

InforM



November 2021

Vol 15 No 5

Contents

From the Editor's Desk Page 4

District Governor Team

VDG David's Patter Page 2

President Alexander Page 4

Membership—Each One Bring One

District Events / Dates for our Diary

District Calendar (updated)

Global Action Team

Membership

Welcome to our newest Lions

Leadership

ELLI Postponed

Upcoming Training

Services

Wellington Children's Hospital Project Update

Environment –Trevor Anders

Child Cancer Update - Beth Anders

Diabetes - Joanne Knight

Vision - Jennie Vowles

Round the Clubs

Wairoa Lighthouse

Carterton

Kapakapanui

Karori

Carterton Central

Diabetes Awareness

Follow Joanne Knight's journey.
She would be delighted to receive
your thoughts and recipes

Membership – Congratulations
To those clubs listed on page 5 who
have increased their membership
numbers.

Another reminder
Help in using MyLCI to record
membership and MyLion to
record Projects on page 6

Welcome new Lions
Natasha Fernandez – Levin Waiopehu
Jordan Kelly – Mana
Darren Kinsman – Woodville
Dianne Morgan – Napier Spirit
Necia Puna-Williams – Napier Host

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
Carol McMillan
Home Club: Hastings Host
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
Services: Adrian Ash
Home Club: Rimutaka
Email 202M.gst@lionsclubs.org.nz

Leadership: Alice McDonald
Home Club: Karori
Email: 202M.glt@lionsclubs.org.nz

Membership: Jo Cameron
Home Club: Karori
Email: 202M.gmt@lionsclubs.org.nz

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



David's Patter

When I last put some words together for InforM, I mentioned that we would soon be starting our DG Club visits. Of course this has been disrupted by the last lockdown, but it's now pleasing to see that Clubs are back meeting and restarting projects, and we can now continue our Club visits.

It also pleasing that when I visited some Clubs I had the pleasure in inducting new members. Well done all those clubs.

As part of District Governor Simon's PowerPoint, membership in our district is below the number recognised by LCI for a District, as of last week we were at 987 members, up from we were at the end of June 2021.

As DG Simon says, **JUST ONE MORE**. If every club in 202M gets one more member by the end of June 2022, and with good retention we will be doing OK.

Yes! It really is Christmas Cakes time again! Over the last fifty years Lions Christmas Cakes have earned **\$millions of dollars used entirely for Lions Charities** – and this continues. The beneficiaries? Thousands of Lions Clubs' community projects throughout New Zealand. Most New Zealand communities have enjoyed the benefits. All in accordance with the Lions motto – "we serve". This policy remains a hallmark of the annual Lions Christmas Cakes project.

So lets make the fifty year anniversary a good one for sales of Lions Christmas cakes.

For my own Club Mana, all our proceeds go to Camp Quality.

Ka mahi matou

We Serve

David Skjellerup

First Vice District Governor

**November is Diabetes Awareness Month.
See Diabetes Coordinator Joanne Knight's article on page 6.**

MEMBERSHIP MATTERS



Welcome & Congratulations

to our new members inducted during September

Natasha Fernandez – Levin Waiopehu

Jordan Kelly – Mana

Darren Kinsman – Woodville

Dianne Morgan – Napier Spirit

Necia Puna-Williams – Napier Host

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 August 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.



Dear Lions,

Your commitment to the health and safety of your community makes a real difference in people's lives, especially in our efforts to fight diabetes. You are advocates, educators and leaders and for many, your intervention is the first step toward preventing type 2 diabetes and getting back on the path a healthier lifestyle.

Diabetes affects nearly 10% of the world's adult population - and half of those currently living with the disease are undiagnosed. That's where Lions can be the difference. Let's all work together to raise awareness and educate our friends and neighbours so we can keep families healthy and our communities strong.

Yours in Service,

Douglas X. Alexander
International President



From the Desk of the Editor

Its November today and soon we will be looking Christmas in the eye. If you are like me you will be trying to work out whether you will be able to leave home to visit family and friends in another part of New Zealand during the summer holiday season. I suppose only time will tell.

This is also the time of year when we sell our renown Christmas cakes, as tasty as ever and a great present for family and friends in my apartment building in my case. I cut them into quarters, wrap them in a piece of Xmas cake wrapper and cellophane and Xmas ribbon - makes a very nice gift.

Another 'gift' could be a group of Lions singing carols in the local retirement home. The residents just love to join in the singing.

It is time also to consider registering for our District Convention 4 - 6 March 2022 and, more importantly, booking accommodation in Gisborne. By all accounts it will be a memorable event held in a city that boasts sunny, warm weather almost all year round and Gisborne is a very popular holiday destination so you wouldn't want to miss out.

There is just one more InforM this year so if your club has any project or event coming up in the New Year, please get your articles to me by the due date.

Editor **Mary Snook**



MEMBERSHIP MATTERS



Hello everyone – This month I'd like to celebrate our membership recruitment efforts and congratulate the clubs who have inducted new members during this Lions year.

As at the 25th of October we have now welcomed 34 new members into our clubs. It's great to see us continue to build on our fantastic start and I thank you all for your ongoing efforts. Unfortunately, we have also lost 25 members during the same period; 7 to death, and 18 who have resigned.

