

# InforM



August 2021

Vol 15 No 2

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202.glt@lionsclubs.org.nz

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7th August 2021

202.glt@lionsclubs.org.nz

Welcome new Lions

Ann Hart

Jan Hutchinson

Scott Wagstaff

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

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

2nd Vice District Governor  
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Home Club: Hastings Host  
202M.2vdg@lionsclubs.org.nz

Cabinet Secretary: Graham Atkinson  
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Email 202M.secretary@lionsclubs.org.nz

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

### GLOBAL ACTION TEAM

Services: Adrian Ash  
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Email 202M.gst@lionsclubs.org.nz

Leadership: Alice McDonald  
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Membership: Jo Cameron  
Home Club: Karori  
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InforM Editor: Mary Snook  
Home Club: Karori  
Email: 202M.editor@lionsclubs.org.nz



Debbie Beuth  
GMT Support (North)

# MEMBERSHIP MATTERS



Jo Cameron  
Global Membership  
Team Leader

Welcome one and all to the new Lions year – we are one month in now so hopefully all the new boards have been installed, your President (or their representative) enjoyed the Presidents’ weekend, set some goals, picked up some new ideas, learned about some of the great resources available, and came away motivated and full of enthusiasm for the year ahead.

As GMT, I too have set goals. The district goals include inducting at least 120 new Lions, reducing our losses (includes deaths and transfers out of District) to a maximum of 100, and Chartering at least 1 new club with 25 members. If we can achieve this, we will end the year with 1022 members – a net increase of 45.

Looks good on paper – please work with me to make it happen! Thank you!

**Here is a helping hand and kind gesture from LCI...**



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

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

**Charter and entrance fees waiver** – We have waived all charter and entrance fees from July 1 through December 31, 2021.

**I look forward to seeing clubs take advantage of this temporary waiver.**

My best wishes to you all for the year ahead.  
Keep smiling  
Jo Cameron - GMT



# MEMBERSHIP MATTERS



## Welcome & Congratulations

*to our new members inducted during June*



Ann Hart – Carterton Central

Jan Hutchinson – Silverstream

Scott Wagstaff – Silverstream

*It is a pleasure to welcome you all to the Lions family!  
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.*



Disclaimer: Membership statistics obtained from MyLCI. New members acknowledged as per the MyLCI New Member Report for June 2021. If you have new members who were recently inducted and who do not appear on this list – firstly, my apologies for not acknowledging you; and secondly, please check with your club secretary to ensure all new members are being registered on MyLCI.



## David's Patter

It is a privilege to pen some words for InforM as your Vice District Governor.

During the month of July Clubs had their changeover evenings where new or existing Presidents were sworn into their position along with their Boards.

I had the pleasure of attending two changeover evenings, Kapiti and Levin Waiiopehu, where one new president and one existing president were inducted into their roles. What was also pleasing was the induction of new Lions at both meetings.

President's Weekend this year was held in Masterton where 22 Presidents attended.

Although a low percentage attended comments back from those that did attend included

“ great to meet other Presidents and hear what their clubs are doing”

“ really good to put names to faces”

“ there was lots to learn about, as Lions are making changes to meet the changing and challenging times we live in”

I would like to thank the GAT team for putting a very successful weekend together, there were some very informative sessions and interesting guest speakers. However with low numbers of Presidents attending do we need to review the format of the weekend?

At the MD Convention a remit was passed where the Convention adopted in principle a Lions mobile skin cancer screening service as a National project to be investigated by a Trust and report to the Multiple District Council of Governors.

I was nominated to be District 202M's trustee, and the investigation is just getting under way with PDG Paul O'Connor as Project Convenor. I will put regular reports on the progress to InforM.

Shortly the “Governor” team will be sending out letters to set dates for Club Visits, I have 13 Clubs to visit. We are working on a roster that each club will receive a visit from the District Governor every 3 years.

I look forward to visiting the Clubs on my roster.

David Skjellerup

Vice District Governor

# Thank you Thank you Thank you

**To the following clubs I say.... THANK YOU!**

- Carterton Central**    **Gisborne Host**    **Karori**    **Napier Host**  
**Takapau**    **Waikanae**    **Masterton Holdsworth**    **Hastings Pioneer**  
**Tararua District**    **Eastbourne**    **Lower Hutt Host**    **Mana**  
**Napier Spirit**    **Kapiti**    **Hastings Host**    **Aotearoa**    **Silverstream**  
**Rimutaka**    **Kapakapanui**    **Johnsonville**    **Wellington Host**  
**Gisborne Wainui**    **Otaki**    **Wainuiomata**

Collectively these clubs have been recorded for donating **US\$15,404.93** to LCIF during the 2020 - 2021 Lions year. Donations came from both individuals and clubs and ranged between US\$10.00 and US\$4,005.56. If your Lions Club is not mentioned above and you made a donation last year, please let me know.

**Every donation is appreciated, so thank you to you all.**

If you have any questions about making a club or personal donation, applying for a grant, recognising someone with a Melvin Jones Fellowship (MJF)/Progressive MJF or any question about the Foundation, then please contact me.

## Enriching Lives

My details are in the directory, however email is probably easiest and my email address is [202m.lcif@lionsclubs.org.nz](mailto:202m.lcif@lionsclubs.org.nz)

I look forward to hearing from you soon.

