

InforM



October 2021

Vol 15 No 4

Contents

From the Editor's Desk

District Governor Team

Simon Says

President Alexander

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

Napier Host

Mana

Wairoa Lighthouse

Waikanae

Diabetes Awareness
Follow Joanne Knight's
journey. Respond to her
challenge Page 17

Peace Poster
Note NEW Due Date
See Youth Report Page 6

Lions Clubs Cancer Trust (LCCT)
Lions Clubs Cancer Screening
Service
See Page 7 for Update

Welcome new Lions
Alister Ahkit – Johnsonville
Lyn Cameron – Takapau
Anthony Dobson – Gisborne Wainui
Rebecca Farro-Howard – Johnsonville
Valentin Farro-Howard – Johnsonville

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

Simon Says



Greetings to you all.

It seems apparent, that we are going to be living with Covid, in some form or other, as part of our everyday lives for some time into the future. With this recent outbreak, there have been a number of functions and events that have had to be rescheduled – Cabinet lunch hosted by Martinborough Lions, the new date for The Young Achievers Awards, organised by Spirit of Napier has been rescheduled for September 29th. In addition, ELLI has been postponed until early next year, the Youth Exchange between our District and 202D, won't occur until July 2022 and the planned 60th Anniversary for Gisborne Host now has to be reset for another date within this Lions year.

I know every club has had to make many changes, which can feel frustrating. I am inspired by the way, we as Lions, continue to provide amazing support to our local communities. Where there is a need – there is a Lion.

My theme for the year is **DREAM>BELIEVE>ACHIEVE**. We need to have the strength, belief and courage to keep going. We can do more together, under the Lions Emblem, than we can achieve on our own. George Bernard Shaw's famous quote has been used by others. "Some look at things that are and ask why, I dream of things and ask why not?" And Walt Disney's "All our dreams can come true, if we have the courage to pursue them". The success of dreamers is their ability to inspire others to work to achieve them.

Our International Presidents theme, Douglas X Alexander, from Brooklyn, New York, is **SERVICE FROM THE HEART**.

Lions are a family like no other. And with our hearts united in service, we will lift up our communities all over the world. Because in times of great need, only a greater passion for service can make the world a better place for all people.

Every journey begins with a vision. On your own path, you have dared to follow your heart and always do what is right. Now that our journey has begun, we walk that path together—united by a shared vision to deliver hope and kindness around the world. And with "Service from the Heart" as our guide, we will make our vision a reality.

What makes our family of service so unique is that we never stop growing. Our door is always open, an invitation to those who want to be a part of it.

This year, let's remember the most important element of our success: you.

You, and each individual Lion, are absolutely critical to our collective success. You are the heartbeat of service. This year's message, **Service from the Heart**, is a call to all Districts, Clubs and Lions to be sure we are always leading with what brought us to Lions International to begin with – our hearts.

If we let our passion for service shine through, there is absolutely nothing we can't accomplish together.

Keep Smiling, stay safe and thank you for being a Lion.

Kia Kaha,
Simon Williams
District Governor

Welcome & Congratulations

MEMBERSHIP MATTERS

to our new members inducted during August

Alister Ahkit – Johnsonville
Lyn Cameron – Takapau
Anthony Dobson – Gisborne Wainui
Rebecca Farro-Howard – Johnsonville
Valentin Farro-Howard – Johnsonville

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.

From the Desk of the Editor

As I sit here writing this, I have one ear on TV1 listening to PM Jacinda Ardern. This past week I was on holiday in Martinborough with my siblings and their partners celebrating a big O birthday and the 38th Wedding Anniversary of one of my brothers Andy and his wife Diane. We certainly chose the best week of the month and had only one windy, cold and wet day. On one of the best days we went round to the Palliser Lighthouse, only one of us went up to the top where the view was spectacular, I'm told.

