

# Southern



April  
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Issue 170

# Chronicles



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Welcome to Southern Chronicles (Southern Flyers) April Edition.

First of all, I would like to thank our previous Bulletin editor, Ann Sounders for her fabulous work she has done over the last years as our bulletin editor. I would also like to wish all the best for her in her future endeavours.

I would like to thank you all, especially our VDG Pam Fiveash, for giving me the opportunity to do the 202F district bulletin.

Lastly, I would like to thank all the clubs for sending me the bulletins. Unfortunately, I was not able to go through all of them. Please keep on sending send me the articles, photos, bulletins, or anything interesting to me before 20<sup>th</sup> of every month.



Yours in Lionism,  
Sajitha Ferry  
Your Bulletin Editor

**Message from  
Lion Sue Fleury  
District Governor  
202F District**



Hi all

I am sitting here on a beautiful autumn day; it has been a bit chilly in the mornings. By the time you read this I will have been to Multiple Districts Convention in Whangarei and also had a holiday up in Northland.

I would like to thank Sajitha Ferry from Invercargill Host for agreeing to taking over the role of bulletin editor and I am sure she will do a great Job.

Saturday 10th April, I attended the 50th Anniversary of the Lawrence Lions Club. This was a great event and well organised. Congratulations to the 4 members made Life members on the night. I really enjoyed the guest speaker Samantha Hayes from TV3, what a great life she has had, certainly makes mine seem tame.

Congratulations Lawrence Club for all you have achieved over the last 50 years you have done some amazing things for your community. Can't wait to see what you can achieve over the next 50 (maybe I won't see them all).

Don't forget the Development Day on the 15<sup>th</sup> May in Tapanui. I am not sure if I will be able to join on this day as I am rostered to work this day but if I don't, I am sure you will all have a great day. This is the time for the new officer bearers to learn all about their new roles and ask any questions they have.

Please remember my Membership challenge it is not too late to find new members, I was looking at the numbers the other night and a lot of clubs have already achieved the goal of at least 1 more member than you started the year with. Also please have a go at reporting your service on My Lion it is not hard anymore and we need to increase this our reporting figures before the end of the year.

Well must away and start packing keep up the good work

Sue Fleury

District Governor





**Message from  
Lion Pam Fiveash  
District Governor Elect  
202F District**

To my fellow Lions in District 202F

Welcome to the first edition of our revised District Bulletin. I hope you enjoy the change. Special thanks to Sajitha for taking over the Editor's role. It's a really big task, and Ann has left huge shoes for her to try and fill.

I'd liked to share something with you that I read recently, entitled 'Want to live a long and happy life? Volunteer'. It went on to say "There's a wealth of research that tells us that volunteering is good for us. Researcher Marta Zaraska has compiled this useful research in a new book about living your best long life. She concludes that the secret to a long and happy life is not buying a fitness tracker – but volunteering for a cause that gives you a sense of purpose.

Marta says, science shows that drivers such as friendship, purpose in life, empathy and kindness are health drivers more powerful than a healthy diet and exercise.

She's crunched the numbers and tells us that science shows that building

connections with others lowers mortality risk by about 45%.

Exercise, on the other hand, can lower that risk by 23-33%. Eating six servings of fruit and vegetables per day can cut the danger of dying by 26%, while following the Mediterranean diet by 21%.

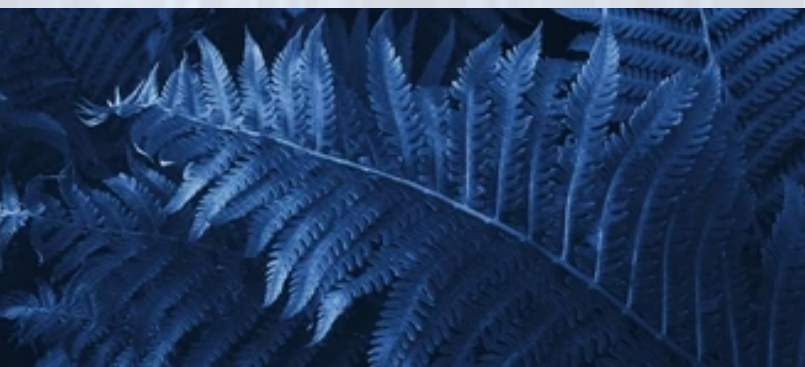
For volunteering, its 22-44%. So, keep eating those veges but also develop relationships with others and volunteer – it's scientifically proven to be good for you!"

Well, given that piece of information, I don't need any further encouragement to continue serving my community as a member of Lions Clubs International, and I hope you will do the same.

And remember – volunteers aren't paid a monetary reward and it's not because we're worthless. It's because we're priceless.

