

INFORM



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Monthly Newsletter of
Lions International District 202M

Murray's Memo

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Festive greetings to all my fellow Lions. No doubt you are all in the throes of completing your first six months of Club projects before allowing yourselves a well-earned Christmas and New Year break.

Christmas is a rewarding and reflective time of the year. Last Sunday, my Club, Dannevirke Host hosted its 33rd annual Christmas Party for the community's over 80-year-olds, with a record 166 people in attendance. It was heart-warming to see the looks of joy on the faces of guests as they dined and were entertained, and I suspect that the Lions members and helpers took as much joy out of the occasion as our guests did.

I know that all Clubs throughout our District will be bringing Christmas cheer in some form or another to their communities and I congratulate you for that.

Not all in our wider community will be able to experience a joyful Christmas and I urge you to give some thought as to how you might be able to make a difference for our less fortunate. It is timely to also think of our wider cousins, particularly those families in Australia who have endured the devastating bush fires of recent weeks. The Australian Lions Foundation has launched an appeal to support these families and Council Chairman Helen Williams has pledged the support of New Zealand Lions. If you want to support this very worthwhile cause there are two ways of donating set out in the latest edition

of "Between The Lions". As we look about our communities it does not take much to see areas of need, and we all know the saying that "where there is a need there is a Lion".

Our problem at the moment is that with a shrinking membership we don't have enough Lions to meet the needs. However, the Multiple District has just received confirmation that it has received a Membership Growth Grant from LCI to assist a membership drive. We have a challenge to induct 800 new members before 30 June 2020 across our seven Districts.

As at mid-November 268 new members had been inducted across the seven Districts. Let's get in behind this initiative and do our bit to ensure that 202M inducts not less than 115 new members by 30 June 2020. I'm pleased to advise that Multiple District Treasurer Steve Bennett will be bringing his very popular roadshow to our District on 29th February and 1st March 2020. Exact time and venues are yet to be determined but I would urge all Club Boards to come along. Steve will be covering various topics including Club vs Charitable Trust issues, taxation issues, banking updates, annual accounting and reporting for Clubs and Charities and future changes along with an open forum. This is a roadshow not to be missed so pencil it in now.



Cabinet Secretary Graham has recently circulated to Club Secretaries Convention Registration Forms for the District Convention to be held on 14 March 2020. Be sure to get your registrations back to the Convention Committee in a timely fashion. Now is also the time for Clubs to be giving consideration to submitting nominations for District Awards. Cabinet Secretary Graham circulated to all Club Secretaries the details of the awards, and the criteria that must be met, in early November. Entries must be submitted by 20 January 2020, so get those entries in now.

I take this opportunity of thanking all Lions for their service to their communities over the first six months of this Lions year. Enjoy a restful Christmas and New Year with your families and come back refreshed for the remainder of the Lions' year.

Murray Pringle
Vice-District Governor
28 November 2019

From the Editor's Desk

Wow!! Five months of this Lions year have passed and, looking through the Club newsletters I receive, you have been busy having fun while doing good. Now we just have to look after those in our neighbourhood who are struggling to pay for the basics even. I note that at least three clubs are hosting Room at the Inn Christmas dinners and have done for many years.

There a couple of things I want to draw to your attention:

- Lions Treasurers' Road Show 29 Feb-1 March**
- Wellington Children's Hospital Playscape Project
- 202M Convention details and registration form**

I thank the clubs and my Cabinet who send me their newsletters and articles complete with photos. They are what make this job so enjoyable. I wish you all a very happy Christmas and that 2020 will be everything you want it to be. Editor

Greytown Lioness Club.

Sadly we report on the recent passing of two stalwart members of our club.

Fay Mason, retired Charter Member, known to many in the wider Lioness family and Joan Deller, also a long standing member. Fay held all positions on the board, while Joan held many board positions but was happier just serving.

Both Fay and Joan were willing members of the club volunteering for community projects and also enjoying and fostering the friendship of Lioness members in the district.

They will be sadly missed.

Tawa Club

Tawa Lions have had a busy week with 2 new fundraising activities. We had a sausage sizzle over Saturday lunchtime at Outlet City raising funds for the Mary Potter Hospice new Porirua Day Centre. We raised \$305 over the 2 hours.

The second fundraising event was a Quiz Night at the Borough on Thursday, raising \$1500 for the Wellington Children's Hospital Playscape project. A great community evening, full of fun, laughter and hard questions. Thank you

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LIONS CAN FILL THE GAPS

A MESSAGE FROM OUR INTERNATIONAL PRESIDENT

Greetings, Lions.



Regardless of where you live, the change of the seasons comes with certain rituals. For many of us, those rituals involve food. Whether it's the smell of your grandmother's soup or your neighbor's hot dogs on the grill, the smells of the season fill you with warm memories.

But that may not be the case for those living with hunger. For many, this time of year brings fear and anxiety. Yet another cold winter to make it through with little to eat. Or one more long hot summer without a school lunch for a hungry child.

As Lions, it's our responsibility to help those who need us. No one in our communities should wonder where their next meal is coming from. But whenever possible, we should look beyond the short-term fixes. Yes, we should stock food pantries and man soup kitchens. But we should also look at the bigger picture. What is causing our neighbors to be hungry? And how can we, as Lions, help change the odds for families that are struggling?



