

InforM



May 2021

Vol 14 No 10

David's Patter

As I start to pen this, I'm sitting at Whangarei airport on our way back after attending the 61st MD Convention, the first for two years, which was attended by over 200 Lions.

One of the many highlights was the appointment of our District Governor Murray Pringle as the new Council of Governors Chair for the 2021-2022 year. This appointment is made by the District Governors-elect. **Congratulations Murray.** The last Council Chair from our District was PCC David McDonald, 2014-2015.

Before the Convention started, I had a full day of training with the other 6 VDGs elect, the first time we had met as a group.

Friday night was the Convention opening ceremony which was highlighted by the guest speaker, Eric Rush, ex All Black and Whangarei local, who spoke of his early life living in the country and the limitation of household facilities that existed, through to his early days as an All Black. A very humorous and entertaining speaker.

As the Business Session commenced on the Saturday morning we were addressed by our International Guest First Vice President Douglas X. Alexander, who spoke to his theme, "Serving a World Where Kindness Matters". He was followed by International Director Juswan Tjoe and MD201 Australia Council Chair David Triffet. All of these addresses were delivered electronically.

Remits were presented and passed until the last which was about a national project, Lions Mobile Skin Cancer Screening Service. After a number of remit amendments, and vigorous discussion, it was agreed that a Trust would be established to investigate the feasibility of such a service in NZ.

We also had the privilege of hearing two guest speakers. Firstly Sir Richard Faull who is the Director of the Centre for Brain research, who concluded that they have identified the highways

that show that the brain does reproduce cells. That, for me, was a highlight!!!!

Continuing with the medical theme, our last guest speaker was Professor Stephen Munn, who told us about his long and eminent career as a liver transplant surgeon. He talked about some of the more moving cases he has handled.



But the two key projects that interested me are the Child Mobility Foundation which has been restricted by Covid-19 in that it could not run its clinics, but with the Australia travel bubble up and running, the two trained specialists who live in Australia can now travel to new Zealand to run more clinics.

The second is one I did not know existed in NZ is Hearing Dogs, a service that has provided over 150 dogs to deaf and severely hearing-impaired New Zealanders. Lions is developing a greater relationship with Hearing Dogs, and this is been co-ordinated by DG Louise Knapman. The yellow jackets that hearing dogs wear will soon have the Lions logo on them, which will signify a greater commitment by Lions New Zealand.

Incoming Officer Training this year will take place over **one weekend in two location 22/23 May 2021**, in Dannevirke the 22nd and the Trentham Race Course the 23rd. See Page 3 for details.

The next MD Convention is in our patch, Hutt City, so if you have never attended a MD convention this one will be one not to miss.

David Skjellerup
Vice District Governor-elect

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From the Editor's Desk

Just one more month and we will be more than a year dealing with 'the virus' and quite honestly, our world will never be the same. We seem to take two steps forward and one back as far as resuming the kind of travel we used to enjoy. Even if we are the envy of most of the rest of the world, we still have 'NZers' returning to our shores with the virus or they contract it within the MIQ facilities. We just have to get used to the new way of the world. It appears these viruses will be around and will mutate and change for many years to come. How gloomy is that! Just be grateful that we live in the best little country in the world.

It is coming near to the end of this Lions year.

HAVE YOU REGISTERED FOR LCICon??

Go to page 5 and do so as soon as possible. This Convention is like no other in the history of Lions Clubs International (LCI) in that there has never been a virtual convention and I'm really curious to see how it will be organised. The Guest Speaker **Malala Yousafzai**. Google her for more details. She is very well known and will not be difficult to find. By now your club secretaries Incoming Zone Chairman may be relieved to know that the Multiple District Council has delegated the responsibility of preparing and editing the Club entries in the 2021/22 MD Directory to Cabinet Secretaries (Graham Atkinson. All club secretaries should have their MyLCI entries complete and accurate. This will ensure your clubs details in the Directory are correct at the start of the year—always a good thing. Editor

PRESIDENT'S MESSAGE

United in Kindness and Diversity with International President, Dr. Jung-Yul Choi Experience Virtual LCICon 2021

Dear Lions

Celebrate your connection to Lions Clubs everywhere at the 103 rd Lions Clubs International Convention - and this year we're bringing the wonder of convention to you. Connect with fellow Lions, enjoy world-class entertainment and join us as we welcome Nobel Peace Prize Laureate Malala Yousafzai to share her incredible story of courage and hope that inspired the world.

Join Lions around the world - from wherever you are - and see how we're all connected through service. Visit [Virtual LCICon 2021](#) (ctrl+ click) for more information and details on how to register today.

You can register for our [LCICon Backstage Pass webinar](#) (Ctrl + click) to find out more about this year's convention and the ways you can get involved.

