

INFORM



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Monthly Newsletter of
Lions International District 202M

DG JACK'S NOTES

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Sandy and I are deep into Club Visits at the moment – 2 to 3 Clubs per week and we are loving it. You are making us feel very welcome; put up with my long winded speeches; you love the video clip- 'Paying it Forward' – we think it is really cool as well and; we have learned heaps already about what our Lions do across the District.

What has become abundantly clear is that you all love the **'No Rules'** mantra, and that we need to do things differently. I encourage you to be brave and take small steps as we learn how to cope with a different environment for many Lions. That change is uncomfortable but is a necessity.

However, along the way we need to **retain our existing Lions** – and especially our senior and experienced Lions – find roles for them that are within their capability and let them have fun! Our Clubs need to be made up of BOTH new and old Lions – that is how the knowledge is transferred between generations in our families – Lion Clubs are no different.

My challenge to all the PDG cohort out there is to actively support your current Club President as change is introduced.

We want to see active Lions Clubs in the mighty 202M for a long time yet, and we need your experienced practical assistance to get there.

Our Cabinet are doing another 'something different'

action in Pahiatua on Sat 5 October – we are having a one day meeting AND holding it on the marae in Pahiatua – including a powhiri (welcome) as an educational day for us and the marae members. We are again inviting Lioness reps and a young voice to challenge some of our ideas on the changes planned for some of our youth activities next year. We are seriously reviewing the way we run Youth Exchange, the Speechmakers Competition and looking at new Youth Camp options. Much more information in my next column in November.

Finally, a special thanks to the really positive response we have had so far for the new Wellington Children's Hospital Rehab Play Area. There is a lot of behind the scenes preparation work being done at the moment, but we will be sending out clear information to all Clubs in the next couple of weeks.



Cheers

Jack and Sandy Hayes

From the Editor's Desk

Already we are a quarter of the way through this year. By now our services committees have met and have plans well underway for the projects that will take place in our communities before Christmas. Please send me dates etc when these are happening so I can put them in our Dates For Your Diary.

I want to add to what President Choi is saying in his piece below. A few years ago when I was between jobs I was at the supermarket checkout with all my groceries. When I swiped my eftpos card through the machine realised I didn't have enough money to pay for them. Anyone who has been between jobs knows how difficult life is. To my amazement the man behind me noticed my predicament and offered to pay for my groceries. He would not give me his details so I could repay him. It was very humbling. Since then I have been able to help someone else in the same way, so, 'paying it forward'. It is a good feeling to be in a position to be able to do this.

Editor

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PAYING IT FORWARD

International President
Dr. Jung-Yul Choi



It's morning in Busan, and a young Jung-Yul Choi sits and works. All is quiet, except for the typical sounds of an office—the clatter of typing, pages turning, drawers opening and closing. But then something happens. There's a loud crash from the street below. At the window, Choi discovers what has happened: a milk delivery boy, no older than 18, has crashed his bike. Glass bottles are shattered and In the Republic of Korea, there is a belief that resonates through its over 51 million citizens. It's the belief that all people should live with dignity and that each person should be provided with basic needs. There's an underlying idea that doing good is not a one-time act, but rather a vital part of everyday life. Helping others live with dignity may be fundamental to Koreans, but this story is the moment Dr. Choi realized that service was more than a

duty—it was his calling. And this story almost milk is spilling across the sidewalk while the boy watches helplessly. Choi rushes out and asks, "Are you okay?" The boy says he's fine, but Choi can tell that all is not okay. Milk comes at a high cost, and this boy has just lost a lot of it. Surely he will lose his pay, and may even go into debt to pay for it. And so Choi asks, "How much will this cost you?" The boy is proud and humble, but he reluctantly replies, "300 dollars." Choi takes out his wallet and hands the boy the money he's lost. The boy hesitates, but then takes it. "Thank you," he says. "How can I ever repay you for this kindness?" "You cannot repay me with money," Choi says. "You can repay me by helping another person in need. You can repay me by working harder than you think you're able to, every day of your life." The boy nods, then gets back on his bike and waves goodbye.

