

INFORM



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Monthly Newsletter of
Lions International District 202M

VDG Murray's Memo



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You will all now be familiar with International President, Dr Jung-Yul Choi's theme, that "We Serve through Diversity". Diversity is more than a defining characteristic for Lions. It is also the key to success.

Dr Choi has set out some pathways to help us diversify our leadership, membership service. These pathways were discussed at the Multiple District Global Action Team (GAT) Workshop held in Wellington over the weekend of the 21st–22nd September 2019. Your District GAT team comprising D G Jack (Team Leader), PDG Rex Bullard (Leadership), Cat Hancock (Membership) and yours truly (Services), all attended along with a full complement from all of the other Districts.

Facilitating the Workshop was a very capable faculty comprising the Multiple District Global Action Team. The three components of the Global Action Team were encouraged to work together as a Team, and always remembering that the key component and focus should always be on our individual Clubs and their members, for without them it would be impossible to provide the service that we do to our local communities.

The pathways to diversifying our leadership, membership and service so that you can have a stronger club and make an even bigger impact in your community can be summarised as follows:

1. Leading by Example

Great leaders have always been at the heart of great success. This year, LCI is keen to make the development of leaders an even stronger focus. Every Lion is a leader and we want to make sure that all members are given the opportunity to develop as leaders, and that each leader is trained and supported.

There is a huge array of leadership programmes and resources available to Lions, and each of you is encouraged to explore these. LCI is putting a huge effort into improving the Apps, MyLion and MyLCI, and I encourage you all to go on-line and explore the training modules available to you at The Learning Center.

In addition, various institutes, such as Emerging Lions Learning Institute (ELLI) and Advanced Lions Learning Institute (ALLI) are available at a national level, along with various other programmes such as Stand and Deliver, Incoming Officer Training and IT Workshops. Please use the resources available to you.

2. Our Members are our Communities

Each person looking to serve brings unique experiences, skills and perspective with them, so each new member can help us do even more good in our communities. It is accordingly important to recognise the good in all, and

make sure that those who are ready to make a difference have an opportunity to serve as Lions.

As Clubs we should be looking at the communities we serve and making an assessment as to whether our membership reflects the diversity within our communities. It is only through a diverse group of perspectives, including people of all backgrounds and all places that we can truly realise our full potential as Lions and serve the diverse needs of our communities. By valuing the insight, beliefs and the hearts of others we can realise the greater good that can only be achieved when we join together as one.

Contd Page 2

From the Editor's Desk

I know, I hate anyone saying it too—but its only 85 days until Christmas and so much has to happen before then. Thank you to the same 5 clubs who have sent me their bulletins. For free advertising of your club, email your club bulletin to me at mj.snook@outlook.com Just ensure you include any future events and projects within your club and I will include these in the dates for your diary so that other clubs in your area can support you.

October is Child Mobility Foundation Awareness month. See the article on pages 9-11 to update your knowledge as I did.

District Diabetes Chair Glenys Hansen has given us some ideas of how a plant based diet reduces the risk of Type 2 Diabetes, as well as a couple more of her delicious recipes to try.

But please give VDG Murray's Memo some time and thought. Murray talks about the recent GAT (Global Action Team) weekend he attended and how the team in our District are able to help you develop leaders within your clubs, how to cultivate new members and develop a plan to retain your current members so having a succession plan and where to find ideas for new ways to serve our communities, all the ingredients of a growing and successful club.

And page 4 has some important information for Club Treasurers .

I look forward to receiving those Club bulletins.

Editor.

Murray's Memo Contd.

3. Expanding our Service

The needs of our neighbours and communities are great. LCI has set a goal of helping more than 200 million people per year, every year. So consider supporting one of our global causes, or taking on a new project that serves a pressing need in your community.

In order to achieve LCI's service goal it is important that we improve and increase our service reporting. It is also very important that we celebrate our successes and share our stories.