Regards,

Jung-Yul Choi

Dr Jung-Yul Choi International President

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Incoming Officer Training SAVE THE DATE

May 22nd—Dannevirke
May 23rd—Upper Hutt

INCOMING OFFICER TRAINING PROGRAMME

May 22nd

Knox Church Hall, Dannevirke
and all Zone Chairs, MCI, Dannevirke

May 23rd

Trentham Racecourse

9:45 a.m.	Register on arrival Morning Tea	1:00 p.m.	Group Sessions: Zone Chairs at MCI Building (Registrations)
10:30 a.m.	Call to Order, Housekeeping Welcome, Introductions, Goals International Presidents Theme, DG Theme GAT Overview, Awards, Round Up Club Excellence workshop Award Presentations LMLCCT / LCIF Youth Exchange Trial		Presidents Secretaries Treasurers Directors / Others
		3:00 p.m.	Wrap up / evaluation forms
		3:15 p.m.	Go home
12:15 p.m.	LUNCH		

GOOD QUALITY GLASSES NEEDED

Vision is one of the 5 Global Causes of Lions Clubs International.

Glasses that have been stored in Auckland since last May due to covid. 3 of our 7 boxes approximately 700 glasses and 300 sunglasses were sent on Tuesday 23rd March to Tongatapu – bound for Haapai Islands and Nomuka.

Here is a list where our glasses have recently been delivered.

Aug 2020 280 pairs to Alice Springs
freight paid by Brien Holden Foundation

Dec 2020 238 to Darwin
freight paid by Brian Holden Foundation

Mar 2021 270 to Darwin
freight to be paid by Casuarina Lions Darwin

Mar 2021 355 to Samoa Hospital
freight paid by Karori Lions (\$203.70)

April 2021 710 glasses and 344 sunglasses were delivered to Auckland by Jo Cameron in time to go on the vessel to Fiji for Sea Mercy. I no have contact with the coordinator of Sea Mercy. He and his wife live on their yacht and go around many of the outer islands of Fiji and other Pacific Islands distributing the glasses. They require as many glasses as we can process.

We also have 310 glasses ready to send to Vanuatu hospital as soon as I receive the address.

After a concern of stocking piling over the last year I have now found a wonderful contact in Kate Hargraves who organises containers shipments to most of the Pacific Island. In future we will be dealing mostly with her as we only have to get the glasses to her in Auckland.

I can't believe that one email (which I nearly didn't send) has opened up such a wonderful opportunity for us to be able to improve the vision of so many people and in some cases give some the gift of sight. We now need as many **good quality glasses** as we can get.

Please help our team by not sending us rubbish such as glasses with one arm, broken frames, badly scratched lenses, taped up etc and PLEASE DO NOT SEND CASES they are too heavy to send to the islands. I suggest you take the good ones to your local op shops and let them get a dollar or two for them.

I thank the clubs who continue to collect glasses and send them to us. If your club doesn't, then you may like to consider doing so. Remember make use of our Karori Members to transport them from Zone and Cabinet meetings.

For those of you who collect glasses from your friendly Specsavers please ask them if they would save some of their small plastic bags for us. Many of their shops now send them back to Australia for recycling but some will give us a few which will save us the cost of buying them ourselves.

This morning I posted 320 pairs of glasses to the hospital eye department in Vanuatu cost of \$150.00 paid by Karori Lions.

Jo Cameron has kindly delivered 710 glasses and 344 sunglasses to our great new contact in Auckland. Some of these glasses will go to Sea Mercy in Fiji and the others to other Pacific Islands.

This now brings the total number of glasses sent to the various Pacific Islands during March and April to 1655 plus 344 non-prescription sunglasses. The cost to Lions Club of Karori has been \$384.00 which means for less than 24cents per person, will improve the vision of so many people.

Good collecting everyone

Jennie Vowles

GST Cabinet Support - Vision





LCICon2021

103RD LIONS CLUBS INTERNATIONAL CONVENTION

VIRTUAL

To hear from inspiring speakers, enjoy world-class entertainment and celebrate a year of extraordinary service all from the best seat in the house — your seat, your house. We extended our early bird registration rate to give you one final chance to secure our lowest rate for our premier event.

To ensure you have your seat at this unique event register by visiting <https://lccicon.lionsclubs.org/attend/registration-information/> (ctrl+click) as registrations close very soon.



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.

Bereavements - If your Club has been impacted by a bereavement, please would you send me a eulogy & photo and if possible, contact details of the surviving spouse or family members to enable me to send a card and to offer them some support.