Of the 18 who have resigned, 6 have moved to a new town/city. Please record those who move town as either "Moved" or "Transfer" and email me with the area they've moved to and their email and/or mobile contact details. This way I can advise of local clubs in their new town and facilitate an introduction.



Aotea Railway, Carterton, Carterton Central, Dannevirke Host, Gisborne Host, Gisborne Wainui, Greytown, Hastings Host, Johnsonville, Kapiti, Levin Waiopehu, Mana, Martinborough, Masterton Host Waipoua, Napier Host, Napier Spirit, Norsewood, Rimutaka, Silverstream, Takapau, Tawa, Wainuiomata, and Woodville.

...for inducting new members into your clubs.

Keep up the good work!

My best wishes to you all.
Keep smiling
Jo Cameron - GMT



DIABETES AWARENESS



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

Reversing Type 2 Diabetes – research findings, part 1

A driver to find out more about what causes Type 2 diabetes was the fact that not all obese people develop diabetes and slim people can also develop the condition. This means Type 2 diabetes is not caused by obesity.

In the last column I said that I would begin to cover some of the research into why people get Type 2 diabetes, Professor Roy Taylor has written about. Starting in this issue, I will attempt to summarise the first of these 'The Personal Fat Threshold'.

When people gain weight, the excess fat that they are not burning is stored under their skin. If this continues, then at some point the fat will begin to be stored in the stomach cavity, or more importantly stored around an in vital organs. This point, where the storage of fat changes, is different for each person and is driven by their gene make-up.

Therefore, some people could become morbidly obese before the 'switch' occurs, while another could begin to switch with a relatively small amount of weight gain.

When losing weight as part of reversing Type 2 diabetes, it means that each person may also have a different point at which they have reduced their fat storage sufficiently to impact beta cells (to be covered next issue). In other words, reversing diabetes is not about getting below a single body mass index (BMI) point. It is a journey as individual as each of us are individual to each other.

Contributions

Last month I asked people for their ideas for simple swaps that turn their favourite recipes into diabetic friendly versions.

Again nothing! So, the following is limited to my own view.

Water chestnuts – grated they can be used in stir-fries instead of rice, or try them in a potato salad to add crunch and reduce the carbohydrate value. Grated cauliflower is a good replacement for rice and I have also used it to make tabouli (frozen not recommended for this), in place of buck wheat.

Egg plant or aubergine are a great way to add bulk to stews to reduce protein and increase vegetable proportions. Spiralsised carrots and courgette can be used to replace pasta, you can even buy these preprepared in the supermarket now.

Not a replacement as such, but Vogels thin slice bread helps to reduce carbs for bread lovers, as long as extra slices are not consumed. Currently enjoyed a treat of this done as French toast, with bacon and (recently discovered) sugar-free maple syrup. YUM!

Thanks to 202J Editor, Beryl, for telling me about psyllium husk. For some, this may be more effective than the powdered version used in products like Metamucil.

For this month's challenge I am looking for intel on cafés that you think do a good job of catering to diabetics. Or conversely a bad job, as this will help with an up-coming initiative.

Send your ideas to 202m.diabetes@lionsclubs.org.nz

Joanne Knight – District Diabetes Co-ordinator

Jo's Journey – A short progress report

Currently trying to settle into maintenance mode. Working out what is the best balance for maintaining weight. Another month to go to see if HBA1C levels can be kept within the normal range.

Next issue – Beta cells and the pancreas.

Any questions or ideas for future updates – please drop me a line at 202m.diabetes@lionsclubs.org.nz

Wow, Wow, Wow

We did it!

\$500,000 - Half a Million Dollars

We have raised just over \$501,000 and have handed the first half million to the Wellington Hospital Trust as the work on the playscape gets underway.

Once we have a final figure we will let everyone know.

Lions Clubs International Foundation
\$142,943

Lloyd Morgan Charitable Trust
\$40,000



**New Zealand Lions,
Clubs and Members**
\$318,057

Many, many congratulations everyone. This is a stunningly good result.



MyLCI



MyLion

MyLCI and MyLion: Hi all Club Secretaries and Club Administrators.

Some of you are obviously having a few problems with reporting membership in MyLCI and Projects in MyLion. I am only too happy to help you work through this and get your reporting up to date.

I'd love to see a 100% month before life gets busy again when the many restrictions to our activities are a thing of the past.

Alice McDonald

202m.Glt@lionsclubs.org.nz

Upcoming Carterton Events

Direct from Australia, Showtime invites you to dance your way into a time warp of 70's disco dance floor thrillers and timeless heartfelt rock ballads with The Bee Gees Night Fever! Night Fever is jetting into town to recreate the Bee Gee's 1997 One Night Only Las Vegas concert experience in a theatre-style production with over 2 hours of LIVE engaging entertainment showcased through vibrant state-of-the-art lighting, digital display screens, impeccable sound and of course a handpicked international cast that will immerse audiences into the disco era with exquisite trio harmonies and the iconic high-pitched falsetto that we all know and love! With disco tracks like Night Fever, Stayin' Alive, You Should Be Dancin' and best-loved ballads like How Deep Is Your Love, I Started a Joke and Tragedy, the magical event The Bee Gees Night Fever is not to be missed!



The Pinot Sisters proudly present "Caburlesque in Carterton".



Perfectly timed for your team end of year function "Caburlesque in Carterton" will provide showcases of burlesque, cabaret, magic, and drag performances. Featuring nationally and internationally recognised performers, it's a night not to be missed!