Your Multiple District GST Team is looking to build a centralised Service Activity Resource base for use by all Clubs throughout the District. All Clubs will shortly be circulated a form which you will be asked to complete and return to the Global Services Team MD202 Co-ordinator, PID Eric Carter.

MURRAY PRINGLE
VICE DISTRICT GOVERNOR

TABLE OF CONTENTS

Page 1	VDG Murray's Memo
Page 2	From the Editor's Desk Table of Contents Murray's Memo contd.
Page 3	What happened at ANZI Dates for your Diary
Page 4	News form LCIF Chair Notes from District Treasurer
Page 5	World Diabetes Day 14 Nov. Recipe—Asparagus Frittata
Page 6	Benefits of a Plant-based Diet
Page 7	Recipe—Vegetable Stir Fry
Page 8	Dinner at the Soup Kitchen— Wgton Host project raising funds for the homeless.
Page 9-11	Child Mobility Foundation Awareness Month
Page 11	CMF Awareness Month
Page 12	Round the Clubs
Page 13	Karori Club's Garden Trail
Page 14	Identifying Newsworthy Club Activities

It will ask all Clubs to show what service projects they are involved in, and will cover the five global causes as well as any other service activities that Clubs might carry out. This will provide a data base that all Clubs will be able to look at so as to get ideas for new projects that they might wish to become involved in.

We are now moving into the second quarter of the Lions' year. As we do so let us all reflect on International President Choi's philosophy of servant leadership. He notes that a good leader sees what their team can help accomplish, but a great leader sees what they can help their team accomplish. He goes on to state that we should never stop asking the question that makes us Lions, and let us not forget the heart of service that unites us all.

ANZI Forum—Indonesia

3 days; 35 sessions; 4 Kiwi presenters. The 10th ANZI Pacific Forum in Jakarta Indonesia is over.

The delegates enjoyed the opportunity to meet and socialise with our senior executive officers including our international president Jung Yul Choie (Korea), past int president Gudrin Ynvadottir (Iceland)- now chair of LCIF, past int president K J Hababananda (Thailand) who heads up the Global Action Team and LCI staff (USA) from various departments including membership, IT, LCIF and all happy to spend time with the participants. There were 600 registrants from many different countries including of course New Zealand, Australia, Indonesia, New Caledonia. Add in Philippines, Brazil, Japan, India, Nepal to name just a few. See pic of NZ contingent.

We ate well, enjoyed the pool to cool down, and were entertained by top class entertainers including a world class youth choir and the dancers from the special Olympics group. There was time to wander about the Jakarta CBD and some of us went on day long guided tours of the city to see all the “places to see” in airconditioned people movers with English speaking guides.

This was also Indonesia’s celebration of existing as Lions for 50 years – a Golden anniversary demonstrating a proud past and an exciting future in the region.

The Sunday saw us celebrating the end by participating in a street parade through the centre of Jakarta. All dressed in our provided blue 50th Anniversary T-shirts.



DATES FOR YOUR DIARY

October	CMF Month	
18 & 19 Oct	Blind Week Appeal	
1 Nov	Hart Walker Clinic Johnsonville	2020
	Scout Hall	16 Feb
2-4 Nov	Advanced Lions Leadership Institute (ALLI)	13-15 Mar
	Christchurch	3-6 April
14 Nov	World Diabetes Day (See Pages 4-7)	17-19 April
23 & 24 Nov	Karori Lions Super Garden Trail. (See page 13 for details)	1-3 May
28 Nov	Men’s health evening Karori Park Clubrooms	26-30 June 2020
		— Singapore

Some Good News from LCIF Chair IPP Gudrun Yngvadottir



Dear Lions,

I'm pleased to share that U.S.-based non-profit *Empowering Service*, let's proudly tell stories of evaluator Charity Navigator has awarded Lions the people we're able to serve thanks to our Clubs International Foundation (LCIF) — foundation. Every story we tell, every dollar we *our* foundation — its eighth consecutive 4-star give to LCIF, spurs life-altering change as we rating based on [financial health and commitment to accountability and transparency](#) increase our service impact, fight diabetes, and four percent of U.S. charities have earned this expand our global causes to include childhood distinction. I'm proud of our achievement and cancer, hunger, and the environment. grateful we can continue assuring donors that 100 Congratulations to LCIF and to you, fellow Lions. percent of their financial gifts fund LCIF programs Together, we're changing the world. that enable *you* to serve our world in need.