There are a number of things on which we as Lions of District 202M need to take action. Firstly - our membership numbers are dire and we need to rectify that so we can serve our communities well and not exhaust our willing members. GMT Jo Cameron has given us some ideas from International President Douglas Alexander outlined on page 4. The easiest and most effective of these is **'Just Ask'**. Ask everyone you meet - the person serving in the garden centre, in the local Farmers store or the green grocers. When thinking about these people, don't wonder if they will have time for Lions. That is a question only they can answer. You don't know their family situation and a change may be just what they need. **Just Ask**—it has worked for me four times and all those Lions are still involved in our great organisation.

Have a great month.

Mary Snook Editor





Dear Lions,

A great partner will always bring out the best in you. And for more than 50 years, Lions Clubs International Foundation (LCIF) has been empowering Lions to serve at our best.

Now, in our final year of Campaign 100, we have an incredible opportunity to give back and help ensure that Lions at home, and around the world, have the support they need for years to come.

I have personally seen the impact that LCIF makes through my club and in my community. Your donation to Campaign 100 is more than a contribution to your foundation—it is a gift from your heart to your community. It is a promise to continue to fight hunger, prevent diabetes, protect the environment and help the people around you live healthy and hope-filled lives. Because that is why we serve. And together with LCIF and Campaign 100, we can deliver that promise and a better future for all.

Yours in Service,

Douglas X. Alexander
International President

Round the Clubs Napier Host Mana

Lions guide to some of the Terms used in our Life created by Editor Tony Chittenden

Border- an imaginary line separating Auckland from the rest of the country, manned by officials asking Aucklanders towing boats to turn around and go home. **Essential workers-** are workers who keep us well supplied with toilet paper. **MIQ-** a hotel that delivers food to your door for 14 days. **Jab-** meaning a harpoon penetrating your flesh. **Level 4-** when everyone except essential workers and naughty people stay at home. **Level 3-** this is Level 4 with takeaways. **Location of Interest-** not a tourist attraction but a place an infected person has visited and now deemed as being very interesting. **Self Isolating-** becoming a recluse, which is something easy to do for the over 70's. **Social Distancing-** a chance to be even more aloof **Spread Your Legs-** Minister Chris Hipkins knew what he meant and so do we. **Wastewater Testing-** people, not as their first choice of employment, examine our effluent, under strict laboratory conditions to provide helpful data as to the presence of Covid.

New Member Jordan Kelly

The club welcomed Jordan Kelly in to its fold at our last business meeting.

Picture below was taken during Jordan's induction ceremony, with Jordan's sponsor, Lion Gregg Brown pinning on his Lions pin. President John is in there too.....

We very much look forward to getting to know and work with Jordan over the coming summer months.



MEMBERSHIP MATTERS



Dear Lion,

You give your service from the heart—generously and without expectation—because you know that the greatest reward is the joy found in serving others. And every day, you have the incredible opportunity to share that joy by inviting someone to change the world with you, as a Lion.

Let's help our communities discover what we have found. We all know friends and family who are looking to put their kindness into action, and if each one of us invited one of them to join us in service, imagine how much more we could accomplish. So, invite them to become a Lion. Give them the gift of service - and a joy that will change their life forever.

Yours in Service,
Douglas X. Alexander
International President



Each One Bring One

Your service is hands-on. And the more helping hands there are, the bigger the impact your club can make throughout your community. Here are some resources to help you start a conversation with someone you know about becoming a Lion today.

Just Ask! – *It takes a Lion to recognize a Lion. Learn how to develop an effective outreach plan for inviting new members and prepare your club for even greater service.*

New Member Induction Ceremonies – *No one celebrates like a Lion. Here's a step-by-step guide to giving your new members a welcome they'll never forget.*

Member Orientation – *Help your new members start their service with a strong foundation. The more they know, the better they'll be able to help your club serve.*

Every Lion begins their service with an invitation. And it's up to you to make sure they have the opportunity to put their kindness in action as a Lion with your club.



