

InforM



June 2021

Vol 14 No 11

MURRAY'S MEMO

Welcome to this, the final edition of InforM, for this Lions' year. We have weathered the storm of a global pandemic, we have endured periods of lockdown whereby it became impossible to meet in the way Clubs normally meet, and we have held a virtual District Convention. However, Lions are a resilient lot and we have survived, we have looked after one another and we have done so with kindness.

During the course of the year we have lost five Clubs, either through merger or closure, and our District membership has reduced by 31 members. Given the challenges that we were presented with over the last 12 months I actually regard these statistics as a plus. It could have been much much worse, but now is the time to revitalise and reinvigorate so that we can continue to be the valuable resource that our communities so need.

Despite the challenges we have faced the District's Clubs continue to provide an exhaustingly high level of service to their communities, at a time when it has been surely needed. My congratulations go to you all.

DGE Simon and his team have planning well underway for the 2021-2022 year. This past weekend two very successful and well-attended training days were held for incoming officers, one in Dannevirke and the other at Trentham. Succession planning and leadership are the two key issues that will ensure that Clubs survive into the future. Lions International has just achieved one centenary and I encourage all Clubs to take the long view to ensure that we survive into the next century. Whilst technology and customs may change over time, one thing that we can be absolutely certain won't change are the needs of the communities we serve. Let us all strive to live up to our age old saying that "where there is a need, there is a Lion".

Because our District Convention was held virtually we were unable to hold a Remembrance Service to honour those Lions' members who passed away during the year. It is important that we remember their legacy and to that end a Remembrance Service is to be held on Sunday 20 June 2021 at the Village Chapel, Gary Pickering Funerals, Cnr Waltons Avenue and High Street, Kuripuni, Masterton, commencing at 11.00am. Please come along to support the families, and to honour the service of our deceased members. A light luncheon will follow the service.

It has been an honour and a privilege to serve as your District Governor this year. I thank all of you for your enthusiasm and commitment to your Club, your communities, your District and Lions Clubs International. I also thank my Cabinet for the support and guidance you have provided to me over the course of the year, and I wish DGE Simon and his team all the best for 2021-2022.

Lastly, I look forward to working with you all in the next Lions' year as I take up my role as Council Chair of Lions New Zealand and the Islands of the South Pacific.

Murray Pringle

District Governor 202M

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

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

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

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

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

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

Services: Alice McDonald
Home Club: Karori
Email: 202M.gst@lionsclubs.org.nz

Membership: Cat Hancock
Home Club: Napier Host
Email: 202M.gmt@lionsclubs.org.nz

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



From the Editor's Desk

As I sit here to write this editorial the last for this Lions year, I note that this year has flown by just as quickly as the last. I'd like to thank DG Murray for your leadership this year and for your contributions to the InforM. Thank you also DGE Simon and VDGE David for your contributions. Together with the Cabinet members who regularly contribute articles making my job so much easier.

We have the LCIcon coming up next month and I would urge everyone to participate as it will be a convention like none we have ever attended before and I am really excited to be enrolled.

I am all ready and waiting to get my Covid 19 vaccination (both jabs) so that I will be safe to be in Cairns at ANZI, in the hope that everything else is on target. Hopefully there will be no more outbreaks once this current one is sorted. Congratulations to all the newly elected club officers. May you have a successful year.

Editor Mary Snook

Contents contd

Page 23	Tawa Lions Market has a new home
Page 24	Round the Clubs -Karori Vision (Spectacles Project)
Page 25	Obituary - PCC David Gault
Page 26	Round the Clubs—Carterton (Firewood Project)

Table of Contents

Page 1	DG Murray's Message
Page 2	From the Editor's D3sk Table of Contents Message from IP Jung-Yul Choi
Page 3	Items from the Council of Governors April Meeting Graph updating progress with the Children's Hospital
Page 4	Wellington Children's Hospital Project Update
Page 5	Environment / Message from Council Chair David
Page 6	Angela De Boer Fund donated to HeartKids NZ
Page 7	Hastings Pioneer Lions 40th Anniversary /Child Cancer
Page 8	Remembrance Service
Page 9	National Volunteer Week /Round the Clubs Titahi Bay
Page 10	Round the Clubs -Napier Host / Dates for our Diary / MD Roles appointments
Page 11	Diabetes and the Covid 19 Vaccine
Page 12	Diabetes and the Covid 19 Vaccine Contd
Page 13	Recipe - Beef Stroganof A classic winter warmer
Page 14	Wellington Hospital Foundation 'Jammies in June'
Page 15	Club items FOR FREE / LCIcon Details
Page 16	Presidents Weekend - 24-25 July Masterton
Page 17	The Lions Learning Centre
Page 18	GLT Leadership Team Update
Page 19	202M District Awards
Page 20	LCIF 100
Page 21	Membership Matters - New Members April
Page 22	Membership Matters -25 Recruitment Ideas

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

Lessons from the Pandemic Greetings Lions,

Out of all the diverse talents Lions possess, one in particular seems to be consistent across clubs and constitutional areas:

the ability to turn difficult situations into opportunities.

Now that we are well into 2021, more than a year since the first lockdowns began, many clubs have adjusted to a new normal. The rules of the pandemic no longer seem strange, they are simply a part of our life.

While we know it won't be this way forever, some of the adaptations clubs have made in the past year have been truly innovative. And it's worth looking at whether they just may have a place in our service beyond the pandemic.

For instance, we now have meetings without being in the same room. Virtual meetings have enabled Lions to serve safely during the pandemic, and they've also opened the door to new possibilities. I often hear parents or young people just starting out in their careers tell me that they would love to serve, but they can't find the time to attend meetings. But what if those meetings were in their home? And all it required was an internet connection and an hour of their time? No rushing in traffic and no babysitter required.

We have the potential to radically change how we serve. This doesn't mean every club should move to virtual meetings. But it does mean that every club should examine what changes it has made over the past year that may be worth keeping.

Traditions are wonderful. Lions, especially, love keeping the familiar close at hand. But traditions can and do evolve, just as we do. Let's take this month, in which we focus on strengthening our membership, to discover how we can evolve and use the lessons of the past year as a guide for the future.

Sincerely,

Jung-Yul Choi

Dr Jung-Yul Choi

International President



COUNCIL OF GOVERNORS MEETING Held 21-22 April 2021 ANZI 2021

ANZI Forum - Cairns The ANZI committee requires 200 registrations by the end of May, or they will cancel the Forum. If Lions Members register for ANZI they should let the MD202 office know as payment to Australia will be coordinated through the MD office.