Everyone should have the opportunity to make choices that are good for their health. Everyone should have access to fresh fruits and vegetables. Everyone should be able to take a walk in a park or have a safe, reliable way to get to work.

So, when there is a gap — no grocery store for miles, no reliable transportation, no parks — Lions can help repair those holes in our communities. We can form the social safety nets that keep our neighbors living healthy, fulfilling lives.

As you plan your holiday meals or fire up your summer grills, think of what ways your community could be better serving everyone. And find a way to fix it.

Sincerely,

Dr. Jung-Yul Choi

International President,

Lions Clubs International



Lions New Zealand 2020 Treasurer Roadshow SAVE THE DATE!

Saturday 29th February – Wellington

Sunday 1st March – Hawkes Bay

(Further details to be advised)

Navigating the road ahead: -> [What You Will Learn On The Day](#)

Overview and Key Outcomes:



- .Treasurer Functions
- .Changes to Banking Environment
- .Changes to Accounts Presentation
- .Software Solutions
- .Charitable Trust Activities
- .Clubs / District / MD Relationship



Your Trainer: Steve Bennett MD Treasurer

- Melvin Jones Fellow
- Lloyd Morgan Honoured Member
- Passionate about Northland and Rugby
- Chartered Accountant since 1991



District 202M Convention and AGM

I give notice that the 13th Convention and Annual General Meeting of District 202M, Lions Clubs International, will be held at the Riverbend Camp, Te Aute Road, Havelock North on Friday 13 and Saturday 14 March 2020.

Nominations are now called for the positions of

District Governor 2020 – 2021

1st Vice District Governor 2020 – 2021

2nd Vice District Governor 2020 – 2021

LMLCCT District Trustee 2020 – 2022 (2 year term)

Nominations close 13 January 2020

As provided in the Constitution an election will be held during the Business Session of the District Convention on Saturday 14 March 2020. Nominations, which must be accepted by the nominee and seconded by a Club, should be made to:

Cabinet Secretary Graham Atkinson

P O Box 2459

WELLINGTON 6140

e-mail: graham.atkinson@xtra.co.nz

REMITTS

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

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

no later than 13 January 2020

WELLINGTON CHILDREN'S HOSPITAL PLAYSCAPE PROJECT

The Multiple District Council gave its approval to District 202M to manage this cross-District fundraising project to assist with the development of the Playscape area at the new Wellington Children's Hospital at its November meeting. That approval had to be obtained as the new Hospital will also be meeting the needs of children from Manawatu and Taranaki (District 202D) and from the top of the South Island (District 202E).

District Governor Jack, Vice-District Governor Murray and 2nd Vice-District Governor Simon met with Bill Day and his team from the Wellington Hospitals Foundation on 27th November 2019 and we now have a much clearer picture of what is required of Lions throughout these three Districts to bring this very worthwhile project to fruition.

The new Regional Children's Hospital will be a multi-million-dollar, world-class building that will ensure a brighter, healthier future for generations of our respective District's children to come. To ensure that we have state-of-the-art equipment plus a wonderful friendly environment that the world has to offer, Wellington Hospitals Foundation and the community are being asked to raise \$6 million (plus) for medical equipment and the fit-out, part of which will include the Playscape area.

It is in this area that Lions are once again being asked to partner with Wellington Hospitals Foundation, by leading a fund-raising initiative to fund the development of the Playscape area.

The Playscape is intended to be more than a traditional playground. It will be a holistic 'green' healing area where young patients of all ages will be able to enjoy the outdoors. Patient ages will range from birth to 16 years, and the Playscape has been designed with this in mind, with not only play areas, but also quiet, reflective areas for older patients to sit with friends and family.

The Playscape is being professionally designed to ensure that it is safe and secure, provides stimulation and fun, is tactile yet calming and provides a sanctuary for children of all ages.

The total cost of the Playscape is estimated to be \$800,000, **and the target we are asking Clubs throughout the three Districts to aim for is \$500,000.** A designated fund is in the process of being set up within Lloyd Morgan Lions Club Charitable Trust, and Clubs are encouraged to dedicate some of the funds that they raise from other projects undertaken by them to this very worthwhile cause. Account details will be circulated to all Clubs once the account has been established and Clubs can immediately begin making donations to it.

We intend making an application for additional funding assistance from Lions Clubs International Foundation, and Lloyd Morgans Lions Clubs Charitable Trusts. The level of grants available from these institutions will depend on the funds either donated or pledged by Clubs throughout the three Districts, so if you haven't got funds readily available give some thought to providing a written pledge as to what level of donation you might be able to commit to over the next two years.

You might be wondering why Clubs throughout the three Districts should become involved in this project. Here are just a few reasons:

1. As a Tertiary Hospital, Wellington Regional Children's Hospital will provide specialist tertiary care to babies and young patients from New Plymouth to Gisborne, and down to the Marlborough District.
2. Over the past 12 months children from birth to 16 years old presented inter alia, the following statistics:

There were 87,000 young patient visits to Wellington Children's Hospital. (This figure includes repeat visits by young sick children who need the ongoing services of Children's Hospital).