PCC Jo Cameron  
 202M LCIF coordinator



WE ARE COMPASSIONATE  
 AND CARING  
 enriching lives in communities  
 all over the world!



# Children's Hospital Playscape - Wellington

Cause page created in the  Kiwi Kids category by Lions Club of Karori Inc.

Help us reach our goal of \$500,000 to build a Therapy and Play area for the new Children's Hospital in Wellington.

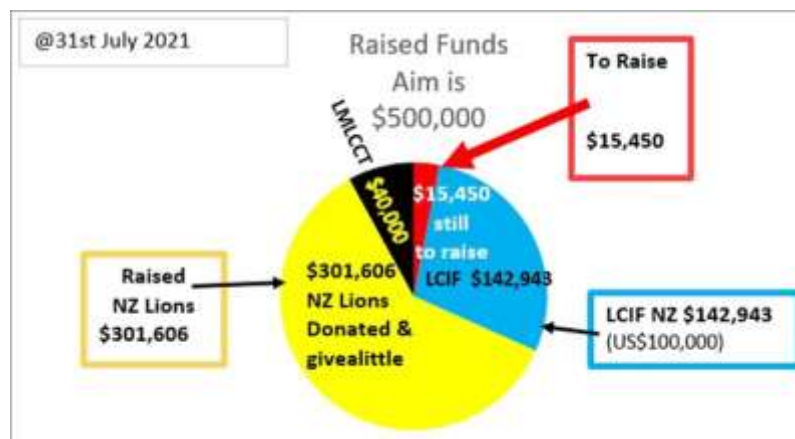


Givealittle page

Search "Playscape"

Share the link

<https://givealittle.co.nz/cause/childrens-hospital-playscape-wellington>



## Remarkable Pair Achieve Unique NZ Lions Double Honour Story by Dave Murdoch



On Sunday June 27 at 6pm by Zoom two Dannevirke Lions achieved very high honours in Lions International circles.

New Zealand has a membership of 9500 lions in 350 clubs which make up seven districts in Lions International Multiple District 202 including the Pacific Islands as well as New Zealand.

On Sunday Lion Murray Pringle was formally inducted as NZ Multiple District Council Chairman – the highest position for any New Zealand Lion apart from President of Lions Clubs International.

Council Chairman Murray has been a Lion for 11 years and has held several important positions with the New Zealand Council being on the Council Advisory Board, a Trustee of the Lions NZ Charitable Trust and of the Lloyd Morgan Charitable Trust. Lloyd Morgan is New Zealand's only International President (1979-1980).

After joining Dannevirke Host Lions with his partner Simon Williams from Wellington Pride nine years ago, he became its President in 2018 and after that role he took on 202M Cabinet responsibilities of Legal Advisor and Zone Chairman. He moved up the ranks to Vice-District Governor in 2019 and was elected District Governor in the 2020-21 year.

As his District Governor year approached its end, Murray was one of three district governors to apply for the Council Chairperson of Lions Club New Zealand which he won in a vote from all seven district governors in "a truly humbling but also a rewarding experience."

His official role is "To ensure the long-term viability and relevance of Lions Clubs in New Zealand by providing governance, encouragement and assistance in a proactive, professional and enthusiastic and timely manner...." This is no small task and to ensure he can manage Murray has

dropped to part-time at Lloyd Dodson and Pringle in which he is a partner with the plan to retire at year's end.

He said his plan for the year is to future-proof Lionism in New Zealand by "providing a blue-print for a sustainable future."

Meanwhile Murray's partner and also Dannevirke Host Lion Club member Simon Williams has moved up the ranks over his 31 years in Lionism as well including being District Trustee of the Lloyd Morgan Charitable Trust, President after Murray of Dannevirke Host, District 202M Youth Chairman and Vice-District Governor in 2020-21.

After Murray's induction as Council Chairperson on Sunday by Zoom, Simon Williams was inducted as 202M District Governor for 2021-22.

This is truly a rare event – for two members of a Lion's club to become consecutive District Governors – but also even more unique – one of them becoming Council Chairman.

Covid-19 has had dramatic impact on these events. When Council Chairman Murray was to be inducted as 202M District Governor in 2020 both he and Simon decided to attend the Multi-District Convention in Singapore in June but by then the pandemic had struck and the convention was cancelled. Instead the seven NZ District Governors-elect met under strict contact conditions at Hanmer Springs and were inducted by Zoom.

This year the International Convention was planned for Montreal but Covid ensured it was cancelled. Further however the planned meeting of the seven governor-elects at Martinborough clashed with Wellington's recent Covid scare. So Murray and Simon were officially inducted by Past International Director Ron Luxton by Zoom at home on Sunday night.

In the meantime Lions business continues understandably both amazing lions were a bit pushed to attend the Garage Sale last Saturday and the Booksale starting July 21 but having them in the Dannevirke Host Lions Club is as wonderful as it is humbling.



## ENVIRONMENT



Last month I focused on partnering with other community groups to achieve environmental goals. I want to continue with this theme for this month's column.

Firstly, thanks to PDG Jack Hayes for his excellent article to be found elsewhere in this issue of the InforM. Jack describes the valuable contribution several Lions clubs have made in planting trees in the area around the historic Anzac Bridge near Eketahuna. This has involved collaboration with a number of other organisations. See page 24.