The young Choi watches the boy ride into the city, wondering where he is truly going from here.

Copied from LCI Website

Lions Clubs International

District 201 V2 Victoria - Australia

INVITATION

The Lions of District 201V2 in Victoria, Australia extend an invitation to overseas Lions to participate in our "Operation Friendship" Program.

The purpose of the program is to promote and encourage friendship and understanding between Members of our International Lions Family.

Our District comprises sixty-nine Clubs, spread from Melbourne over south-western Victoria to the South Australian border. Much of the area covered is rural, supporting a range of agricultural activities.

One Lion and his or her partner is invited to spend up to four weeks as guests of our District. During this period all accommodation with Host Families, and travelling within our District, will be provided by V2 Lions.

Costs of travelling to and from our District, together with general expenses incurred during the visit, must be borne by the guests, and no funding is available from either our District Administration or any Members.

A varied itinerary will be organized, with opportunities to meet many of the Lions of the District, and every effort will be made to include any special interests of the visitors in the activities arranged by the Host Families and their supporting Clubs.

The visiting Lion and partner will be required to attend and give a short presentation at our District Convention, which will be held on November 8th, 9th and 10th, 2019 at Nhill in north-western Victoria. It is suggested that the intended visit commence around mid-October for a period of four weeks and finish around mid-November after the Convention. It is also necessary for the visiting Lion to speak conversational English.

Applicants who wish to be considered for the program are asked to complete an Application Form, and signatures of both the applicant and their District Governor are required.

Interested Lions should contact DG Jack Hayes directly without delay. Email jackhayes.hayes47@gmail.com

It is effectively a four week trip in Victoria being hosted by the local Lions. You will be required to speak at the District Convention, otherwise you are free to do what you want.

It can be a couple or a single Lion or two friends.

District Governor Jack Hayes
email jackhayes.hayes@gmail.com

DATES FOR YOUR DIARY

5-8 Sept ANZI Pacific Forum—Jakarta, Indonesia
10 Sept Karori Youth Awards
14-16 Sept Faculty Development Institute, Auckland
20 Sept Johnsonville Lions Ballantynes Fashion Parade
14-15 Sept Karori's 50th Anniversary Celebrations
21 Sept Karori Club's E-Recycle Project
26 Oct Spring Raceday—Wellington Racecourse
See story on Page 10

1 Nov Hart Walker Clinic Johnsonville Guide Hall
2-4 Nov Advanced Lions Leadership Institute (ALLI) Christchurch
23 & 24 Nov Karori Lions Super Garden Trail.
16 Feb Karori Lions Karnival
13-15 Mar 2020 District Convention, Havelock North
3-6 April Lions Certified Instructor Programme Sydney (Jan 19th deadline)
17-19 April Emerging Lions Leadership Institute
1-3 May MD Convention—Whangarei
26-30 June 2020 International Convention — Singapore

Thank You to our Fantastic Medical Students

On Monday 19th August 2019, the Lions Club of Titahi Bay invited Lions of District 202M to Maraeroa Marae to welcome eight 3rd year Medical Students from Otago University.

President Epirosa tells us this event was about giving back to the community in Titahi Bay. They took the opportunity to acknowledge, respect and appreciate the decisions these 8 Medical students and their whanau made. It is widely understood the tenacity and drive it takes to be a student these days. The Club was proud to bear witness to and engage with the future of the Medical Profession worldwide.

These hardworking students have come from the four corners of the world, which made Maraeroa Marae even more significant because of its name “Nga Hau E Wha”. Their ages ranged from 20 – 26 years. We trust the stories they shared will inspire all of us to be courageous and tenacious, to be driven, have goals, be kind, compassionate and to serve others.

Niuleva’ea-Epirosa Fuimaono

President

Lions Club of Titahi Bay

Mobile: 0223116034

Email: epirosa.f377@gmail.com

CALLING FOR 202M LIONS HELP

The Lions Club Young Speechmakers contest has been a mainstay youth activity across New Zealand for many years. It is overdue for some changes and Carol McMillan, Lorraine Brooks and I want to find a person in 202M to put their hand up to be the Multiple District 202 Young Speechmakers Co-ordinator and get it running again in 2020.

Ideally you will:

Have a teaching or drama background and be able to communicate with secondary college staff.

Be willing to look at new options for the future competition that will probably link in more closely with the Ministry of Education.

Be willing to commit to a three year appointment so we can get the new way of running this great competition well bedded in across New Zealand.

You do NOT have to be a long serving Lion or a Past District Governor – any Lion with the right experience and passion for this work will be great!! We would like to have a 202M person in this role as the rest of the MD Youth team are based here plus the current DG and VDG are also committed to this project for the long term. You will have great support in this role from all of us.

Interested? – call me direct – Jack Hayes
Tel: 06 377 2911 or 021 903 996 or email me at Jackhayes.hayes47@gmail.com. I need someone by 15th September if possible.



WATCH THEM BONES

Researchers have found a new way to measure fracture risk in people with diabetes.

An often overlooked health issue for people living with diabetes is the increased risk of broken bones compared with those without the condition.

Determining who is most at risk is a step closer thanks to research carried out by scientists from Australia's Deakin University who have found a new way to measure fracture-risk specifically for people with diabetes.

Lead researcher Dr Kara Holloway says those with diabetes have an increased risk of developing heart disease, stroke, kidney and vision problems.

"But what's less well understood is that they're also more likely to suffer a broken bone than people without diabetes," she says.

Dr Holloway and her team have identified a new way of assessing the risk of fracture in people with diabetes.

It's a new type of bone measurement called the "trabecular bone score" that is different to the routinely used bone mineral density test.

"Where bone mineral density gives information about 'how much' bone a person has, it does not provide any detail about the structure, explains Dr Holloway.

"Bone has an intricate, honeycomb-like structure and this is what trabecular bone score indirectly investigates."

Dr Holloway's research shows that people with diabetes have poorer honeycomb-like structure compared to those without diabetes, which means that the bone is less capable of resisting fracture.

"This measurement may therefore be a useful method of determining fracture risk in individuals with diabetes, which will improve management of the condition by their doctors," she added.



Youth Exchange opportunities

On our team for MD202 we have 2 positions available.
These are both new positions and volunteer roles.



YE – Marketing

This person needs to be able to use Social media along with other outlets for marketing.
Needs to be able to use multiple publishing programmes to creating flyers and the like.
A self-starter.



MD202 Inter-District Exchange Co-Ordinator

The YE team have decided with the suggestion and support of some of the DG's to start an inter-district exchange. There are many opportunities for our Young people with in our MD.
Chatham Islands, Fiji and other Islands are all part of our MD, then there is the country meets town, south meets north, along with the cultural experiences we could also offer.
The opportunities only stop where you let them.
This is a great opportunity for someone with a passion for youth.

If you are interested in either of these, please ring or email Carol McMillan, YE Chief Co-ordinator on 0274571 402 or carol@amc.nz
Close off for this will be 5pm 17 September 2019

Aotea Railway Lions Club

At our District Convention in March the Lions Club of Aotea Railway was awarded the Lloyd Morgan Award for the giving the most financial support to the LMLCCT in the last year. But no one from the club was present to collect the award so I, as Zone Chair did so on the club's behalf. I had hoped to see President Keith or one of their members at the Zone meeting to make this presentation.

However I did enjoy meeting up with those who were operating the train last Sunday as they do every Sunday. Though they are a small club they are dedicated to running and maintaining the train and the community enjoys their work.

In the top picture from L-R Kevin Wright, Keith Nicoll, Pierre Francois, Ian Lewis and Zone Chair Mary Snook



From your District Diabetes Co-ordinator



PENNE WITH BACON AND MUSHROOM

SERVES: 2 - 3

INGREDIENTS

250g	penne or other pasta	1/2 tsp	dried thyme
150g	lean bacon	Pinch	black pepper
1 tbsp.	olive oil	1/4 cup	vegetable stock or white wine
1	medium onion—diced	1/2 cup	light evaporated milk
150g	button mushrooms sliced	1/2 tsp	dried sage

Fresh thyme, parsley and/or parmesan cheese to garnish

METHOD

1. Cook the pasta following the directions on the packet. Drain as soon as cooked and set aside.
2. Slice bacon in strips and cook in a frying pan with oil until crispy. Remove and set aside.
3. Add the diced onion to pan and sauté until soft, then add the sliced mushrooms and cook, stirring frequently until soft.
4. Add the dried herbs, seasonings and the stock or wine. Simmer over moderate heat for 2 minutes, then add the light evaporated milk.
5. Increase the heat so the sauce is boiling vigorously and cook for another 2 minutes,

NUTRITIONAL VALUES (APPROX. PER SERVING)

1370 KJ | 326 Cals | 8g Fat | 30g Carbs



FOOT NOTES taken from “Eat Well Live Well” published by Diabetes NZ

Cheese—is high in fat—limit to 30 grams per serving

Grain Foods—eat mostly wholegrain and those naturally high in fibre, e.g. wholemeal bread, oats and Weetbix.



YOU ARE INVITED TO A FUNDRAISING EVENT

Return to Downton Abbey

At the Lighthouse Theatre 52 Beach Street Petone

Wednesday 18 September at 8.30pm

Tickets only \$25

Contact: John Rutherford jrr2389@gmail.com Ph 027 477.1045

Raffle tickets will be sold on the night

**Proceeds to Wellington Children's Hospital Playground Appeal
A Wellington North Lions Club Project , we do hope you'll join us**

ROUND THE CLUBS

Featherston Lionesses

We have recently welcomed three new enthusiastic members – just what we needed especially with our upcoming busy calendar of charity collections and catering jobs (after a quiet couple of months) – and there is one more prospective. Our club is in good heart. We will be celebrating our 30th anniversary in October. Watch this space.



Sponsor, Sandra, new member, Zeldia and Past President,

Karori

KARORI COMMUNITY BOOK FAIR

Karori Lions and Karori Rotary have combined once again to run the community book fair – a joint project of these two clubs for the last 9 years.

This was a lively event - never the greatest take with Karori being the dormitory suburb that it is, but the event is much appreciated by the local book lovers and provides a good opportunity for the 2 clubs to work together.

We had a great turn out of our Lions – 27 members plus 1 partner, 1 prospective member, 1 daughter and 1 son. The Karori Rotarians put their best foot forward as well and we all enjoyed some lively socialising at the end of the project at The Pickle Jar.



Glasses & Sunglasses Greatly Appreciated in Fiji

Neil Pugh from Christchurch, Ferrymead Lions and myself from Karori Lions, (the convenors of the lens testing programme in our clubs) travelled to Fiji last month with the Volunteer Ophthalmic Services Overseas (Voso) group.

The team comprised of one ophthalmologist and four optometrists as well as Neil and myself who were the chief dispensers and caretakers of all the glasses and sunglasses.

Dr Jessie Gale an Ophthalmologist from Wellington, specialising in glaucoma worked in the hospital each day teaching the local doctors and nurses, as well as doing some glaucoma operations. No cataract surgery was required as the Labasa hospital now has a local person trained as a qualified eye doctor to do these operations. Most Monday mornings from 7 to 10 cataracts operations are performed. This is a fantastic advancement and makes Fiji become more and more self sufficient. During the last 5 years the eye clinic at the hospital has also advanced with many other section of eye care, particularly dealing with diabetic patients. There are hundreds of people in Fiji with this condition.

We worked as two teams, two optometrists either Neil or myself with each group dispensing the glasses. We worked both in the hospital in the eye clinic and also travelled out to the outreach health centres. Neil and I took it in turns to work at the hospital and the outreach health centres. Each day a group would go out to the outreach while the other group worked in the hospital. Our days were long as we left the hotel at 7.30am and didn't return until 6pm or 7pm. When we went out to the outreach villages we travelled for 2 and half hours to 3 half hours on dusty, windy, gravel roads. It was all worth it as when we reached these villages the people were lovely so friendly and were very appreciative of our service, and to be given glasses and sunglasses just made their day. Well worth the long drive. A lot of the people had very poor eye sight and many of the ladies, and some of the men are very religious and when we gave them a pair of glasses and they could read the print in their bibles, they were so so excited, thrilled, happy and appreciative. Many gave us a kiss or hug or both. It was amazing and so wonderful to see.

During our 4 days the optometrists saw just over 1000 people and we dispensed 1600 pairs of prescription glasses and about 60% of people were given two pairs, one for reading and the other for distance vision. plus 1200 pairs of non prescription sunglasses. We left a few at the hospital for people after cataract surgery.

There were a number of people with very low vision and in most cases we were able to fit them with high magnification to improve their vision and giving them the amazing and exciting experience to see clearly. It was also very rewarding for us after the hundreds of hours of work that go into the collecting and processing of the glasses.

There were also 17 special cases which we provided the frames, and these people's special prescription have been brought back to Christchurch where Essilor a manufacturing company in Christchurch, will make up the special prescriptions. When they are ready Neil from Ferrymead Lions will pick them up and post them to Labasa hospital where they will be distributed. Essilor make up the lens free of charge as part of their charity work for Voso.

Labasa Lions were our hosts and they had done all the organising of the visits to the outreaches as well as for the hospital eye clinic. They were perfect hosts and put in a huge amount of effort, and are to be congratulated on such a terrific project. Without them these VOSO trips may not happen and certainly wouldn't be so successful.

Ferrymead Lions had processed and prepared 2400 pairs of glasses and 900 pairs of non prescription sunglasses which were freighted over prior to our arrival. Karori Lions had cleaned and packaged additional 400 of non prescription sunglasses plus 300 prescription glasses which Neil and I took on the plane with us.

The left over glasses were packed into boxes and left at the Labasa hospital to be used for patients within the coming months.

I would like to thank the clubs who have helped supply these glasses. Keep up the good work. For those clubs who don't yet collect glasses you might like to consider doing so, even if you collect only a few. Lots more glasses and non prescription sunglasses are required for VOSO future trips to both Fiji and other Pacific Islands. Karori Lions are also working with Sea Mercy and Marine Reach and are providing glasses to these organisations. So we need plenty of good quality glasses. **Please note we do not want the cases as they are too heavy to freight to the Islands.**

Good collecting everyone.

Jennie Vowles
Sight Project Convener
Lions Club of Karori



A very appreciative couple with their new glasses



People waiting outside to have their eyes tested.

Lions launch Wheelie Good mobility project

By WARREN JONES
Woodville Lions Club

Mobility is a freedom we all recognise and enjoy, but for most of us life comes to a point where we are compromised by accident, ill health, or aging.

It is a great comfort to know when one's personal mobility is challenged there are a range of appliances designed to help.

Woodville Lions Club is developing a project to make a range of mobility equipment available for community use, based on used and recycled units that are no longer needed by their original owners.

"Over the past few months we have been made aware of visitors to our region who have been in

need of short-term hire or loan of a mobility scooter, or other mobility device," Lions president Steve Silcock says.

Often local patients needing mobility equipment find themselves confronted with long waiting times for our health system to respond.

We see our service as helping bridge the waiting time.

Locals tell us they have unused mobility appliances in storage that are not needed.

We are building a project to help ease this problem by offering access to loan or minimal rental items, usually on a short-term basis.

We are asking folk who have used or surplus equipment, like walker frames, handrails,

walking sticks, wheelchairs etc, to consider donating such items to our club for this programme.

After checking and refurbishing the gear will be made available to our community.

Woodville Lions Club would welcome enquiries from anyone who has surplus mobility equipment that can be recycled to bring comfort to someone else. Calls should be directed to Steve Silcock on (06) 376-4750.

Woodville Lions President Steve Silcock, at the helm of a Wheelie Good project that aims to breathe new life into used mobility devices for the community.



Your support makes stories like this possible. India sent us this message:

"This team is amazing!!! They took myself and partner from Nelson to Wellington for emergency birth of our daughter, so supportive and caring the whole way through.

"We got to return to Nelson with our daughter today. They made us feel so comfortable and cared for, even gifted our Lilly-Rose with her first Teddy bear to mark her very first airplane ride."



Spring racing is always a delight, but what better way to celebrate the start of the Wellington Racing Club season than **teaming up with Life Flight**? With donations from tickets and fundraising activities on-course, join us to raise funds to help save lives. Along with Premier Racing, get set in your best spring racing outfit to enjoy a great day at Wellington Races.

Spring Raceday will bring together the racing community, hospitality guests, and families looking for a great day out with their kids to support Life Flight. There will be something for everybody: the thrill of thoroughbred racing, fine hospital-

ity, casual dining, free kids' activities and a day in the brilliant spring sunshine!

A great event to support - or a fantastic Christmas do for your team!

Get in touch with Life Flight to find out more. They'd love for you to be involved.





Tararua District Lions Presents

A THREE DAY “POP UP SHOP”

Tuesday 10th Sept. 10-2pm

Wednesday 11th Sept. 10-2pm

Thursday 12th Sept. 10-2pm

At Bush Community Church. Pahiatua

Proceeds to St John Building Fund

All donations greatly received

**Clothing, Jewellery, Household Goods,
Toys, Books, Linen etc**

For further information call

Denise 021 02300245, Vicki 027 3544484

Barbara 027 6363236



Lions Clubs International
FOUNDATION



Congratulations...

To the following Melvin Jones Fellowship recipients for the 2019 – 2018 Lions' year

<i>Jean Corlett</i>	presented by <i>Lions Club of Carteron Central</i>
<i>Michael George</i>	presented by <i>Lions Club of Mana</i>
<i>Ann Gleeson</i>	presented by <i>Lions Club of Tararua District</i>
<i>Peter Hartstonge</i>	presented by <i>Lions Club of Lower Hutt Host</i>
<i>Trevor Luke</i>	presented by <i>Lions Club of Norsewood</i>
<i>Chethna Naidu**</i>	gifted by <i>Parents as a birthday present</i>
<i>Jim Ng</i>	presented by <i>Lions Club of Johnsonville</i>
<i>Alastair Swann</i>	presented by <i>Lions Club of Napier Host</i>
<i>Raymond Thomas</i>	presented by <i>Lions Club of Gisborne Wainui</i>

(* ** Progressive Melvin Jones Fellowship)

Congratulations to all recipients and 'Thank you' to all of the above-mentioned clubs (and parents) for supporting LCIF by making these recognitions. This is a wonderful way to recognise Lions and other community members service to the community. To date there has been a total of 234 MJFs and 17 PMJFs presented to Lions and community members within 202M.

There is currently US\$69,165 in tagged funds held by clubs for future MJF/PMJF awards. Please call or email me to find out your club's tagged funds balance and to assist you with the application process – always happy to help.

Please consider supporting Campaign 100 with a donation so we can answer the call to provide much needed funding where it's needed most!

**Thank you for your compassion
and generosity.**

PCC Jo Cameron
202M LCIF Coordinator