35,336 visits to outpatients clinic
7,200 sick children admitted to the Wards.
10,607 visits to the Emergency Department
12,536 X-rays of young patients
811 neo-natal babies
7,000 paediatric orthopaedic patients
2,340 audiology visits
1,817 operations performed on sick children
3,198 visits to the eye clinic
1,450 cardiology attendances
1,742 operations performed
3,800 babies were born

3. The District has a long history of partnership with Wellington Hospitals Foundation and Wellington Regional Children's Hospital and this project will continue that partnership to enhance services for children now and into the future.
4. Wellington Hospitals Foundation will showcase the Playscape as being a Lions Project and accordingly the public relations benefits for Clubs throughout the District are enormous.

In the meantime, I appeal to all Clubs within our District to get in behind this project, 'ear-tag' funding from traditional projects and direct that funding to the Playscape-designated fund with Lloyd Morgan Lions Clubs Charitable Trusts (once established), or commit to pledges of funding which you might be able to make available over the next two years.

MURRAY PRINGLE

GLOBAL SERVICE TEAM LEADER

From your District Diabetes Co-ordinator — Glenys

I have recently subscribed to the Diabetes Association Wellness Magazine and here are a few articles from the latest one. Good reading.

SUMMER HYDRATION GUIDE

For those who live with any form of diabetes, staying hydrated is extra important. Dietitian **Helen Gibbs** has some tips.

With diabetes, there can be days where you're active, you eat well and you take whatever treatment you need, and yet your blood sugar levels still run high.

The missing piece of the puzzle may well be changes in your hydration level, especially if you notice this happening more on warm days.

HOW DEHYDRATED AM I?

Dehydration is often measured as a percentage of body weight. If you're 1% dehydrated, that means you need to top up with an amount of water that's equal to 1% of your body weight.

For example, someone weighing 75kg who is 1% dehydrated needs an extra 750ml of water. Someone weighing 100kg who is 1% dehydrated needs an extra litre (1,000ml) of water.

Even when we're only 1% dehydrated, our body function is altered. This level of dehydration can cause increased anxiety and reduce the ability to think clearly. For people with diabetes, there's an added problem. Dehydration pushes up blood sugar. When your blood sugar goes up, you pee more, which leaves you even more dehydrated.

The trouble is, humans often don't know if we need water. Our thirst mechanism only kicks in when we're about 2% dehydrated, so if we simply follow our thirst, we could be becoming dehydrated before we realise.

HOW DO I KNOW IF I'M DEHYDRATED?

Urine colour is the best measure. The advice is that urine should be "light straw colour". The colour shown in the diagram is close to the colour your urine should be.

ARE YOU DRINKING ENOUGH WATER?

Check your urine colour against this chart for an indication of your hydration levels.



A TOUCH OF YELLOW
Looking good; you're hydrated.



MID YELLOW
Time for water, even if you're not thirsty.



DARK YELLOW
Getting dehydrated. If you think about it you're probably thirsty.



HONEY COLOURED
Drink more fluids - dehydration is probably affecting your blood glucose.



DARK HONEY OR BROWNISH
Have plenty to drink, and if your urine remains a similar colour for more than two weeks, speak to your GP so they can check liver and kidney function.

HOW MUCH WATER DO I NEED?

The amount of water you need depends on your size, how active you are, and how hot the environment is.

The rule of thumb of eight glasses a day (2 litres) is a good starting point, but you may find you need more or less than that.

Many people find that if they suddenly increase the amount of fluids they take in, they start to need the toilet more. This usually settles down after three or four days, so keep persisting and you'll find it gets easier as your body gets used to holding more dilute urine.

WHAT SHOULD I DRINK?

Water is the best choice but not the only choice. Tea, coffee, herbal tea and soup are all sources of fluid. For people who want to drink soft drinks, having diet drinks is okay occasionally. Juice, smoothies and other sugary drinks will increase your blood sugar, so are not ideal.

Sometimes getting kids to drink enough fluids can be tricky. Making sugar-free ice cubes and ice lollies is a great way to encourage more intake.

It's important to remember that alcohol is dehydrating. If you plan to drink alcohol, make sure you're hydrated before you start. When I speak to sportspeople, I recommend non-alcoholic drinks until they start passing pale urine. Or "don't get pissed until you piss".

Here's wishing everyone a happy, healthy, well-hydrated summer!



What's GI and why does it matter?

Using the Glycaemic Index can help a lot in managing diabetes.

GI stands for Glycaemic Index. The Glycaemic Index was invented in 1981 at Toronto University and is now used worldwide. It provides a way to measure how quickly the carbohydrates in a food are broken down and turned into blood glucose when you eat them.

The index ranks food from 1 to 100. A food is considered 'low GI' if it has a GI ranking of 55 or under. That means the carbohydrates are absorbed slowly. Middle of the range is 56 to 69, and 70 or over is high GI. Pure glucose sits at 100.

A low-GI diet can provide a number of health benefits for people across all stages of life, from

simply maintaining sustained energy, to helping with specific health concerns including all types of diabetes.

For people with diabetes, carbohydrate foods that have a low GI are more slowly digested and produce a more gradual rise in blood glucose levels, helping to sustain more even blood glucose levels overall.

RICE AND GI

Rice is a cheap, simple-to-cook and beloved carb for many of us. If you have coeliac disease or any other condition where you need to avoid wheat or gluten, rice may be even more important to you.