I would also like to reflect on a couple of examples of Karori's support of environmental organisations over the years.

In 1995 we invited Jim Lynch QSM to talk to us about his idea of a predator-proof fenced ecosanctuary in the heart of our capital city. We were inspired and offered our services; his "impossible dream" became the iconic Zealandia, where we enjoyed a 25 year association involving many support projects. This included a District 202H project in 2000-2003 involving around 25 Lions Clubs and well over a hundred individual Lions (at one time or another).

A few years ago Karori was looking for a suitable Centennial Legacy Project. We approached the Otari Native Botanic Garden and asked them what projects they might envisage us undertaking. The result is the Lions Otari Plant Conservation Laboratory, which has had international exposure and where some groundbreaking research is being carried out.

The message is, find out what opportunities there are in your community, what great ideas that you can support, what other organisations there are that you can work along with. Ask them how you can best support them - and ideas, opportunities and results will follow.

Once again, I invite club Presidents and members to let me know what environmental projects you are busy with, so that we can share the news and experience around the district.

Please contact me at [trevoranders@outlook.com](mailto:trevoranders@outlook.com)

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

Trevor Anders

LCI 202M Cabinet Support - Environment

[trevoranders@outlook.com](mailto:trevoranders@outlook.com)

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



## PRESIDENT'S MESSAGE

### Service From the Heart with International President, Douglas X Alexander



Dear Lions,

I learned very early on about the importance of community. In Brooklyn, we work together and support each other to make life better for everyone. That is why Lions has always felt like a family to me—like my home. For Lions, helping others is more than what we do. It's who we are and we give our "Service from the heart." That is the message I want to share with the world. We have a vision to make a better world for all people. That vision begins with us at home in our communities. Our safe service is helping so many people, so let us continue to be guided by our hearts and to move our communities forward. Let's live out who we say we are. Let's show the world what it truly means to have the heart of a Lion. It is a great honour to be your international president and I promise I will serve you with all my heart.

Yours in service,

Douglas X Alexander  
International President



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## REVISED 202M DISTRICT AWARDS for year ending 30th June 2021

A review of Multiple District Awards has been completed with the District Awards now aligning with them.

Entries are invited to be sent through to [rexbullard@xtra.co.nz](mailto:rexbullard@xtra.co.nz) by 31<sup>st</sup> August.

The Criteria for each award is published on the New Zealand Lions Website:

<https://www.lionsclubs.org.nz/members/awards>

**Community Service Award** – to encourage full club participation in community service projects / activities

**Youth Activity Award** - to encourage vigorous participation in youth activities

**Public Relations & Communication Award** – to recognise excellence, innovation and effectiveness in communication and Public Relations (Includes Bulletin, Website use, Social Media and other Promotion)

**Membership Growth Award** – to encourage clubs to take responsibility for membership growth

Award period will now run from July 1<sup>st</sup> to 30<sup>th</sup> June

Applications for Awards in this Lions year are eligible

Immediate Past District Governor will award at the next District Convention.

Each application should be accompanied by the Official entry form which is also found on the New Zealand Lions Clubs website: <https://www.lionsclubs.org.nz/members/awards>

**Please send completed entries to [rexbullard@xtra.co.nz](mailto:rexbullard@xtra.co.nz) by 31<sup>st</sup> August 2021.**



Cat Hancock  
GLT Support (North)

Rex Bullard  
GLT Support (South)

# Upcoming Training Opportunities



Alice McDonald  
Global Leadership  
Team Leader

To participate in any of these trainings

Email to [202.glt@lionsclubs.org.nz](mailto:202.glt@lionsclubs.org.nz)

Places are limited and are filling quickly.

7 <sup>th</sup> Aug	Mentoring	Zoom
1 <sup>st</sup> – 3 <sup>rd</sup> Oct	Emerging Lions Leadership	ChCh
November	NZQA Cert in Food Handling	Zoom
4 <sup>th</sup> – 6 <sup>th</sup> Feb	Advanced Lions Leadership	Brisbane
11 <sup>th</sup> – 13 <sup>th</sup> Feb	LCIP	ChCh
20 <sup>th</sup> Mar	Identifying Leaders / Succession	Zoom
16 <sup>th</sup> April	Stand & deliver	Wellington
TBA	Orientation	Zoom

Any other training you would like?

Do you want to know more about any of the courses above?

Email to [202.glt@lionsclubs.org.nz](mailto:202.glt@lionsclubs.org.nz)

## EDITORIAL

Again it is my pleasure to edit this District Newsletter InforM for this Lions year. Please note the name was chosen when Districts B & H amalgamated to become District M in 2007. It is intended to inform the Lions of District M of the activities, projects and education of our organisation. We, on the cabinet, encourage all of you to take advantage of the opportunities offered you, of which in the main, the only cost to you is your time.

I encourage those of you who have accepted leadership roles within your club ie board, to avail yourselves of courses as outlined above. I note that some of them are on Zoom and one - 'Stand and Deliver' will be in Wellington at this stage. I remember attending this course about 4 years ago in Taupo.

ELLI will be held in Christchurch this year as we had the last one in Wellington last year.