In sharing our stories, we connect, learn, and multiply our capacity for change. As we move through year two of *Campaign 100: LCIF*

In friendship,
GudrunYngvadottir
Chairperson
Lions Clubs International Foundation

NOTES FROM YOUR DISTRICT TREASURER

Club accounts for Lions Year 2018-2019 should have been completed and reviewed by now if required by the clubs constitutions.

Admin Accounts:

Approved by club board, taken to members at a Tea Meeting where a Formal Motion to accept and adopt the accounts must be moved, seconded and carried by a majority of members present and recorded in the Club Minutes. Once adopted, admin accounts are filed ASAP with Incorporated Societies.

Charitable Trust Accounts:

Approved by trustees, presented to club board then along with the administration accounts taken to members at a Tea Meeting where a separate Formal Motion to accept and adopt the accounts must be moved, seconded and carried by a majority of members present and recorded in the Club Minutes. Once adopted, charitable trust accounts are filed with Charities Commission using the special XRB Reporting form, before the cut-off date of 31st December 2019.

If you require assistance – just ask.

Glenys Hansen
District 202M Treasurer
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World Diabetes Day 14 November 2019

Is your club planning anything?

Check out this link for ideas

<https://lionsclubs.org/en/start-our-global-causes/diabetes/world-diabetes-day>



ASPARAGUS FRITTATA

SERVES: FOUR

INGREDIENTS

1 Tbsp	Oil
1 bunch	Asparagus (250g), sliced
1	Large onion, finely chopped
2 rashers	Bacon, finely chopped
4	Eggs
1 cup	Cheese, grated

STEPS

1. Heat the oil in a heavy-based pan. Sauté the asparagus, onion and bacon for 4–5 minutes or until the onion is golden brown.
2. Place in a well-greased 25cm diameter baking dish. Beat the eggs and pour over the asparagus.
3. Sprinkle with the cheese.
4. Bake at 200°C for 20–25 minutes or until the mixture is set and golden brown.
5. Serve cold, warm or hot with your favourite salad and a wholegrain bread roll.

NUTRITIONAL VALUES (APPROX. PER SERVING)

1176 KJ | 280 Cals | 20g Fat | 3g Carbs | 2g Fibre



From your Diabetes Co-ordinator



Plant based diet reduces the risk of Type 2 Diabetes

Following a **plant-based diet** may reduce the risk of developing type 2 **diabetes** by 23%, researchers have said.

The association was made following a study review by researchers at the Department of Nutrition at the Harvard T.H. Chan School of Public Health in Boston.

The US review also suggested that emphasising vegetable intake and minimising intake of **sugar-sweetened beverages** and **refined carbohydrates** reduced **type 2 diabetes** risk by 30%.

"I would describe these risk reductions as being quite significant," said senior author Dr. Qi Sun. "Plant-based diets can promote metabolic health and reduce diabetes risk through many pathways, including preventing excess weight gain, improving insulin sensitivity, reducing inflammation, and other mechanisms."

Eating a healthy, real-food diet has been shown to have a variety of benefits for people either at risk of type 2 diabetes or with existing type 2. Last year, the one-year outcomes of Diabetes Digital Media's **Low Carb Program** reported that eating low carb foods led to one in four users experiencing **type 2 diabetes remission**.

The Harvard team looked at nine published studies that revolved around a plant-based, **vegan diet** and involved more than 23,500 cases of type 2 diabetes among more than 300,000 people.

The combined findings from all the research papers found an association between eating a diet rich in **fruits**, vegetables, whole grains, **legumes** and nuts and a lower risk of type 2 diabetes. This was the same across all ages and body weight.