Unfortunately, most rices available in supermarkets here have a middling to high GI rating. Generally, wholegrain or brown

rices will sit lower than white rices on the Glycaemic Index, however, it's still rare for them to be low GI.

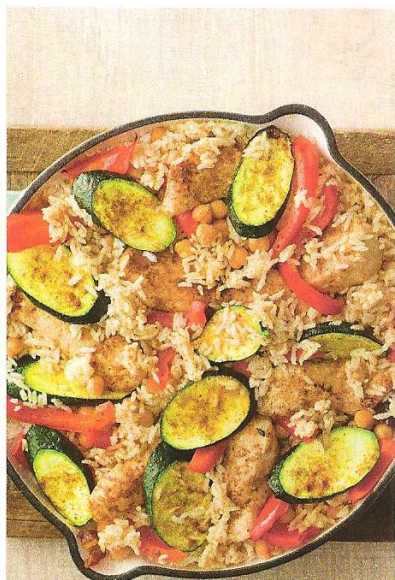
In New Zealand, the exceptions are SunRice Low GI White Rice and SunRice Low GI Brown Rice, which both have a low GI rating of 54. These are currently the only guaranteed low-GI rices on the market here, hence our support of these products at Diabetes NZ.

FIND OUT MORE ABOUT LOW-GI EATING

NZ Nutrition Foundation:
nutritionfoundation.org.nz/nutrition-facts/nutrition-a-z/gi-and-gl

University of Sydney:
www.glycemicindex.com

Diabetes NZ:
www.diabetes.org.nz/type-1-diabetes-food-nutrition



MOROCCAN CHICKEN WITH LOW GI RICE

SERVES 4

This easy one-pan dish from dietitian Lyndi Cohen is quick, balanced and tasty. It's a great midweek meal that the whole family will enjoy. You can also make a vegan version.

- 1 cup SunRice Low GI White Rice
- 1 cup salt-reduced vegetable stock
- 1 cup tap water
- 1 red capsicum, chopped
- 1 zucchini, chopped
- 1 tin chickpeas, drained (400g)
- 2 tbsp Moroccan spice mix
- 500g de-boned chicken thighs, chopped in half or into large chunks
- 1 tbsp extra virgin olive oil
- ¼ cup shaved almonds
- 1 tbsp dates, chopped

NUTRITION PER SERVE: ENERGY 2290kJ (547kcal) | PROTEIN 39.6g | FAT 13.6g (SAT FAT 1.7g) | CARBOHYDRATE 62.1g (SUGAR: 6.8g) | SODIUM 1130mg

Preheat oven to 180°C/360°F.

Put the rice, water and stock into a rice cooker and quickly mix. Turn the rice cooker on.

In a wide casserole dish, layer the zucchini, capsicum and chickpeas. Sprinkle with 1 tbsp Moroccan spice.

Coat chicken all over in the remaining tbsp of Moroccan spice. Place the chicken on top of the vegetables. Drizzle with olive oil. Place in oven for 15 minutes, or until cooked through.

Remove chicken from oven and add almonds and dates. Return to oven for around 5 mins or until almonds and dates are heated through.

To serve, place the cooked rice in a large bowl or on a platter and add the chicken and vegetables on top.

TIP: Note that most ready-to-use Moroccan seasoning contains salt. If you want to reduce the salt, make your own Moroccan spice using 1 tsp each of nutmeg, cumin and coriander spice, ½ tsp each of allspice and ginger, and ¼ tsp of cayenne and cinnamon.

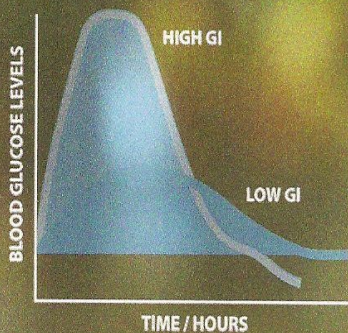
VEGAN VERSION Don't use chicken. Instead, use two tins of chickpeas rather than one, plus an extra zucchini and capsicum. Use garlic as well. Coat veges in 2 tbsp of Moroccan spice mix plus grated garlic, before drizzling with olive oil and cooking in the casserole dish.

SunRice are a sponsor for Diabetes New Zealand and this advertisement was taken out of the Wellness Magazine.

Look out for Low GI products in your supermarket.

Naturally low in GI. High in yum.

SunRice Low GI rice is just as delicious as the rice you know and love, but is naturally low in GI. Which means now everyone can enjoy the benefit of sustained energy release throughout the day without the worry of blood sugar spikes and crashes. How clever is that! Look for our new packets in stores now.



Blood Glucose 'crashes', causing hunger pangs



Taste the  difference

Masterton Holdsworth Lions help with vision screening.

Article in the local Wairarapa Timesage newspaper

18th November 2019

A vision for children's eyes

ELI HILL
eli.hill@age.co.nz

Optician Ravi Dass has a vision for helping Wairarapa kids' eyesight.

On Thursday, he screened over 100 new entrants at Douglas Park and Fernridge schools for problems with their eyesight along with Glenys Hansen and Marie Pickering of the Masterton Holdsworth Lions Club.

Dass, who is based in Wellington, works with 25 schools in Wairarapa and Porirua, and about 4400 children have been screened since his Foureyes Foundation began about five years ago.

Of those, more than 500 were referred for further eye testing, and more than 300 received glasses.