ALLI will be held in Brisbane as this is one course offered to our Constitutional Area which includes Australia, Indonesia and New Caledonia. All these dates are subject to what is happening in our respective countries with regard to Covid 19. I attended my ALLI (called Senior Lions Institute in 2004) in Cairns and I'm still in contact with some of the Australian Lions I met then. If you want to attend ALLI in Brisbane, contact Alice McDonald email [202m.glt@lionsclubs.org.nz](mailto:202m.glt@lionsclubs.org.nz)



Editor Mary Snook



# EMERGING LIONS LEADERSHIP INSTITUTE

Redwood Motel 340 Main North Rd Christchurch

October 1-3<sup>rd</sup> 2021

## APPLICATION FORM

*(Application Submission deadline date: 5<sup>th</sup> September 2021)*

**Purpose:** Emerging Lions Leadership Institutes focus on building the skills of Lions members for Leadership opportunities at the club level, including the position of club president. **Please type or print**

District _____	Membership Number _____	
First Name _____	Last/Family Name _____	M/F: _____
Current Lions Title _____	Highest Office held _____	
E-Mail: _____	Preferred Phone No: _____	
Lions/Leo Club: _____	Club Number: _____	
<b>Candidate Signature:</b> _____		

**Committee Positions held in current club:**

\_\_\_\_\_

\_\_\_\_\_

Accommodation is for two nights on a twin shared basis. Single accommodation and/or extra nights incur extra cost to the participant of \$50 per night. Participants would be expected to arrive no later than 9.30am on the 1<sup>st</sup> October and not leave until at least 4pm on the 3<sup>rd</sup> October.

MD202 is not responsible for personal costs incurred. Participants are responsible for their own travel costs. Institute costs to participants is \$200.00 payable to: Westpac NZ Lions MD2020 03-0558-025696-00 Code: your name. Reference: ELLI Oct21

<p><b>CLUB APPROVAL:</b></p> <p>Why do you believe this candidate will benefit from attending the Institute?</p> <p>_____</p> <p>_____</p> <p>President: Print Name _____</p> <p>President Signature: _____</p> <p><b>DISTRICT APPROVAL:</b> (Completed by District Governor <b>OR</b> District GLT coordinator) I understand that unless the participant cancels registration in writing 10 days prior to the start of the institute the District will be billed for one night's meals and lodging.</p> <p>District Governor or GLT Coordinator signature: _____</p> <p>Please send the application to <a href="mailto:202.glt@lionsclubs.org.nz">202.glt@lionsclubs.org.nz</a></p>
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# Emerging Lions Leadership Institute

*An opportunity for Lions Clubs members to up skill and develop their leadership skills towards taking up management roles within their club. You will not have held the role of president in your club prior to year attending.*

Lions Club International recognised.

**Friday 1st October 10am to Sunday 3<sup>rd</sup> October 3pm 2021  
Redwood Motel : 340 Main North Rd Christchurch New Zealand.**

**Register your interest via e mail:**

[202.glt@lionsclubs.org.nz](mailto:202.glt@lionsclubs.org.nz) before 6<sup>th</sup> September 2021



## Emerging Lions Leadership Institute Agenda

Arrival day	Day 1	Day 2	Day 3
Arrival at host venue	8:00-8:30 am Late Registration	8:00-10:00 am Communication	8:30-10:00 am Creative Thinking
	8:30-10:00 am Opening Session		
	10:00-10:15 am Break	10:00-10:15 am Break	10:00-10:15 am Break
	10:15 am-12:15 pm Lions, Past, Present & Future	10:15 am-12:15 pm Conducting Effective Meetings	10:15-11:45 am LCIF
	12:15-1:15 pm Lunch	12:15-1:15 pm Lunch	11:45 am-12:45 pm Lunch
Early Registration Evening: Time and location to be confirmed	1:15-2:45 pm Change Management	1:15-2:45 pm Diversity	12:45-2:15 pm Ensuring Club Success
			2:15-3:00 pm Closing / Evaluations
	2:45-3:00 pm Break	2:45-3:00 pm Break	3:00 pm Departure
	3:00-4:30 pm Supporting Lions Teams	3:00-4:30 pm Lions Mentoring Program	
	4:30-5:30 pm LCIF Topic Presentation	4:30-5:30 pm Focused Discussion	
	Dinner	Celebration Dinner	

# AI | About Money



Keith Kenderdine  
Cabinet Treasurer

## The following matters could be of interest to all treasurers:

**Firstly**, the External Reporting Board which sets the accounts formats for charitable trusts amongst other structures such as companies, has reviewed the format of accounts to be filed with the Charities Commission. From about 14 pages to 2! Charitable trusts must be Tier 4. The old format can still be used. The following note has been received from the Charities Commission:



*This email contains information that is confidential and is intended for the addressee only. If you are not the intended recipient, please respect that confidentiality and not disclose, copy or make use of its contents. If received in error please destroy this email and advise me immediately. Thanks.*

We wanted to share with you that we have made reporting easier for smaller charities and other NFPs by developing a new optional template to help them meet their annual reporting requirements to Charities Services.

We'd like you to help us spread the good news by sharing this information with your relevant networks.

The new template includes all the same information as provided for in the current 18-page Tier 4 Reporting Template but has been reduced to 2 pages (by removing the optional information) – click [here](#) for the [new template](#). The basic requirements of the Tier 4 standard have not changed

The optional 2-page template can be used by Tier 4 NFPs to help prepare their 2021 performance report, i.e for balance dates on or after 1 January 2021.