My best wishes to you all.
Keep up the good work!
Keep smiling!
Jo Cameron - GMT

Wow, Wow, Wow

To raise for Playscape
\$500,000 - Half a Million Dollars

Lions Clubs International Foundation
\$142,943



New Zealand Lions

Clubs and Members

\$318,057

Lloyd Morgan Charitable Trust
\$40,000

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.

There are still a few donations to come and these will be collected in the fund and handed over in due course. Once we have a final figure we will let everyone know.

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

Emerging Lions Leadership Institute (ELLI)

Unfortunately, the **Emerging Lions Leadership Institute** has had to be postponed because of Covid restrictions. Though at level 2 we were all expected to wear masks all day except when eating. We were also expected to keep our social distancing 1 m apart. For an institute this will just not work. We are hoping that we can reschedule to early in the New Year

These **training opportunities** are coming up. Contact 202.glt@lionsclubs.org.nz

7 th Aug	Mentoring	Zoom
4 th – 6 th Feb	Advanced Lions Leadership	Brisbane
11 th – 13 th Feb	LCIP	ChCh
20 th Mar	Identifying Leaders / Succession	Zoom
16 th April	Stand & deliver (date may change)	Wellington
TBA	Orientation	Zoom

We are looking at doing a 202M face to face session on using Zoom and other IT tools and would be interested in feedback from you if you might be interested. On or contact me- Alice McDonald 202m.glt@lionsclubs.org.nz, Cat Hancock or Rex Bullard with the fact that you might be interested.

YOUTH REPORT



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.'

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 decided to postpone our next planting bee on site on Sat 16th October until May 2022.

Internal Youth Exchange Trial with 202D

After careful thought the Council of Governors have agreed to postpone this trial until October 2022. This is too high a risk to try until we are settled into Level one normalcy – feedback from hosts, parents and Colleges was universal to wait. A disappointment to some, but thanks to all who have put in serious work to get this up and running – watch this space for next year.

Leo Clubs in 202M

A small team are actively looking at establishing a Leo Club in the Hawkes Bay, Wairarapa, Hutt Valley and perhaps Kapiti in 2022. We have a new MD202 Leo Adviser (Wayne Paulin, 202E) with heaps of experience and knowledge and he will assist us find the right Lions to lead along with the steps to take to get these energetic and active youngsters established. If you are interested in getting involved with this youth activity in your area, please contact PDG Jack Hayes and he will add you to the list of potential Leo Advisers we are assembling.

We are following the proven processes used in 202L with 12 Leo Clubs, and 202E with 6 growing clubs.

Peace Poster is closing up fast

If your Club has schools working on this, October is the month to collect the posters from your local Intermediate Schools and get the judging done so each Club can send ONE poster to DG Simon. The goal is to get them moving towards our DG by the end of October – pass them by hand if he is on a Club visit, or send them in by hand. Please do NOT fold them, try to keep them flat. The deadline for DG Simon to have the Club posters in his hand is 31 Oct 2021. He will take the District winning poster forward to the Council of Governors meeting on 20 November 2021. Your Club winning poster needs to have the fully completed stick-on label from the Peace Poster Kit on the back. Contact PDG Jack Hayes with any queries.

Jack Hayes
Youth Chair

Round the Clubs Wairoa Lighthouse

Quiz Night Fundraiser for Ozanam House



Treasurer Louise & Projects Convenor Kathy: Quiz Queens

And the crowd looked ready to start





The Lions Clubs New Zealand and Cancer Screening Service Update

Lions Clubs Cancer Trust (LCCT)



The History of this Proposed National Project,

This project was first raised by PDG Keith Kenderdine to the MD Centennial Coordinator David Dawick back in 2016-17 where it was suggested that NZ adopt the Lions Clubs Skin Cancer Screening Project as a National 100th year anniversary project. But sadly, the project was not followed up at that time, by the Council of Governors.