Until next time, I remain yours in  
Lions

Pam Fiveash  
District Governor Elect  
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## Lions Training Day Pathways to Leadership and Club Success: 20<sup>th</sup> March 2021

### Lion Sue Evans



**Facilitator: Alice McDonald**

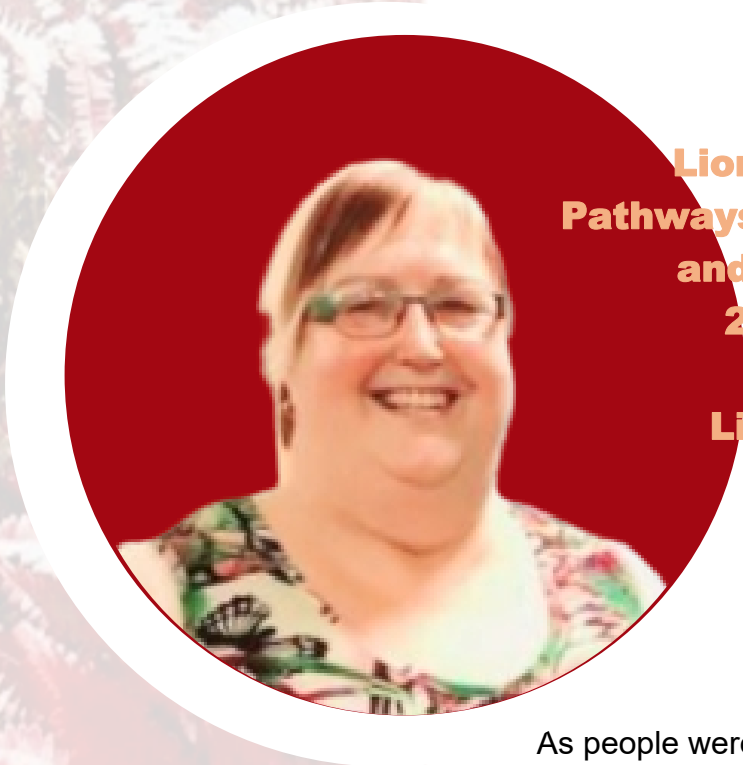
President Shona Cook and Lions Sajitha Ferry, Julie Brown, Doug Ronald and myself travelled to Gore to participate in the Pathway to Leadership and Club Success. There were 24 Lion Members from our Zone in attendance. While we learnt about various resources available to all of us and the importance of good Leaders, and as we are all writing something about the day I thought I would focus on 'Getting to Know Your Personality Style'.

**We worked on the DOPE 4 Bird Personality Test: Dove, Owl, Peacock and Eagle** to recognise our own uniqueness and to use this as a starting point for our own 'self-improvement' step. Knowing your own personality style will help identify your skill set and the area your skills are better suited for. I believe learning the skills to communicate in a positive manner with others is an important part in our work as Lions. This training day highlighted that we can focus on the negativity OR focus on the creativity and the communication style can make or break a conversation. By acknowledging our own personality type is vital to the way we communicate with others and recognising their our

personality type allows us the opportunity to re-think or re-word our conversation. Our attitude is the most vulnerable part of our existence – it is also the only part of our existence over which we have total control.

The other important aspect for me was we need to consider people from different ethnic groups. When we **communicate with each other it is often the interpretation** of our work that shows differences in our understanding of a presenting problem and the importance of ensuring that we do listen and hear their answers and checking this out is vital if we want to have inclusion of other cultures Lions Clubs.





**Lions Training Day  
Pathways to Leadership  
and Club Success:  
20<sup>th</sup> March 2021**

**Lion Shona Cook**

Five of us headed to Gore on Saturday 20<sup>th</sup> March to the Pathways to Leadership and Club Success training day. I do not know about the others, but I really enjoyed my day. The day was facilitated by Alice and she is very funny.

We spent the morning looking at some different types of personality tests which was interesting, and it can be quite eye opening sometimes find what group you have fitted yourself fitted into. We also spent some time looking at teamwork and what the dream is off a good team, using the acronym dream to come up with the different things that make this work.

As people were from different clubs around the district it was also good to spend some time mingling with other Lions and talking to them about what they are doing in their clubs and how their clubs were going.

One of the good things about the training was that it was interactive, and we got to do a lot of moving around and doing different things in different groups.

If this training was held again, I would definitely go again and would



## Media/Publicity

The Lions Clubs International  
202F District Facebook page

<https://www.facebook.com/Lions202F>

I always endeavour to support and promote District 202F Lions Club's Service. Please if your club needs help or are involved in any projects where I can help with publicity. Make sure to take photos and let your local community and media know what is happening in your club.

If you are undertaking something special, let me know. I can advise you on what you need to do if the club was thinking of entering District Awards next Lions year.

Part of my job portfolio is to promote the Clubs' service by sending articles and photos to the NZ Lions Magazine. This is the one which turns up at your club every few months. I am more than happy to help write the article and send it off to the editor.



Lions clubs get a real boost in reading about their service in this magazine. There is always lots of North Island Lions Club information to read, lets change this and make sure there is plenty of District 202F articles too.

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**We Serve**  
*Kindness Matters*