Bookings are strictly limited to keep us within the COVID level 2 restrictions, however we have planned the entire event around these, so the show will go on!

Tables available for group bookings now.

Table of 10 \$500 – Right by the stage

Tables of 8 \$360 – Middle of the room

General Admission – \$35 – on sale soon. All tickets are plus booking fees.

Don't miss out on what will be one of the most fun nights you can have out with all the team! This event is rated as 18+

Hi Everyone, I have just had confirmation the DRAGS are on this WEEK END 6th and 7th November.....as it is uncertain on the crowd numbers we will only do shifts on BOTH DAYS10am until 2pm....

WE WILL NEED 4 CREW MEMBERS FOR BOTH DAYSYOU CAN EMAIL OR TXT MECheers Paul R

ALSO I HAVE CONFIRMED OUR TRIP TO PUKAHA ON SATURDAY THE 20TH NOV.....PUKAHA NEED DEFINITE NUMBERSThe plan is to have a bus trip there and back Leaving the RSA in Carterton at 10am.....having a guided tour of the Wild Life Centre ...then Lunch at the Centre and a trip home around 2pm.....THE CLUB WILL PAY THE BUS AND TOUR FEESWE WILL BE BUYING OUR OWN LUNCHES AT THE CENTRE.....NUMBERS PLEASE ASAP CHEERS Paul R



District 202M Convention and AGM

I give notice that the 15th Convention and Annual General Meeting of District 202M, Lions Clubs International, will be held Gisborne on Friday 4, Saturday 5 and Sunday 6 March 2022.

Nominations are now called for the positions of

District Governor 2022 – 2023

1st Vice District Governor 2022 – 2023

2nd Vice District Governor 2022 – 2023

LMLCCT District Trustee 2022 – 2024 (2 year term)

Nominations close 3 January 2022

As provided in the Constitution an election will be held during the Business Session of the District Convention on Saturday 5 March 2022. Nominations in writing, which must be accepted by the nominee and seconded by a Club, should be made to:

Cabinet Secretary Graham Atkinson

P O Box 2459

WELLINGTON 6140

e-mail: 202M.secretary@lionsclubs.org.nz

REMITTS

Any Club wishing to submit a remit for consideration at the Business Session should note the following requirements

- Prior to submission Remits, in draft form, should first be checked with the District Legal Chairman David McDonald to ensure they comply with the Constitution.
- Remits must be in the hands of the Cabinet Secretary – Graham Atkinson

no later than 3 January 2022

**Simon Williams
District Governor**



VISION



Information on Glaucoma

Glaucoma is caused by high intraocular pressure that damages the eyes' optic nerves. The risk of developing the disease increases over the age of 60, although, can effect people of any age. If undetected or left untreated, elevated eye pressure can cause irreversible vision loss and even blindness. Early treatment can prevent or reduce the loss of vision in most people.

Glaucoma is known as the 'Silent Thief of Sight' because most people aren't aware that pressure is mounting in their eyes. For this reason, regular eye examinations that include eye pressure measurements are vital to diagnose glaucoma early and prevent damage.

Glaucoma occurs when the amount of aqueous fluid is pumped into the eye by the ciliary body is greater than the fluid flowing out of the eye through the trabecular meshwork, This imbalance increases eye pressure, also called intraocular pressure, This increase in intraocular results in permanent damage to the delicate fibres of the optic nerve that connects the eye to the brain, The aim of treatment is to decrease fluid production or to increase fluid drainage.

Although uncommon, even people with normal eye pressure can have glaucoma and suffer damage to the optic nerve, That is why it is important for adults to have routine eye examinations,

There are two types of Glaucoma. Open - Angle Glaucoma and Angle - closure Glaucoma

Open -Angle Glaucoma

This is the most common type of glaucoma. As the condition is usually painless and without symptoms, it can slowly damage the eye without the person being aware it is present. In open-angle glaucoma the aqueous fluid cannot flow through the trabecular meshwork and doesn't drain properly, causing the pressure in the eye to rise and eventually damage the optic nerve.

Angle - Closure Glaucoma

Angle - closure glaucoma usually causes sudden severe pain in the eye often with immediate disturbance of vision, such as colour rings around lights The person may have nausea and vomiting. Damage to the optic nerve can occur within hours Emergency treatment (usually medication and laser) is needed to prevent either partial or complete loss of vision.

Treatment of Glaucoma

Treatment with eye drops or tablets is usually tried before surgery, unless surgery is urgent. Medications work by slowing the rate the fluid is pumped into the eye by ciliary body or improving drainage from the eye.

Jennie Vowles
Cabinet Support - Vision

PEACE POSTER

Karori Youth Chair - Beth Anders



Rather than the 6 to 7 schools that often participate in the local contest, this year only Makara Model School was able to take part, many schools being too impacted by the exigencies of the Covid levels. This school has a large mixed senior class so children aged 10-13 get to take part, and the posters are an integral part of their studies for Peace Week in August, when they review many aspects of history, war and peace efforts. The winning poster is by Archie Tulloch, 12 years old.



Every year for the past few years Karori Library has welcomed the display of our peace posters which gives the students a lot of pleasure seeing their work displayed in a public place and the Lions Club of Karori publicity as well.