Council Chair Arvind Raman invited PDG Colin Beauchamp AM .JP and PDG Garry Irvine to the 2019 Multiple Districts (MD) Convention in Blenheim. At the Convention, the Australian instigators of the service gave a great presentation. PDG Garry Irvine is the Director for liaison with New Zealand (NZ), and has provided a huge amount of information and support to the Project Coordinator.

After discussion at the 2019 MD Convention in Blenheim with Colin and Garry, Paul O'Connor 202E took up the cause and prepared a proposal, and presented it to the Council of Governors Meeting in November 2019. and again, at the 2020 Meeting. The Proposal was that the Council of Governors allow the conduct of a feasibility study and that the proposal be presented to the MD Convention 2021.

The Motion passed at the Convention was;

“That this convention adopts in principle a Lions mobile skin cancer screening service as a National Project to be investigated by a trust to be established by and reporting to the Multiple Districts Council of Governors,”

To comply with the above motion the Trust Document and other administrative Documents for its establishment have been produced by the MD Legal team. The feasibility study asked for by the Council of Governors is also being produced.

The next step is that the Council of Governors will have the opportunity to sign off the project, on their consideration of the feasibility study.

One might ask why this service is not provided by Government then one only has to look at the various organisations who have vehicles on the road plugging those gaps in the health system.

Coordinator PDG Paul O'Connor

Why is this Lions service required?



Because there is a need and where there is a need there is a Lion.

Over 4000 people are diagnosed with either *melanoma* in situ or invasive *melanoma* every year in *New Zealand* – that's around 13 every day. *New Zealand's melanoma incidence rate* is the world's highest. Around 70% of *melanoma* cases occur in people aged 50 years and older. *Melanoma* rarely occurs in children. *New Zealand* has the highest rate of skin cancer in the world.

Figures provided to us after our meeting with Cancer Society Canterbury the stats are as follows; National average of melanoma incidence rate is 35.6 per 100,000 people. (1780) The South Island regions of Otago-Southland, Canterbury-West Coast have the highest incidence rate with 44.4 and 38.6 per 100,000 people (2220), (1930) respectively. In contrast the regions of Wellington and Waikato-BOP had the lowest of 32.3 and 33.7 per 100,000 (1615) (1685) respectively.

Is it not better that Lions New Zealand create a service that will help our communities?
The above statistics tell the story,

This service will be delivered by volunteers and professional staff.

The administrative function will be run by a small team formed as the Project leadership team, all volunteers.

It is envisaged that not all volunteers will be Lions. So, the load is spread with those that wish to be involved. I know that in some Districts they are just champing at the bit to get started. To start with the financials are based on a 20 two-day series of Screening in the first year, but this may increase as we develop the service.

How can your club help

This project is not new, but so many clubs have not been advised of it's worth and why we should be involved, it is hoped that we can get the message out to Clubs through the Zone Chairs and this Newsletter The trust would appreciate any feedback from Clubs. If you could send to the coordinator PDG Paul O'Connor at Lcct.coordinator@gmail.com

Remember this project has been presented at five (5) District Conventions and two MD Conventions. It would be great to have your support. That support needs to be communicated to your District Governors. This project will by its existence provide a lifesaving lions service to our local communities, and a fantastic opportunity to work as one team of Lions nationally.

Current Trustees of the Lions Skin Cancer Screening Service

The shorten version name of the trust is - **The Lions Clubs Cancer Trust.**

Coordinator PDG Paul O'Connor

District D Currently not filled

District E Ian Cameron

District F PDG Wendy Goodwin

District K Peter Burch

District L Charles Harrison

District M David Skjellerup



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.