The idea for the Foureyes Foundation formed while he was travelling as a locum.

"I started seeing kids who were missing out in the system. I was seeing kids who hadn't been picked up earlier and it made me think of an alternative way to do this and figure out how we can identify kids earlier."

A clinic is also run at Whaiora in which kids under 18 can get their eyes tested for free and are provided glasses either at cost or free.

A father, and full-time optometrist, Dass spends about two days a fortnight doing work on the charity.

Currently the service receives funding from local trusts and businesses, but Dass aims



Douglas Park School students Mj Romero, Austyn Jelavich, and Jasper Lambert check out optician Ravi Dass' eye scanner. PHOTO/ELI HILL

Glasses can make a huge difference to these kids – teachers have told us it's like having a completely new child in the classroom.

- Ravi Dass

to have the foundation self-sustaining so the clinics that are run will be funded by the community.

"Adults can now get their eyes tested at the Whaiora Clinic,

and the money they pay will go straight to the charity.

"People tell us they want to shop ethically or with a social purpose and this is a great cause. Glasses can make a

huge difference to these kids – teachers have told us it's like having a completely new child in the classroom."

Dass said they find that one in five kids need further testing and of those one in 10 end up with glasses.

The clinic will open once a fortnight.

"We have had great support from the community, including the local Lions who work at the coalface helping with the screening in schools."

ROUND THE CLUBS

Levin-Waiopahu Club



Anne Tofts, PDG Gary Benton and John Brown



Levin Waiopahu Lions Club celebrated Lions World Diabetes Day on Thursday 14th November 2019 at the Levin Mall by having a Blood Sugar Level (BSL) testing for members of the Levin public who were either asked nicely or were coerced into giving a small drop of their blood just to see if they were SAFE or needed some follow up with their GP.

Our nurses were Pat Futter and Jenny who were ably assisted by Lions John Brown, Ann Tofts, Jim Hunter, Dave Goodin, President PDG Tony Clifford and PDG Gary Benton (Convener).

The goal was to get as many of the public to agree to have the blood test as they were going about their business through the Levin Mall between 10am and 2pm. In that short space of time we tested 89 people from all walks of life from the young to the elderly and from Maori, Pacific

Islander, Asian and New Zealand European. Some were reluctant but with very little coaxing underwent the test and went away happy that their reading was normal.

However not quite so for 6 people where our nurses had to convince them that they needed to see their GP as a follow up. All 6 were given a record slip of their reading so that they could show their GP the result and seek advice about the next steps as to whether they may or may not have Diabetes.

All in all it was a very successful and enjoyable day as the photo's attest. 6 Lions totalled 19½ hours on this project, a pretty good effort for a club with just 17 members.

PDG Gary Benton

DATES FOR YOUR DIARY

7 Dec Johnsonville Christmas Parade
2020

9 Jan Carter Court Rest Home fair.

16 Feb Karori Lions Carnival

29 Feb & 1 Mar Lions NZ 2020 Treasurers Roadshow

13-15 Mar 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

Mana Club

New Member Jon Neilson

At our last meeting, the Club had the pleasure of inducting our new Member Jon Neilson.

Photo courtesy Lester Piggott, (LtoR) Bob Bishop (Membership Director), Jon, and Raey Butterworth (Jon's Sponsor).



The **Combined Lions Clubs of Kapiti** Book Fair was held on 19 and 20th October in Waikanae and raised over \$40,000.

News release - Lions 2016 Monster Bookfair handover

At a function last Friday (Nov 22) Kapiti's combined Lions clubs handed over a total of \$37,500 to eleven needy local organisations.

The recipients were the Kenakena School Dyslexia Programme, Parkinson's NZ Kapiti Branch, The Shed Project, Kapiti Living without Violence, Kapiti Citizens' Services Trust, Kapiti Cottage Day-care Programme, Heart Kids Kapiti, the Low Vision Clinic, the Children's Playground at Wellington Hospital, Foster Hope and MENZshed.

Project manager, Lion Peter Cresswell said the hand-over ceremony also gave the beneficiaries the opportunity to outline the services they provide and to explain how their share of the donations would help.

"The evening was most enlightening and entertaining. While we know these organisations all do great work as volunteers, it was interesting to get more detail about their wonderful work in so many fields, which brought a greater appreciation of how much their efforts benefit the whole community."

Cresswell also chose the occasions to praise the ongoing commitment of the people of Kapiti to donating books, then



Bookfair recipients

(Right to left); Denis Wood - **Shed Project**; Yvonne Mansell and Janet Pirie-Hunter - **Kenakena school dyslexic programme**; Kitty Fitton and Vanessa Shaw - **Parkinsons NZ Kapiti**; Doug Fake and Don Day - **Kapiti living without violence**; Bill Pearson - **Kapiti Citizens Services Trust**; Peter Blackler - **Menzshed**; Dorothy Todd - **Kapiti Cottage Day Care programme**; Falyn Cranstone - **Heart Kids Kapiti**; Trish Lee - **Children's playground Wellington**

Hart Walker Workshop

As per the story in October's InforM the Hart Walker workshop took place in Johnsonville on 1st Nov. Usually with new fittings, the recipient child reacts unfavourably (i.e. they often scream and cry) as they are guided into their new steel-imposed upright posture. Not so Miro (right) Whilst it took a little encouragement from mum and some fine tuning from Stuart, the orthotist, his expression immediately portrayed his excitement and gratitude. So rewarding.