DISTRICT CALENDAR

NOVEMBER	Diabetes Awareness Month
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
December	
2/12/21	International Day of Disabled Persons
5/12/21	International Leo Day
29/1/22	Cabinet meeting, Kapiti
20/2/22	51st Karori Lions Carnival—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

Round the Clubs

Wairoa Lighthouse



□ AN array of blankets, booties and beanies await Wairoa mums and their babies thanks to Wairoa Lighthouse Lions members, left, Wairoa midwives Helen Upex, Tungane Kani, Lighthouse Lions Heather Walker, Caryl Mercer, Liz McCormack, Chris Ramsay and Heather Sexton.

Knitted treasures ready for new mothers and babies

SOFT cuddly blankets, beanies and booties were donated to Wairoa Hospital's maternity unit on Friday.

Lighthouse Lions members stitched up the knitted piggy squares into cot blankets which Heather Sexton had knitted from her hoard of leftover wool.

Their handiwork of 39 baby hats and beanies and 18 patchwork blankets were warmly welcomed by Wairoa midwives.

The machine-washable wool blankets each took about 30 hours to make and the beanies and booties about 7-8 hours for each set.

Midwife Tungane Kani thought the knitted treasures would last until the end of the year.

"They are nice sizes and very welcome for our mothers and new babies, especially for next month when ten babies are due."



Carterton Central

Young children need to be warm in the winter and many families cannot afford good quality clothing.

Our members have been busy knitting warm beanies and jerseys for newborns and their older siblings. These are then donated to our local Plunket Programme and other needy families through the Karitane Mobile Service.

Pictured left - President Margaret Doyle and Project Co-ordinator Nan Williams with a selection of knitting.

Gill Read



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.

“ROWING FOR LIFE AOTEAROA”

Our District will be involved from ANZAC weekend – in Wellington and then on up the east coast to Hicks Bay on 29 May. There will be opportunities for Lions Clubs to meet and greet the rowers, perhaps provide billets, meals and/or general services.

CCF STREET APPEAL Friday 11 and Saturday 12 March

Please consider taking part in this important collection day.

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

NEW AND ONGOING RESEARCH

The Childhood Cancer Survivor Study.

The Childhood Cancer Survivor Study (CCSS) was created to take advantage of:

To gain new knowledge about the long-term effects of cancer and therapy, which can be used to design treatments and intervention strategies to increase survival and minimize harmful health effects.

To educate survivors about the potential impacts of cancer diagnosis and treatment on their health and to implement programs for prevention and early detection of late effects.

The CCSS provides a dynamic framework and resource in which to investigate current and future questions regarding consequences of therapy, genetic associations, disease processes &

CCSS, is a component of the Long Term Follow Up Study, which began in 1994 and is composed of individuals who survived five or more years after diagnosis of cancer, leukaemia, tumour, or similar illness diagnosed during childhood or adolescence.

The CCSS, which includes all participants in the Long Term Follow Up Study with a confirmed diagnosis of cancer, is a retrospectively ascertained cohort of 38,036 childhood cancer survivors diagnosed between 1970 and 1999 and includes over 5,000 siblings of survivors as the comparison group for the study. This group has been assembled through the efforts of 31 participating centres in the United States and Canada. It is coordinated through St. Jude Children's Research Hospital in Memphis, Tennessee.

Study Aims

It has been shown that, to varying degrees, long-term survivors of childhood cancer are at risk of developing second cancers and of experiencing organ dysfunction, reduced growth and development, decreased fertility, and early death. The degree of risk of late effects may be influenced by various treatment-related factors such as the intensity, duration, and timing of therapy, as well as by individual characteristics such as the type of cancer diagnosis, the child's sex and age at the time of treatment, and genetic factors such as family history of cancer.

The catalysing goal of the CCSS was to assemble a group of survivors sufficiently large and diverse enough to enable investigators to characterize the experience of participants regarding these and other delayed effects of treatment. Further, investigators hoped to be able to gather information about the health-related behaviours and patterns of medical care use of survivors in order to facilitate the development of prevention strategies and the assessment of follow-up needs.

For some of the outcomes and ongoing work –

<https://ccss.stjude.org/public-access-data/public-access-data-tables.html>

Coronavirus (COVID19) Update:

Clubs transitioning to Alert

This week the Government announced an adjustment to the restrictions under Alert Level 2, effective 11.59pm Tuesday 21 September.

In view of the above, please note the following:

Business and Dinner meetings:

- The number of people in a gathering has increased to **100**. This means that Clubs can now come out of 'hibernation' and start having Business meetings – face to face at their appropriate venues.
- Please scan in using QR code at the venue or keep a record of members who have attended.
- Please remember to keep to the social distancing rule of 2m.
- **Masks to be worn at Business meetings.**
 - Tables and chairs to be set up appropriately.
 - Have hand sanitiser available for members to use.
 - Respect members decision of not attending a meeting, or not to wear a mask for medical reasons.
 - If a member is not feeling well, or has symptoms of a cold or flu, they should not attend.
 - Meeting venues need to be wiped down prior to and after the meeting. (Check with the establishment if they charge extra as a decontamination fee).
 - Meeting venues with access to Bar facilities: if the bar facility is at your Club venue – one member at a time to be served. If the venue is at a public venue, then to have one person serving you at your table. (Please adhere to the venue's health and safety requirements).
 - All sub-committee meetings to adhere to the above.
 - In respect to Dinner meetings, members need to be seated, separated, and have one person serving your whole table. (No buffet dinner setting).
- Note: All members to follow safe, hygiene requirements.

Projects:

Community organisations can operate, and volunteers can resume their duties at Alert Level 2. However, everyone should do everything they can to reduce the risk of transmission. Where it applies, community organisations should follow the guidance that has been provided for businesses and guidance on gatherings.

Volunteer organisations whose services involve close personal contact must keep contact tracing records.

- Volunteers should keep records of where they go when they go there and who they meet.
- If you have cold or flu-like symptoms, stay home.
- Keep a **2-metre** distance from others where possible.
- Wash your hands regularly.
- Reduce the number of shared surfaces, and regularly disinfect them.
- Minimise risk in all projects and follow appropriate protocols in respect to the COVID19 Health requirements. (i.e., social distancing, regular hand hygiene and cleaning of common Surfaces).
- If your project is an event involving a large group of people – the numbers need to be kept within a maximum of **100**.
- If your project involves serving the community, need to have hand sanitiser available for public use. Members need to use gloves where appropriate (i.e., taking money, handling food, taking tickets, or direct contact with the public), and have wipes and disinfectant spray available to wipe down surfaces on a regular basis. Remember social distancing needs to apply, **as well as members to wear masks.**
- Any project involving the public using pens, pencils, etc. These need to be wiped after every use.
- [Further information can be obtained on: www.covid19.govt.nz](http://www.covid19.govt.nz)

If you have any questions, please don't hesitate to contact me.

Michael Pollitt

MD 202 Alert Coordinator

(m) 0211885584 (email) mpollitt@pl.net

Convention Information

The Convention fillable registration form is here. Ctrl + click on the below link.

[M202 Convention 2022 - Gisborne & Wairoa Lions Clubs](#)

The form is also attached to this INFORM mailout for you to fill in on your computer and send back to the convention team.

This is what it looks like. **FILL IT IN NOW PLEEEZE!**



202M Convention
Gisborne 4th - 6th March 2022
REGISTRATION FORM

Annual registration for Convention is essential for each registrant & partner and must be presented on this form. The form can be scanned and emailed, or posted, to the registration secretary (details at bottom of this form). Please print **clearly** in BLOCK letters.

First name: Family name: Club: Lioness Leo
 Club: Lions title: Are you a Delegate
 Postal address: Post code:
 Phone: Email:
 Partner: First name: Last name:
 Dietary requirements: Vegan Vegetarian Gluten free Other:

Note: All prices include GST

Convention Registration	COST (Per Person)	Amount PAID
Registration fee for the convention is INCLUDES • Friday night light refreshments, morning and afternoon teas, Saturday lunch & outings, Saturday night dinner & dance, Sunday BBQ lunch. EXCLUDES • Accommodation - See separate details for possibilities.	\$150	<input type="text"/>
TOTAL CONVENTION PAYMENT	TOTAL \$	<input type="text"/>

FINAL CLOSING DATE is 31 January 2022
 Email (preferred) or post completed Registration to:

The Registration Secretary
 Gisborne Wairoa Lions Club
 P.O. Box 1289
 Gisborne 4010
 Email: glsb@lionsclubs.org.nz
 Phone: 022 4102 839

Details for Internet banking (Direct Credit to our bank account)
 ANZ Account: 202M Convention 2022 # 06 0637 078003 00
 Reference: Surname & Initial(s) , Particulars: Convention
Details for Debit or Credit Card payments
 Card Number: Exp:
 Please note with your card number if you do not want to write it on this form.

Note: Should you need to cancel your Registration, you will receive a full refund up until 31 January 2022. After that date any refund will be at the discretion of the Convention Committee.



M202 Convention 2022 - Gisborne accommodation options

Note: There is a large event on in Gisborne this weekend and accommodation is going to be in demand. It is strongly suggested that you secure your accommodation as soon as possible.

LIONS CENTRAL | Emerald Hotel - emeraldhotel.co.nz Ph 06 948-4055
 Also a swimming pool and bar facilities etc.

- 35- Standard Suite - \$ 165 (Standard room with city view , without balcony)
- EPS- Executive Pool Suite - \$ 175 (Either 2 king beds or 1 king and 2 singles)-Balcony facing pool site
- ERS- Executive River Suite - \$ 185 (Either 2 king beds or 1 king and 2 singles)-Balcony facing River site

Above room rates are for double occupancy and for extra adult it will be \$35.00 extra per person .

Other options are available.

Waikeane Top 10 Holiday Park - glsbmetoholidaypark.co.nz Ph 06 867-9534
 Also a swimming pool and is right on the beach

Options include: Apartments, Motels and Cabins , Caravan/Motor home sites (and tent sites for the adventurous)
 Reasonable cost but you will need to be very quick to book as they won't hold rooms for us for long.