AMAZING FUNDRAISER for CHILD CANCER FOUNDATION

“ROWING FOR LIFE AOTEAROA”

A team of enthusiastic rowers are embarking on a project called Rowing for Life Aotearoa which will raise funds for 3 Charities, one of which is the Child Cancer Foundation. They will depart from Bluff on 12 March 2022 and row all the way to Cape Reinga!! The intent is to arrive there in late July.

The schedule as it stands at present brings them to our District at ANZAC weekend, arriving in Wellington and then on up the east coast to reach 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.

There will be more information to hand well in advance of the event and I will keep updates running in this report. What an initiative!

..and don't forget to consider helping with the CCF street appeal Friday 11 and Saturday 12 March
<https://childcancer.org.nz/event/annual-street-appeal/> to apply.

CAMP QUALITY ANNUAL APPEAL TO LIONS CLUBS

I have just posted appeal letters to clubs in this district to encourage you all to think about supporting this great project. Clubs receiving this letter are those who at present do not support the project financially on a regular basis, though many clubs do assist at our camps and that is of great value to the Camp Quality family.

I am also about to post out “Friends of Camp Quality” certificates to all those clubs who donated to Camp Quality in the 2020-21 financial year and will include a letter outlining our current fundraising initiatives and difficulties.

Lions Clubs are the greatest of our supporters here in 202M and it means a lot!

NEW RESEARCH

New DNA-based test on the horizon for children with solid tumours

13 Sep 2021

When an Australian child is diagnosed with blood cancer acute lymphoblastic leukaemia (ALL), the treating clinician is almost certain to make use of an important DNA-based technique called ‘minimal residual disease testing’ to help guide treatment decisions. But for children diagnosed with solid tumours, no such test is available.

New Australian research, led by scientists at Children’s Cancer Institute published this month in the *British Journal of Cancer*, brings us one step closer to having such a tool.

To investigate the feasibility of using WGS technology as the basis of MRD testing for solid tumours, the researchers used data from the [Zero Childhood Cancer Program](#) (ZERO), Australia’s first personalised medicine program for children with cancer, which involves extensive molecular testing and analysis of children’s tumours, including WGS. Since the program began in 2015, it has generated unprecedented data about cancer in children, including previously unavailable genomic data.

The clinical implications of the findings will be explored in prospective clinical trials.

This work was made possible by funding from Children’s Cancer Foundation, Australia and the [funding partners](#) of the Zero Childhood Cancer Program.

Beth Anders
Cabinet Support
Child Cancer

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

Marketing Ourselves



One thing we know is that Lions is one of the worlds best kept secrets. You would be amazed at the number of people who have never heard of the organization.

I recently attended a marketing webinar where the two main presenters were Lions International’s Design Team Manager; Brand and Creative Department Jason Lynch and Senior Public Relations Specialist; Strategic Communications Department Shauna Schuda. They did a great job in showing us what was available for us to use and how they can help when we want to make ourselves known.

Are you all aware of the availability of the following? A couple of samples below.

- Lion Magazine
- Lions Video Center
- Leader Digest
- Brand Guidance and Tools
- Social Media Support
- Public Relations and Lions Press Center
- Public Relations Grants



The whole webinar is at this link and you will pick up the links on the International website from the various screens.

https://www.dropbox.com/s/26s9eezfi4lzk5/MarketingOverview-GAT_Sept-20-2021_00g.pdf?dl=0

Both of the people named above are happy to respond to questions and assist where possible.

PDG Alice McDonald
GLT Coordinator



ENVIRONMENT



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

During the past fifteen months of writing this column, I have focused several times on forming partnerships with other groups to achieve worthwhile environmental outputs, and I do so once again, because it's important.

Environmental matters are gaining increasing airtime in the media these days, for good reason. COP26 is a two week international conference in Glasgow beginning 31 October. It is of particular significance because it's the first 5-year reassessment of national objectives to combat climate change after the Paris Agreement. Unfortunately, it is already a political football. If you haven't read about it in the media already, I am sure that you will.