It should be noted that whole grain and legumes often contain higher amounts of carbohydrate. While they contain lots of healthy fibre, the fibre derived from these foods can be attained from **non-starchy vegetables** such as spinach and kale, components of a plant-based diet.

The findings emphasise that it is the quality of the plant-based products that are being consumed. Dr Sun added: "It does matter what veggies people eat and how the veggies are processed. Therefore, consuming healthy plant foods that are not or minimally processed, such as fresh fruits and vegetables, legumes, **nuts**, and **whole grains**, should be emphasised."





Vegetable Stir-fry

Stir-fry is one of the easiest dinner solutions! You can change it to suit your own tastes by adding or subtracting ingredients and adding your favorite sauce. Serve our Vegetable Stir Fry with a delightful side of brown rice and you've got a filling, meatless meal!

at You'll Need

- 1 can Watties Baby Corn cuts or whole kernel corn, drained and liquid reserved
- 2 tablespoons light soy sauce
- 2 tablespoons cornflour
- 1/4 cup peanut oil
- 4 garlic cloves, minced
- 1 bunch broccoli, cut into small florets
- 2 medium capsicums (1 red and 1 yellow), cut into strips
- 1 large onion, cut into wedges
- 200g fresh sliced mushrooms

Can also add thinly sliced cabbage, small cauliflower florets, celery, carrot matchsticks, fresh small green beans. Mix and match to your liking.

What to Do

1. In a small bowl, combine the reserved liquid from the corn, the soy sauce, cornflour; set aside.
2. In a wok or large skillet, heat the peanut oil over high heat until hot. Add the garlic, broccoli, capsicums, onion, and mushrooms. Stir-fry for 6 to 7 minutes, or until the vegetables are crisp-tender. Add the snow peas and baby corn and stir-fry for 3 to 4 minutes, or until the snow peas turn bright green.
3. Add the soy sauce mixture, and stir-fry for 1 to 2 minutes, or until the sauce thickens. Serve immediately.





compassion *te pūaroha*
soup kitchen



Have a Meal at the Soup Kitchen.....
Delicious Food
& Stories from Some Guests

A fundraising venture of Wellington Host Lions Club with
proceeds to the Soup Kitchen and its outreach
programmes for the homeless

6.30pm Tuesday 8 October 2019
134 Tory St

\$25 each

(Pay cash on night or email for bank account. Please notify any dietary requirements)

Bookings: wellingtonhost@lionsclubs.org.nz

Or phone/text 027-245-8859



By Ralph Gracie

Actually—who cares? And what is it all about anyway?

The **Child Mobility Foundation** is a Multiple District programme to assist children with severe mobility issues lead as best as possible an integrated life with their family and peers. In particular, the CMF supports the provision and maintenance of “Hart Walkers”.

A **Hart Walker** is an exoskeletal series of rods, straps, wheels, and elastic bands that is custom fitted to each child. This contraption enables the child to stand erect, and to move around, and as such encourages healthy alignment and development of the digestive and respiratory systems.

Hart Walker Clinics: One of the challenges is that children grow – which in turn makes it necessary for the mechanical exoskeletal framework to be adjusted. This is carried out by orthotic specialists at workshops run at six monthly intervals. The “Wellington” workshop currently services children from the area bounded by Opunake / Feilding / Wellington, and (recently) Nelson.

It’s not always beer and skittles. New fittings especially are often fraught with trauma and tears. Often, immediately after the six monthly adjustment, it takes a while for the child to adapt to the new and initially uncomfortable feel of the walker.