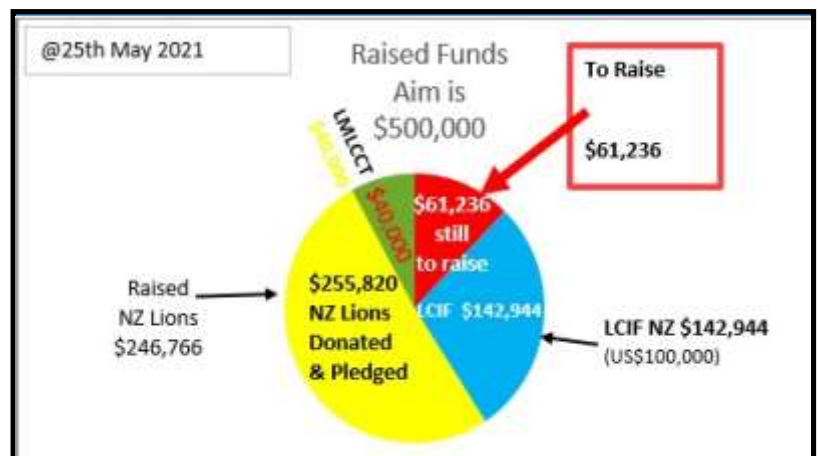
ANZI 2022 – The 2022 ANZI Forum will be held in Queenstown on the first weekend of September. Committee appointments at this stage are 202F DG Sue Fleury Committee Chairperson, Dennise Simms Venue Coordinator and Alice McDonald Programmes Coordinator. The roles of Treasurer, Registration and PR are still to be filled.

LION MAGAZINE – Our next magazine issue for Spring will be issued in August. Clubs are encouraged to send their stories through to our editor editor@lionsclubs.org.nz by the end of June.

CHILD CANCER FOUNDATION – Thank you to the clubs that supported the donation call to support the Child Cancer Foundation as principal sponsor of their Southern Lights Fundraiser dinner event. A total of \$8,000 was contributed to the collection through the District E Charitable Trust. A great effort. The MOU between The Child Cancer Foundation and MD202 is currently being finalised. See Beth Anders' report on Page 7

NATIONAL CANCER SCREENING SERVICE – A remit was presented to members at the recent MD Convention in Whangarei asking for adoption as a national project with a trust (yet to be established) to manage it and which will report to Council. Trustees are to come from each District. Some funds are available through the MD202 contestable fund to cover the cost of the establishment of the Trust.

HEARING DOGS – The MOU between MD202 and Hearing Dogs New Zealand has now been signed and a presentation was made at the MD Convention about this and details of the assistance that Lions Clubs could provide.



WELLINGTON CHILDRENS HOSPITAL / LIONS PLAYSCAPE PROJECT

Thank you very much to all the clubs who have donated to “the Playscape Project” and continuing to do so.

WOW – we are nearly there! Our target is \$500,000 and only \$60,000 (round figures) to go. It would be fantastic if we could reach our target by June 30th, then this fantastic project will be finalised in this Lions Year.

Construction of the Children’s Hospital is running to schedule. The base for the Playscape construction is in place. It is anticipated that the official opening of the hospital will take place in November. There is a time frame of 3 months for final training and scheduling of staff, finishing touches, and be operational by February 2022.

The Playscape has a budget cost of \$500,000. Whilst this is a large sum of money, it is only a small cost of the overall project. The new hospital is the only one in NZ, whereby the doctors and medical staff have had input into the outstanding design, to make it practical, and provide all the medical equipment required. Patient care and comfort has been a high priority, with the aim of providing a much quicker post-operative recovery. This is where The Lions Playscape plays an integral role for the overall health of the children, who require the care and specialist services.

I have attached some pages from a booklet 1912-2021 (From King Edward VII memorial Hospital for Children to Te Wao Nui Child Health Service and Hospital) which briefly summarises the journey of the hospital build , starting in 2017.

Thank you Lions for being part of this wonderful legacy. With a large catchment area, the hospital will provide exceptional high level health care to families in the wider Wellington, Nelson, Marlborough, Taranaki, Hawkes Bay, Wairarapa and Marlborough. All started with a personal donation of 50 million dollars from Mark Dunajtschik and Dorothy Spotswood.

To quote Mark *“My philosophy is people that are born with a healthy body and mind can look after themselves, and those unfortunate to be born with or suffering ill health need our help”*

For any Lions Clubs, or members who would like to make any further donations, the bank account number is 02 0528 0038410-00. Clubs depositing funds should enter their club number in the reference field. The club should send Trust Chair PDG Keith Kenderdine an email confirming the amount banked for the project to lmlcct.admin@lionsclubs.org.nz.

DGE Simon Williams



ENVIRONMENT

The Environment is one of the five global causes of Lions Clubs International, and our Environmental Strategic Objective is to “Sustainably protect and restore our environment to improve the well-being of all communities.”

During the past Lions’ year I have shared thoughts and information on environmental resources and possibilities for environmental projects. It may be helpful to those thinking about initiating projects to recap on the topics covered.

- August – objectives of this column
- September – LCI resources
- October – electronic waste recycling
- November – tree planting, bush clearing and wetlands
- December – partnering with schools
- February – government support schemes
- March - partnering with or assisting community groups
- May – what we can do about climate change

In each issue I have asked clubs to give me feedback on the environmental initiatives they are busy with or may be contemplating, so that I can assist in disseminating those ideas. So far, nothing...

It would be helpful to other Lions clubs if you would share what you are doing, or share your good ideas and enthusiasm.

Please contact me at trevoranders@outlook.com

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

Trevor Anders

LCI 202M Cabinet Support - Environment

Lions Club of Karori

trevoranders@outlook.com

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

Message from Council Chair David Peart

Our Lions year is rapidly drawing to a close. Hopefully, all clubs have now elected their boards for the coming year. Congratulations and thanks to all who have accepted positions of responsibility, the health of your club and our organisation is in your hands. I urge all new and continuing officers to take advantage of the training opportunities your Districts are offering. The interchange of ideas and experience at these days is invaluable. I will be going because my club has nominated me for the role of secretary which means I will have to learn new skills, but I am looking forward to the challenge. Please where possible ensure your officers have a generic club email address and advise their details to the Multiple District office as soon as possible to help with the production of the Directory for the year. Thanks to Zone 2 of District K for their hard work and the smooth running of our Convention. For those who attended we enjoyed some wonderful speakers. Eric Rush got us aching from laughter on Friday night and then on Saturday we had our International Vice President Douglas Alexander on video followed by two outstanding medical professors, Sir Richard Faull, on his work on the human brain and neurological diseases, and recently retired Stephen Munn, about his work in the Liver Transplant unit. On the business side we updated various clauses in our constitution and bylaws which allow for the option of reviewing rather than having to fully audit accounts and also clarified our ability to conduct virtual conventions if a state of emergency prevents a face-to-face meeting. We supported the proposal of a Skin Cancer Screening project and agreed to the setting up of a trust to create the legal framework including the needed partnerships and financial arrangements essential for its establishment and ongoing viability. My congratulations to my successor DG Murray Pringle who has been selected by the District Governors Elect to be Council Chair for the 2021-2022 year.