In order to survive, the international Lions community needs to stay relevant, and appeal to younger people. Increasingly younger people are becoming more environmentally aware and active, as they recognise that it is their future at risk.

There are many environmental groups active. Unless your club has good expertise and knowledge of what's needed in your community regarding environmental aspects, it makes sense to link up with a group already established and active. This could be informally at first, as just a couple of Lions joining in and taking an interest. Later, perhaps, you could establish a more formal partnership. This provides an opportunity to achieve worthwhile objectives, meet like-minded people, possibly gain new members and gain good publicity.

On the Lions International website is a very useful form to help prompt you to look for and form the right partnerships. I would encourage Presidents and service leaders in your club to have a look at it. Nothing happens unless we take the first steps.

Here is the link.

[LCI GST DevelopingLocalPartnership en.pdf](#)

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

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 *****



DIABETES AWARENESS



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

Reversing Type 2 Diabetes – living on 800 calories a day

A key part of the programme to reverse type 2 diabetes is the 12 weeks reduction. The first 8 of these is consuming only 800 calories a day.

There are two ways to do this – find a recipe book of calorie-controlled meals or use a liquid formula. The formula needs to specify that they are complete nutrition. I found two formulas commonly available in New Zealand, Opti Slim and Opti Fast but they must be the ones with VLCD after the title. This stands for Very Low Calorie Diet.

The votes for which formula is better run at about 50/50. I prefer Opti Slim but not all the flavours, Espresso is my favourite closely followed by Vanilla and Chocolate. I was not a fan of Strawberry or Banana and the soups are nothing but dire. A friend loves the Opti Fast desserts. Whichever is used both products also include eating two cups of non-starch vegetables each day as well. According to Professor Taylor, this is to combat the tendency for the formulas to cause constipation.

In my last column I asked you for your tips and tricks for combatting constipation but received none. So here are my go to favourites – licorice (but watch if you have high blood pressure), prunes or dates and artificially sweetened treats (the ones that warn of laxative effect), what better way to put this to use.

For this month's challenge I am looking for the swaps you use to make a favourite dish or meal healthier. Of special interest to Type 2 diabetics is how to reduce carbohydrates. Send your ideas to 202m.diabetes@lionsclubs.org.nz

Jo's Journey – Part 2: Well down the road

Since being diagnosed with Type 2 diabetes back in 2008, I have found that the predominant medical professions approach to treatment is monitor and respond. Every 3 months I have a set of blood tests taken and my doctor alters my medication accordingly. I was initially offered an appointment with a nutritionist and a podiatrist but neither was ongoing.

It was the blood testing facility that told me I could get a 'serial card' so I didn't have to get a form from the doctor each time I needed tests. But it took me nearly 2 years to get the doctor to set the facility up.

To be fair, the government does fund the 4 appointments and check-ups per year and some of the prescription charges. It was still costing me about \$200 per year, but this is now considerably reduced, as my medication has reduced.

Diabetes New Zealand provides free information and a subscription magazine but does not have a regional support outlet in Wellington. For this you need paid membership of Diabetes Wellington Inc. I did not find the latter was value for money.

Unlike many other comparable countries, unless you are willing to spend the money or do the work yourself, there is little proactive treatment of the diabetes in New Zealand.

Over the last 8 weeks I have been able to slowly add more meals back into my diet but have reached somewhat of a plateau. At this point my second round of blood test have revealed that I have already reached the desired position of being back in normal range for blood sugar levels. However, my goal is still to lose the additional 5kg to allow me a bit of wiggle room.

My doctor still has me taking one Metformin a day and has halved what was left of my blood pressure medication, so another good reason to continue the good fight.

Progress report: After 12 weeks 81.4kg, a total of 9.9kg lost. On the day of lockdown I had new test results. HBA1C is now 4.3 which is back in normal range. Further reductions to medications.

Next issue – What Professor Roy Taylor found in his research into Type 2 diabetes.