Somewhat astonishingly, Hart Walkers are made up of some 1,000 parts, and cost approximately \$10,000 to purchase (this cost including all on-going maintenance and adjustment servicing). Eventually, the children out-grow their Hart Walkers, and wherever possible the walkers are either handed on to new recipients, or scavenged to recover re-usable parts. Bill McKeich is a trustee of the Child Mobility Foundation, and is very adept at tapping potential donor clubs whenever a new child is identified as being a suitable recipient of a Hart Walker



Cody, photographed a year ago

I’ve been actively involved since May 2005 (wow—that’s a long time!). And I’ve become a bit blasé at the effectiveness of the programme. I once wrote after one of the six monthly clinics **“Nothing happened out of the ordinary—just the usual miracles”** So to get a fresh perspective I invited one of my Club members write their story of what they witnessed. The following two pages were written by Pauline and describe what she experienced eight years ago back in April 2011 and is about a small boy called Cody. It makes compelling reading. Cody is now a strapping teenage boy and too heavy for his walker, which has recently been recycled

The next Hart Walker Clinic will be held on Friday 1st November in the Johnsonville Scout Hall #30 Ironside Road (opposite #37), commencing 9am and running through to around midday. **Why not come along and see for yourself. You will be made very welcome.**



The Lions' Clubs New Zealand
Child Mobility Foundation

*One small step for us,
one giant leap for them.*



The amazing Hart Walker develops the body and mind of children to help mobility.

Cody's Story — A Report from the Hart Walker Clinic

by Pauline Weight

Today I attended the Hart Walker Adjustment Clinic— a “first” for me. This story is primarily about a little boy named **Cody** (a new Hart Walker recipient), and the impactful experience that his expression of anticipation and then elation had upon me.

But let me start at the beginning: First up was a little girl, Stevie. This was either the second or third time she had had her walker adjusted. First she is strapped into her walker for Stuart Kerr (Orthotist) and Sue Bailey (Physiotherapist) to observe and assess what needs to be done to compensate for her growth over the past six months. Then she's taken out of her walker whilst Stuart makes the necessary mechanical adjustments, after which she is put back into the walker for fine tuning and a trial run.



Our new boy Cody watched and waited. And when I say he watched, he watched every move, excited and perhaps wondering if he too would be able to achieve the giant strides that Stevie was now making.

Now it's Cody's turn. With his Mum and Grandparents he lies on couch squabs on the floor. His feet are eased into the boots, and the walker frame is strapped to his legs and his trunk. Sue then lifts the frame with Cody attached and gently lowers it into the lower, wheeled section of the Hart Walker.

Big Huge Smiles. He is standing upright. He's beaming from ear to ear. He takes his first three steps – he is just soooooo thrilled.

Stuart and Sue converse and decide they need to make some further adjustments.



Cody is removed from the walker. He watches Stuart and Sue's every move, perhaps afraid that it's been all too good to be true, and that he may not get to keep the walker. But soon he's back into it, and demonstrating to all that he can now kick a ball!

On a personal note, I was blown away (yes, I did have a tear). Cody got to me with his expression of pure joy. A little boy whom I had never met before caused me to be touched and moved by what is possible.

Initially I was concerned about being an intruder, and simply wanted to stay in the background. What I found today was that all of the families made me feel most welcome as they shared with me their joys of the Hart Walker. What a fantastic Lions Project that I learnt about today. Pauline



Congratulations Ralph Gracie and Johnsonville Club

for continuing with this very worthwhile project and one where the benefit is evident immediately.



Foot note from Ralph: This is an amazing project, and I would encourage all Lions to make the time, put aside their feelings of awkwardness, and come and witness for themselves the value of this program. It truly deserved the honour of winning the International President's International Hero Award. **NEXT CLINIC 1st November at the Johnsonville Scout Hall.**



Campaign 100 introduces the \$2 Drop

Here is a new and innovative way to raise funds for the campaign. Members, family members, and/or friends participate by putting aside \$2 a week to support the campaign. Just take your coins to your club treasurer for banking each month. Or the club could have a collection jar for members to donate a gold coin at each meeting and the proceeds get banked as LCIF \$2 Drop after each meeting.