Remembrance Service - All deceased members during the period 01 March 2020 – 28 February 2021 will be recognised at a remembrance service to be held in Masterton on Saturday 15 June 2021. Details to follow shortly

Note: any member who has died since the 1st March 2021 will be remembered at convention next year 2022.

Many thanks

Sandie McIntosh

PDG Sandie McIntosh

District 202M Almoner

bob.sandie.mcintosh@gmail.com

Hunger



Hunger is one of the 5 Global Causes of Lions Clubs International.

We, the district would like to know what your club does to help the hungry.



This month's story.

"Hastings Host"

Through Tricia Shields our current Almoner has had Pandora's box that goes to every meeting, our members bring an item or 2 from their pantry then every so often tricia takes the goodies to Nadine at Re-Source.

Re-source is a non-profit group that work through agencies to help those in need.

The link below has some facts about our situation here in New Zealand which is somewhat different to the stories we read on the Lions Clubs International webpage. Have a look. [Hunger is/is not a problem for families in NZ/](#)

Round the CI ubs

Aotea Railway



Above—Aotea Railway Lions Club's train with its new livery — Very smart!!

Right—Keith Nicol and selling poppies in aid of the RSA.



Matariki Day where the crowd waited for up to an hour for a ride. It must have been the new colour scheme. Looks another glorious day at Aotea Lagoon.

Round the Clubs

Super Schools 2021

Kapiti Club Lions members had a great day helping with the Kāpiti Coast Council's Super Schools event in March.

Over 600 Year 7 and 8 students from across Kāpiti gather at Waikanae Park to enjoy a day of "Top Town" style activities. The Super Schools event has been designed specially to engage with "reluctant movers" as well as "sporty" kids, so emphasis is on movement and activity inside fun games, and team-based activities rather than individual achievement to provide a fully inclusive event everyone can enjoy.

There were 6 different activities and games that all students play in the morning session one of which is the Lions Club of Kapiti Mega Mind Puzzle. The huge puzzle is divided into 10 smaller puzzles which when combined make the one giant picture. This giant 10m x 2m puzzle was sponsored by the Lions Club of Kapiti and is a crowd favourite. Over the past year several schools have utilised the puzzle at their own school as a class resource, a great outcome for everybody!

Other activities include an old fashioned relay race "Old School" which involves plank walks, sack races, and three legged race and wheelbarrow races. Lots of fun! There is water play with the Float Your Boat game, and strategic thinking with the "Ground is Lava" game, and "All Tied Up", and a

Kapiti

little bit of sly, and swift action is required for "Hungry Sharks"

The afternoon session saw the students race and be chased around Waikanae Park in the now infamous Zombie Run. Year 10 Paraparaumu College Sports Ambassadors dress up as Zombies and pursue our Year 7 & 8's as they gather supplies, and work as a team to get to the finish line, via a waterslide. Its lots of fun, and a great way to finish the day.

Kapiti Lions supported the Super Schools event throughout the day, marshalling and guiding the students through the activities.



Lions Peter Milne, Bill McKeich and Derek Townsend waiting for the events they are guiding at Kapiti Super Schools to commence.



The Lions Club of Kapiti Mega Mind Puzzle.

Otaki Lions Monster Garage Sale raises \$5,000



The Lions Club of Otaki raised more than \$5,000 in its monster garage sale held at the former Otaki Rotary Hall on March 27th.

“We were so pleased with the response from our Otaki community to our request for donated goods, and with those who turned out to support the sale” said club president Jenny Askwith. “We received so many donations that the furniture section flowed out onto the adjoining carpark. We also thank Otaki Secure Storage, Web2Print and the new owners of the Rotary Lounge for their generous support”.

The club also ran a silent auction for a donated BBQ and raffled a donated child’s rocking horse. hand made by Lion Colin Johns.

The money raised is going towards the Playscape feature at the new Wellington Children’s Hospital.

Pictured left above “Garage sale” photo: A full hall ready for the sale
and below Rocking Horse raffle winner Kirsten Housiaux, centre, with Otaki Lions Club president Jenny Askwith and rocking horse donor and maker Lion Colin Johns.

Are You Ready for a Challenge?

In my District Youth report for the end of the Lions year 2020/2021 I challenged a club or clubs to consider opening an Omega or Leo’s club.

Alpha Leo clubs are those that consist of members between 12 and 18 years of age.

Omega Leo clubs are those that consist of members between 18 and 30 years of age.

Has your club thought about how this could happen in your area or why we should try?

The why

- Youth are our future
- Youth are our upcoming leaders
- We need youth to help us to what is needed for these future generations
- We need the youth strength

The how

- Does your club have a teacher or 2 that would like to work with their school?
- Do you have grandparents or club members with whom this would fit?

I ask you to consider this as we do have holes in the age groups in our clubs that we need to work at fixing for the very survival of our organisation.