Pictured left— Clare Wylie, Lora Wylie-Gyde, Neil Watkins President Wainuiomata Lions, Rachael Hopkirk Regional Family Support Coordinator at Heart Kids NZ, Wellington Region.

Lions donate for Heart kids

By: Gerald Rillstone

A grand total of \$31,505.00 in funds has been donated to the Wellington branch of Heartkids by the Lions Club of Wainuiomata.

Heartkids Wellington Regional Family Support Coordinator at Heartkids New Zealand says when Lion Club of Wainuiomata president Neil Watkins called to say they had a donation of over

\$31,000 it bought tears to her eyes.

“The money will definitely be used for our Wainuiomata families,” she says.

Along to receive the donation was Lora Wylie-Gyde who had her first heart surgery when she was two weeks old and a further surgery around Christmas 2018 at Starship Hospital.

The original funds were raised by community groups in the late

1980’s and early 1990’s to fund a heart transplant for Angela De Boer who lived in Wainuiomata.

With Angela unfortunately passing away before the transplant could take place it was agreed that the funds would be used for the benefit of the residents of the Wainuiomata community.

Over the years the money was added to by Brugger Industries Staff, Lions Club of Pencarrow,

Lions Club of Wainuiomata-Pakeke and other community groups.

The fund grew to \$60,000 and distributions have been made over the years to assist with the cost of a liver transplant, the purchase of a CPAP machine for sleep apnoea, assistance with the costs of an operation for spinal surgery related to severe arthritis, purchase of a mobility scooter and funding of Heart Defibrillators.

Angela De Boer Fund

The original funds were raised by community groups in the late 1980’s and early 1990’s to fund a heart transplant for Angela from the Wainuiomata Community. At this time no funding was available in NZ for this type of operation.

Money was raised through:

Brugger Industries Staff	Lions Club of Wainuiomata
Lions Club of Pencarrow	Lions Club of Wainuiomata Pakeke
Lions Club of Riddiford	Soroptomists and other community groups.

Originally the funds raised were \$26,000 which over time grew to \$60,000.

With Angela unfortunately passing away before the transplant could take place, it was agreed that the funds raised would be used for the benefit of the residents of the Wainuiomata Community.

When Pakeke Lions went into recess approx. 2000, and with Brugger Industries having closed a meeting was held by the remaining active parties involved in raising the funds, including Doug Woods and Jim Summers from Brugger Industries.

A decision was made for the three Wainuiomata Lions Clubs to provide a member from each club to act as Trustee/administrator of the fund. The original appointees were Robbie Hinde, Ridderford Lions, Jenny Taylor of Pencarrow Lions and Don Butcher of Lions Club of Wainuiomata.

The funds raised were invested with the Lloyd Morgan Lions Club Charitable Trust.

Since its inception distributions from the fund have been made:

- to assist with the costs of a liver transplant
- purchase of a CPAP machine for sleep apnoea
- assistance with costs of an operation for spinal surgery related to severe arthritis
- assistance with the purchase of a mobility scooter
- funding of Heart Defibrillators which have been sited in the Wainuiomata community.
- Ronald McDonald House

With Riddiford Lions club going into recess and the Pencarrow Lions and the Lions Club of Wainuiomata being the sole remaining administrators amalgamating in 2020 it was decided that the remaining funds should be distributed.

After much consideration it was decided that the funds should be distributed to Heart Kids for the exclusive funding of services to families in Wainuiomata. There are in excess of 40 families in Wainuiomata receiving support from Heart Kids.

As the original intention of the fund was to fund a heart operation it was thought Heart kids was an appropriate organisation to receive the funds, benefiting multiple families in Wainuiomata.

Hastings Pioneer Lions Club
(formerly Hastings Lioness Club)
is celebrating 40 years of service

Celebrations will take the form of a Luncheon at
Clubs Hastings, on Saturday, 12 June 2021,

Cost \$30 per person.

The Club has endeavoured to contact former members and friends.
If you would like to attend and have not received an invitation, please
contact Marie Nichol on 06 877 3383 or marienichol@xtra.co.nz

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.

In this new Cabinet position, I have endeavoured to raise awareness amongst Lions about the various agencies supporting families in NZ dealing with childhood cancer.

I have also accessed some really interesting information and ideas for child cancer related projects from a variety of sources and included these in previous reports to the InforM. I am hoping that clubs will be encouraged to try something new, or additional to what they already do for health in their communities.

Opportunities to increase awareness of Camp Quality and the ongoing need for financial support of this wonderful project were an ongoing effort during the year.....

Lions' members may be pleased to know that Camp Quality Wellington Central Districts received support from 64 Lions Clubs in 202M, much of that was financial and a great deal of it was the provision of support services, that is amazing – our District always has a high level of support for CQ.

In discussion with Tony Fitzgerald from CCF and DG Murray, attempts were made to increase the number of clubs participating in the annual CCF street collection day, with some limited success.

I have also asked clubs to let me know of ideas that they have had for projects or to send a report on successful initiatives. This has so far not produced any result.

I WOULD BE REALLY KEEN TO HEAR IDEAS FROM CLUBS AND ALSO HAVE YOU SEND ME DETAILS OF PROJECTS THAT YOU HAVE UNDERTAKEN TO SUPPORT FAMILIES LIVING WITH CHILD CANCER – THESE CAN BE WRITTEN UP IN THE INFORM AS INSPIRATION FOR OTHER CLUBS.

Remembrance Service

Sunday 20th June

11:00am

This service conducted by PCC Robin Nairn is for Lions, friends and families to recognise the service of Lions who have passed away in the past Lions Year from 1st March 2020 to 28th February 2021

Please invite families to attend.

LUNCH TO FOLLOW:

Venue: Gary Pickering Funerals

1 Waltons Avenue

Kuripuni

MASTERTON

Please RSVP to: masterton.holdsworth@lionsclubs.org.nz

Please pay \$15 per attendee to

Masterton Holdsworth Lions Club

03 0687 0083841 00 with your Club name and Surname in the details fields.



20-26 JUNE 2021 | #NVW2021

RECOGNISE. CONNECT. REIMAGINE.

