I agree that I will:

- Comply with the rules of the competition;
- Certify that my prepared speech is substantially my original work;
- Agree to make myself available for Club, District and National speech competitions as far as is practical around my other commitments
- Accept the decisions of the judging panel/s; and
- Agree to the use of my name and image for promotion by Lions Clubs of New Zealand as a contestant and/or winner.

Contestant's Signature: _____

Date: / / 2021

Sponsoring Club: _____ Lions Club

Club President: _____

Signature: _____

Quiz

Test your diabetes knowledge

How many of these questions can you get right?
The answers are on page 38.

1. Which cells in the pancreas manufacture insulin?
- A. Alpha
 - B. Beta
 - C. Creatinine

2. What could you use to treat hypoglycaemia (blood glucose under 4)?
- A. Trim milk
 - B. Three slices of bread
 - C. Fruit Mentos

3. What is the kupu Māori (Māori word) for diabetes?

4. Type 2 diabetes can change into Type 1 diabetes.
True or false?

5. What can your brain not live without a steady supply of?
- A. Sugar and iron
 - B. Iron and oxygen
 - C. Oxygen and sugar
 - D. Oxygen, iron, and sugar

6. What type of insulin would you put in an insulin pump?
- A. Rapid acting
 - B. Short acting
 - C. Long acting
 - D. Mixed

7. Your HbA1c result reflects your blood glucose levels over what period of time?
- A. Two to four weeks
 - B. Four to six weeks
 - C. Two to three months
 - D. Four to six months



8. People with diabetes are at no more risk of getting Covid-19 than anyone else.
True or false?

9. Māori-led research is investigating which three rākau rongoā (healing plants) for their anti-diabetic potential?
- A. Karamū, kūmarahou, and kawakawa
 - B. Ngaio, harakeke, and kawakawa
 - C. Kūmarahou, kōwhai, and harakeke
 - D. Karamū, kōwhai, and ngaio

10. What type of food are noodles?

11. If you get a Microalbumin Creatinine Ratio test, what does it show?
- A. Whether protein is leaking into your blood
 - B. Whether your blood sugars have been high over the past year
 - C. Whether your ketones are high

12. What does a podiatrist look after?

13. What is the Freestyle Libre?
- A. An insulin pump
 - B. A continuous glucose monitor (CGM)
 - C. A flash glucose monitor (FGM)



Recipe: A real winter warmer!!

Carrot and Ginger Soup – makes 8 cups

4 cups chicken stock

2 cups water

7-8 large carrots about 1 kg

2 cloves garlic

1 onion

5cm piece ginger peeled and finely chopped 30g

Cook in saucepan 30 - 40 mins – puree with stick blender

Mix

Bring back to boil if necessary. Stir frequently to prevent from sticking to bottom of pan.

Adjust seasoning if needed

Serve with sour cream & parsley on top

Diabetic Quiz answers below—

7. **C. Two to three months.** HbA1c is the measure of how much glucose is stuck to the outside of the red blood cells. A red blood cell lives for two to three months, so the HbA1c test is best done three months. This captures new glucose without glucose from the previous three months' cells.

8. **True.** Covid-19 can be caught by anyone if you are in contact with someone who has it, whether you have diabetes or not.

9. **A. Karamb, Karamahou, and Kawakawa.** See our Summer 2020 issue for an article about research led by Dr Jonni Koia (Waikato-Tairāpiti) at Waikato University.

10. **Carbohydrates.** Carbohydrates convert to sugar and enter the bloodstream when you eat them.

11. **A. Whether protein is leaking into your blood.** This can be an early warning sign of kidney damage. If the results are raised, it's important to take medication that helps protect the kidneys from further damage.

12. **Your feet.** Regular foot check-ups are important for those with both type 1 and type 2, as elevated blood sugar, cholesterol, and blood pressure can cause foot issues over time.

13. **C. A flash glucose monitor (FGM).** FGMs and continuous glucose monitors (CGMs) both use sensors inserted under your skin to read sugar levels in the fluid between your cells (which indicate what your blood sugar is). CGMs can send glucose readings to your monitoring device every five minutes. FGMs give you readings only when you swipe a scanner over your sensor.

Test your diabetes knowledge: Answers

1. **B. Beta cells.** Type 1 diabetes is an autoimmune disease where the body's immune system attacks its beta cells and damages them. In type 2 diabetes, the beta cells become worn out from producing too much insulin.

2. **C. Fruit Mentos.** See our article on page 28 for the latest New Zealand research into effective hypo treatments.

3. **Mate huka.** Type 1 diabetes is mate huka tuatahi, and type 2 diabetes is mate huka tuarua. Gestational diabetes is mate huka hapūtanga.