Carol McMillan

202M District Youth Coordinator

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.

Application Form :

ENVIRONMENT



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

I wonder if anybody noticed the lack of an Environment column in the InforM last month?. What, nobody? Ah well... Anyway, apologies for that. We were at a fairly remote farm, and just around deadline we had a failure of internet and cell coverage for a few days.

So now for something a little different, but hugely important.

I recently read Bill Gates' new book, "How to Avoid a Climate Disaster."

Gates has spent a lot of time and resources on looking at the problem of global warming (inducing climate change) due to the excessive emission of carbon dioxide and other greenhouse gases, and has a vast array of expert advice at hand. He covers the topic simply but comprehensively, and brings into perspective the many areas that need to be addressed to avoid a disastrous situation for our global civilization later this century. He makes it clear that we already cannot avoid adverse consequences, but to avoid truly calamitous consequences we need unprecedented international political will and cooperation, and a much greater investment in research.

Even more recently, late April, President Biden hosted the "Virtual Leaders Summit on Climate", where there emerged a common purpose and conviction for urgent action to drastically reduce the amount of greenhouse gases being emitted in energy production, transport, industry and agriculture. Both Presidents Xi Jinping and Putin committed to work together with the US on this crisis of our century. In his opening address, Joe Biden stated "The signs are unmistakable. The science is undeniable. But the cost of inaction keeps mounting....We really have no choice. We have to get this done."

So what can we do, as Lions? Gates says that it is urgent for everyone to do what they can, especially in terms of influencing markets and decision makers, and promoting research. As Lions, we can take steps to educate ourselves on the issue, and support those, including our youth, who have the capacity to effect change, for change we must.

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

Trevor Anders

LCI 202M Cabinet Support - Environment

trevoranders@outlook.com

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



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.

FURTHER PROJECT IDEAS TO SUPPORT CHILD CANCER FAMILIES

Collaborate with an organisation that makes wigs for children with cancer; collect and donate hair.

Provide tutoring services to children with cancer, their siblings, or adult learning opportunities for parents.

Organise an event with a cancer support centre to have family photographs taken.

Provide children's entertainment at a local hospital or treatment centre for children with cancer. Entertainment can include social visits to read books and play games, hosting a seasonal party, or spending time with siblings of patients.

Participate in a one-time volunteer activity at a childhood cancer camp.

Organize a community childhood cancer awareness event such as a walk/run event or pamphlet distribution.

[\(See April InforM for some simpler starter activities for your club\)](#)

RAISING OUR OWN AWARENESS

Has your club discussed any of these ideas?

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.

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.

Run a recycling project and donate the profits to a childhood cancer organization.

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

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

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.

I would be really keen to hear ideas from clubs. Please send me details of projects that you have undertaken - these can be written as inspiration for other clubs.

Beth Anders
GST Cabinet Support - Child Cancer

202M Inform - Young Speechmakers – Final Notes for Clubs

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. Please warn in by email if you are coming directly to me so we can cater correctly.

The local Secondary School is a good starting point for contestants, but the ages (17 to 21) allow for tertiary trainees, apprentices, and the young men and women who are a key part of all of our local communities.

If you are sponsoring a speaker this year, get your signed applications in now!! – please encourage them to bring family or friends with them. You will get contestants of both genders and a wide range of capability, and they will feel more comfortable with a friend or family member in support. As well, please support the day in Makoura College - our experience is your Lions Club members and families will be 'blown away' by the intellect and range of subjects these young adults present.

The only cost involved for the Club is the \$70.00 fee (per entry) when you nominate contestants for the District competition. All contestants are provided with food but should have travel provided by the sponsoring Club. If that is an issue, please contact me. Guests and all non-working team members pay \$15 for the morning tea, luncheon and afternoon tea.

Prizes

At District 202M level, the winner will receive a good voucher prize, along with the two runner up speakers. All District 202M contestants will receive a Certificate for taking part presented by DG Murray Pringle.

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.

We encourage all 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

**District 202M Young Speechmakers Contest –
Saturday 15 May at Makoura College, Corner Johnstone
and Makora Streets, Masterton beginning at 10.30am.**

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: _____



Pahiatua & Tararua District Lions



2ND HAND BOOK SALE!

Pahiatua Town Hall

**Friday June 11th & Saturday June 12th
2021**

Proceeds to Local Charities

WE NEED YOUR

**UNWANTED BOOKS, JIGSAWS, RECORDS,
DVDS & CDS**

Drop off points:

Farm Source/RD1, Main St, Pahiatua

PGG Wrightsons, Eketahuna

Woodville - To be Advised

For further information call Chuzz 3767202

Di 375 8563 or Barbara 3768699



**Firewood
Raffle**

**June 11th 10 – 7pm
June 12th 10 – 4pm**

From your District Diabetes Co-ordinator Glenys Hansen

The following article has been taken from the
Diabetes NZ Wellness magazine.