Silverstream Club



Making a contribution to **The rebuild of Te Omanga Hospice** has been a big highlight for Silverstream Lions this year.

“We were really thrilled to have done our bit and raised \$19,500 as part of many community wide efforts to help provide a new home for those needing palliative care,” said Silverstream Lions President Anne Richardson.

Te Omanga Hospice cares for those living with a terminal or life limiting illness in the Hutt Valley. It is a big region, and this is provided both on-site and in the community.

Following the Christchurch earthquakes, the hospice building was assessed as earthquake prone and the decision was made to rebuild it on the current site at Woburn Road, Lower Hutt. The new hospice was completed in April 2019.

“We knew the hospice was relying on fundraising to get the rebuild off the ground so we decided early on to make this a priority for Silverstream Lions this year.”

Last year the Lions set up the County Lane Fair which is a large, community fair focused on locally made art, craft, gourmet food and produce, accompanied by food trucks and children’s entertainment.

“It’s been really successful in driving our fundraising for community needs. Community stallholders are more than happy to pay a stall fee to be part of our event and this year the fees and all proceeds from the November fair went to Te Omanga Hospice,” said Anne.

“We’re really happy that the money we raised will fund curtains for the rebuilt hospice.”



Its not too early to start thinking about what you will wear to this auspicious event, nor to reserve your accommodation.

THE ROARING TWENTIES Cabaret

Your Saturday evening programme will be one to remember.

Bring your Dancing Shoes and leave your inhibitions at home.

Recommended Accommodation providers

Distinction Hotel	Headquarters Hotel	09 430 4080	Special Rates for Lions
Discovery Hotel		09 438 2699	Special Rates for Lions
Quest Whangarei		09 972-7854	
Bella Vista Motel		09 438 6990	
Pembroke Motor Lodge		09 437 6426	
BK's Pohutukawa Motel		09 430 8634	
Avenue Heights Motel		09 438-2737	
Cheviot Park Motor Lodge		0508-243-846	



MD Convention 2020

Whangarei May 1st—3rd 2020



**District 202 Multiple District Annual Meeting
Council Chairman Helen Williams invites all clubs to the
Annual Meeting of our Multiple District.**

The Host Club Hikurangi Mountain would encourage clubs to visit the Winterless North and stay a while.

We, in conjunction with your DC Helen, are preparing a programme that offers exciting changes.

We have planned an interesting partners programme.

An optional Saturday breakfast at own cost is planned before we parade to the Convention Venue.

You are invited to join us in your Club colours with your banners. We ask you to bring along your newer Lions. Any new member with less than 5 years as a Lions will go into a draw for a prize.

Things to do and see in Whangarei



Top Left : Walk, run or cycle the Hatea loop a short trip around the river and over Te Mata a Pohe our unique Bascule Bridge



Top: See the wild life at Kiwi North the gecko, the kiwi and much more.

Below: Relax in the Town Basin at one of the many eateries and view the boat harbour



Left & below: Visit the Whangarei Falls



MALAGHAN INSTITUTE AND TIP TOP ICE CREAM

Len and Ann Malaghan



Behind every name there is a story. For the Malaghan Institute that story begins in 1960s Wellington, with Tip Top co-founder Mr Len Malaghan, his wife Ann and their united belief that supporting quality research is the key to curing cancer. Five decades later, Len's grandson Matt is proudly continuing the Malaghan family legacy of philanthropy. As a young man Len Malaghan was a cheese and butter maker at the Tapanui Co-Operative Dairy Factory. At age 20 he qualified to be a manager but was considered too young for a senior position within the Dairy Division of the Department of Agriculture, which instead gave him the opportunity to train under a visiting ice-cream manufacturer from the United States.

For many years The Malaghan Institute has been a worthy beneficiary of funds from several Lions Clubs within our District. I was very interested to read this article in

This led to a passion for ice cream and in 1935 Len and Ann opened a milk bar in Manners Street, Wellington, specialising in ice cream and milkshakes. This humble enterprise took Wellington by storm and before long had expanded into New Zealand's iconic Tip Top Ice-Cream Ltd.

At the peak of his career Len was diagnosed with Hodgkins disease, a cancer originating from white blood cells called lymphocytes. During his treatment Len recognised the value of medical research, so he and Ann established a medical research trust by gifting shares in their company to the Wellington Medical Research Foundation. This was used to establish the Len and Ann Malaghan Medical Research Trust and the Wellington Cancer and Medical Research Institute, later renamed the Malaghan Institute of Medical Research.

Since Len passed away, at the relatively young age of 61, his family have worked tirelessly to ensure his vision is recognised. As Chairman of the Trust Board since 1990, son Graham successfully oversaw the rebuilding of the Malaghan Institute into New Zealand's largest independent medical research organisation. While grandson Matt, a businessman in his own right, is a Trust Board member responsible for governing the Institute's fundraising initiatives.

Waikanae Lions Club's November Bulletin and I reprint it here for your information in the hope you would share my interest. Editor

Featherston Lionesses

Featherston Lionesses celebrated their 30th birthday in October with a bus trip to the Circus Cinema in Martinborough for dinner and a movie. Alma won the competition for the best mask.

