

InforM



February 2022

Vol 15 No 7

Build Success for 202M

To be part of the solution

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Effective Clubs provide
meaningful service
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Welcome new Lions

John Buchanan
Prue Duncan
Aaron Harris
Wendy Lipp
Sandra-Lee Monk
John Murphy

Dannevirke Host
Hastings Host
Silverstream
Napier Host
Tawa
Masterton Host
Waipoua
Dannevirke Host
Carterton
Rimutaka

And two transfers...
Alf Clear (from Carterton) Waikanae
Carol Thornton (from Waikanae Parawai)
Kapakapanui

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

Simon Says



Dear Fellow Lions,

As we head into the second half of the Lions year, I would like to take this opportunity to wish you all a happy and prosperous New Year, and thank you for all the work you have done over the last six months. We were all hoping that we would have some normality in 2022, but the Omicron variant has put the brakes on us once again.

Omicron has caused some concern, among our Clubs and Lions members about how we proceed and what are the criteria. The short answer is to follow the Ministry of Health guidelines with regards to wearing masks, social distancing, use of hand sanitisers and the like. When organizing meetings and functions, often the venue will have rules, about having to be double vaccinated to enter the premises, scan the QR code and protocols about serving food. As meetings have less than 100 attendees, in most cases, there will not be any difference between orange and red.

It is essential that we do respect decisions of individual Lions which also extends to include their extended families. If clubs have members who are not comfortable in attending meetings or large gatherings, please find other ways to keep in touch with them.

Anniversaries:

Congratulations to the **Lions Clubs of Hastings Host** and **Napier Host** who celebrated their 60th anniversary on 23rd January – their celebrations were delayed from last year because of Covid-19.

Dannevirke Host also have a 60th anniversary, which is going to be celebrated next month.

Spirit of Napier's 40th anniversary which was to be celebrated on 5th February, has had to be cancelled due to covid.

These are great milestones – it is hard to imagine the hours of service, and total donations made by these 4 clubs alone over the years – not forgetting the fun and life time friendships that have been made.

District Events:

Convention: It is with regret, the District Cabinet have agreed that the 202M “Moving On Up” Convention, in Gisborne is to be cancelled. The District will revert to a virtual convention, as we did last year. Cabinet Secretary Graham Atkinson will be formally notifying all clubs. Any members that have paid deposits for accommodation or travel, please arrange to get your refunds. The convention registrations will be refunded in full.

I would like to take this opportunity to express my thanks and appreciation to the members of the Convention Committee and Lions Clubs of Zone 1, for their efforts in planning and preparing the Convention.

Playscape CC Murray and I have a meeting scheduled with Wellington Hospital Foundation on 15th February to discuss signage and the official opening. Once again, Omicron will be determining the planning.

District Membership / Covid: Unfortunately, our District Membership as at 31st December is -5. To date this year, we have added 48 new members but lost 53. Congratulations to the clubs who have inducted so many new members, but retention is a concern. Sadly, Covid -19 has been a catalyst to many individuals and clubs. If any clubs would like some assistance and ideas regarding some options, then please contact PCC Jo Cameron. Jo is our membership chair and is very experienced in this area.

District Vacancies:

This is the time of the year when Vice Governors are formulating their cabinets and district goals for the 2022/23 Lions year. VDG David Skjellerup does have some vacancies. Please talk to David and see if you can assist him in formulating his Cabinet for next year.

Remember: Where there is a need - there is a Lion.

Kia Kaha

DG Simon.

See page 3 for DG Simon's report of MD Council Meeting

Multiple District / Council of Governors Updates:

The Lions Skin Cancer Screening Trust: The Council of Governors, after review of the project feasibility study has given permission for this project to proceed. The formalisation of the governing Trust and its Charitable registration (who will run the project) is still in process and expected to be a further 12 weeks away. VDG David Skjellerup is the representative for 202M.

ANZI: ANZI 2022 will be in Cairns 22-25 September. The confirmed dates for ANZI in 2023 is 1-3 September in Queenstown.

Public Relations & Communication: Our webmaster Alan Gray is asking for your feedback on the content on the NZ Lions Website. Please email him on md202webadmin@lionsclubs.org.nz. A private members website area has been approved. Development of the site and its trial is to occur between now and 30 June 2022. This private member area will provide a secure location for the storage of District and Multiple District documents and the electronic MD directory. A reminder to clubs to keep their webpages up to date.

Training: The GAT team have been working hard to deliver additional training. Online training has been delivered on Building a Vision. This was well received by those who attended. Contact PDG Alice McDonald for detail regarding other training opportunities.

Child Cancer: The Council of Governors have recently agreed to approve a Memorandum of Understanding (MOU), with the Child Cancer Foundation (CCF). This just awaiting the final sign off. At the current level of donations, being made directly to CCF, Lions NZ would be recognized with Super Sponsor Status.

Rowing for Life: This was scheduled for later in the year with the rowing team, arriving in Wellington, which would have coincided with The Multiple District Convention, 22nd -24th April. Unfortunately, due to Covid / Omicron, this fundraising project has been postponed until next year.

Youth Review: A report on a review of the various youth portfolios has been undertaken and as a result, a new position of MD Youth Chair is to be created from 1 July 2022. The job description is currently being developed and the role will be advertised shortly.

Tonga: Many clubs in NZ are asking about the best way to assist with the devastation in Tonga. Tonga is part of our Multiple District, District 202K. The best way to make any donations is through LCIF and label them ***Disaster Relief – Tonga***.

Remember; Where there is a need - there is a Lion.

Kia Kaha

DG Simon.

Convention Report

26/01/2022



To date we had some amazing things organized and getting ready for our moving on up convention. Things were falling into place and getting ticked off.

It is sad to say with heavy heart that, thanks to the outlook of Omicron and our ever-changing 'traffic light' system, we recommend to the Cabinet that our fun filled convention be cancelled. This is due to having already dropped numbers to run at a profit. Then after sitting down in a meeting with DG Simon to work on what would take to run convention under red light and weighing up pros and cons of all aspects, it ends up being a very hard basket and one we couldn't risk, not only financially but health wise for all our members. With this said, we will be conducting convention through zoom as we did last Lion's year which worked very well. While this has disappointed all our clubs in Zone 1 doing all the work to provide a great interactive convention, we are really hoping we can help in some way towards another convention in the future.

Debbie Beuth
Convention Chairperson
2022 Convention Moving on up...

Build Success for 202M

This coming Lions year I am looking for a wider team to be working in the Membership, Leadership and Service area.



Any Lion with an interest can be part of this team. I don't want it to be only the Lions who have been around for years. I would like input from as many facets as we can. Our District has been numerically in decline for some years now. We do fabulous service in our clubs but we need to be able to sustain this and, as the needs in our Communities grow we need to be able to provide the service which is so sadly lacking in many areas.

This does NOT discount our various Cabinet officers, Club officers and Past Governors – of B, H and M being part of the solution. We need a variety of ideas and skill sets and its with YOU that we can make a difference and have a turn around in 2022-23.

We talk about Mighty Magnificent M – Lets make it live up to that strapline!

Alice McDonald

Global Membership Approach Lead

Build Success for 202M Lead 2022-23.





MEMBERSHIP MATTERS



Welcome & Congratulations

to our new members inducted during during November and December 2021...

John Buchanan	Dannevirke Host
Prue Duncan	Hastings Host
Aaron Harris	Silverstream
Wendy Lipp	Napier Host
Sandra-Lee Monk	Tawa
John Murphy	Masterton Host Waipoua
John Pikari	Dannevirke Host
Colin Slade	Carterton
Antoinette Van Riel	Rimutaka

And two transfers...

Alf Clear (from Carterton)	Waikanae
Carol Thornton (from Waikanae Parawai)	Kapakapanui



I t 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.

PRESIDENT'S MESSAGE

Service From the Heart with
International President Douglas X. Alexander



The new year is a time of great personal reflection and hope for the future. It is opportunity to celebrate your achievements, build on your successes and find new ways to do even greater things in the months ahead. As Lions, let's use this opportunity to reflect, renew and ready ourselves for a new year of service.

That begins with each of us. So focus on strengthening your club and the incredible connection you share. And encourage each other to grow to your full potential as Lions and community leaders. Because when we ensure that every Lion has the opportunities to live out the service in their hearts, the best is yet to come.

Yours in Service,

Douglas X. Alexander

Douglas X. Alexander
International President

From the Desk of the Editor

Happy New Year everyone, with the hope that this year will be better for us than 2021. Unfortunately it hasn't started well with our District Convention becoming a Zoom meeting and our Multiple District Convention also a Zoom meeting. Not ideal but, as we do not have to go further than our own living room to attend either of these conventions, we should have a full complement of voting delegates at both. That would be a first for a while. So be alert for emails from your club Secretaries for updates on registration details.

Club Secretaries - I ask you to ensure you distribute the InforM to your members every month. It contains all the information and updates you require to operate as a club. Upcoming trainings opportunities, calendar events and the changes that may have to be made in these uncertain times. Thank you to the clubs who send me their club bulletins and be assured I will include projects and events your club has coming up or that have taken place especially new member inductions including pictures with captions in Word format. Stay safe.



Editor Mary Snook



Lions Clubs International FOUNDATION



Recent natural disasters

Natural disasters continue to wreak havoc around the globe, leaving death and destruction in their wake. Snowstorms to wildfires, cyclones, hurricanes, tornados, heatwaves, droughts, volcanic eruptions and earthquakes have left no corner untouched. Many communities will take years to recover. Here are some of the biggest disasters that took place during 2021:

January 2021 - Heavy snowstorms in Spain: southern and central Spain was hit by heavy snowfall due to storm Filomena. The capital Madrid was brought to a standstill after experiencing the highest snowfall in over 50 years.

February 2021 - Winter storm Uri USA: southern and central USA was hit by winter storm Uri, which brought life to a standstill and killed at least 223 people. Millions experienced power and food shortages in Texas, Kentucky and Missouri. The disaster led to losses worth \$23 billion, making it one of the costliest natural disasters to hit the US.

3rd April - Cyclone Seroja hits Indonesia and Timor-Leste, kills at least 222 lives.

17th May - Cyclone Tauktae in India: resulted in the displacement of over 2 million people and at least 198 deaths. The storm resulted in damages worth \$1.5 billion.

23rd – 28th May - Cyclone Yaas in India: another cyclone hits India severely affecting West Bengal and Bangladesh; leading to around 20 deaths and an economic loss of around US\$3 billion.

25th June – 7th July - US-Canada heat wave: broke the record for highest temperature since 1937. The heat wave killed 569 people in BC Canada alone.

July 2021 - Wildfires in Greece, Turkey and Serbia: huge swaths of forests were destroyed. The Greek Island Evia had to be evacuated as more than 580 fires swept the region.

Mid July - Floods in western Europe: several western European nations experienced heavy rainfall and floods due to severe summer storms. Belgium, parts of Netherlands, Germany and Luxembourg saw catastrophic flooding, which resulted in the deaths of at least 240 people.

20th July – Floods & landslides in Henan Province, China kills at least 302 people.

14th August – 7.4 magnitude earthquake kills 2,248 in Haiti. The epicentre was approximately 125 kilometres west of the capital Port-au-Prince, resulting in widespread damage and loss of life. Haiti was still trying to find its feet from the damage wreaked by the 2010 earthquake.

29th August - Hurricane Ida touches down in Louisiana and kills 91 people across 9 U.S. States. The extremely damaging Category 4 storm was the fifth most powerful storm to hit the country, with sustained wind speeds of over 150 mph. Areas affected include Venezuela, Colombia, Jamaica, Cayman Islands, Cuba, Gulf Coast of the United States (especially Louisiana), East Coast of the United States, and Atlantic Canada causing at least US\$75.25 billion in damage.

18th October - Flash floods in India and Nepal kill at least 200 people.

4h December - Indonesia's Mount Semeru erupts killing more than 45 people.

10th/11th December - Kentucky tornadoes, USA: a series of severe tornadoes in six midwestern US states leaves 92 people dead and dozens missing.

16th December - Super Typhoon Rai kills 375 people in the Philippines.

2022 and much closer to home...

14th January 2022 - The Hunga-Tonga-Hunga-Ha'apai volcano erupted with such force that it is thought to be the biggest eruption recorded anywhere on the planet in 30 years. The effects of this underwater eruption were felt as far away as the United States and Japan. Sonic booms from the eruption were heard across the Pacific and as far as Alaska, more than 9000 km away. The volcano spewed ash, gas and steam 30 kilometres into the atmosphere. The volcanic blast caused tsunami waves around the Pacific and left Tonga covered in ash and swamped with water. This unprecedented disaster has destroyed homes and devastated entire communities - 85% of the Tongan population has been affected.

Lions Clubs exist in all of these communities; they're often first on the scene and continue to support the rebuilding efforts long after other international agencies have moved on. LCIF provides the financial assistance that Lions Clubs need to play a vital role in disaster recovery. The needs of the world are great and it's so easy for us to be part of the solution – donate to LCIF.

Please make a donation to LCIF and tag it "Disaster" to support these vulnerable communities as they recover from these disasters - they desperately need our help.

Thank you to the ten clubs who have donated to LCIF during this Lions year.



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.

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

All deceased members will be recognised at the district remembrance service.

As convention will now be a virtual event due to covid restrictions and uncertainties details are still being finalised for the remembrance service and will be circulated to you.

If your club has been impacted by a bereavement since the end of February 2021, would you please send me a photo and a eulogy, of about 200 words detailing their Lion's and community service. Often the photo from their Service sheet is suitable. Please would you send it to me no later than the 18 February.

Many thanks

Sandie McIntosh

PDG Sandie McIntosh

District 202M Almoner



Lions Clubs International

Dear Club Officer,

Effective clubs provide meaningful service, maintain a strong and active membership and continually develop new leaders. The tools below focus on these elements to help your club function effectively while meeting the needs of your community and your members.

Club Quality Initiative: Change is critical for each club. This is a strategic planning tool that helps clubs identify opportunities for improvement. By understanding your current operations, identifying areas that can be improved and taking measured steps to accomplish your goals, your club can be even better.

Plan For Your Club's Success (The Global Membership Approach for Clubs): Use this **planning guide** and **PowerPoint** to discover your club's strengths, ways to improve and new opportunities that will help your club grow and thrive. Planning forms will help you develop a vision, assess your club's needs and organize your plan for successful implementation.

Your Club, Your Way!: This **guide** will help you customize your club meetings to better suit the needs and lifestyles of your club members. It includes a simple, fun exercise to help determine which elements of your meeting to keep and what to change, as well as a process for phasing in change.

The **Club Excellence Award**: This resource serves as your club's roadmap to excellence, focusing on the key elements of a quality club: membership, service, organizational excellence and marketing. If you have any questions about the award, please contact us by email at **clubexcellenceaward@lionsclubs.org** or by phone at (630) 468-6828.

Each of these resources can be found on the Improving Club Quality **webpage**. For questions, inquiries or to order your copy of any of these resources, please contact us by phone at (630) 468-7084 or email **clubofficers@lionsclubs.org**.

Sincerely,

Your District & Club Administration Division Team



Child Cancer



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

As Lions and as Clubs we can all do something to support this cause.

Child Cancer Foundation Street Appeal planned for March

The Child Cancer Foundation has advised that a decision is still pending on whether to hold the annual street appeal set for Friday 11 March and Saturday 12 March.

The latest information I have received is that the decision will most likely be to cancel the event.

At this time, those clubs that had expressed an interest in assisting with this event, and any others that are interested, need to monitor the website for updates

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

If the event does go ahead and your club does take part in this initiative, I would appreciate a quick email letting me know this – 202m.childcancer@lionsclubs.org.nz

Please also see Graham Atkinson's email to all club secretaries about the GREAT KIWI BBQ initiative to help raise funds for CCF as well.

Beth Anders
LCI 202M Cabinet Support
Child Cancer

DISTRICT CALENDAR

20/2/22	51st Karori Lions Karnival—Ben Burn Park CANCELLED—RED ZONE STATUS
4/3/21-6/3/21	202M Convention, Gisborne To be a Zoom Meeting - Details next month
20/4/22-22/4/22	COG Meeting Lower Hutt
22/4/22-24/4/22	MD Convention, Silverstream To be a Zoom Meeting - Details next month
14/5/22-15/5/22	Cabinet meeting, Hawkes Bay



DIABETES AWARENESS



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

Reversing Type 2 Diabetes – support, support and more support

Last time I said I was going to cover Beta cells and the pancreas, but instead want to explore the importance of support.

Having just completed the Christmas / New Year break, also appropriately called the silly season, it was interesting to reflect on the behaviours that were adopted around food.

The first is the extended meal. Christmas parties (work functions and family gatherings) are often over meals that become stretched over a longer time period as we socialise and celebrate. There is a tendency for us to eat way more than we would normally and not the right foods – well it's a special occasion isn't it! But if we have 8 or so of these, are they so special? And contrary to popular belief a long walk or even a hard work out at the gym will not be enough to burn the calories nor prevent the peak in blood sugar.

The second is the giving of sweet treats. Despite my family and friends being on various healthy diets and at least two diabetics, we almost all without exception gave lollies and chocolates to each other as gifts. I worship the colleague who gave me coasters without even knowing I use them constantly.

This brings me to my word of the month 'support'. It is very important for the health of a diabetic to tell people about it and what it means, especially around food and exercise. I have a friend who frequently dropped by and brought takeaways. He thought he was being nice, but with next to no green vegetables, high levels of carbohydrates and sweet sauces they were contributing to my condition. It has taken a long time to get him to understand this nicety was not what it seemed.

To be successful in reversing diabetes takes a team effort. It is a long, hard process and made more so (potentially impossible), without the support of the people around you.

Contributions

In my last article I asked people for their recommendations for cafés that you think do a good job of catering to diabetics, or a bad job.

Yet again nothing! It makes me wonder if we are actually interested in the prevention or treatment of Diabetes. With steadily increasing pressures on people's time and the costs of Cabinet it is a strong argument for dropping the role.

I have a personal interest in getting more education into restaurants and cafés about what diabetic friendly food would look like. There is a tendency to treat this serious medical condition like a fad (both by caterers and sufferers), which may be why there are so many assumptions that vegetarian, gluten free, paleo etc. are suitable or that no effort is required.

So I will pursue an initiative to develop a simple guide, aimed at the people that feed us, in the hopes that some contribution can be made to improving diabetes health.

Jo's Journey – A short progress report

HBA1C is still within a range that pleases my doctor. However, I am currently battling the effects of the Christmas period, too many functions (with poor quality food options) and an upset exercise routine. Add to that some unwellness and I am slightly off my overall target. Roll on the new year's resolutions.

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

Joanne Knight

Cabinet Support

Diabetes Co-ordinator



VISION



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

Information on Diabetic Retinopathy

People with diabetes can have an eye disease called diabetic retinopathy. This is when high blood sugar levels cause damage to blood vessels in the retina. These blood vessels can swell and leak, or they can close, stopping blood from passing through.

The abnormal blood vessels associated with Diabetic Retinopathy stimulate the growth of the scar tissue, which can pull the retina away from the back of the eye. This can cause spots floating, flashes of light or severe vision loss

Key points about Diabetic Retinopathy

- Diabetic retinopathy is a common cause of visual impairment and blindness in New Zealand.
- If it is picked up early, treatment can help prevent or slow vision loss.
- Good blood glucose control, regular diabetes eye examinations, even if your vision seems normal, good blood pressure, cholesterol management and avoiding smoking can reduce your risk of developing diabetic retinopathy.

Treatment can slow or stop the progression of Diabetic Retinopathy, **it's not a cure**, because diabetes is a lifelong condition, future retinal damage and vision loss are still possible. even after treatment. Regular eye checks are necessary.

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Beneficial Foods

Nuts such as almonds, cashews, hazelnuts, pecans, walnuts and pistachios.

Fatty fish and other seafood.

Poultry.

Eggs and other low-fat dairy.

Skimmed milk.

Turmeric.

Seeds such as fenugreek seeds, chia seeds, and flaxseeds.

Jennie Vowles

Cabinet Support

Vision



ENVIRONMENT



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

Here is an opportunity for clubs to plan well ahead, and perhaps for zone chairmen to organise an activity on a zone basis. (It's always a great day out, when clubs get together to do environmental work 😊)

New Zealand Clean Up Week 2022 is kicking off on World Clean Up Day – Saturday 17 September and will run through till Friday 23 September 2022. Once again, this is expected to be New Zealand's largest clean-up event.

Under a wider umbrella, Lions clubs can organise, partner with others in organising or simply join in a range of potential clean-up activities, be they on beaches, river banks, roadsides, public recreational areas, conservation areas or wherever.

This can be an opportunity to do good, have fun, gain some more profile and maybe some members!

Perhaps clubs can get a local school on board, or a scout, girl guide or other service group.

Participating in an event with a national profile helps in terms of getting and maintaining public awareness.

Keep New Zealand Beautiful (KNZB) reports that in 2021, a total of 30,390 volunteers took part in Clean Up Week, collecting almost 295 tonnes of litter across an area equivalent to 2,589 rugby fields!

Registrations for Clean Up Week with KNZB open at the beginning of July 2022 – however Lions can organise independently and prior to that date.

While of course you don't have to register with KNZB, it's good for information sharing and they may be able to offer some resources. See their website [Organise a community clean up - Keep New Zealand Beautiful \(knzb.org.nz\)](https://www.knzb.org.nz)

Would clubs please let me know if they intend to participate in Clean Up Week 2022.

And, as always, I invite you to let me know, so that I can let all of us know via this column, about the good things you are doing for the environment.

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

Trevor Anders

LCI 202M Cabinet Support - Environment
trevoranders@outlook.com

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