- Three Bedroom Ocean View Apartment - 3 Bedrooms, 1 Bathroom (2 people) - From \$450.00
- Two Bedroom Ocean View Apartment - 2 Bedrooms, 1 Bathroom (4 people) - From \$320.00 (1 on hold for us)
- Beach Bach 3 Bedrooms, 1 Bathroom (2 people) - From \$250.00
- Motel 2 Bedrooms, 1 Bathroom (2 people) - From \$180.00
- Self-Contained Unit 2 Bedrooms, 1 Bathroom (2 people) - From \$150.00 (we have 7 on hold for us)
- Self-Contained Family Unit 1 Bedroom, 1 Bathroom (2 people) - From \$145.00
- En-suite Cabin Studio Unit with En-suite Bathroom (2 persons max) - From \$105.00
- Standard Cabin Sleeps 2 max - From \$85.00 (Twin bed x 2, Double bunk x 2)
- Powered Site \$24.00 per Adult \$14.00 per Child (Max 4 persons) (Plenty at the moment)
- Top 10 Tent Sleeps 4 (1 Double & 2 Singles) includes fridge, power, table chair etc - \$120 for two + \$20 each additional up to 2

There are many other motels in Gisborne to try if the two above don't have a suitable space for you.

You can see and book them directly at this link: <https://www.100%Kiwi.com/M202Convention>

ACCOMMODATION INFO

The accommodation is at a premium for the Convention weekend so please get on and book now. This is also on the NZ Lions website at the link above and when you go there you'll be able to read it instead of peering at my thumbnail.

Accommodation Newsletter is found on the 202M District Page at lionsclubs.org.nz by Ctrl+ click [here](#)



M202 Convention 2022 - Gisborne accommodation options

Note: There is a large event on in Gisborne this weekend and accommodation is going to

be in demand. It is strongly suggested that you secure your accommodation as soon as

possible.

LIONS CENTRAL : Emerald Hotel – emeraldhotel.co.nz P: 60 868-8055

Has a swimming pool and bar facilities etc

SS- Standard Suite - \$ 165 (Standard room with city view , without balcony)

EPS- Executive Pool Suite - \$ 175 (Either 2 king beds or 1 king and 2 singles)+Balcony facing pool site.

ERS- Executive River Suite - \$ 185(Either 2 king beds or 1 king and 2 singles)+Balcony facing River site.

Above room rates are for double occupancy and for extra adult it will be \$35.00 extra per person .

Other options are available.

Waikanae Top 10 Holiday Park – gisborneholidaypark.co.nz P: 06 867-5634

Has a swimming pool and is right on the beach

Options include: Apartments, Motels and Cabins , Caravan/Motor home sites (and tent sites for the adventurous!)

Reasonable cost but you will need to be very quick to book as they won't hold rooms for us for long.

Three Bedroom Ocean View Apartment - 3 Bedrooms, 1 Bathroom ((people) - From \$450.00

Two Bedroom Ocean View Apartment - 2 Bedrooms, 1 Bathroom (4 people) - From \$320.00
(1 on hold for us)

Beach Bach 3 Bedrooms, 1 Bathroom (2 people) - From \$250.00

Motel 2 Bedrooms, 1 Bathroom (2 people) - From \$180.00

Self-Contained Unit 2 Bedrooms, 1 Bathroom (2 people) - From \$150.00 **(we have 7 on hold for us)**

Self-Contained Family Unit 1 Bedroom, 1 Bathroom (2 people) - From \$145.00

En-suite Cabin Studio Unit with En-suite Bathroom (2 persons max) - From \$105.00

Standard Cabin Sleeps 2 max - From \$85.00 (Twin bed x 5, Double bunk x3)

Powered Site \$24.00 per Adult \$14.00 per Child (Max 6 persons) **(Plenty at the moment)**

Top 10 Tent Sleeps 4 (1 Double & 2 Singles) includes fridge, power, table chair etc - \$120 for two + \$20 each additional up to 2

There are many other motels in Gisborne to try if the two above don't have a suitable space for you.

You can see and book them directly at this link: <https://bit.ly/M202Convention> and Check out links on Page 14.

Kapakapanui Lions and Raumati Bowling Club support The Shed Project

A very successful quiz night was held at the Raumati Bowling Club to raise funds for The Shed Project, Paraparaumu.

The Kapakapanui Lions Club President Ron Wezenbeek thanked the sponsors and participants for making the night a success. He also thanked the quiz night convenor, Adele Van Vlerken and her team for all of their hard work. Ron and Adele were happy to be able to present a cheque for \$3,000 to The Shed Project. The long list of sponsors includes: Pzazz Building, Specsavers, New World Kapiti, Fisher & Paykel, Placemakers, Freedom Companion Driving, Nepal NZ Connection, Howard & Co and 0800 Mr Chipper.

A large number of teams, including one from The Shed Project, pitted their wits against a wide variety of questions posed by Quiz Master Toni Eddie. Ron commented that Toni puts together excellent quizzes for Charitable Projects for free.

The Shed Project Kapiti is an organisation based in Paraparaumu, on the Kapiti Coast, in New Zealand. They have been involved in providing training and employment opportunities for local disabled and disadvantaged people since being founded in 2014. More information can be found at shedproject.co.nz



Kapakapanui Lions President Ron Wezenbeek and Quiz Night Convenor Adele Van Vlerken present the cheque to Jo Picot and The Shed Project Team.



ENVIRONMENT



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

I continue to experience a vacuum when it comes to getting information from the clubs in our district regarding environmental initiatives. However I do know that there is quite a lot of activity. Why not celebrate what you are doing by sharing your initiatives and successes so others can learn and emulate?