Featherston Lionesses and Lions served Christmas dinner to many of the over 70 year olds in our community. This is a service offered every year which is well attended and

enjoyed by all. Diners were entertained by some of the young dance students from In Motion Dance Group .

In appreciation of the great work this club does for the community of Featherston, members were invited to a delicious afternoon tea and garden tour by a local resident. It was lovely to be waited on when members are often the servers.



Waikanae Club



We have twelve gardens all set to go – three over the railway line, one at the beach and the remainder in the Garden Area of Waikanae. Half of the gardens chosen this year have never been in any of our Garden Trails and there are some very interesting ones amongst them. Apart from our anchor property, Leybourne, none of the other gardens has been in our trail less than seven years. ago.

Tickets for Waikanae Garden Trail 2020 are available now from any of the following:

Ray White Offices in Levin, Waikanae & Paraparaumu Beach

Gus Evans Nurseries, Waikanae

Twiglands Garden World, Johnsonville

Palmers Garden Centre, Plimmerton

Harrisons Gardenworld, Peka Peka

Watsons Gardens, Otaki.

Alternatively tickets may be purchased on the day at our Ticket Kiosk near 470 Te Moana Road or any of the featured gardens.

Lions International Convention 26-30 June 2020 - Singapore

Are you ready to plan your trip to Singapore? You're in luck—the final LCICon 2020 event schedule has been approved! Now is your chance to review the details and finalize your travel plans. Make sure that your time in Singapore is as magical as possible.

Go to <https://lcon.lionsclubs.org/final-singapore-event-schedule-now-available/>

[Review and download the event schedule now](#)

Don't forget, registration is now open, and the discounted fee for early registration (US\$175) lasts until January 10, 2020!

Parawai Club

On the 15 November President Carol and husband Rob attended the ribbon cutting ceremony for the new Defibrillator installed at Paraparaumu College. Earlier this year the PTA for Paraparaumu College put out a call for help with their fundraising project to have a Defibrillator installed at the college. In November this came to fruition and the Defibrillator was installed and ribbon cutting ceremony was held. The cost for this Defibrillator was about \$5000.00 and Parawai Lions Club of Waikanae donated funds towards this project, along with other groups/ organisations here on the Kapiti Coast. At the ribbon cutting ceremony we learned that it had already saved a life, which was great news to receive. Parawai Lions Club also received a Certificate of Appreciation.



President Carol Thornton Rob make the presentation



Lions Club of Wellington (Host)

'WORLD FESTIVAL OF MAGIC' (2019)

3 Generations of Magic

Riley Centre - Wellington High School

Saturday 7th December – 11:00am & 2:00pm & 5:00pm

The 'World Festival of Magic – 3 Generations of Magic Show'

is a dynamic and memorable performance designed to help lift the spirits and bring some well-needed joy to our local children and their families.

The '3 Generations of Magic Show' is a spectacular family show, this year featuring 3 internationally acclaimed magicians who always amaze and astound their audiences.

The 'Complimentary' tickets to these fantastic Christmas time shows are kindly sponsored by local businesses, as part of the Club's 2019 fundraising campaign, and are being offered to your organisation whose clients are less fortunate or disadvantaged - **Free-of-Charge!**

The show lasts approximately 90 minutes and is suitable for all ages.

Please arrive a minimum 30 minutes early to ensure good seats!

To request tickets to the show for children and their families please fill in the details below and email this form back to us. Tickets will be held at the Riley Centre desk for collection either in your Club's name or the individual if you request.

Contact Person: _____ Organisation: _____

Contact Phone: _____ Email Address: _____

Number of tickets (per person):

11.00am

2.00pm

5.00pm

Saturday 7th of December 2019

Contact Details: Gabrielle Lynch Tel: 027 937 8664

You can visit us on Facebook - www.facebook.com/WorldFestivalOfMagic

The “ROAR” from Zone 4 – November activities

Lions Club International Foundation (LCIF) is the global charitable arm of Lions Clubs International. In countries where there is Lions Clubs, LCIF donates grants for humanitarian needs when disasters occur throughout the world. NZ has received many grants e.g. Cyclone Bola, Christchurch earthquake, Kaikoura earthquake, the new Ronald McDonald House and many more. With the bushfires raging in Australia, LCIF has come to the fore with grants and NZ clubs are giving donations towards that event as well. Local clubs will be helping with the running of the Wellington region Camp Quality being held at Rathkeale College for a week in early January. This camp is for children with life threatening illnesses and it gives their carers some respite. Approx. 70 campers with their trained companions will be able to enjoy the many activities arranged for them.

Carterton Central Lions Club members have been growing lily bulbs and these (along with other plants) were sold at the recent Garden Day at the local markets. A very successful dinner was held for prospective members. Former Mayor, John Booth, spoke to the Club on his life and time as Mayor and his thoughts on how the Club can help those in need. Members are looking forward to a Christmas Lunch at the Gladstone Hotel before taking a break for the festive season.