NFPs that wish to include additional information in their reports if requested by funders, for example, can still use the full [Tier 4 Reporting Template](#) to report all the required information.

Charities that have an existing reporting format they are happy with can continue using this – the new template is optional only and intended to be a helpful resource for charities rather than an additional requirement.

Sharing this info is easy, you can do one or all of the following: Share the text below as a News Item via email or E-Newsletter, or Post on your FB Page or share our post on LinkedIn: <https://www.linkedin.com/company/external-reporting-board>

**Secondly**, some clubs use the IRD mileage rate for reimbursing members for using their car on Lions business. It should be noted that the rate has dropped to 79 cents from 82 cents and this new rate should be used from 1 April 2021

Regards

Keith Kenderdine

District 202M Treasurer



## Hunger

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



Are you, as members, aware of the food rescue organisation in your area?

Our club, Hastings Host, had Nourish for Nil in to speak to us – this was very interesting – highly recommend clubs getting involved.

Interestingly, one of the first such food rescue organisations in the world was started in the 1970's by Lions in Cape Town, South Africa, and operated within the Western Cape. Like us, Lions in South Africa has shrunk in districts and numbers over the years, and I don't think they are continuing that programme, except that there is now a very large organisation nationwide in South Africa called Food Forward South Africa, which may perhaps have some roots in the Lions programme.

Kaibosh is very substantial, and operates across an area in which there are 18 Lions Clubs in our district. So perhaps an opportunity for at least some of them.

I'm sure you will find the following clip interesting.

Nourish for nil operates out of Hastings, Napier and has a branch in Flaxmere/Camberley now.

Gizzy Kai rescue is the one that operates out of Gisborne.

[2009 January, LQ: Africa Feeding Project - Lions Clubs Videos - YouTube](#)  
(ctrl+click to access)

This article has been inspired by Trevor Anders, thank you Trevor.

2VDG Carol McMillan  
Cabinet Support - Hunger

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## District Calendar

The District Calendar on page 15 is available for clubs or anybody to include upcoming events or special projects.

It is a quick reference for members to check what is on, when important dates and projects are in the calendar and where in the diary the Global Causes have their awareness months. This enables clubs to plan community and fundraising activities around these times eg Alzheimers Cuppa for Cause, Pink Ribbon Day.

If any club / member is planning an event, check to make sure that there aren't any other events on the day you plan to do your project.

The Calendar will be updated each month with past dates being removed and replaced with new dates I may find in your club bulletins or Zone reports.

Many of the District, National and international dates for this InforM were taken from the Rimutaka Club's August bulletin. Thank you editor Adrian Ash.

# DISTRICT CALENDAR

7/8/21 – 8/8/21	LMLCCT meeting, Wellington
12/8/21	International Youth Day
14/8/21	MD Annual Speechmakers Competition Finals, Wellington
14/8/21 – 15/8/21	COG Meeting, Wellington
28/8/21	Cancer Society Daffodil Day
31/8/21	District Award Entries due
<b>SEPTEMBER</b>	<b>Childhood Cancer Awareness Month</b>
3/9/21	Casino Night Upper Hutt Cossie Club - See page
6/9/21	ELLI Registrations of Interest and Applications due
8/9/21	<b>WIG WEDNESDAY</b> for Childhood Cancer
10/9/21–11/9/21	Karori Book Sale
13/9/21	Mental Health Awareness Week
15/9/21	Napier Spirit Club, Young Achievers Awards Function
18/9/21	Hastings Host & Napier Host combined 60 <sup>th</sup> Anniversary Celebrations
18/9/21	Port Hillbillies—St Patrick’s College Details on Page 11
20/9/21	Alzheimers Cupper for a Cause Week
<b>OCTOBER</b>	<b>Vision Awareness Month</b>
	<b>Membership Growth Month</b>
1/10/21	International Day of the Older Person
1-3/10/21	Emerging Lions Leadership Institute
8/10/21	Breast Cancer Pink Ribbon Day
8/10/21	World Sight Day
8/10/21	Child Mobility Walktober
9/10/21	Cabinet Meeting, Dannevirke.
16/10/21–17/10/21	Kapiti Monster Book Fair— Waikanae Community Centre
16/10/21	Anzac Bridge Reserve tree planting bee.
30/10/21	Gisborne 60th Anniversary Ball at The Vines, Gisborne
<b>NOVEMBER</b>	<b>Diabetes Awareness Month</b>
3/11/21	Casino Night (Silverstream Project for Te Omanga Hospice)
7/11/21	County Lane Fair - Hutt Valley RDA 10am -3pm
14/11/21	World Diabetes Day
14/11/21	Peace Poster Entries to District Governor
20/11/21- 21/11/21	COG Meeting Wellington
2/12/21	International Day of Disabled Persons
5/12/21	International Leo Day
29/1/22	Cabinet meeting, Kapiti
21/2/22	51st Karori Lions Karnival—Ben Burn Park
4/3/21-6/3/21	202M Convention, Gisborne
20/4/22-22/4/22	COG Meeting Lower Hutt
22/4/22-24/4/22	MD Convention, Silverstream
14/5/22-15/5/22	Cabinet meeting, Hawkes Bay

# 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.*



## **CHILD CANCER FOUNDATION street appeal dates 2022**



### **Friday 11 and Saturday 12 March**

A number of clubs in our 202M District already support this great cause. I would ask all club Presidents to look at their calendars and see if they can mount a collection next year.