Connect Our Hearts

CALL FOR STORIES

To celebrate National Volunteer Week 2021, 20-26 June, Volunteering New Zealand is gathering the volunteering stories from volunteers in Aotearoa.

What is your best volunteer experience, or the most touching moment you have had from volunteering? Please complete the [questionnaire](#) to tell your story by 31 May.

[More Information](#) (Ctrl + Click to access to access hyperlinks)



Round the Clubs

Titahi Bay

Group photo of some Titahi Bay Lion members at our Saturday Market.

At one of the recent market days it was a bit wet. Such is a sign of Winter coming.

We survived the Covid lockdowns and hopefully there are no more.

Wonderful to have the Labour MP for Mana, Barbara Edmonds popping over to support Lions and what we do.





Left Norm Winter, Pres Judie Stones and David Maunder proudly showing our TopClub award for Napier Host.

Below are Norm, Pres Judie and David with non perishable food our club collected and donated to Salvation Army.



10 members of Napier Host helped at a stocktaking of @Aquisitions in Napier. We raised over \$900 for our trust funds. 40 Lions hours were spent and although our backs were sore by the end of the day, we all had fun and agreed it was a worthwhile fundraiser.



Important Dates for your Diary

- 24/25 July** Cabinet Meeting & Presidents Weekend, Solway Park, Masterton
- 9 Oct** Cabinet Meeting, Dannevirke
2022
- 29 Jan** Cabinet Meeting Paraparaumu
- 4-6 Mar** 202M Convention, Gisborne
- 22-24 Apr** MD202 Convention, Silverstream
- 14-15 May** Final Cabinet Meeting and Preliminary Meeting
2022-2023 Cabinet

MULTIPLE DISTRICT ROLES These appointments have been made:

Council Advisory Board (CAB) Member PCC Graeme Wilson
PCC Graeme Wilson was also appointed as Council Advisory Board Chair.

GLT Area Coordinator Lynda Halverson

GMT Area Coordinator PDG Alice McDonald

GST Area Coordinator PDG Wendy Goodwin

John Harwood has stood down from the position of Hearing Preservation Advisor.

202D DG Louise Knapman has been appointed to the role of which the position title has also been changed to Hearing Coordinator.

From your District Diabetes Co-ordinator Glenys Hansen

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

Care

Diabetes is one of Lions Clubs International's 5 Global Causes



Diabetes and the Covid-19 vaccine

As New Zealand's vaccine programme rolls out, we answer some of the most common questions.

For adults with diabetes, and especially older adults, the risk of severe illness from Covid-19 is increased. Vaccinations are an important way to reduce your risk of contracting the virus – and to help protect your whānau, friends, and community.

In New Zealand, the vaccine is free and voluntary. Diabetes NZ encourages people living with any form of diabetes to receive the vaccine when it's available to you. Consult with your doctor about your individual circumstances.

WHEN WILL PEOPLE WITH DIABETES RECEIVE THE VACCINE?

The government's current priority for vaccination is border workers and frontline health workers, as well as people living in Counties Manukau District Health Board (DHB) district who have underlying health conditions that make them most at risk of severe illness from Covid-19.

Both type 1 and type 2 diabetes are considered to be relevant underlying health conditions. That means those with diabetes within the Counties Manukau DHB district are now able to get vaccinated. Those with diabetes living in all other locations will be offered vaccines from May.

WHAT VACCINE IS NEW ZEALAND USING AND HOW DOES IT WORK?

Several vaccines are being rolled out globally. The Pfizer-BioNTech Covid-19 vaccine is the vaccine currently in use in New Zealand.

The Pfizer vaccine is a messenger RNA (mRNA) vaccine, meaning it doesn't use virus cells, but contains a piece of RNA code that "teaches" the body to recognise the virus, so that it can respond straight away if you become infected. It does not alter DNA.

The vaccine also contains buffers and a very small amount of sucrose to protect it during the ultra-low temperature storage it requires.

IS THE PFIZER VACCINE SAFE?

The World Health Organization's Strategic Advisory Group of Experts on Immunisation (SAGE) has deemed the Pfizer-BioNTech Covid-19 mRNA vaccine safe and effective for most people aged 16 or over.

New Zealand's own medicines safety authority MedSafe has also provisionally approved the Pfizer-BioNTech Covid-19 vaccine for use in New Zealand. This approval has involved a robust assessment process to ensure the vaccine meets international standards and local requirements for quality and safety. It means the company that makes the vaccine must meet certain conditions, including supplying

more data from its clinical trials around the world while the vaccine is rolled out.

MedSafe has streamlined its approval processes to make sure New Zealand can access Covid-19 quickly, but these processes still have the same rigorous level of scrutiny that all other medicines undergo. The vaccine cannot give you Covid-19, and the Pfizer vaccine, which New Zealand is using, is not associated with blood clots.

IS THE VACCINE SAFE FOR PEOPLE WITH DIABETES?

The Pfizer-BioNTech Covid-19 vaccine is safe for people with diabetes aged 16 years or older. The World Health Organization has found the vaccine to be safe and effective in people with various conditions that are associated with increased risk of severe disease. This includes diabetes, as well as hypertension, asthma, pulmonary, liver, and kidney disease. We recommend you discuss any concerns with your GP and/or your diabetes team.

WHAT ABOUT CHILDREN WITH DIABETES?

At this stage, the Pfizer-BioNTech Covid-19 vaccine has not been approved for use in children under 16, even if they have an underlying health condition such as diabetes. This is because

clinical trials in children have not yet finished. Those under 16 may be included in future.

WHAT ABOUT DURING PREGNANCY OR BREASTFEEDING?

Clinical studies have so far not investigated the vaccine in pregnancy. Trials are currently under way in the US, and it is expected the vaccine is unlikely to pose a specific risk when given to pregnant people. We will update this information as it becomes available.

For now, though, the advice for pregnant people, including those with gestational diabetes, is to delay vaccination until after delivery if you are at low risk of exposure Covid-19.

For pregnant people who are at high risk of exposure to Covid-19 the vaccine can be offered with informed consent.

People who are trying to become pregnant do not need to avoid pregnancy after receiving the vaccine.

People who are breastfeeding have also not been included in clinical trials. However, as with all vaccines on the New Zealand Immunisation Schedule, there are no safety concerns about giving the Pfizer vaccine to people who are breastfeeding.

WHAT ARE THE COMMON SIDE EFFECTS OF THE VACCINE?

Like all medicines, the Pfizer vaccine may cause side effects in some people. This is the body's normal response and shows the vaccine is working. Side effects are usually mild, don't last long, and won't stop you from having the second dose or going about your daily life.