Through a bit of sleuthing around, I did find that in Zone 6 clubs have participated in a variety of one-off and ongoing activities, including beach clean-ups, pest trapping, roadside garden maintenance, and rubbish management at a weekly market. Electronic waste recycling events have been planned by a couple of clubs, and a number of clubs are involved in recycling aluminium and plastic bread tags.

By the way, I note that Tip Top Australia is replacing plastic bread tags with recyclable cardboard, so possibly this project will have a limited life. In the meantime, keep on collecting – the proceeds of recycling this specialist plastic go towards providing wheelchairs in South Africa.

Since the advent of humans, biodiversity has been under a threat only matched by the great extinctions of antiquity. This loss is becoming ever worse globally as we destroy natural habitat, disperse pesticides, introduce foreign species and contribute to global warming. In New Zealand we are fortunate to have a beautiful native environment and many conservation groups keen to protect it. It's really good when we, as Lions, can align with and support such groups and also create our own initiatives. It's especially important to inspire our youth with a conservation ethic.

There are many ways to do this, and I've previously mentioned working with schools. The Lions International Peace Poster Contest has just concluded at local level. What about an environmentally themed contest sponsored by your club?

Nominations for Forest and Bird's "Bird of the Year" annual competition are just closing at the time of publication of this InforM edition. It's an initiative that attracts a lot of interest – for example, Wellington City Council teamed with Zealandia to nominate the rifleman – titipounamu – as 2021 bird of the year. Perhaps next year your club could inspire (with some incentives) schools to come up with their own nominations. With some innovation you could make this competitive.

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.

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 *****



VISION



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

Information on Glaucoma

Glaucoma is caused by high intraocular pressure that damages the eyes' optic nerves. The risk of developing the disease increases over the age of 60, although it can effect people of any age. If undetected or left untreated, elevated eye pressure can cause irreversible vision loss and even blindness. Early treatment can prevent or reduce the loss of vision in most people.

Glaucoma is known as the 'Silent Thief of Sight' because most people aren't aware that pressure is mounting in their eyes. For this reason, regular eye examinations that include eye pressure measurements are vital to diagnose glaucoma early and prevent damage.

Glaucoma occurs when the amount of aqueous fluid is pumped into the eye by the ciliary body is greater than the fluid flowing out of the eye through the trabecular meshwork. This imbalance increases eye pressure, also called intraocular pressure. This increase in intraocular results in permanent damage to the delicate fibres of the optic nerve that connects the eye to the brain. The aim of treatment is to decrease fluid production or to increase fluid drainage.

Although uncommon, even people with normal eye pressure can have glaucoma and suffer damage to the optic nerve. That is why it is important for adults to have routine eye examinations,

There are two types of Glaucoma. Open - Angle Glaucoma and Angel - closure Glaucoma

Open—Angle Glaucoma

This is the most common type of glaucoma. As the condition is usually painless and without symptoms, it can slowly damage the eye without the person being aware it is present. In open-angle glaucoma the aqueous fluid cannot flow through the trabecular meshwork and doesn't drain properly, causing the pressure in the eye to rise and eventually damage the optic nerve.

Angel- Closure Glaucoma

Angel-closure glaucoma usually causes sudden severe pain in the eye often with immediate disturbance of vision, such as colour rings around lights. The person may have nausea and vomiting. Damage to the optic nerve can occur within hours. Emergency treatment (usually medication and laser) is needed to prevent either partial or complete loss of vision.

Treatment of Glaucoma

Treatment with eye drops or tablets is usually tried before surgery, unless surgery is urgent. Medications work by slowing the rate the fluid is pumped into the eye by ciliary body or improving drainage from the eye.

Jennie Vowles
Vision



Almoner request

In 202M we care about the members
of our Lions family.

While Sandie McIntosh is recovering from hip replacement surgery, Anne Richardson will be acting Almoner.

Do you have a member in your Club who is recovering from recent surgery or is unwell, maybe they've been significantly affected by the challenges of this pandemic or just having a down time? Then please let Anne know. Her email 202m.zone5@lionsclubs.org.nz; mobile 027 232 7079.

If your Club has been impacted by a bereavement please would you send me the details including, if possible, the information of the surviving spouse or family members to enable us to offer them some support.

All deceased members will be recognised at the remembrance service to be held on the Sunday of our district convention on 4 - 6 March 2022. The almoner will require your club to send her a photo and a eulogy for each deceased member.

Many thanks

Anne Richardson
Acting Almoner

gisbornewainui@lionsclubs.org.nz'."/>

"MOVIN' ON UP!"
DISTRICT 202M LIONS CONVENTION
TAIRANHITI GISBORNE • 4-6 MARCH 2022

District Governor Simon Williams invites you to join him in Gisborne for an informative, interactive, and inspirational convention.

Theme on Saturday night is "Stars on 45"! Bring your favourite vinyl and we'll dance the way we used too.

All convention enquiries to: gisbornewainui@lionsclubs.org.nz



Media Release
26 October 2021

Lions International raise \$500,000 to fund a rehabilitative Playscape for new Wellington Regional Children's Hospital.