Carterton Lions Club annual Spud n Bag competition has started. If you would like to enter the competition, either visit the Garden Barn in Masterton to collect your bag and seed spud or ring Paul Reid – 021511816, Brian James – 027 606 6963 or John Fauvel - 027 686 5916

Masterton Holdsworth Lions Club members helped with the Parkinsons Street Appeal at beginning of November and then participated in the “Strides Walk for Diabetes” around Henley Lake with members of the Diabetic Association. 3 members prepared 70 meals at the Wairarapa Community Kitchen for the “Emergency and Crisis Meals” project. 2 members helped Mr Foureyes – Ravi Dass – with vision screening 150 pupils at Douglas Park and Fernridge Schools. A donation was given to the LCIF Australia Bushfires Disaster fund and members have contributed to a large box of donated goods for the Food Bank. Members catered for the Red Cross Volunteers afternoon tea recently and have been seen selling tickets for the Christmas Hamper raffle.

Masterton Holdsworth members L to R Glenys Hansen, Anne Braddick, Di Lucas with the 70 meals prepared for the "Community "Kitchen" Emergency and Crisis meals project.

Wairarapa Ruamahanga Lions members manned the BBQ when Te Awhina Cameron House held a free outdoor movie evening for children at McJorrow Park. A never ending line of well-behaved children ate free sausages cooked by torchlight. With help from Specsavers 130 pairs of spectacles have been collected for recycling to the Pacific Islands. For a hectic 2 hours members helped sort deliveries at the recent Foodbank Collection.

Greytown Lioness Club members recently collected for the Blind & Low Vision foundation and also for Parkinsons Wairarapa. The on-going project is to help maintain the Food Pantry located at the Greytown Medical centre. John Reeve (retired Toxicologist) spoke at one of the meetings about the properties and benefits of Manuka Honey and some of the Greytown Lions Club members joined in for a dinner meeting, followed by Indoor Bowls. Saturday 30th November was the Cake & Produce stall with funds being donated to Hospice Wairarapa.

Featherston Lioness Club celebrated their 30th birthday in October with a bus trip to the Circus Cinema in Martinborough for dinner and a movie. Alma won the competition for the best mask. Featherston Lionesses and Lions Clubs served Christmas dinner to many of the over 70 year olds in the community. This is a service offered every year which is well attended and enjoyed by all. Diners were entertained by some of the young dance students from In Motion Dance Group. In appreciation of the great work this club does for the community of Featherston, members were invited to a delicious afternoon tea and garden tour by a local resident. It was lovely to be waited on when members are often the servers.



For information about joining a Lions Club, go to www.lionsclubs.org.nz



DISTRICT 202M 2019/20
Coast-City-Country
Convention
 Saturday 14 March 2020 – Hawkes Bay
 Proudly hosted by Zone 2



REGISTRATION FORM

Surname		First Name	
Office held:		Club:	
Partners Surname		Partners Name:	
Mail address			
Tel:		Mobile:	
Email address:			
Special Dietary requirements:			
Emergency Next of Kin		Tel:	
		Name:	
Saturday 14 March			
7.30am	Registration opens	Number attending	
7.45am	Breakfast		
9-00am	Welcome – Flag ceremony, guest speaker		
10-15am	Morning tea		
10-30am	Business session		
12.30pm	Lunch		
1.30pm	Awards presentations and speaker		
3.00 pm	Coffee and muffins		
3.30pm	Remembrance, flags passed on, rededication		
6.00pm	Hoedown, drinks, dance, games, food, fun		
Registrations		Cost per person	Number Attending
Friday night - BBQ - Casual		\$25-00	
Registration fee		\$10-00	
Breakfast Saturday morning		\$17.00	
Saturday – lunch, morning and avo tea		\$45.00	
Dinner Saturday night		\$55.00	
Partners programme		\$50.00	
Total cost			

Registrations close: Friday 14 February 2020
 Please copy and mail with your cheque to - P O Box 227 Hastings 4156, or
 Pay electronically to: 202M District Convention 2020 Account : 03 1369 0169601 05

Details of the weekend programme:

Venue: Riverbend Bible Camp

354 Te Aute Rd, Havelock North 4172

Accommodation Options on site:

Camp – twin share \$40-00 per person, per night, shared bathroom.

Bunk rooms - \$24-00 per person per night – shared facilities

Caravan/Camper van Sites - \$30-00 per night 2 adults.

Accommodation (please indicate your option). Limited space:

Twin/share –

Bunk –

Caravan –

Please include these in your registration email with payment

Host Accommodation:

Please include this in your email if this is an option for you.

Motel or hotels or Airbnb:

These are your responsibility book direct.

General advice for your guidance:

Dress - Delegates smart casual or club uniform – Please wear your Club Name badge

Families attending for the remembrance service are welcome to join us for afternoon tea.

Partners Programme:

Sites and wine. Visits to Birdwoods, black Barn (wine tasting,) Arataki Honey, Village for lunch, Askerne wines before returning at 3pm. The 2 wine tastings included, lunch is not.

Friday Night:

Casual BBQ at 59 Farmlet Road

Saturday Night Dinner:

Come dressed in your best country attire. Gumboots welcome (cleaned though)

Venue is “The Cheval Rooms, Hastings Racecourse.

Family activities

Splash planet, Arataki honey, lolly shop at Birdwoods, Aquarium, Napier, Museum plus much more. Please ask when registering for options.

Children attending convention

Any children attending convention pay half price, please indicate when registering if there is a Child being registered.

Contact for Registrations

Jenny Kearns

Phone: 06 870 7225

Cell: 027 497 0995

Email: jenny@morphological.geek.nz