Common side effects include pain at the injection site, headache, feeling tired or fatigued, muscle aches, feeling generally unwell, chills, fever, joint pain, and nausea.

Serious allergic reactions can occur but are extremely rare. New Zealand vaccinators are trained to manage these.

If you have an unexpected reaction to your Covid-19 vaccination, your vaccinator or health professional should report it to the Centre for Adverse Reactions Monitoring (CARM). You can also report any unexpected reactions directly by emailing CARM. We recommend you discuss any concerns with your GP or other medical professional.

DOES THE VACCINE AFFECT BLOOD SUGAR IN PEOPLE WITH DIABETES?

It's important to carefully monitor your blood glucose for 48 hours after you receive your vaccination, as it may rise because of the vaccine's effect on the immune system. You also need to stay hydrated and have a sick-day plan ready in case you feel ill. Again, discuss concerns with your GP or diabetes medical professional.

HOW EFFECTIVE IS THE VACCINE?

Clinical trials have shown the Pfizer-BioNTech Covid-19 vaccine to be 95% effective. Similar results were seen across age, gender, race, ethnicity demographics and people with health conditions – including diabetes. Of those who participated in clinical trials for this vaccine, 9.4% of people had diabetes.

It's not yet known how long you will be protected from Covid-19 after receiving the vaccine. We also don't yet know if the vaccine will stop you from passing on the virus to others, but evidence shows this may be the case.

CARRY ON WITH OTHER PRECAUTIONS

Once you've been vaccinated, you should continue to take precautions to prevent the spread of Covid-19. Thoroughly wash and dry your

hands. Cough or sneeze into your elbow, and stay home if you feel unwell. This will help you protect you, your whānau, and others. Continue using the Covid tracer app, turn on your phone's Bluetooth function, and you may wish to wear a face covering or mask.

WHAT ABOUT NEW STRAINS OF COVID-19?

While there is currently limited data, early research has shown that the Pfizer-BioNTech Covid-19 vaccine is just as effective against the UK (Kent) strain. Information about its effectiveness against other strains will become available as research continues.

WHO CAN'T HAVE THE VACCINE?

There are specific populations for whom the Pfizer-BioNTech Covid-19 vaccine is not recommended, because of contraindications, lack of supply, or limited data. These populations currently include people with a history of severe allergies, pregnant people, and children under 16.

HOW MANY COURSES OF THE VACCINE WILL I NEED?

The vaccine is given as an injection into the muscle of the upper arm by a doctor, nurse, or pharmacist. When receiving the Pfizer-BioNTech Covid-19 vaccine, you'll need two doses, at least three weeks apart. To ensure you have the best protection, make sure you get both doses of the vaccine. You'll need to wait 20 minutes after your vaccination so medical staff can check you do not have a serious allergic reaction. Anyone who has a history of anaphylactic shock needs to wait 30 minutes.

NEED MORE INFO?

For more information, as well as updates on the Covid-19 and diabetes, see www.diabetes.org.nz/Covid19.

A Classic Winter Warmer.

BEEF AND MUSHROOM STROGANOFF

SERVES 4

So many ways to customise this classic! We use rice as the carb here, but there are delicious alternatives – such as mashed kūmara. There are also hearty vegetarian and vegan versions.

Olive oil spray

3 tsp low-fat butter substitute (you'll use each teaspoon separately)

400g lean beef stir-fry

1 large onion, or 2 medium, thinly sliced

3–4 garlic cloves, crushed

400g sliced button mushrooms

2 Tbsp cooking wine

2 Tbsp Worcestershire sauce

1 tsp onion powder

½ cup hot water

¼ cup low-fat sour cream

1½ cups basmati rice

NUTRITIONAL VALUE PER SERVING:
ENERGY 1850kJ (442kcal) | PROTEIN 35g | FAT 8.5g (SATURATED FAT 3g) | CARBOHYDRATE 51.3g (SUGARS 6g) | SODIUM 162mg

NUTRITIONAL VALUE PER SERVING (VEGAN VERSION): ENERGY 1760kJ (420kcal) | PROTEIN 22.7g | FAT 10.7g (SATURATED FAT 1.6g) | CARBOHYDRATE 50.4g (SUGARS 5.1g) | SODIUM 157mg

Spray a large stovetop pan with olive oil spray and fry the beef at a high temperature for 1-2 minutes, keeping it moving with a spatula, until browned.

Remove the beef and set aside.

Turn down the heat, give the pan another spray, and add 1 tsp of the butter substitute.

When melted, add in the chopped onions and cook at a low temperature until translucent.

Add in the crushed garlic and cook for another minute.

Add 1 more tsp of the butter substitute, and when melted, add in the mushrooms.

Turn the heat up to medium.

Stir the mix until the mushrooms are coated and just beginning to brown.

Add the wine and let cook for another minute.

Add the third tsp of butter substitute, and, when melted, sprinkle in the flour and stir quickly so it is evenly distributed throughout the mix.

Keep stirring the mix as it cooks for another minute.

Add the hot water gradually, stirring constantly, until the mix thickens up.

Stir in the fried beef, Worcestershire sauce, and onion powder.

Cover, turn the temperature down, and let gently cook on a very low heat for another 20 minutes.

Cook the rice according to instructions on the packet.

Just before serving, stir the low-fat sour cream into the stroganoff mix.

Serve the sauce over the rice, with salad or steamed green veges on the side.

Make it vegetarian or vegan

- To make a vegetarian stroganoff, use sliced tempeh or tofu instead of beef, or just add more mushrooms. Instead of Worcestershire sauce (which contains anchovies), use 4 tsp soy sauce and 2 tsp of either cider or balsamic vinegar.
- To make the meal vegan, do the above, and also use dairy-free butter substitute and a low-fat plant-based yoghurt instead of the sour cream.

I have enjoyed doing these contributions for the InForM for 2 years. I hope that you have all gained something from these articles and enjoyed the making the recipes.

This is my last duty as the District Diabetes Co-ordinator.

Glenys Hansen

Thank you Glenys, for your regular contributions, always timely and a valuable resource for healthy eating.. Editor.



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.

Jammies in June

Please help keep sick kids warm and well this winter



To help keep kids warm and well this winter, Wellington Hospitals Foundation has launched its annual **Jammies in June Appeal**.

Respiratory conditions are a leading cause of acute admissions to hospital for children and Wellington Regional Children's Hospital sees a significant increase in the number of children who are admitted over the winter months. Many might have been unexpectedly raced into hospital, struggling to breathe on cold winter nights, with little or no notice. It's incredibly scary for kids and having a warm pair of clean pyjamas to change into makes a huge difference. Sadly, for children who need hospitalisation the most common respiratory conditions are also associated with socioeconomic deprivation, and the hospital's community nursing teams frequently visit children in homes that are crowded, cold and damp. This leaves young children even more vulnerable to complications from asthma (with one in seven kiwi kids diagnosed as asthmatic), bronchitis and other nasty respiratory infections. Some kiwi families are doing it really tough and there are also many sick kids seen at home who have never even owned a pair of pyjamas.

How can you help?

Community support for the Wellington Hospitals Foundation's annual Pyjama Appeal has always been incredible and makes a huge difference to our tamariki, rangatahi and whānau. Please donate a pair of NEW, size 1-16 flannelette pyjamas or thermals. Due to the risk of infection, only NEW pyjamas can be accepted.

Or make a donation online at www.whf.org.nz (ctrl+click to access) Wellington Hospitals Foundation will buy a pair on your behalf.

Collection points



Tamsin's journey with Wellington Children's Hospital started suddenly one evening when she was diagnosed with leukaemia. Mum Hayleigh told us, "It's something you never imagine you will hear, and at such a terrifying time we were extremely grateful for the hospital and the team right from the moment we arrived. With such a scary journey ahead being told we were in for the long haul was daunting, but Tamsin was snuggled into some nice warm PJs provided by the Hospitals Foundation for the night, a small comfort that makes a world of difference to a scared child."

Tamsin - dancer, horse rider and Wellington Children's Hospital cancer patient

GIVING AWAY

If your club has a need for any of the following items please contact PDG Rex Bullard. These have been sent to storage from clubs that have closed down.

First in first served.



Timing Light Set



Gavel and Gong



Country Flag Set (2 of)



Email: 202M.GLT@lionsclubs.org.nz or Phone 0275 714 103

Lions Clubs International Convention
(LCIcon) will be on our screens
25-30 June 2021.

HAVE YOU REGISTERED?

If not you need to do it **NOW**.

Presidents Weekend

Save the Date

24th & 25th July

**Copthorne Solway Park
High Street
Masterton**

Phone 06 370 0500

On-Site accommodation has been reserved. Mention Lions when booking.

A great weekend of “Sharing Ideas, Getting to Know others and Learning”.

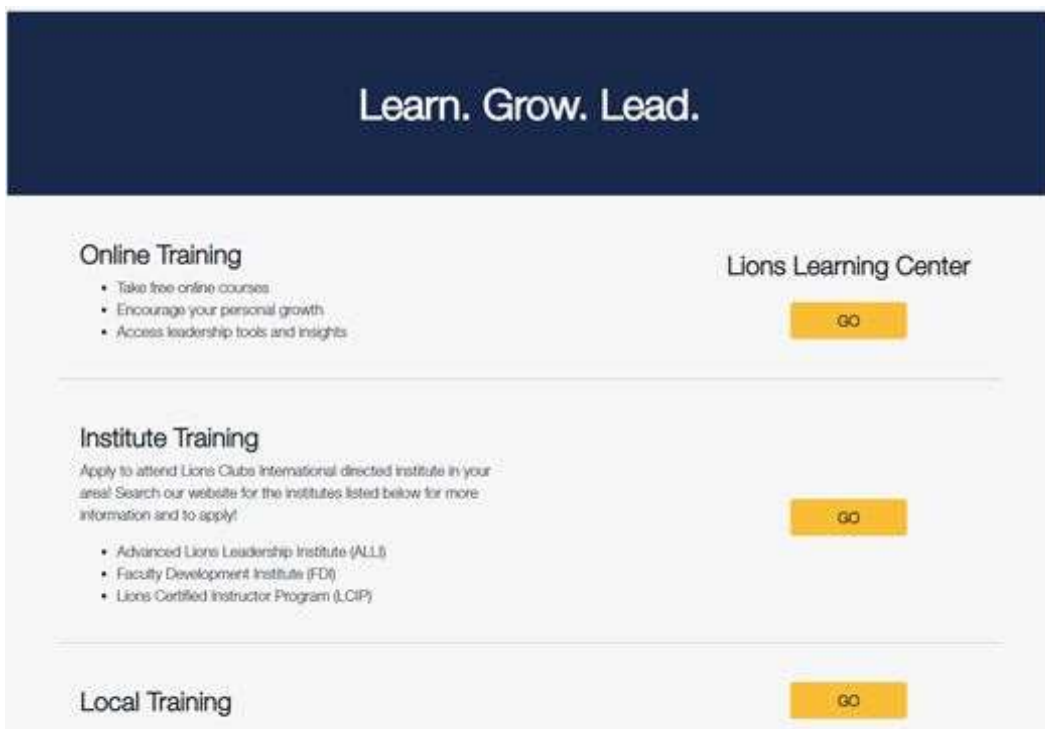
Costs to be advised – More details to be sent to Presidents directly.

The Lions Learning Centre

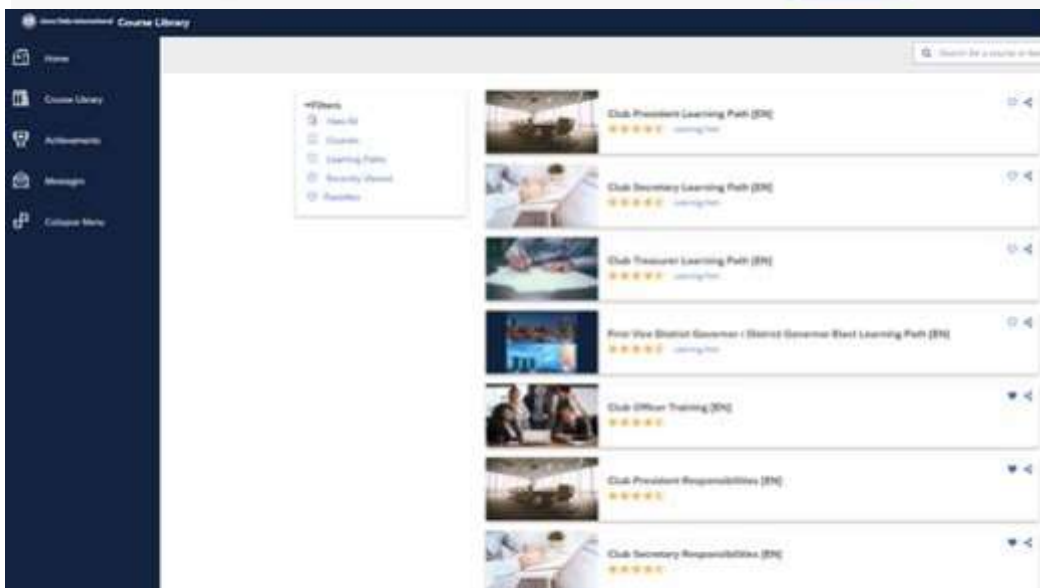


Access the Lions Learning Centre after Logging on to the Lions International Website in the Members Login.

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**



GLT – Global Leadership Team - Update

Incoming Officer Training:

A good attendance at both Dannevirke and Trentham for Incoming Officer training with 25 clubs represented.

Training included:

International Presidents Theme.

District Governor elect Simon Williams Theme and Goals

An Overview of the GAT role in supporting Clubs

A Club Excellence Workshop

Outline of the New Awards for 202M

The new Youth Exchange Trial

Individual Group Sessions for Incoming Officer Roles

If you would like to know more, please contact DG elect Simon Williams or your GAT team.

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 if you have not already done so 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.

Lions Institute Training:

Covid-19 has impacted on the delivery of a number of Institute Courses. While some dates are yet to be finalized I can advise the following:

LCIP – Christchurch 11-14 February 2022

ALLI – Cairns 7-9 September 2021

FDI – TBA

ELLI – TBA

If you are interested or know of a Lion in your club who could benefit from these excellent courses, do not hesitate to contact me directly:

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

202M DISTRICT AWARDS

All clubs are encouraged to apply for consideration for the following awards for the 2020 -2021 Lions Year. Please note that some of the awards now differ from those previously awarded at Convention as they now more closely align with the criteria for Multiple District Awards.

202M – Community Service Award:

- To encourage full club member participation in community service projects / activities
- To stimulate friendly rivalry between clubs by implementing exciting and innovative community service
- To enable worthy service projects / activities to be recorded and made available for use by other clubs

202M – Youth Activity Award:

- To encourage vigorous club participation in youth activities
- To stimulate friendly rivalry between clubs by implementing exciting and adventurous youth programmes
- To enable worthy youth activities to be recorded and made available for use by other clubs

202M - Public Relations & Communication Award

- To recognise excellence, innovation and effectiveness in communications and Public Relations
- To encourage clubs to use a range of medium to communicate with their members
- To encourage clubs to use a range of medium to enhance public awareness and the reputation of Lions in the wider community

202M –Membership Growth, Retention & Extension Award

- To encourage clubs to take responsibility for membership growth thus ensuring the future of Lions in District 202M and MD202
- To encourage clubs to retain members by developing strategies that ensure existing members continue their membership
- To encourage clubs to extend membership through chartering of new clubs and sponsoring of club branches Total Membership as recorded on MyLCI repo

NOTES

The award period is from July 1st 2020 to 30th June 2021

Applications for Awards in this Lions year are eligible

The Immediate Past District Governor will present these awards at the next District Convention.

Entry forms will be emailed to Club Secretaries shortly

Applications for this year's awards will close on 31st August 2021

Applications can be sent to 202M.awards@lionsclubs.org.nz

See www.lionsclubs.org.nz/members/awards for more details

If you have any questions, please email PDG Rex Bullard rexbullard@xtra.co.nz



Lions Clubs International
FOUNDATION



Thank you to DGE Simon for providing time in the Incoming Officer Training programme for me to speak about and promote our International Foundation. It was great to see so many Lions there. I really enjoyed catching up with everyone; I hope you all found the day beneficial, and you are all looking forward to the year ahead.

A few reminders from the weekend – The Club Excellence Award. This was discussed in detail and DG Murray would like to see as many clubs as possible apply for the award this year. The key qualifying criteria are that the club has a net increase in members and that they have made a contribution to LCIF. There is still time to achieve both. Donations to LCIF need to be made by the 18th of June to ensure they get credited with LCIF for June. Account reconciliations sent from our MD Office are done on a weekly basis for the previous week, hence the time lag.

Internet Banking details

The account is the same one you pay your clubs LCI subs into which is why the references below are so important.

The account name is **International Assoc of Lions**

Account Number is **03-0502-0081103-00**

It is important you include the following reference

(particulars = who) "Club number and name/truncated name"

(code = what) "what for – "LCIF tag MJF" allows you to accumulate credits for MJFs"

(Reference = why) "Campgn100 or Disaster"

Eg (particulars) "**23169Karori**" (code) "**LCIF tag MJF**" (Reference) "**Campgn100**"

Please send me an email advising the date and amount of the donation so I can ensure the donation is coded correctly at the NZ end.

While a donation to LCIF is critical for the Club Excellence Award, it is also critical for those we serve. You will recall the video that celebrated Lions serving 275 million people in a single year. Much of this service is only possible because of the generosity of Lions through their support of our Foundation.

Those wanting to recognise Lions or community leaders with Melvin Jones Fellowships need to act promptly if you want to receive them in time for your changeovers. I have the MJF credits list for each club – please flick me an email if you would like this information for your club.

Thank you to all clubs who have supported LCIF this year.

Jo Cameron

202m LCIF Coordinator

MEMBERSHIP MATTERS



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

Teena Bull – joined the Lions club of Waipawa District

Rebecca Everson – joined the Lions Club of Wairoa Lighthouse

Juliette Hamilton – joined the Lions club of Waipawa District

John Hannan – joined the Lions club of Aotea Railway

Bobbie Hicks – joined the Lions Club of Hastings Pioneer

Ngaire Jensen – joined the Lions club of Carterton Central

Glenis Libby – joined the Lions Club of Hastings Pioneer

Les Webster – joined the Lions Club of Woodville

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 April 2021. If you have new members who were inducted during April who do not appear on this list – firstly, my apologies for not acknowledging you yet – hopefully you'll appear on next month's list; and secondly, check with your club secretary to ensure your new members are being registered on MyLCI.



MEMBERSHIP MATTERS

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.

Another 25 Recruitment Ideas:

- Use group email to promote your club
- Put posters in public areas
- Have a reward programme for new member sponsors
- Create more fun
- Invite the media to cover well known speakers
- Use word of mouth
- Network with co-workers, friends, and family
- Follow up with guests
- Lead by example—how many members have you recruited?
- Have members give talks at other organisations
- Provide guests with free meals
- Approach ethnic groups not represented in your club
- Advertise at sports events
- Ask the district for help
- Hold joint meetings with other groups
- Share your club experience with others
- Participate in community events
- Publicise club successes, events, in local newspapers
- Publicise club successes, events, on social media platforms
- Circulate the club newsletter widely
- Design a club brochure
- Hold recruiting events with two or more clubs
- Form/join a speakers' bureau
- Wear your club's pin
- Send newsletter to guests

GOOD LUCK!
PCC Jo Cameron
GMT support

WE ARE MOVING

TAWA LIONS



SATURDAY MARKET

**TO A NEW SITE
OUTLET CITY CAR PARK**

29TH MAY 2021

SATURDAY MARKET



Recycling of Glasses

Our small team of members, have been kept busy over the last couple of months with so many clubs sending us glasses. Thank you for all those clubs who are great supporters of this project, We average around 29 hours per month working on the processing and packaging of the glasses reaching 65 Hours in April. This does not include the research hours, picking up of glasses and all the answering of email etc.

I, personally, believe during the last couple of months we have gone up a step with this project We now have many contacts to whom we send our glasses, and we are getting some really good feed back.



Most of our glasses have, or have almost, reached their destination.

Dr Lucilla Ah Ching Sefo, the ophthalmologist at Samoa hospital, has sent back an email of appreciation of all the glasses we sent. She told me one of her patients has not been able to see for many, many years and, with a pair of glasses that we processed, he can now see. How great is that!

These stories are now becoming more and more frequent, indicating the appreciation and happiness of so many people whose vision our glasses have improved so greatly.



The photos are from Samoa



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

Glasses bound for Vanuatu were held up for the last three weeks at the post centre at Auckland airport, due to limited flights going to Vanuatu and the prioritizing of cargo. For some reason they didn't consider our glasses to be high priority, however a couple of days ago they have arrived in Vanuatu and now only need to be delivered to the hospital.

The balance of glasses that were stored in Auckland due to covid, plus the ones Jo Cameron took to Auckland at the end of April, are merrily making their way across the waters and should arrive in Fiji within the next couple of days.

Our lens testing team has received a very high compliment from Darwin. Due to our high standard of glasses, packaging and overall professionalism we have been asked if we would be prepared to send them another carton of glasses in July. I have agreed to do so and they are going to try and get Casuarina Lions, again, to pay the freight. Optometrists go out to the far outreach villages therefore we can send a much larger number of prescription glasses. To give people prescription glasses they need to have their eyes tested by the professionals.

Please keep collecting Good Quality glasses and sunglasses We don't want broken frames, scratched lenses, glued up glasses, frames with one arm etc etc. and please NO CASES. We only send GOOD QUALITY glasses and sunglasses.

Good collecting everyone

Regards

Jennie Vowles

Vision



Obituary - David Gault

David Gault, Patron of the Lloyd Morgan Lions Clubs Charitable Trust since 2016, Past District Governor, and Council Chairman in 1975/76, died in May 2021.

David joined Porirua Lions club as a charter member in 1966; became a life member in 1988, and was an active member of that club until transferring to Wellington North Lions club in 2005. With his wealth of knowledge and experience in Lions, David was a valuable contributor at Club meetings and projects; he served a term as President and several terms as Secretary. He was an active member up until his death.

David often said that he was in “the right place at the right time” when he was invited to join Porirua Lions Club. Little did he know that it would become a lifetime commitment. His expertise as a lawyer enabled him to hold various legal roles including that of Multiple District Legal Counsel for 9 years from 1976.

In 1974 New Zealand Lions thought it was time to put up a candidate for international president.

Lloyd Morgan a publican, businessman and a member of Lower Hutt Host Lions Club was the preferred candidate.

David became involved from 1974 with the initial campaigning and then the penultimate success of Lloyd achieving election as International President in 1979 – the only New Zealand Lion to hold this position.

A considerable amount of work by David and the team went into ensuring that New Zealand as a country, and Lions Clubs International were well represented on the world stage and at international conventions. Lloyd was elected as International President in 1979 in Montreal. Traditionally, the outgoing President received a Cadillac from their Multiple District, but Lloyd was not having any of that.

New Zealand Lions wanted to acknowledge Lloyd’s role in a significant way. In a car driving back from a Lions meeting in the South Island, David and two other Lions hatched the plan of creating a Charitable Trust in Lloyd’s name for New Zealand Lions. The Lloyd Morgan Lions Clubs Charitable Trust – LMLCCT – was born.

Unsurprisingly, David was central to forming the Charitable Trust and continued his involvement in various roles, including Legal Counsel for several years.

When Lloyd’s wife Ngaire died in 2016 David was appointed Patron, a position he held until his death.

From small beginnings the Trust’s funds now stand at \$6.8 million dollars and is used to assist New Zealand Lions Clubs projects.

David was always generously supported by his wife Janice and their family during his time in Lions.

John Rutherford
President Wellington North Lions Club

Round the CI ubs

Carterton



Left - President Paul Shailer enjoying a beer with Lion Brian Deller

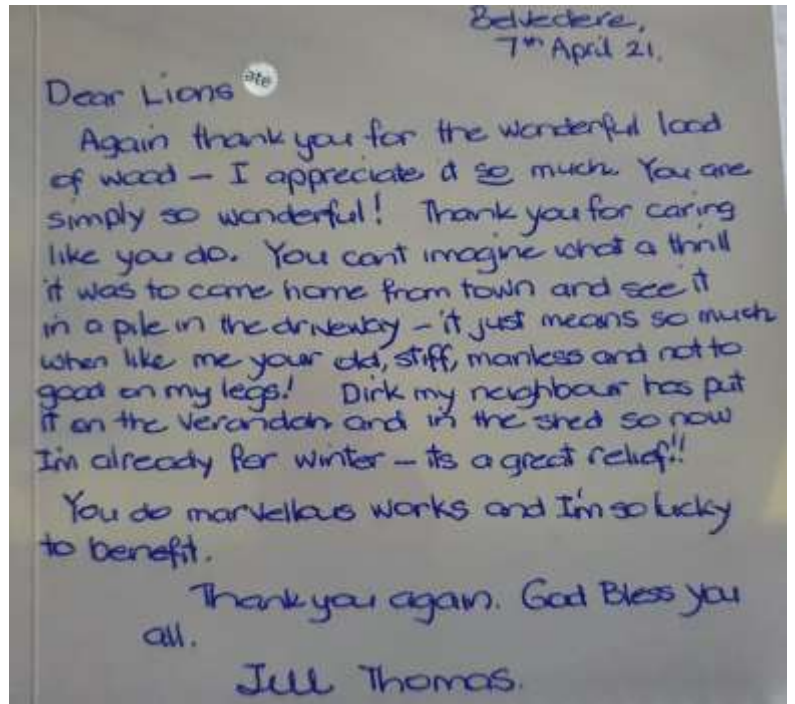
Below - Club Treasurer Alf Clear, Projects Chairman Harry Gray & Lion Jim Reynolds enjoying a cuppa n chat



Below - Lion Brian James chatting with Firewood Convenor Lion Warren Harland after a recent working bee.



Below - A letter from a grateful recipient of firewood.



Health and Safety is taken of as well.



Photo Credit: Lion John Keating