A photograph showing a person's legs from the knees down. The person is wearing dark shorts. Their hands are clasped together, holding their right knee, suggesting pain or discomfort. The background is a blurred outdoor setting with greenery and a wooden fence.

LOOK AFTER THOSE KNEES!

PART 1

Our knees are large, complex joints, and knee troubles can be a major barrier to staying active. Fitness consultant **Craig Wise** advises.

We often don't consider how wonderful our body is and what it can do, until we're forced to stop because of injury or pain in some area. Recently, I injured my knee. I'd like to say I was rescuing puppies from a burning building, but in reality I just misplaced my footing and twisted my knee. It forced me onto crutches for a couple of weeks and slowed me down for much longer.

Over the years, I've come across many people with knee issues, from injuries to niggly arthritic pains to patella femoral syndrome (where the kneecap doesn't track correctly as it moves over the knee). Each injury and pain is unique, but some general principles can be applied.

COMMON PROBLEMS

The two most common types of knee pain are worn cartilage and bursitis. Worn cartilage leads to inflammation that can cause persistent swelling, stiffness, loss of range of movement, and osteoarthritis. Bursitis is caused by inflammation of the bursa, a small fluid-filled sac in front of the knee. It's usually intermittent and mild at first, but it can become persistent, severe, and difficult to alleviate, so prevention is key.

For some people, these knee issues stem from being overweight; excess weight bearing down on the joint can cause premature wear and tear on the joint cartilage, leading to inflammation and pain.

These issues can also arise if you subject the knees to excessive high impact by running on hard surfaces, playing racquet sports such as squash, or engaging in other activities that cause sudden jolting impacts in the joint.

PRINCIPLES OF KNEE CARE

Watch your weight

This may seem like a no brainer, and something that we should all be doing anyway, but it's even more important if you suffering from some form of knee discomfort.

Eat a diet high in anti-inflammatory foods

Foods such as almonds, avocado, broccoli, many berries, and oily fish such as salmon, mackerel, sardines, and fresh (not canned) tuna contain anti-inflammatory properties that may ease the joint pain caused by arthritis.

Bring the heat

If your knees are prone to stiffness, you may wish to use something like a warm towel wrapped around the joint to warm it up slightly. The warmth will increase the blood flow in the joint, making it feel more comfortable and ready for action.

[Diabetes is one of the 5 Global Causes of Lions Clubs International.](#)



Warm up

No matter what activity you're doing, it is important to warm up first. Exercising with stiff cold muscles can cause joint pain or worsen any existing conditions. Make sure that you can move your knee joint through its full range of motions and take a mental note of when you feel any discomfort as you move.

Build the muscle

For many people, knee discomfort can be caused by weaknesses in the muscles, especially the quadriceps. Strong muscles in the legs can help provide support for the knees. This support may alleviate pressure and strain on these joints.

Variety is the spice of life

Whatever exercise or activities you are participating in, it's important to ensure that there is a variety so that no muscle is being overworked at the expense of another.

Choose supportive footwear

Wearing appropriate, comfortable footwear can ensure proper alignment of the joints in the legs and make a huge difference to knee discomfort. Footwear is extra important if you're one of those people whose feet do not distribute your weight evenly, and you tread more heavily either on the outer edge of your foot (called "pronation") or inner edge ("supernation").

Appropriate footwear with plenty of support and cushioning is also especially important if you're participating in a high-impact activity such as running or jumping.

Consider knee braces

You may also wish to consider a knee brace or patella support, depending on your activity. Many knee braces are specifically designed to provide support in the right place. Discuss which knee support is the correct one for you with your pharmacist or whoever

you're buying the brace from. They should be able to advise on correct fitting and the right brace for your needs.

Don't ignore the aches and twinges

It's amazingly easy to ignore discomfort in the knees when it first appears, but any pain in the knees, whether it's only while you're exercising or is more persistent, needs to be taken seriously. Today's niggly ouch can soon develop into tomorrow's debilitating pain. If you feel a twinge when you exercise or perform a particular activity, don't dismiss it. Too many people have chronic knee issues that have come about from believing that it will eventually go away.

I'm always careful to talk with my clients about the importance of listening to their bodies and learning to recognise the good pain and the bad pain. Pain in the joints is never one that you should carelessly push through, as this will most definitely come back to haunt you.

Allow recovery time

Regular physical activity helps maintain knee joint function, including strength and range of motion, which is always a high priority. However, if you do participate in high-impact activities such as running, or activities that include a lot of jumping or pivoting (such as netball), then think about allowing time for recovery.