Go to <https://childcancer.org.nz/event/annual-street-appeal/> to apply.

(Ctrl+click to access)

### **CAMP QUALITY NEWS .....**

I am delighted to let you know that Camp Quality Wellington Central Districts was the overall winner in the Education & Child / Youth Development award in the recent Wellington Community Awards. Congratulations to the staunch volunteers in our region!

ALSO.....

Each year clubs receive a letter from the Camp Quality (CQ) Wellington Central Districts outlining the recreation programmes provided by the charity and asking for your support. Lions Clubs in New Zealand are the greatest supporters of CQ, having helped set it up here 36 years ago. I have taken over this role, so I will be in touch with clubs very soon.

**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.**





Joanne Knight –  
Cabinet Support Diabetes

## ***Reversing Type 2 Diabetes – can it be done?***

It is not possible to permanently cure Type 2 Diabetes but it can be reversed or put into remission. This means a person's HBA1C is in the normal range and they no longer need to take medication.

Not everyone will be able to achieve this. There may be other factors complicating their condition and it is more difficult the longer one has been diagnosed.

The essential goal is to remove fat from around vital organs. Research indicates that a reduction of 15kg is enough to do this and allow the functions of the body to return to a state where they manage blood sugar levels, without medication.

So, this year I began a journey to attempt to reverse my Diabetes. Each month I will provide you a glimpse into that journey, update you on my progress and tell you about the things I have discovered along the way.

### ***Roughly the programme – per day***

Step 1 (8 weeks) – 3 complete nutrition liquid formula and 2 cups non-starch vegetables

Step 2 (2 weeks) – 2 complete nutrition liquid formula and one small meal

Step 3 (2 weeks) – 1 complete nutrition liquid formula and two small meals

Step 4 (ongoing) – normal eating, watching quantity, using the other steps when needed.

### ***Jo's Journey – Part 1: In the beginning***

Why now? Well, it started with Covid. Firstly, I gained 2 kg, not a lot in terms of weight but it was at the expense of muscle mass, so not healthy. Secondly, there were lots of interesting documentaries on TV and more time to watch. More than one of these mentioned some research done and a programme started in the UK. Thirdly, I found the book **Life Without Diabetes** by Professor Roy Taylor.

The book goes into quite a bit about the research, of which I will provide snippets over the coming months. But one thing was clear, the results are less successful for people who have been diagnosed for more than 10 years. I was diagnosed in November 2008, so it is a case of now or never.

The first step was to get an appointment with my doctor. However, as I was not suffering to any extent, this took nearly a month. Therefore, I embarked on the programme a little early.

The second step, clean out the pantry of banned items and buy the special formula and non-starch vegetables that were to become my routine for the next 8 weeks – or so I thought. In the first week I dropped almost 4kg – a bit fast from a health perspective, so a programme modification was made. Adding a small meal but with little or no carbohydrate.

Once I did manage to get to see my doctor, she was able to cut my Metformin by half (4 down to 2 tablets a day) and remove one of the two blood pressure medications I also need to take.

As I began week 5, one of the common side effects of using formulas begins – constipation! But that will have to wait till the next InforM. In the meantime, send me your best cures and old wives' tales.

**Progress report:** Start weight was 90.3kg, 4 weeks in 84.9, for a total of 5.4kg lost. Add that a reduction of medication by half.

Next issue – What are complete nutrition formula? and Dealing with side effects!

Any questions or ideas for future updates – please drop me a line at [202m.diabetes@lionsclubs.org.nz](mailto:202m.diabetes@lionsclubs.org.nz)

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



# Sight Matters



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

At the beginning of this month, for the first time in a very long time, we caught up with the processing of glasses. Unfortunately it didn't last long. Within the past 5 days, around two and half thousands glasses arrived on my doorstep to be processed, which means many hours of work for our little team. 300 of these glasses were new, good quality, reading glasses given to us by a shop in Blenheim.

By way of a special request by Kate Hargaves, the wonderful contact I found, we were asked if we were prepared to send some glasses to the Middlemore Foundation, a charity funding life changing initiatives to help those in need of help with health and home education in South Auckland. The Middlemore Foundation also has an eyeglass programme which was an initiative started by Lions Club of Bucklands Beach and designed to assist low income families with funding money for glasses. Just over a week ago I sent 340 pairs of glasses, of mixed magnifications for both readers and distance to donate to people, who find it very difficult to find money for a pair of glasses. We will be continuing to work with this foundation, It is great, we have found somewhere where we are able to help some of our own, low income people, as well as the Pacific Islanders and the Australian Aborigines.

This month, there has been a lot of publicity on the radio, of the Lions Recycling of Glasses. I was interviewed by one of the stations, and unknown to me, they were recording it to go on air. Also through Multiple District, I was contacted by another radio station for an interview on the project. Not easy to do as, I had no idea what they are going to ask me, and to try to tell the story in 6 minutes was quite a challenge. I must have done a reasonable job, as soon after, I was asked by another radio station to do an interview, which I have done.

Below is the link

<https://star.net.nz/shows/show/article/lionsrecycleforsightproject>

Please keep collecting good quality glasses.