Wellington Hospitals Foundation has been working alongside Lions Clubs International throughout our region and is thrilled to announce that Lions Clubs members have raised an extraordinary \$500,000, to fund the new Wellington Regional Children's Hospital outdoor rehabilitative Playscape. Lions Clubs from Taranaki/Gisborne down to the South Island including, Nelson/Marlborough, Canterbury and the West Coast have come together over the last 2 years in a mammoth fundraising effort across their communities. Thank you to the Lions Club of Karori, for volunteering to be the "Lead Club" for the project. Lions would also like to thank the members of the public, who have supported all the fundraising for this wonderful project.

Lions District Governor, Simon Williams said that the Playscape is a great asset that will enhance the rehabilitation and relaxation of young patients as well as providing a wonderful outdoor space which their parents and caregivers can enjoy as well. "It is an amazing project and one that has resonated with so many of our Lions Club members. It is a great legacy"

There are more than 87,000 visits from children across our wider region to Wellington Regional Children's Hospital every year. Opening next year, Te Wao Nui Child Health Service and Hospital will, for the first time, integrate many of the existing child health teams under one roof. As well as an outdoor retreat for visiting and inpatient children, the new Playscape will also serve as an additional outdoor therapeutic space for the hospital's Child Development and Physiotherapy teams, with specially designed rehabilitative equipment enhancing therapy programmes for children with mobility issues.

Bill Day, Chair of the Wellington Hospitals Foundation, the official charity for our hospitals, said "This is a stunning and sustained period of regional fundraising and we are extremely grateful to all the hardworking Lions members who have rolled up their sleeves, sold raffle tickets, hosted local events and worked tirelessly to raise funds for the hospital's new Playscape – bringing the vision to a stunning reality. Play is children's work and a safe therapeutic rehabilitation area within the new hospital campus will be a much needed facility. Lions Clubs have long been champions of Wellington Regional Children's Hospital, funding the original children's hospital playground in 2002, and we are extremely grateful for their continued support."

David Smol, Chair of Capital Coast District Health Board welcomed the outstanding financial commitment by Lions, noting "The Lions' values, ideals and service goals have been realised within this community project and we are honoured to have Lions ongoing support of Child Health in our region. The holistic new Playscape space will make an enormous difference to our young tamariki, rangatahi, and their whānau and hospital staff."

Te Wao Nui Child Health Service and Hospital, in the Mark Dunajtschik and Dorothy Spotswood building, will open in mid-2022.

To contribute to the Foundation's programme to raise \$10 million to outfit and equip the new children's hospital, please donate at whf.org.nz.

For further information contact:

Simon Williams

District Governor

Lions District 202m

022 374 5829

E: 202m.dg@lionsclubs.org.nz or

Bill Day

Chair

Wellington Hospitals Foundation

M: 027 442 1860

E: Bill.Day@ccdhb.org.nz



Annual Joint Dinner Meeting

Karori Lions and Karori Rotary - 27 October 2021

There was a very convivial atmosphere at our Covid-delayed annual dinner, with a good turnout from both clubs. Following a fine meal, the members were entertained by well-known photographer and Wellington City Councillor Simon Woolf, who enthralled us with an array of spectacular photographs of dawns and sunsets around Wellington, amongst many other treasures. Striking colour shots mingled with artistic black and whites, together with portraits and action shots of famous people. Simon's narrative supporting the photographic projections depicted a very full and fascinating life.

There were two very special presentations for Karori Lions. Firstly, a unique event for the club, and possibly unique for Lions New Zealand, was an achievement in years of service by individual members in a "full house" of consecutive decades. Certificates were presented for one, two, three, four, five and six decades of service to Lions New Zealand.



From left to right: new member Diana De Alwis (0 years completed) joins Graeme Ching and Rosemary Smith (10 years), Jennie Vowles (20 years), Trevor Anders (30 years), Alice McDonald (40 years), Gary Parsons (50 years) and Don Rennie (60 years of service).
Photo credit: Simon Woolf (edited)



Above: Simon Woolf was a top speaker, and surprised us all at the end of his talk by complimenting the work that both Lions and Rotary do, then very generously offering to give each club a framed, signed photographic artwork to be used as a fundraiser. *Pics – Alice and Beth*



At left: President Jo and Don Rennie with his Certificate of Life Membership of the Lions Club of Karori, awarded in recognition of his 60 years of service to Lions New Zealand.
Photo credit: Simon Woolf (edited)

Don joined the Lions Club of Wanganui in 1961, and after serving in several Lions clubs, joined the Karori Lions Club in 1973. Served as Club President 1976/77, District Governor 1983/84, and Council Chairman 1984/85. In 1986 Don was recognised with Life Membership of Lions Clubs International. He is a Melvin Jones Fellow, and a Life Member of the Lloyd Morgan Trust (previously the Lloyd Morgan Lions Clubs Charitable Trust).

From ICYMI Karori (In Case You Missed It)
edited by Trevor Anders



Lions Clubs International FOUNDATION

Investing in Our Future

With every Lion worldwide both doing and giving, we're INCREASING our service impact in vision, youth, disaster relief, and humanitarian efforts; FIGHTING the global diabetes epidemic; and EXPANDING our causes to childhood cancer, hunger, and the environment.

Be part of our historic US\$300 million effort and benefit those who desperately need our help.



Many say the needs of the world are too great. More than 1.4 million Lions worldwide say, "We Serve." To each Lions club going boldly into a new era of service – an era where serving 100% is accomplished only when clubs both do *and* donate – thank you! The success of our campaign, association, foundation, and future starts at the club level, *today*. Together, we can.