If you run, don't do it every day, do it every second day. It's also a smart move to mix up your activities, so if you run three times a week, do something low impact – such as bicycling, Pilates, swimming, or using the elliptical machine – on the in-between days.

Remember, too, that as you get older you may find you need more recovery time than you once did.

EXERCISES - THE GOOD AND THE BAD

Good knee exercises include partial squats, step up exercises (either on an aerobic step or just using the steps in your home), standing calf raises, and laying leg raises.

Then there are the bad guys. (Boo! Hiss!) While I do not like to label any exercise as bad (except crunches), some are definitely not so good if you have dodgy knees. These include deep squats, weighted leg extensions, high step ups, and deep weighted lunges. This is by no means an exhaustive list, but they are the most common. If there are any other exercises that you find are painful for your knees, then add them to the bad-guy list as well.

In the next issue, we'll take a closer look at exercises to help your knees. In the meantime, look after those precious patellas!



ARE YOU SUFFERING KNEE PAIN NOW?

If you're experiencing chronic joint pain now, and you haven't already had it checked by a health professional, then it's vital that you do. Even if it's something that can be easily fixed, get on to it early and avoid the complications that could come later if you leave it.

Serves 2

Prep time 20 mins, cooking time
30 mins

Nutritional Information

Serving size approximately
300 grams

Average quantity per serving:

Energy 1370 kJ (328 kcal), Protein
34.1 g, Fat total 16.3 g - saturated
3.4 g, Carbohydrate 7.3 g - sugars
5.8 g, Sodium 148 mg

¼ cup almond flour

¼ tsp rock salt

¼ tsp black pepper

2 skinless, boneless chicken
breasts

1 Tbsp olive oil

½ brown onion, sliced

1 garlic clove, crushed

½ can tomatoes

½ cup lite coconut milk

½ cup salt-reduced chicken stock

¼ cup fresh chopped basil

1 cup green beans

2 stems of broccoli

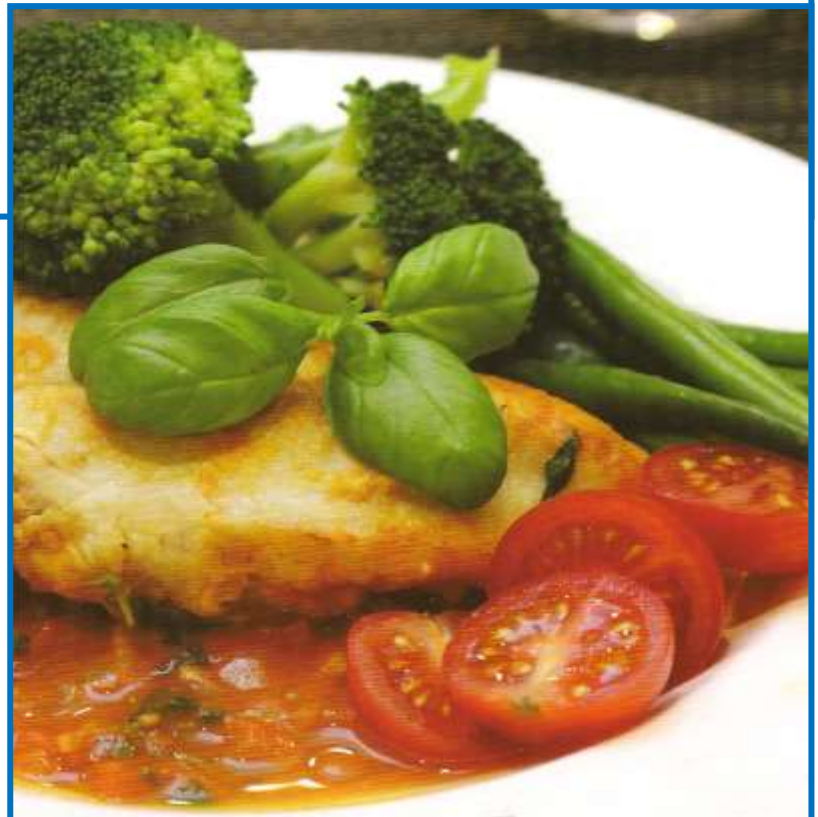
½ cup cherry tomatoes, sliced
in half

Tomato Basil Chicken

- 1 Combine almond flour, salt and pepper in a bowl and use to coat both the chicken breasts.
- 2 Heat the olive oil in a pan and cook chicken both sides until golden. Remove chicken from pan and leave to rest on a plate.
- 3 Add the onion and garlic to the pan and cook until the onion begins to soften.
- 4 Add the tomatoes, coconut milk and chicken stock and bring to the boil. Cook for about 5 mins to thicken the sauce.
- 5 Return the chicken to the pan, cover and reduce heat to a simmer for about 15 minutes until the chicken is cooked and tender.
- 6 While the chicken is cooking, cook the green beans and broccoli in a small pan of boiling water until cooked to your liking.
- 7 Once the chicken is cooked, stir in the fresh basil and serve with the green beans, broccoli and cherry tomatoes.

SUGGESTION: Add ½ a cup of cooked brown rice or quinoa, or blend of both, to get your starchy carbs.

Lee-Anne Wann



Recipe taken from the
Diabetes NZ cookbook
“Eat Well Live Well”.

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.



Every Donation Matters

Lions around the world are united in our spirit of bringing healing and hope to those who are most in need. Through Lions Clubs International Foundation (LCIF), 1.4 million Lions in 210 countries can turn compassion into action. As the official charitable organisation of Lions Clubs International, LCIF has awarded 12,701 grants totalling more than US\$1 billion since its founding in 1968. The generosity of Lions has provided most of this revenue. But there are still many more people who are counting on Lions' help.

Each donation is important to fulfilling LCIF's mission. When you make a donation to LCIF, you can be sure that your contribution is making a difference in the lives of people in need.

Lions' donations have made significant impacts:

- Prevented serious vision loss for more than 30 million people
- Provided vision screening for more than 350,000 Special Olympics athletes from 85 countries
- Engaged more than 13 million students in Lions Quest
- Built or expanded 660 eye hospitals/clinics/wards
- Trained 681,000 eye care specialists
- Conducted more than 20 million vision screenings through Sight for Kids
- Mobilised more than US\$415 million through two fundraising campaigns for the SightFirst programme

Thank you to the following 9 clubs who have made a donation to LCIF already this year... Carterton Central; Eastbourne; Gisborne Host; Hastings Host; Hastings Pioneer; Kapiti; Lower Hutt Host; Mana; and Napier Host.

Last year 33 Clubs made a donation to LCIF – thank you for your generosity.

Please donate to LCIF - Campaign 100 again this year so we can answer the call to provide much needed funding where it is needed most!

Jo Cameron
202M Cabinet - LCIF Coordinator



MEMBERSHIP MATTERS

Members are the life blood of our organisation. This year we have (sadly) lost 5 Lions Clubs. Clubs need to actively recruit members to survive. We depend on a vibrant membership to achieve Lion's goals of providing community and international service.

25 Recruitment Ideas:

- Ask someone
- Bring a guest to meetings
- Advertise on social media platform
- Advertise in local newspapers
- Have a clear club goal & a strategic plan
- Letters or personal contact with local businesses
- Place customised bookmarks in library books
- Have public meetings at malls, outdoors, etc
- Have a booth at malls, fairs, festivals etc.
- Place pamphlets in waiting rooms, cafeterias, libraries, etc.
- Host an Open House
- Put together guest information packs
- Service projects that serve a need in the community
- Invite family members to join
- Send letters to people with an invitation to visit the club
- Print club business cards with club meeting location and time
- Distribute copies of the Lion magazines in waiting rooms, etc
- Hold wine and cheese receptions for prospective members
- Have a special guest day
- Send club members to district membership seminar
- Make prospective members feel important
- Honour outstanding community members with awards
- Don't take age into consideration
- Make some meetings social events
- Build a club web site

GOOD LUCK!
PCC Jo Cameron
GMT support

MEMBERSHIP MATTERS



**to our new members
inducted during March**

Peter Bishop – joined the Lions Club of Carterton

Christopher Elworthy – joined the Lions Club of Silverstream

Michelle Hill – joined the Lions Club of Karori

Andrew Reeve – joined the Lions club of Napier Host

Paul Williams – joined the Lions Club of Napier Host

Laurie Wilson – joined the Lions Club of Waikanae

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



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Jo Cameron
202M LCIF Coordinator



Thank you Lorraine

PDG Jack Hayes and VDG elect Carol McMillan caught up for lunch with Lorraine Brooks to thank her for all her hard work at Multiple district level on the Youth team.



Inducting a new member to one's club is always a joy and an occasion to celebrate for a club. On 24th March Michelle Hill joined Karori Lions Club. She has been to a few meetings and spent quite a few mornings sitting next to Alice McDonald on the bus going to work. They struck up a conversation and now Michelle is a Lion. WELCOME MICHELLE. Above left Michelle, Mary Snook (sponsor) and President Joanne Knight

Playscape Update

Thank you to all the clubs who have contributed to this wonderful project so far. When combining the donations and pledges we are now only \$70,000.00 short of our target of \$500,000. This includes the two grants which have been received. We are very thankful to The Lloyd Morgan Lions Clubs Charitable Trust (LMLCCT) for their grant of \$40,000.00 and Lions Clubs International Foundation (LCIF) for their matching grant of US\$100,000, which equated to NZ\$142,943.90 cents.

The donations have been made when times have been difficult for clubs to carry out their normal fundraising activities, due to the Covid pandemic, but your donations have kept rolling in. I am aware that some clubs do have some special fund raising events planned to support this wonderful project. Thank you very much. It would be really great to have the target of \$500,000 reached by 30th June 2021, so it can all be signed off in this Lions year.

Wellington Children's Hospital was the first purpose built children's hospital in Aotearoa/New Zealand. Built in 1912 with financial support from the community, and today is another positive milestone for our young Tamariki/children where the community has financially supported another new hospital.

The construction is well under way, with the foundation, level 1, for the Playscape having been completed. The new hospital is scheduled to be opened toward the end of this year. I have included a letter which has been sent to us, as sponsors, from Wellington Hospital Foundation. Once again thank you very much to all the clubs for your continued and ongoing support.

DGE Simon Williams
Project Coordinator.

4 March 2021

Exciting milestone for Wellington Region's New Children's Hospital as the new name and look is announced – Te Wao Nui



Three years ago, following an initial approach by the Wellington Hospitals Foundation, Wellingtonian Mark Dunajtschik announced an extraordinary gift of \$50 million to build a new world-class children's hospital for our region. This unprecedented generosity is deeply appreciated and will ensure a brighter and healthier future for thousands of kiwi kids.

Today we are delighted to share CCDHB's name for the new Child Health Service and Hospital, which honours and cements Mark and his partner Dorothy Spotswood's place as major guardians of our region's young people.

The new Child Health Service and Hospital will be known as **Te Wao Nui – 'The Great Forest of Tāne'**, and the new hospital building will be known as the **Mark Dunajtschik and Dorothy Spotswood Building** in honour of their tremendous gift.

Without Mark and Dorothy's support a new children's hospital would have been many decades away, and sick children, their families and the hospital's incredible medical teams would have continued to struggle in a building that was unfit for purpose.

This project is also unique in that Mark and the CCDHB have engaged clinical teams to work with the architects from day one, which has allowed them to design medical, clinical, administrative, monitoring and whānau spaces in the new hospital that will explicitly meet their needs, as well as those of children and their families.

Te Wao Nui

Mark and Dorothy's gift also means that for the very first time a range of paediatric services will now be brought together under one roof. This will make it quicker and easier for our hospital's clinicians to collaborate across a range of specialities, as well as being much easier for families to access multiple child health services. This opportunity has allowed the CCDHB to revamp and launch a new integrated child health service and hospital for the central region which will be known as **Te Wao Nui - The Great Forest of Tāne**. This name was chosen after careful consultation with key stakeholders and acknowledges the cultural significance and life-giving properties that Māori associate with the forest.



Māori revere the forest for its beauty, spiritual presence, and bounty of food, medicines and building materials; and it is fitting that the protective spirit/māuri of the forest is reflected in the name and theming of our new hospital service. The new name will take effect when the service transitions into the new children's hospital building from late 2021.

Kaitiaki – Guardians of the new hospital

We are also thrilled to share a glimpse into the gorgeous work by Weta Workshop. Their magical 'Tree of Life' designs, murals, concepts and large scale sculptural elements will bring Te Wao Nui to life and help promote a sense of health and well-being.

Drawing on features of New Zealand's flora and fauna, a whānau of nine kaitiaki characters have also been developed to help children and young people feel supported and cared for during their hospital journey.



Wellington Hospitals Foundation

Since Mark announced his legacy gift, Wellington Hospitals Foundation has been engaged with our community to outfit and equip the interior of the hospital. All these incredible creative design features, along with the specialised paediatric equipment, the digital and other essential services, as well as all the furniture and fittings in the new children's hospital, are only possible because of you and other generous donors in our community. Your partnership with us, your hard mahi and your contribution towards the \$10 million internal outfit has, and continues to be, essential to the success of our new children's hospital.

To view a short video about Te Wao Nui's name, its story, and some of Weta's magical interior concepts for the new hospital, visit the news section of our website <https://whf.org.nz/news/>. You'll also be introduced to the new whānau of kaitiaki.

Thank you again. It is a privilege to represent our donors in this journey towards a stunning new children's hospital, and we look forward to opening Te Wao Nui's doors next year.

With warmest appreciation,

Bill Day, MNZM, JP

Chair, Wellington Hospitals Foundation

w: www.whf.org.nz p: 04 806 2332 e: admin@whf.org.nz

f: Facebook/Wellingtonhospitalsfoundation