Jennie Vowles  
Cabinet Support Vision

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## Gisborne Host Lions 60th Anniversary Ball

**When** Saturday 30th October

**Venue** The Vines

**Tickets available from Lions Club of Gisborne Host**

**celebrating their 60th anniversary with a 1961 themed Ball**

# Internal Youth Exchange update

Both the 202D and 202M District youth teams are actively looking for:

Host homes and  
Suitable students for the programme

We are searching for **15 to 17 year old students** who have not had the opportunity to travel away by themselves before and for whom a 7 day trip to 'the country' or to a 'big city' will be a real adventure.

We are deliberately doing this in the first week of the third term break –

**Sat 2<sup>nd</sup> October to Sunday 10<sup>th</sup> October**

to be well clear of School exams and in between sports seasons. Carol McMillan

Ideally, we will have a host who can take one (or two) youths for the full week – In Saturday afternoon, out the following Sunday morning. We will have Lions collect and deliver them by car/van "door to door". Local Lions Clubs will support the host family and take the students out for the day – and wherever possible, include an evening meal. That will leave the host family providing bed and breakfast and perhaps some quiet time in between excursions.

Club cost to sponsor students is \$150.00 per student – mainly to cover the costs of a good jacket and hat with some contribution towards travel. The students retain the jacket and cap and will receive a Certificate to show they have completed this Youth Exchange project - good for their personal CV.

We encourage Clubs to speak with their local College staff as soon as they open for the third term on 26 July – they will be able to identify suitable youth who will benefit from this sort of exchange. We are not looking for the Top Students / leaders, rather those youths who do not have the opportunity to complete this sort of trip.

We need nominations asap so we have time to do the work early and finalise the trip for these youngsters.

Finally, invite the youth you sponsor to a Club dinner before they go, and ask them for a brief report when they come back. We expect you will see a difference!

For more information contact

**PDG Jack Hayes** – 06 377 2911 for **Zones 4 to 7** or

**2VDG Carol McMillan** – 027 457 1402 for **Zones 1 to 3**.

Thanks to you all for your support,

Jack Hayes,

Youth Chair 202M



PDG Jack Hayes



Carol McMillan  
2nd Vice District Governor

## Round the Clubs **Takapau Lions**

David Graham Ellison is our President for last year and this year. He has been a member since 2012. His father was a charter member of the Takapau Lions Club. Dave is now in charge of our yearly trip to Tiraha. This is a trip that the Takapau Lions have been doing for 40 years, we take the Year 8's from 3 local schools and walk them into the Ruahine Ranges for a 2 day walk. We take them to the highest peak of the Ruahines which is called Tiraha. Dave has been 2IC for this trip since 2012 but for the past 5 years has been the sole organiser.

Dave is our woodchopping bloke. For 25 odd years the Takapau Lions have split firewood for the Senior Citizens of our township. For the past 8 years Dave has organised this as well as selling many 100's of cord of wood to the public. This year we have chopped, split, delivered and sold approx 50 cord of wood and the bulk of it he has delivered himself. Dave is the sort of guy who is always there, helping and checking in on Club members. He is an outstanding Lions member and fully deserves his Lloyd Morgan award, which was presented at our Change Of Officers night on Friday 16th July.



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## Silverstream



Barry Knight and Rex Bullard - Barry was awarded Lloyd Morgan Honoured Membership.



Two new members were inducted at Changeover: Rex Bullard is pictured with new members Scott and Jane, and their sponsors Barry and Anna.



Anne Richardson and Rex Bullard - Anne was awarded Lloyd Morgan Life Membership.

# Silverstream Lions Challenge!

## Lloyd May's legacy

Lloyd May's purpose in life was to help people and contribute to the community. His daughter Lisa says, "Dad was known for helping anyone, anytime in any way he could." Even beyond his lifetime, he is continuing to help people through a special challenge laid down at his memorial service.

Lloyd was a school principal, active member of the Pinehaven Tennis Club, a devoted member of the Silverstream Lions Club and a passionate fundraiser for Te Omanga Hospice where sadly, he died in May this year. Lisa says, "we were all extremely grateful for the exceptional love and care he received while in the care of the hospice."

Those who attended his memorial service learnt of Lloyd's special challenge to fellow members of the Silverstream Lions. He generously committed to match every dollar the club raises for Te Omanga Hospice between now and the County Lane Fair in November (up to \$25,000). In jest he said it was his way of making sure they continue to work hard in his absence.

The Silverstream Lions have taken up the challenge with many community events planned including a Casino Night at Upper Hutt Cossie Club on 3 September, Port Hillbillies performance at St Patrick's College Silverstream on 18 September and the renown County Lane Fair at Hutt Valley RDA in Silverstream on 7 November.

In his final weeks, Lisa says her Dad was fond of saying "I have achieved everything I wanted in life and more. I'm bloody happy."

The funds raised will go towards purchasing a much-needed standby generator for the hospice, and if additional funds are raised Silverstream Lions will purchase new beds for the inpatient care facility.