4. **False.** This myth may have come about because type 1 is sometimes known as "insulin-dependent diabetes" and many people living with type 2 also need to take insulin. However, this doesn't mean that the type 2 has turned into type 1.

5. **C. Oxygen and sugar.** Your blood constantly supplies your brain with the glucose it needs for energy. This is why low blood sugar temporarily affects your thinking.

6. **A. Rapid-acting.** By using rapid-acting insulin in a pump, you get immediate control of your blood glucose levels as the pump works. Short, long, or mixed insulin would be much slower to work if at all in a pump.

MEMBERSHIP MATTERS



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

Raana Mary Campbell – joined the Lions Club of Masterton Holdsworth

Melissa Aimee Gibson Mx – joined the Lions Club of Silverstream

Julia Rose Paranihi – joined the Lions Club of Tawa

Barbara Thame – joined the Lions Club of Hastings Host

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 February 2021. If you have new members who were inducted during February 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.



Lions Impact through the Special Olympics Leadership Academy

From humble beginnings, Lions Clubs International Foundation (LCIF) and Special Olympics have partnered to create a multi award-winning programme that fulfils a shared global vision of building leadership through service. *The Special Olympics Leadership Academy*, a series of training workshops to help build the skills of Special Olympics country and local leaders, captures the core of the partnership's focus, "Mission: Inclusion."

Inspirational keynote addresses from Lions Clubs International leaders have boosted Academy workshops from the outset. Their words have brought the "Mission: Inclusion" partnership between LCIF and Special Olympics to life for Academy participants, many of whom are volunteers. The results have been remarkable.

There are many examples of impact from the Leadership Academy partnership between LCIF and Special Olympics. As Leo Tanya Nzvengende, who has participated in several workshops in Africa, noted, "I have been able to forge relationships with individuals I deemed inaccessible. I have come to appreciate the importance of understanding different leadership styles and being able to flex my own style to align accordingly. I have also been practicing this with the Leos in my district and beyond and can only marvel at the relationships cemented thus far."

Past International President Al Brandel, who was instrumental in the expansion of the global partnership. He has also been key to the introduction of Champion Lions Clubs, a specialty club model that supports local Special Olympics organizations and engages individuals with intellectual disabilities as members.

Past International Director AP Singh, a longstanding advocate for the rights and abilities of individuals with intellectual disabilities, was instrumental in the success and organization of the Kolkota Academy, together with Special Olympics Bharat.

The strength of leading roles from LCIF and Lions Clubs multiple districts in building leadership through service in Special Olympics has never been more in evidence than during the past year.

As Chairperson Gudrun said, "LCIF is a proud supporter of the Special Olympics Leadership Academy. Indeed, Lions Clubs International and LCIF place great importance on community leadership as our clubs and members bring urgent service to those most in need in 200 countries. Perhaps more so now than ever, the world needs the community leadership offered by Special Olympics and Lions Clubs International, and for that reason and more, we are proud to support the continued impact that our 'Mission: Inclusion' partnership brings to communities worldwide."

The leadership of LCIF has been critical to supporting so many throughout the Special Olympics global family during the most challenging of times. The willingness of Lions clubs' members and Leos alike to engage, coach and connect online has helped the movement of Special Olympics drive key themes like resilience, change and perseverance.

Although challenges remain, there can be little doubt that the Special Olympics Leadership Academy, with LCIF support and engagement, collaboration, and partnership at its heart, will continue to make an impact on communities around the globe. It is an impact that goes far beyond people with intellectual disabilities and their families, proving the value of leadership through service for everyone in society. As LCIF continues to focus on building tomorrow's leaders, it further reinforces the critical roles that Lions Clubs International and the Foundation play in this new marketplace.

Never has it been clearer, or more urgent: ***Where there is a need, there is a Lion.***

Thank you to all clubs who have made a donation to LCIF during the current Lions year.

If you have any questions about making a donation, applying for a grant, awarding someone with a Melvin Jones Fellowship award or any question about the Foundation, then please contact me. My details are in the directory however email is probably easiest and my email address is 202m.lcif@lionsclubs.org.nz

To the clubs who haven't supported LCIF this year – There's a world in need and caring Lions are ready to change it. But comfort and compassion alone cannot heal those suffering. It takes funding. Please do consider LCIF with a donation in support of either Campaign 100 or Disaster Relief. Thank you.

PCC Jo Cameron
202M LCIF coordinator.

District Convention Zoom Meeting - 13 March



Welcome from VDG Simon



PID Ron Luxton giving the rededication



Silence /Respect for Lions died this year.