This is the most ambitious fundraising effort in LCIF's history, the goal of Campaign 100 is to raise US\$300M by 2021 to empower Lions to serve hundreds of millions more people. We will increase our service impact, fight diabetes, and expand our global causes to include childhood cancer, hunger, and the environment. Disaster relief remains an important focus of our service in communities throughout the world ensuring LCIF is there when the need is greatest.

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

Thank you for your compassion and generosity.

Jo Cameron
202M LCIF Coordinator

ROUND THE CLUBS

Karori Club

" For several years the couple who own Rosina's Cafe in the Karori Mall have voluntarily and generously donated food left at the close of business every Saturday, which is collected by Karori Lion Barry Lovegrove and his wife Dominique and delivered to the Wellington Men's Night Shelter. In recognition of their generosity, the Lions Club of Karori presented Ta & Sam with a Certificate of Appreciation.

In addition to this weekly support to the Shelter, for the past 15 years, each Karori Lion member donates a Xmas gift for the men (sox, chocs etc), delivered on Christmas Eve.



Pictured left Karori Lions members (L/R) Grant Berry, Gary Parsons, Graeme Ching, Sam, Ta, Dominique & Barry Lovegrove.

Pictured right Lions Graeme & Olinka Ching delivering the presents last Christmas Eve - warmly acknowledged and appreciated by the Shelter staff.



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.

Check this out!!

Rimutaka Club



Mike Harris being inducted by Past President Paul

It was with great pleasure and pride we saw Karen Alsop being inducted at our last meeting, made especially momentous as her sponsor,



Mike pins on Karen's Badge

Mike was himself inducted just last month. We trust their relationship with Rimutaka Lions will be fruitful and long lasting for all of us.

VISIT
12 LOVELY
KARORI
GARDENS,
INCLUDING ZEALANDIA

Tickets
\$25
per person



*Super
Garden
Trail*

Tickets available from
all trail gardens on the
day or in advance from
selected outlets listed:

MITRE 10, CROFTON DOWNS

PAPER PLUS SELECT,
KARORI MALL

MARSDEN BOOKS, MARSDEN VILLAGE,
KARORI

KARORI ARTS AND CRAFTS CENTRE,
KARORI

TWIGLAND, JOHNSONVILLE

PALMERS, MIRAMAR

CALIFORNIA HOME & GARDEN, LOWER HUTT

HARRISON'S GARDEN CENTRE, WAIKANAE

PALMERS, PLIMMERTON

SATURDAY 23 AND
SUNDAY 24 NOVEMBER

2019

10AM TO 4PM

www.supergardenstrail.com

Major beneficiary
Wellington Free
Admission



Identifying Newsworthy Club Activities

How do I determine what is newsworthy?

Ideas for your Club's Services committee to discuss.

News offers information about activities or events that are of interest to, affect or involve the public, such as the dedication of a new Lions park. Some projects, although worthwhile, may not be "newsworthy." To determine what is newsworthy, ask yourself, "Would a non-Lion find this interesting or useful?" Public service gives information about a specific topic to help or assist the public, such as describing the warning signs of diabetes or encouraging volunteerism.

Decide which activities are unique and may be of interest to the media. To be considered newsworthy, they should be about timely events or activities that:

- Enhance your local community (parks, school programs).
- Involve the general public or other community groups (fundraisers, eyeglass collections).
- Perform a public service (vision/health screenings, drug abuse education).
Read local newspapers, watch

television news programs and listen to a variety of local radio stations to get a feel for what is likely to be covered by your news media.

Get involved early in the planning of Lions projects to determine their PR potential. The following are examples of club activities with possible news value:

- Service projects aiding community groups such as the visually impaired, disabled and elderly.
- Eyeglasses recycling/Recycle For Sight.
- Programs for youth/Lions International Peace Poster Contest/Scholarships.
- Special fundraising events/club anniversary events and major donations.
- Lions Clubs International Foundation (LCIF) grants/disaster aid.
- Club elections/volunteer recognition/Melvin Jones recognition.
Holiday projects.

Copied from the MyLion website