### **Tickets now available for the Life Flight Gala!**

*Save a life with a night to remember*

4th annual Life Flight Gala Dinner, presented by Hiremaster

On **Thursday, 9th September**, we invite you to dine amongst our Westpac Rescue Helicopter and Air Ambulance Planes in the Life Flight hangar. Join us for an evening filled with fine food, terrific entertainment by Shaun Preston, and a chance to bid on exciting auction items. To get your tickets follow the link below

<https://www.eventbrite.co.nz/e/life-flight-gala-dinner-presented-by-hiremaster-tickets-161992492907>

All proceeds from this great evening help save local lives. Thank you for your support - we look forward to welcoming you to our Air Base.

# Silverstream Lions Club



Fundraising for a  
\$45k generator for  
Te Omanga Hospice



Te Omanga Hospice  
Te Whare Manaaki Tangata

**Every \$ raised will be doubled thanks to Lloyd's Legacy.**

## Casino Night

7:30pm -10:30pm  
Friday 3 Sept  
Upper Hutt  
Cossie Club  
\$20 ticket

## Port Hillbillies

7:30pm Sat 18  
Sept  
St Patrick's College  
Silverstream  
\$20 ticket

## County Lane Fair

10am - 3pm  
Sunday 7 Nov  
Hutt Valley RDA,  
County Lane,  
Silverstream  
100+  
stallholders

SILVERSTREAM@LIONSCLUBS.ORG.NZ

**FACEBOOK.COM/SILVERSTREAMLIONS**



**The Silverstream Lions Club**

*Raising funds for Te Omanga Hospice*



# CASINO NIGHT



**Friday 3rd September 2021**

Upper Hutt Cossie Club

11 Logan Street

Upper Hutt

**7:30 pm — 10:30 pm**

**\$20 per ticket includes \$50,000 funny money**

**Tickets available from:**

Silverstream Cruise & Holiday Centre

Phone 04 527 8980

Te Omanga Hospice: Matthew

Phone 027 807 3883

Organiser: John Adam

Phone 04 528 4429



 SCAN ME

# Report on the Anzac Bridge Reserve and the Lions

The Anzac Bridge is a well-known sight on State Highway 2 – just north of the Pukaha Mt Bruce Kiwi Reserve, and 10 km south of Eketahuna. It will be 100 years old next year and is now a National Heritage site inside a DOC Reserve and supported by a charitable trust called 'Friends of the Anzac Bridge.'

The DOC Reserve area was mostly the Miller Reserve (gifted in 1947) and two carparks and the Eketahuna and Pahiatua Lions were the first Lions to assist with native tree plantings in 2008. Woodville, Tararua, and all of the Masterton Clubs have all assisted in planting and maintenance since. Those initial planting efforts are now paying off, with good stands of bush but some gaps. Those gaps are our focus now – plus wind shelter planting with Flax, and Manuka as nursery crops to shelter the larger trees. This is a long-term environmental project in partnership with the local Councils, DOC, the Forests of Peace and Remembrance (Rotary) and the local community. The Miller Reserve also needs some work, so we will be there for a long time yet.

Planting on this site is hard work – mainly using a six foot steel bar to break up the shale sub base and then plant. The site is fertile but exposed to strong winds, is cold in winter with heavy frosts and snow followed by very dry summers! The native plants survive regardless. Our success rate has stayed above 80% even with the occasional theft of plants and the odd predation by stray cattle off the road.

This has become a youth project with much of our annual planting being done by local Schools, the Wairarapa Boxing Academy, the 21 ATC Sqn cadets and local families. We have our next planting bee on site on Sat 16<sup>th</sup> October starting at 0900. We will have a BBQ going for a lunch to complete the working bee around midday. We will have around 500 trees, shrubs and flax to plant. ALL are welcome.

Contact PDG Jack Hayes for more details E [jackhayes.hayes47@gmail.com](mailto:jackhayes.hayes47@gmail.com)





### Re-homing a Defibrillator (continuing to provide a service to the community)

Lions Club of Wellington North have for many years supported (and continue to support) Wellington Free Ambulance along with other community organisations.

In 2015, after consultation with Wellington Free Ambulance the club decided to fund the purchase and installation of a defibrillator in the local community. Countdown in Crofton Downs were enthusiastic in their support of the project and were willing for the defibrillator to be installed in their supermarket, along with a plaque identifying Wellington North Lions, and Wellington Free Ambulance's continuing association with the defibrillator. Things moved quickly once the club made its decision to pay for the defibrillator, with it in place by early 2016.

Fast forward to 2020.

The Countdown Group decided to install their own defibrillators and removed the existing one, along with the associated plaque. The supermarket then contacted Lions and, soon after, the 2016 defibrillator was "re-homed" in the Johnsonville Tennis Club (along with the original plaque) at 9 Dr Taylor Terrace, Johnsonville. Therefore, living to fight another day and possibly saving another life but continuing to provide a service to the community in the northern area of Wellington.

Wellington North Lions Kit Rollings and Bill Wheeler with the defibrillator now rehomed at the Johnsonville tennis club.



### Wellington Host



Above: - Incoming Office Holders: Ken Daniels Lion Tamer, Mark Matthews LCIF Co-ordinator, Gabrielle Lynch Membership, Noel Scherp Treasurer, Stephanie Kitching Almoner. Front – Alex Johnson President, Morris Rees Secretary

Below Morris Rees was presented with a Lloyd Morgan Trust Honoured Membership Certificate and Pin. Congratulations and thank you for all the great work as President! Pictured DG Simon Williams and new President Alex.