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

Joanne Knight
Cabinet Support - Diabetes



Almoner request

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

Do you have a member in your Club who is recovering from recent surgery or is unwell, maybe they've been significantly affected by the challenges of this pandemic or just having a down time? Then please let me know.

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 12-14 March 2021. I will require your club to send me a photo and a eulogy for each deceased member.

Many thanks

Sandie McIntosh

PDG Sandie McIntosh

District 202M Almoner

Bob.sandie.mcintosh@gmail.com

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



VISION



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

Facts surrounding cataracts

Cataracts are a leading cause of blindness worldwide. A cataract is described as a clouding of the normally clear lens of the eye. Once the lens becomes cloudy, the light which normally passes through a clear lens becomes distorted before reaching the retina on the back of the eye. This causes a drop in vision quality, ranging from reading difficulties in early stages up to complete blindness in one or both eyes, as stages get more severe.

Symptoms to look out for include:

Blurred vision;

Sensitivity to light (glare)

Reduced night vision

Fading or 'yellowing' of colours

Cataracts generally develop in both eyes, but not evenly. The cataract in one eye may be more advanced than the other, causing a difference in vision between eyes. Cataract formation affects only the lens of the eye and not other important structures, such as cornea, iris, retina, or optic nerve.

Most cataract surgery is performed after the age of 60 due to the aging process, however some people may develop cataracts earlier around age 50. It is not uncommon for cataracts in very young people in their teens and 20's.

Removal of a cataract is the most common surgical eye operation performed in New Zealand and Australia. It has a high rate of success due to the modern methods used by ophthalmologist. If the eye is healthy, the likelihood the removal of a cataract will restore good vision, and frequently glasses are not necessary,.

The lens is contained within a clear membrane called the lens capsule. The lens capsule separates the lens from the iris and the transparent, thick fluid called the vitreous body.,
With older surgical methods, both the lens and the capsule were removed, with modern methods the capsule is preserved. This is a significant in surgical technique because:

The capsule is used to position the artificial lens

Risks of surgery are fewer

Vision following surgery is generally much improved.

Cataract surgery takes approximately half an hour, and within a day of surgery some vision, if not all, is normally gained.

Jennie Vowles
Cabinet Support - Vision

DISTRICT CALENDAR

OCTOBER	Vision Awareness Month
	Membership Growth Month
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
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
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

DISTRICT 202M AWARDS FOR PAST LIONS YEAR



REMINDER to submit your clubs entry for a 202M District Award by 15th October.

Club Presidents and Secretaries have all been sent the updated criteria for each award and an entry form.

Awards may be applied for by – clubs, Zone Chairs, or an individual Lion.

Application must be submitted in writing to the District Governors nominated Awards Committee.

A project can be considered for one or more award categories. However once recognised with an award, that project will not be considered in any other categories.

Where a District Award can be submitted for a Multiple District Award the criteria will be the same as for the Multiple District Award and submissions should be of a standard for the District winner to be forwarded directly to the Multiple District for consideration.

Criteria for Multiple District and District Awards are on Lions website www.lionsclubs.org.nz

The decision of the Immediate Past District Governor is final, and no correspondence will be entered into.

District 202M Project Award – M.D. Ron Usmar Award for Community Service

The purpose of this award is to encourage participation in Community Service Projects. It is permissible for each Lions or Leo Club to submit one entry each Lions year for consideration for this award. Judging will follow the MD Ron Usmar Award criteria.

District 202M Membership Award – Multiple District Keith Mitchell Award for Membership Growth, Extension and Retention.

The aim is to recognise Clubs who have worked extremely hard to increase their membership and have achieved this goal.

The Club with the highest net gain in membership for the preceding calendar year will be presented with this award at the next following convention.

Judging will follow the MD Keith Mitchell Award criteria.

The entry sent to MD may differ from the District winner as the MD Award is based on the previous Lion's year and the entry we forward needs to reflect this.

District 202M Youth Award – Multiple District Pat Ryan Youth Award

The winning entry of the District Contest will be forwarded to the Multiple District Secretary as the District's Entry to the Pat Ryan Youth Award.

Judging will follow the MD Pat Ryan Award criteria.

District 202M Public Relations & Communication Award – Multiple District Ron Rowe Award

The winning entry of the District Contest will be forwarded to the Multiple District Secretary as the District's Entry to the Ron Rowe Public Relations & Community Service Award.

Judging will follow the MD Ron Rowe Award criteria.

(Continued from page 11)

District 202M Lloyd Morgan Lions Clubs Charitable Trust Support Award.

Aim is to encourage Lions Clubs to give regular support to the Lloyd Morgan Lions Clubs Charitable Trust.

Awarded to the club who has made the largest donation, based on a pro rata basis

Lions Clubs International Foundation.

Aim is to encourage Lions Clubs to give regular support to LCIF

Awarded to the club who has made the largest donation, based on a pro rata basis

District 202M Top Club

To the club which may not be the top in an individual area but has the best all round performance.

Club must have met the criteria and applied for the club excellence award by the 31st August deadline for the previous Lions year. Criteria and application on the International Lions Website www.lionsclubs.org

All entries need to be sent to rexbullard@xtra.co.nz by 15th October 2021 in order to be considered.

PDG Rex Bullard
GLT Support

Round the Clubs Waikanae

Waikanae's Lions Club members were out in force recently with 14 teams with Utes and trailers fully loaded delivering tonnes of Fertiliser to the residents of Waikanae.

We don't know if it has been the impact of Covid encouraging home gardeners to get out into their gardens or not, however Dennis Morgan, the Convener of the Club Fertiliser Project, says that this year the Waikanae Club has seen another bumper year in orders placed during the Club's annual spring Fertiliser sales drive with sales up on last year.

The Waikanae Club first developed the Fertiliser project back in 2012 as a way to find a new avenue for raising community funds and from small beginnings that first year, the project has grown massively to now generate around \$8,500 of funds this last couple of years. Waikanae is well known as a great small town and as a home gardener's paradise and residents have readily embraced the project knowing that the funds raised will be ploughed back into the local community.

Dennis Morgan who has convened the project for the last few years, said "the Club is fortunate to have such a strong and active membership as the project takes all the manpower resources it has available". "Support from the local community has been fantastic again this year" he said.

Waikanae's wonderful gardening environment also provides the Club with a stream of fantastic gardens for the annual Waikanae Lions Super Garden Trail that has proved to be extremely popular with garden lovers from throughout the greater Wellington area for over 20 years.

Release prepared by

John Todd

Secretary

Lions Club of Waikanae

Email waikanaelionsclub@gmail.com M +64274294161



Recognising Outstanding Effort

Would you like to recognise an outstanding Lion in your club with national recognition, acknowledgement, and the presentation of a Melvin Jones Fellowship? As part of the Campaign 100 programme, Lions Clubs of New Zealand is looking for 40 Heroes within New Zealand, Tonga, Samoa, American Samoa & Fiji.

Lions nominated by clubs will be recognised by:

1. Presentation of a Melvin Jones Fellowship or a Progressive Melvin Jones Fellowship.
2. Acknowledgement on our Lions Clubs of New Zealand website on a dedicated page that highlights the contributions of the Lion.
3. Acknowledgement at the District Convention.

If you would like to recognise your club hero, please follow these instructions.

1. Make your donation of US\$1,000 to LCIF in the usual way.
2. Complete the information below to let us know why your Lion is a hero.



HERO APPLICATION

Details of your Hero

Name:
Club:
District:
Why would you like to recognise this Lion? (50 words)
What is this Lions main achievement? (50 words)

Details of Nominator

Name:
Club (if different from above):
District (if different from above):
Contact telephone number:
