

INFORM



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District Governor: Jack Hayes
Home Club: Wairarapa Ruamahanga
Email jackhayes.hayes47@gmail.com

Vice District Governor: Murray Pringle
Home Club: Dannevirke Host
Email murray@ldp.co.nz

2nd Vice District Governor:
Simon Williams
Home Club: Dannevirke Host
Email: holmcroft@xtra.co.nz

Cabinet Secretary: Graham Atkinson
Home Club: Wellington Host
Email graham.atkinson@xtra.co.nz

Cabinet Treasurer: Glenys Hansen
Home Club: Masterton Holdsworth
Email: ghansen@contact.net.nz

GLOBAL ACTION TEAM
Leadership: PDG Rex Bullard
Home Club: Silverstream
Email rexbullard@xra.co.nz
Services: VDG Murray Pringle
Home Club: Dannevirke Host
Email murray@ldp.co.nz
Membership: Cat Hancock
Home Club: Napier Host
Email: Cath@Napier.govt.nz

Inform Editor: Mary Snook
Home Club: Karori
Email: mj.snook@outlook.com

JACK'S CHIT CHAT

Well the world has changed rapidly this month and we will all now be doing the right thing and locked up at home. All Lions have one priority in their lives right now – looking after you and your family.

Lion Clubs International is big enough to survive this COVID-19 virus, but we must make sure we are there ready to take up the challenges that will come with the renovation process that will follow this pandemic. There will be great needs in our communities presented to us that we have not seen before. Based on international experience – there will also be people that we know around us who will not survive – so this is a time for Lions to be KIND and STRONG.

There are a number of event cancellations listed inside this edition, along with advice on election of your Club Officers for the next year. We need strong and positive leaders to help us stand up again.

Many Clubs have indicated that the majority of their current officers will stay in place – that is fine provided they are willing, and YOU ALL give them your full support.



The good news from this pandemic is that it has made us focus on our health and lifestyle in a way that has not happened before in my lifetime. A great time for us to reconsider what is really important, and how we should live. Perhaps less material possessions, smaller food portions, more exercise, and lots of love for your partners and family. When Sandy and I reviewed what we had in our home already, we actually did not need to rush out and buy heaps – we have more than we need in most cases. We can also weather the financial strain, but be aware that many will be under serious financial pressure - even with the generous support provided by the Government, some will struggle. Please help if you can.

Finally, talk to each other by phone or skype. Now is a great time to find out what we can do for each other as members of the Lions family without shaking hands, and standing face to face. Make sure there are no Club members facing this event alone without any positive support calls from their Lions Club mates. I would rather that we overachieved with phone calls than left one single Lion or Lioness

out there feeling alone.

Take care of yourself, your family and we look forward to seeing you all in a month or so when life starts to return to normal,

We Serve

Jack and Sandy Hayes
District Governor 202M 2019-2020

From the Editor's Desk

You will notice that there is no 'Notes For Your Diary' column in this issue as we are in lockdown for the next month at least and all our activities are cancelled until such time as we get to a level where we will be able to interact with our members and then our communities safely without fear of contracting Covid-19.

There are many changes to our life-style that may effect our wellbeing not least that of the cancellation of events that are every important to us. I'm thinking of the funerals of loved ones and dear friends, family weddings, significant birthday celebrations and our significant Lions events that once it would have been unthinkable they would be deferred let alone cancelled. But none of these is as important as the lives of our family and Lions Club members. So we are all staying within our bubble, at home with a designated shopper going out as necessary. It doesn't surprise me that there are some who are still not believing the facts we are being told every day by those who know.

But how do we manage the energy of our children and teenagers. I have found Facebook a great way to stay connected to family I have in USA and I found the list of skills that one should know that appears on page 19. It covers the whole spectrum of skills, some that are fun and others that are necessary for maintaining good health. Stay healthy and stay safe, everyone. Editor

Dear Lions

The coronavirus (COVID-19) is changing the way we travel, congregate and serve in communities around the world. We care about every member, and the people we serve, which is why we all need to put health and safety first in this challenging time for the world.

We have received requests for suggestions on how to minimize the risk to Lions, clubs and communities when serving.

Here are some **recommendations on how you can keep yourself and your community healthy:**

Consult local authorities and guidelines governing group events and large gatherings when considering Lions events.

Put health and safety first as you consider new meetings, projects and any other club activities.

Wash your hands frequently, avoid nonessential travel and crowds, especially if you live in an area where there's an outbreak.

Check the recommendations from health experts such as the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC) or your local government for any new updates since this remains an evolving situation.

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For questions regarding your district (single, sub- and multiple) conventions, please contact your district leadership for guidance.

Remember, individuals over 60 and those with serious chronic medical conditions are at a higher risk of getting very sick from this illness.



A comprehensive list of ways to protect yourself and your club can be found on the [WHO website](#). Lions have served for more than one hundred years. We have been there for our communities during countless challenges to the world. Let's consider ways we can safely help, such as providing meals to low-income students whose schools are closing due to the virus. Let's check in on family, friends and neighbors. Let's continue to put our kindness in action while keeping health and safety in mind.

Now more than ever, it is important that we stand together as local communities, as a global community, and as Lions. Thank you for serving your community and the world.

Regards
Dr. Jung-Yul Choi
International President

CLUB SUPPORT FOR LCIF AND THE LLOYD MORGAN CHARITABLE TRUST

We know that many Clubs have already supported these two Trusts with funding and thanks for that. For those who have not yet done so, can we ask you **PAY NOW any funds** you may have. We know that when we come out of this pandemic, there will be lots of calls on us for funds and these are the two Lions Trusts that we can reach out to for extra support.

Lions Clubs International Foundation (LCIF) Lloyd Morgan Lions Clubs Charitable Trust (LMLCCT)

Please pay funds into Westpac a/c **03-0502-0081103-00** (a/c name = international Assoc of Lions)

It is important that you include the following reference – (particulars) “Club number and name” (Code) “what you want the funds to be used for” (Reference) “tag MJF”

Examples are - (Particulars) “29155Silvrstrm” – (Code) “LCIF C100” or (Code) “LCIF Dis- astr” (Reference) “tag MJF”.

Please send an email to Jo Cameron jocameron2012@gmail.com advising of the date you deposited the funds and the amount, Jo will ensure that the MD office allocate the funds correctly to LCIF.

Please pay funds into BNZ a/c **02-0528-5003-8410-00** and please identify your Club as above and insert under (particulars) “Club number and name” and insert under (Code)

“**General**” – if you want the money to go into the Capital fund and acquire recognition rights

“**WellHospital**” – if you want the funds to go into the Wellington Children’s Hospital Play scape project. These will NOT acquire recognition rights.

Please send an email to lmlcct.admin@lionsclubs.org.nz – Keith Kenderdine and his team will then make sure your funds go to the correct accounts.

Your assistance will be much appreciated.

ANZI 2020 Perth Cancellation

I regret to advise that at the 2020 Forum Committee held today that the decision has been taken to cancel the Forum in Perth in September. The decision has not been taken lightly but with the continuing Covid-19 situation and the continuing closing of borders it is not financially prudent to continue.

There have been some registrations and the Committee will be proceeding to work refunds through. For those who booked accommodation with the A-Loft Hotel they will need to contact the Hotel directly.

I want to take the opportunity to thank the Committee comprised of members from W1 and W2 for their strong efforts to provide a Forum for us and the diligence and courage they have had to face what is a tough decision today.

Whilst we are not getting together in 2020 you can look forward with excitement to New Caledonia in 2021.

PCC Bruce Hudgson
Chairman ANZI-Pacific Forum Executive Standing Committee

STOP PRESS

Dear Lions,

The Board of Directors has voted to cancel the **2020 Lions International Convention** due to concerns about the coronavirus (COVID-19). This means that the next International Convention will be held in 2021 in Montreal, Canada.

After evaluating a variety of different options including moving the convention to a different venue or postponing the convention to a later date, the Board of Directors voted to cancel the 2020 convention. This decision was made with the health and safety of our Lions, staff and vendors in mind.

Cancelling the International Convention for 2020 impacts international officer continuity and candidate elections. After review of the International Constitution and By-Laws, this impact is outlined below:

Executive officers and international directors will continue in their respective positions until the 2021 convention in Montreal. All candidate elections for these positions shall comply with the provisions of the International Constitution and By-Laws for election at the convention in Montreal.

An international director from the areas of Africa and Australia, New Zealand, Papua New Guinea, Indonesia and the Islands of the South Pacific is permitted only in even-numbered years. As a result, no director from Africa or Australia, New Zealand, Papua New Guinea, Indonesia and the Islands of the South Pacific would be eligible for election until the 2022 convention.

Barring any district election complaints, district governors, first vice district governors and second vice district governors elected during a convention of their respective districts will be accepted by Lions International. The International Board of Directors intends to authorize commencement of the DG terms beginning July 1, 2020.

We are disappointed that we will not be able to move forward with this international event, but we are optimistic that with each new day there is hope, and as Lions we will continue to find new ways to put our kindness in action while safely serving our communities.

Regards,
Dr. Jung-Yul Choi
International President

Lions Club of Tawa

Please note the following changes to positions and email addresses for the Club for the remainder of the Lions year:

President: Keith Kenderdine, kenderdinekb@xtra.co.nz, 234 8551, 027 2413185
(Jasmine Thompson has resigned)

Secretary: Alastair Campbell, tawalions@lionsclubs.org.nz, 232 7936 (Ann Leigh has resigned)

Regards Alastair

ROUND THE CLUBS

Wellington Host Lions Club



Wellington Host Lions Club was at the Newtown Festival on 3rd March. We had a good presence. There weather was stunning and there were lots of other market and food stalls and entertainment to enjoy.



Karori Lions Club

Inspiration Voyage returns to Wellington harbour Friday 28th Feb.

A group of seven Lions watched the **Spirit of New Zealand** come into Wellington Harbour after a five-day voyage on Friday 28 February. They were most impressed with the enjoyment that the young people exhibited. Spirit of Adventure CEO, Dean Lawrence showed the Lions cards of appreciation from the crew and promised to send them on to us.

ICYMI Karori Lions Club





Pictured above

Karin van Der Walt, Conservation and Science Advisor at the Otari Native Botanical Gardens at work with the cryogenic refrigerator used for long term storage of seeds samples.

By Glenise Dreaver

Karin van Der Walt is realising an impossible dream.

The conservation and science advisor at the Lions Otari Plant Conservation Laboratory at Otari Botanic Garden, Karin had long dreamed of preserving seeds from the world's rarest native plants for posterity.

You can do this, she says by using liquid nitrogen, storing seeds at -196°C to last for thousands "or possibly even tens of thousands" of years.

This story and photo was copied from the 5 March issue of the Independent Herald. The second part of the story is below.

Otari Lab saves seeds for ever

Continued from page 1.

Starting up seemed impossible – no space, and no equipment for a start.

Suddenly, with support from her managers and the Karori Lions offer to spend funds raised on a prefab building and scientific equipment, everything changed. A small building now provides a dedicated space to save native plants teetering on the edge of extinction.

Staff and students in the laboratory are currently focusing on five natives.

Chatham Island scurvy grass, known from a handful of plants has cycles where it does really poorly and then bounces back. Kauri, swamp maire and Bartlett's rata are threatened by diseases such as kauri dieback and myrtle rust. Wood rose (*Dactyloctenium aegyptium*) still has a good sized population but is confined to very small areas, she says.

Seed collections are generally divided into smaller batches and tested continuously.

Then, if something goes wrong, it's not annihilation. "Otherwise,

you could kill 15,000 seeds," Karin says.

Choices are made about process. Silica gel for example can overdry so specific concentrations of lithium chloride are safer.

Measuring exact moisture loss involves meticulous processing with specialised equipment before and after drying.

Then the liquid nitrogen, for health and safety reasons stored in a separate little shed, comes into its own. (Karin says Otari is one of only ten botanical gardens in the world using cryopreserva-

tion.)

A key advantage is that it is independent of electricity, so if disaster strikes seeds stay safe.

Karin points out that Australian bushfires have brought seed preservation into the public mind. "People realise you can't just go back and get what you need. It's gone."

She adds you have to work at preservation before chaos, before disaster strikes.

"And food security is now also becoming a big concern, a major focus too."

Obituary Henry Smith

We are saddened to learn of the death of Henry Smith. Henry was a member of Titahi Bay Lions from 2003.

Henry was a Porirua City Councillor from 2007 to 2010 but his value and efforts in the Porirua community extended to much more than his civic duty. He held roles with Porirua Community Trust, Titahi Bay Lions and was a member of the organising committee for the Porirua Sports Awards, among others.

A shot-putter for Western Samoa at the 1984 Olympic Games, Henry's larger-than-life personality made him a hugely popular figure in the community. He gave his time to a number of schools, clubs, sports clubs and churches in Porirua.

Henry was a much-loved, influential person, whose generosity, easy smile and sensible approach made him a role model for many.



RIP Henry, you will be hugely missed.



Johnsonville Lions Quiz Night A Huge Success

Johnsonville Lions Club gave the fund-raising project for new Wellington Regional Children's Hospital rehabilitation playground a healthy shove in the right direction. Club members called on their social networks to sell tickets. Committee members gave of their time to solicit local businesses for both financial and material support (and very successful they were too).

The outcome: 170 guests packed the 1841 Restaurant and Bar, with all thoroughly enjoying the night. All-up we raised in excess of \$3,000 net, with virtually all expenses covered by donations. Raffles alone bought in some \$600. Project leader Jim Ng reported in our de-brief that we could have raised even more had we not sold out of raffle tickets within the first 10 minutes or so. Many guests had missed out on the opportunity to buy them.

Another feature Jim bought in was to provide many spot prizes – effectively more than enough for every team to win one. Having so many winners over and above the main team prizes put a smile on everybody's face.

Departing guests were thanked for their support (and given a membership promotional leaflet), with many indicating they would willingly support another quiz night in the future. (However, with the current COVID-19 situation we may need to re-think that one!)

Murray Gray
President
Johnsonville Lions

Club Awards made at the Recent District Convention

Congratulations to the following Clubs in our region

At our recent District convention the following awards were made to clubs in our region DG Jack had intended to visit clubs to present the awards.

- Membership award – Parawai Lions Club
- Project award – Waikanae Lions Club for their fertiliser project
- 202M Sight Award – Lower Hutt Host Lions Club – for their significant collection of eye glasses.
Maybe you'd like to share with clubs your strategy?
- Electronic bulletin Award – Waikanae Lions Club – finalist included Johnsonville & Karori Clubs
Support of LMLCCT Award – Karori Lions Club – finalist Johnsonville

Congratulations to all clubs and finalists, a great result from Region 3

PDG Sandie McIntosh

Region 3 Chair

Welcome to the World Without SOUND.

Yes you may wonder why I call it the world without sound. Well I have a hearing loss of 92% .

I wrote in my last report that it could be my last report to MD 202, but here I'm back again and hope if I last the 3 years there will be a little more response this time round.

Until this year there hasn't been much in the way of enquires or reports of things clubs have found helpful for their community.

At the last MD Convention we had Belinda from Southern Cochlear Implants give a talk on ways Lions could help and it was interesting to find out that there is over 200 on the waiting list and growing by the day as the Government only funds 50 adults each year. As I put this together Belinda will be talking to the 202D convention on how they can help, one of which is the petition to Government to get an increase. There is one Lions Club who have sent funding to the SCIT, if more Clubs followed this Club we would be able to make a difference to some ones life.

There has been some tests of Student in Auckland to check their hearing level and the result was One in every three had hearing loss, when questioned most of them had been using loud music plugged directly into their ears, up to 8 hours per day. If there is testing in your area I ask you to support some of the costs, this has been \$50 per pupil, in Nelson the Zone said they would like to support but are hoping the Audiologists in the area will support this and keep the costs down.

Recycling of Hearing Aids, how many Clubs know about this ? All of you should as it was something I put in my first report over 6 years ago and repeated a number of times since. I have asked that each Lions Club appoints a member to do this, could be the same member who does the other recycling !!!

The leaflet given out last year gives all members ideas of how they can support the hearing impaired groups, every small bit counts especially if a number of Lions Clubs give their support.

March will have come and gone by the time you read this but each year March is hearing Month, local Hearing Associations have street collections, offer your support for a day, it also puts the Lions name out in the public arena .

If you have any questions or ideas please talk to me. My contact details are noted below.

I still believe that a lot of our present day children are exposed to too much loud noise at an age when their hearing is still developing. If programmes can be put in place to stop this happening we would end up with fewer children relying on hearing aids, because you don't get your hearing back.

I have lived half my life with Aids, 1 in 3 or 5 whatever the figure is 1 too many when I think of what sort of a life they face, makes me shudder, plus what they miss out on.

I commend those Lions Clubs who send money annually to the NFD, but would we not be better to group that money together for a particular programme and Lions receive recognition for that ? Any funds sent through a promotor will only have a % available for NFD to use

I hope that members attending this MD Convention will read this report and take some thing back to their clubs.

Regards

Lion John Harwood QSM
M D 202 Hearing Preservation Advisor
Ph (03)542 3810
Email: johnola10@xtra.co.nz



Marshalls waiting to receive the first busload of walkers at the Cooks Road entry point.



NZTA project engagement team members Lonnie and Michelle really went the extra mile to ensure walkers got an experience they will remember.



Susan Freeman, Jackie Davidson, Evelyn Seymour, Chantelle de Cleene and friends from Manawatu's deaf community made a great team as they prepared for the full walk with an obligatory 'selfie'.

First public steps taken on Te Aho a Turanga, the Manawatu-Tararua Highway

Saturday morning, January 18th, dawned with an overcast sky and a light Tararua breeze coming in from the east. With the temperature a tad cool at around 18C, school volunteers and Lions Club members gathered on site at Bolton's Hope Road farm airstrip on the outskirts of Woodville, cautiously optimistic that conditions looked favourable for their new fundraiser event.

Billed as 'A one-off chance to get up close and personal' with the route of NZTA's Manawatu Gorge Road replacement, Te Aho a Turanga - The Manawatu-Tararua highway, the project would see some seven hundred folk on a guided walk across either almost the entire length of the new highway, or the (mainly) downhill half, from Cooks Road to Woodville as the event traversed a swath of Meridian Energy's Te Apiti Wind-farm.

The event was a mutual effort between Woodville School and the Woodville Lions Club. Funds raised from the walk will go towards upgrading the playground at the village school and to Lions community betterment projects.

Walkers were presented with 7km and 13km options, with the majority opting for the longer route. A major logistic exercise saw Woodville Lions bring the wisdom and lessons from some twenty-four years experience running the famous, but (currently) derailed Track and Tunnel Walk, to facilitate what proved to be a truly momentous adventure trek.

On the day a well-prepared team of sixty-seven of school parent and Lions Club volunteers arranged parking on the airstrip, processed individual registrations and oversaw the loading of about 700 walkers on a fleet of shuttle buses that would take them to either the short walk entry point at the end of Cooks Road, or to the riverside departure point at the foot of the Saddle Road, at Ashhurst.

Approximately 150 walkers elected to do the 7km shorter walk while about 550 chose to do the whole route. Walkers followed a mix of farm tracks and wind farm roading as they walked up and over the marked route that closely followed the line of the new highway. Keeping them on track was the work of track marshals. The trail itself clearly identified with hi-vis orange road cones.

Walk Coordinator Paul Cleghorn says of the event ' I am really pleased with the results of our work. We had fantastic support from NZTA and Meridian Energy with pre-event organisation and volunteers on the day. It was a bit of a task, but we did get the route well marked with warratah standards and road cones to give walkers an idea of what is proposed. It was evident that all were surprised at the huge amount of earthmoving and related work that will be a feature of the new road's construction.'

Volunteers noted the weather was a bit cool, with the easterly up on the range and some light showers during the afternoon. This was probably a good thing as the journey was physically demanding, particularly along the climb from Ashhurst, and the steep descents through Boltons' farm.

Walkers commented on how much they enjoyed the variety of the walk, and the great views to Mt Ruapehu and down the Kapiti Coast. Many were taken by the vistas looking out over the Tararua District and Woodville and, at one point, looking down in to the Manawatu Gorge. All were fascinated to see the route that the new road will take and how much earth is going to be moved, while many indicated they would be very interested in walking the route again once work has started.

Meridian Energy volunteers fielded a range of questions throughout the day about general wind farm activities, the crane at the Ashhurst end, and the turbine blades stored at Morgans Road, and NZTA engagement team members were on site to take questions on the new infrastructure itself. All were encouraged at the success of the event and the positive impressions it has created.

So, another great project with a really positive outcome for a village community that really does know what it's like to live in the slow lane. Te Aho a Turanga, the new Manawatu-Tararua highway promises to be so much more than 'just a new road'.

Already some seven hundred tired walkers have a vivid collection of good stories to go with it.

Warren Jones

Woodville Lions

ionesy91946@gmail.com



PROTOCOLS WHEN LEAVING YOUR HOME



1



Wear long sleeves.

2



Tie your hair, don't wear jewellery, make up or cream.

You will touch your face less.

3



If you have a mask, put it on just before you leave.

4



Try not to use public transport.

5



If you take your pet, try to avoid him/her brushing against surfaces

6



Take disposable tissues, use them to cover your fingers when you touch surfaces.

7



Crunch up your tissue, place it in a bag, close the bag then dispose of it.

8



If you cough or sneeze, don't do it in your hands or the air, do it into your elbow.

9



Try not to use cash, if you do, disinfect your hands.

10



Wash your hands after touching any object or use hand sanitiser.

11



Do not touch your face until you have clean hands.

12



Practice social distancing.



PROTOCOLS WHEN ENTERING YOUR HOME



FIGHTING COVID-19

1



When you come home try not to touch anything.

2



Remove your shoes.

3



Disinfect your pet's paws if you took them for walk.

4



Use bleach and a hot washing machine cycle (over 60 degrees).

Remove your clothes and place them in a bag to be washed.

5



Leave your bag, purse, wallet, keys, etc. in box at the entry of your home.

6



Hands, wrists, arms, neck, nails, etc.

Have a shower. If you can't, wash all exposed areas

7



Wash your mobile phone and glasses with hot soapy water or alcohol (disinfectant)

Prepare 20 ml of bleach per 1 litre of water solution



Don't forget use gloves

Clean with bleach all the surfaces of whatever you brought from outside before storing it.

9



Carefully remove and dispose of your gloves then wash your hands

10



Remember it is not possible to carry out complete disinfection, the goal is to minimise the risk.



PROTOCOLS: LIVING WITH SOMEONE AT RISK



FIGHTING COVID-19

1



Sleep in separate beds.

2



Prepare 20ml bleach per 1 litre of water solution.

Use different bathrooms, disinfect them with bleach.

3



Do not share towels, cutlery, glasses, etc.

4



Knobs, switches, tables, back of chairs, etc.

Daily clean and disinfect high transit and contact areas and surfaces.

5



Wash clothes, bed linen and towels frequently .

6



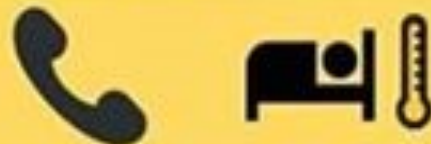
Keep distance, sleep in different rooms.

7



Air out bedrooms frequently.

8



Call health services if you present with 38° fever and have difficulty breathing

9



Do not break the 14 day quarantine. Every day you breach you reset the counter.

Some of these you will see on other pages in this InforM but I've included this so as not to miss any of them.

Notes for Lions on cancellations and postponements

With COVID 19 upon us, we are all living in our 'little bubble' and so the following is a quick summary of the meetings, projects and events that are being impacted.

Note this will change once we come out the other side of these restrictions and we are unsure what that will look like. Be prepared for further updates. Please circulate this widely through your Club members.

There should be no face to face Club meetings or physical projects where members meet while we are in COVID 19 – Level 4.

Clubs can provide supporting services in your community such as welfare calls by phone, skype and email to support local welfare cases. See if any of your local organisations need this help.

Where it is required, Lions can assist with supermarket shopping and delivery of prescriptions – following the COVID 19 protocols in place for this work.

Please take care of yourself as the ***first priority***.

The following National Lions Club events have been cancelled

Young Speechmakers District and National competitions for 2020.

The MD202 Convention in Whangarei in May 2020. The 2021 MD Convention will be in Whangarei, with the 2022 MD Convention in Silverstream.

The Lions International Convention in Singapore is cancelled, we are waiting to hear how LCI will conduct the Annual General Meeting and election of officers.

The following National Lions Club events are still on (or may be postponed)

The Wellington Children's Hospital Playscape project is still on. The COVID 19 may impact on completion dates for the building and fit out programme, so the goal of our completion for June 2021 is not critical. See the more detailed report in the next issue of Inform. In the interim, keep banking any money as advised.

The National Library Book Clearance Sale in the RDA Hall, Silverstream (8-12 July) is still on. If there are delays in coming out of the COVID 19 pandemic, it can be postponed to the next school holidays in early October.

Peace Poster competition **is still on**. Please speak to schools by email/phone now and direct the teachers to the Lions NZ website: <https://www.lionsclubs.org.nz/services/youth/international-peace-poster-contest>

Once schools are back in operation, deliver the pad of A2 Art Paper available from your local Warehouse Stationery store for around \$20. The schools then have plenty of time to complete the work before you collect the finished posters by the middle of October (or earlier). Judge the entries at Club level and select up to three posters from each school to go forward to be in the District Governor's hands by 1st November 2020. He will select the BEST poster to go forward to the NZ Final.

Clubs do NOT need to purchase a Peace Poster kit – this will be done by the District Governor for the winning entry from each District.



SPICED LENTILS AND RICE WITH SPINACH AND CARAMELISED ONIONS

VEGETARIAN | SERVES 4
PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES

This version of the traditional Lebanese dish called mujadara contains the winning combo of wholegrain brown rice and lentils, which together make a complete protein. It's delicious as a vegetarian main course or served with grilled fish.

170g (¾ cup) brown lentils, rinsed
150g (⅓ cup) brown rice
2 tbsp extra virgin olive oil
3 red onions, thinly sliced
2 garlic cloves, crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
150g (5½oz) English spinach, coarsely chopped
Lemon juice, to taste
Natural yoghurt, to serve

Cook the lentils and rice in a large saucepan of boiling water for 25 minutes or until just tender. Drain well.

Meanwhile, heat 1 tablespoon of the oil in a large non-stick frying pan over low heat. Add the onions and cook, stirring

occasionally, for 15–20 minutes or until golden and caramelised.

Heat the remaining oil in a large saucepan over medium heat. Add the garlic and spices and cook, stirring, for 1 minute or until fragrant.

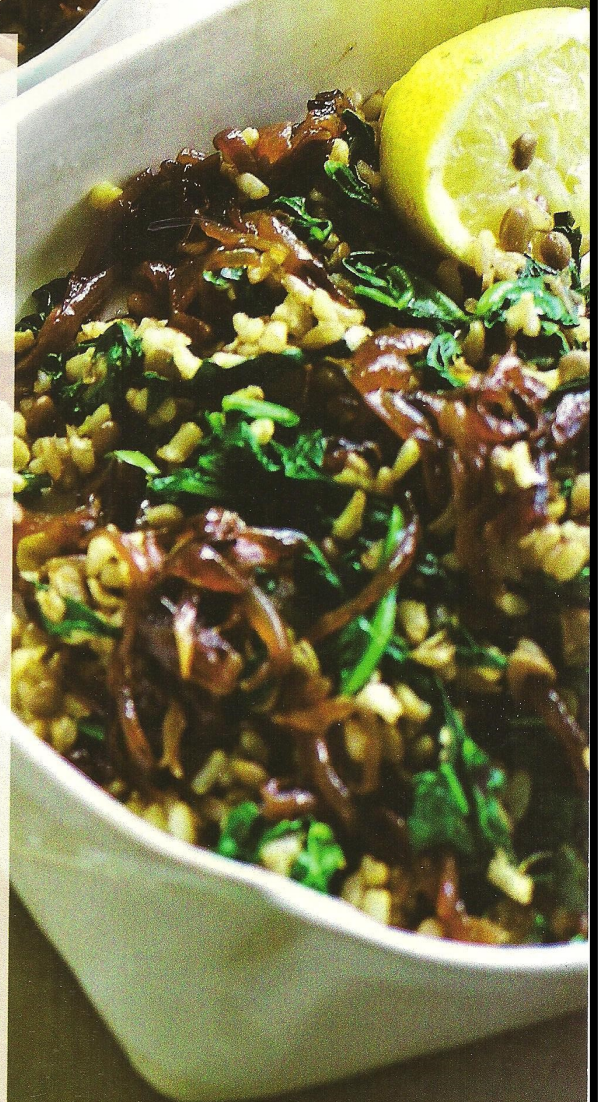
Add half the caramelised onion and cook for 1 minute.

Add the rice and lentils and stir to heat through.

Stir in the spinach and add lemon juice to taste.

Serve the lentils and rice topped with the remaining caramelised onions and a dollop of yoghurt.

NUTRITION PER SERVE: 1300kJ (310kcal)
PROTEIN: 13.3g, FAT: 8.7g, SATURATED FAT: 1.4g, CARBOHYDRATE: 39.8g, SUGAR 8.0g, SODIUM 60mg



Chissy Freer
THE ANTI-INFLAMMATORY COOKBOOK

EVERY RECIPE GLUTEN FREE
100 everyday recipes to soothe your immune system and promote good health



INCLUDES 2 WEEKS OF EASY MEAL PLANS

WIN A BOOK

Diabetes NZ is giving away three copies of **The Anti-Inflammatory Cookbook** (RRP \$39.99).

To go in the draw, email your name, phone number and postal address to: draw@diabetes.co.nz with COOKBOOK in the subject line.

Or post to: Freepost Diabetes NZ, PO Box 12-441, Wellington 6144. Competition closes on 31 March 2020.

The Anti-Inflammatory Cookbook by Chissy Freer, photography by Julie Renouf. Published by Murdoch Books, RRP \$39.99

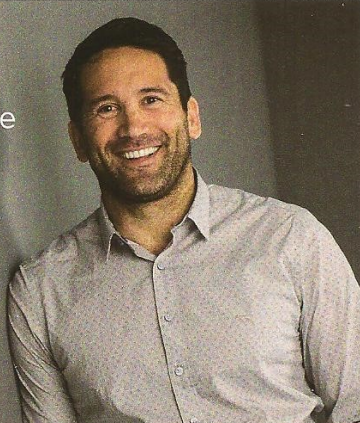
Article as published in the Autumn 2020 issue of NZ Diabetes Wellness magazine

Cover

LANCE O'SULLIVAN: PREVENTION AND PRECISION

Kaitaia doctor, author, health advocate and 2014 New Zealander of the Year **Dr Lance O'Sullivan** opened Diabetes NZ's Find the 100,000 video. He wants to get some clear messages across.

PHOTO: NZ HERALD, DEAN PURCELL



With a passionate commitment to improving health in rural and low-income communities, Dr O'Sullivan says, "I am always 100 percent behind anything that will increase people's earlier and better management of their own health.

"I want people out there to know that the power is in their hands. I believe, though, we need to make sure two audiences are hearing advocacy work around diabetes awareness: One is the population of people in this country. Two is government."

He says the biggest barrier to people with type 2 or pre-diabetes being diagnosed is access to primary healthcare. "It's a big limiting step for people, and particularly Māori and Pasifika people.

"The other thing is that people who do get to primary care aren't always being screened as they should be, and that's because of a sense of urgency or pressure from the Health Service. Then finally there's education: people's understanding around their risk

of diabetes and the potential symptoms. Education can't be just pamphlets, can't be adverts. That's not working. We've got to do something different."

INNOVATIVE WORK

Dr O'Sullivan says that better access to primary care is urgent, and that this means reinventing what primary care looks like. He is leading two initiatives that work on just that – iMOKO and MaiHealth. These allow people who live far from doctors, and cannot afford the time or transport to reach them, to access quality healthcare through innovative use of technology.

A recent announcement by Pharmac that they will consider new diabetes drugs has been welcomed in many quarters, but Lance admits it's not something he can fully celebrate. "It's putting more ambulances at the bottom of the cliff." For him, the key is, "How do we get better prevention, and also understanding of self-management of diabetes?" He says, "Let's have medication

as the final step in our arsenal. I want to be talking about how we prevent this tsunami of complications of diabetes-related conditions."

In Kaitaia, he leads a genetic research program. "We're looking at genetic variants that predict the likelihood of people having diabetes. That's going to be phenomenal. Imagine a baby being born, and being able to do a test to say, look, at 40 years of age, if you have these characteristics, you have a 90% chance of having diabetes. And then we could say, you have then a 50% chance of an amputation of a limb within 10 years of the diagnosis.

"These things are incredible in terms of the opportunity to say to people very early, "let's turn the dial, and prevent you actually ending up with these unnecessary and preventable conditions, through management of your lifestyle, and then optimal medical management if needed."

Any medical management can be made smarter too. "I'd like to see more pharmacogenetics: being able to offer precise, targeted use of medications." Research already shows that genetics determine how well people respond to different diabetes medications. "There's lots of opportunity around saying, okay, can we check the genotype of people to see whether metformin is actually the best medication for their diabetes and, if not, what is? So I would like to see Pharmac investing in smarter, precision medicine."

For more information on Dr O'Sullivan's iMOKO initiative: public.imoko.com

Recipe as published in the Autumn 2020 issue of NZ Diabetes Wellness magazine



SIMPLE, HEALTHY COOKING WITH TIM READ

As part of Diabetes Action Month, Diabetes NZ Wairarapa hosted a cooking demonstration with MasterChef winner Tim Read. This is one of Tim's recipes from the day.

Recipe courtesy Tim Read © Copyright 2020 • [instagram.com/tim.read](https://www.instagram.com/tim.read) • [facebook.com/timreadmasterchef](https://www.facebook.com/timreadmasterchef)

TIM READ'S GRILLED STEAK WITH COURGETTES

SERVES 2

2 x 180g sirloin steaks
at room temperature
½ teaspoon canola oil
25g butter
2 cloves of garlic,
sliced thinly
1 sprig of thyme
2 courgettes
Bunch of fresh mint
25g skinned almonds
Good quality olive oil
Flake salt
Black pepper

Season the steak to your desired level with salt. Heat the canola oil in the pan over high heat and add the steak. Flip the steak regularly until well caramelised and almost cooked. Add butter, thyme and half the garlic slices, and baste the steak with the butter. Remove the steak, rest on a warm plate and douse in the cooking butter. Heat a frying pan over medium heat. Dry cook the almonds until lightly golden and fragrant. Cut the courgettes into irregular pieces and fry in a good amount of olive oil (they will soak up a lot) till lightly charred. At the end, add the other half of the garlic slices. Then move the courgettes and garlic into a bowl.

Finely slice the mint and toss this and the almonds through the courgette. Season well with black pepper and your recommended amount of salt.

DIETITIAN'S TIPS:

- Many recipes do not specify the amount of salt and oil. With these, you may want to err towards less. Every ½ tsp salt gives you 1g sodium, which is nearly half of the recommended daily intake.
- If you want to use less fat in this recipe, pre-steaming your courgettes in the microwave is one way to do this.

NUTRITION PER SERVE: 2970kJ (709kcal) PROTEIN: 60.7g, FAT: 45.5g, SATURATED FAT: 14.1g, CARBOHYDRATE: 8.6g, SUGAR 3.2g, SODIUM 878mg



We aren't afraid to bare all

[SkinnyFizz.co.nz/Shop](https://www.SkinnyFizz.co.nz/Shop)

*Skinny
Fizz*



SPARKLING WATER WITH A SPLASH OF LIME

INGREDIENTS: CARBONATED WATER,
LIME EXTRACT

Nutritional Information:

Servings Per Can: 1 / Serving Size: 330ml

Ave Quantity per:	Serving	100mL
Energy	21kJ/5Cal	6kJ/1Cal
Protein	0.0g	0.0g
Fat, total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	0.2g	0.1g
- Sugars	0.2g	0.1g



Dear Lions,

Our world has changed drastically in the past few weeks, and the current global situation has impacted us as individuals as well as our families, our friends, and our communities. While many restrictions are being placed in many countries throughout the world, please know that Lions Clubs International Foundation is continuing to support the critical needs in our communities.

COVID-19 is an unprecedented situation for the world. ***Our foundation responded***, first in China, and now in Italy, with special designated disaster grants. LCIF awarded a US\$350,000 grant to support local medical and emergency management efforts in Italy due to the extreme scope and scale of the local situation. Eligible grant applications for COVID-19 are considered on a case-by-case basis.

LCIF is giving priority consideration to support regions with extreme rates of confirmed COVID-19 cases. The focus will be on addressing those needs that exist within local medical and emergency management systems that are coordinating efforts with the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) guidelines.

Donations for our COVID-19 response are being accepted through LCIF's General Disaster Fund. These donations will help us in the fight to keep our families and communities safe. All donations to this fund are eligible for Melvin Jones Fellows and Campaign 100. Please be aware acknowledgements and recognition for LCIF donations will be delayed due to COVID-19.

LCI has created a new webpage in regards to COVID-19, www.lionsclubs.org/coronavirus and LCIF will also be communicating updates on this webpage.

Our friends in Australia, members of our ANZI family, have battled multiple disasters this year with the bushfires, flooding, and now the worldwide pandemic. Here is a video of PIP Barry Palmer addressing the devastation of the fires in Australia: https://youtu.be/vdvD6_xAkoU. As relayed in the video, please know that LCIF will be there to continue to support the communities affected by these consecutive disasters.

Campaign 100's support of Lions' service is more important now than ever.

Every donation is highly valued.

Thank you for your compassion and generosity.

I hope that you are all prioritising your health and safety during this difficult time. Take care and be kind.

PCC Jo Cameron,
LCIF 202M Coordinator

Jazz in a Country Garden – a great success

Autumn's first day (March 1) turned out to be cracker and Kapiti Lions' Jazz in the Garden was once again a great success, entertaining 180 people and raising \$3,000 for the **June Oakley Memorial Youth Trust**.

Trust Secretary, Dianne Ammundsen said Lions had been lucky to avoid cancellation through the later onslaught of the Covid 19 pandemic. "Those who attended the previous three Jazz in a Country Gardens had another great afternoons listening to the music and enjoying Shona and Tony Lincoln's beautiful gardens and the wine and food. Each year, since 2016, we've been asked to organise repeats and we did so again."

Music was provided by Lions Bill Pearson and Friends Jazz band, plus by the City Jazz band of Wellington and the youthful Look Both Ways band of Paraparumu College.

"Dianne said the event is an annual fund raiser for the **June Oakley Memorial Youth Trust**, which was established some 32

years ago to assist Kapiti youth to achieve their educational, cultural, sporting or social goals. Dianna said June Oakley had great vision, enthusiasm and energy. "She was innovative, forward thinking and a much respected mayor of Kapiti. She was also involved in many community roles including the Girl Guides Association.

"When she died in 1986, her great work, especially with youth needed to be recognised and remembered so the **June Oakley Memorial Youth Trust** was established and is now administered by The Lions Club of Kapiti. Over the past three decades the Trust has assisted hundreds of young people achieve their goals, benefiting them and the wider community.

"We give grants from the Trust Fund's accumulated interest. However with current rates so low, fund-raising is needed to increase the capital invested so we can continue to help Kapiti Coast's youngsters."

Release prepared by Joe Franklin on 0276600374 or jalway1036@gmail.com

Enquiries: Dianne Ammundsen on 902 4736 or Bill Pearson on 9056866



Obituary— Armin Blum

Born . Hochst Vorarlberg, Austria on 7 March 1926
Died Wellington 13 March 2020 aged 95years

Joined Karori Lions June 1984

Held Positions: Lion Tamer (2 occasions)

Was Lion Mint Co-ordinator for several years

Resigned in good standing July 2004

Armin was Lion Tamer and coordinator of the Tawa Lions Bread Run in conjunction with the Salvation Army.

Armin's wife Joyce supported Armin in his Lions work and was well known, loved and respected by the members of both Clubs. She died on 29th January 2020 just six weeks before Armin aged 94years. Rest in Peace Armin and Joyce.

Transferred to Tawa July 1999

40 Old-Fashioned Skills That Kids Need to Know

- How to write a letter
- How to make a phone call
- How to converse with an elder
- How to play with a baby
- How to sew on a button
- How to genuinely apologise
- How to hammer a nail
- How to introduce yourself
- How to notice the needs of others
- How to make scrambled eggs
- How to write a thank you note
- How to do laundry
- How to garden
- How to fix something
- How to plan a healthy meal
- How to hang a picture
- How to wash dishes
- How to budget
- How to wait and save for something
- How to check tyre pressure
- How to ask questions to get to know someone better
- How to read a map
- How to find a book in the library
- How seek counsel from someone more experienced
- How to care for a pet
- How to select a thoughtful gift
- How to admit a mistake
- How to set the table
- How to iron a shirt
- How to give someone the benefit of the doubt
- How to weigh pros and cons
- How to have good table manners
- How to dust
- How to read a recipe
- How to vacuum the stairs
- How to change a lightbulb
- How to open, close, and lock windows
- How to use a fire extinguisher
- How to make a salad
- How to make a smoothie
- How to clean the refrigerator
- How to clean the bathroom
- How to clean the kitchen
- How to address and stamp a parcel
- How to refill a stapler
- How to inflate a bike tyre
- How to pump petrol
- How to change a flat tyre
- How to operate an internet bank account

I saw this on Facebook and thought it would help us to spend quality time with our children and teenagers even, in our bubble over this lockdown. These are skills that many of us would take for granted and we may have forgotten how we learned them as it was something that just happened. Many Mums did not have to work and were home for us after school and everything was done for us. Some of us will have helped as there were not many household conveniences when I was young but being the eldest of 6, I learned most of these skills by trial and error. Have fun and enjoy the probable mess that will result with the cooking. After they clean up, it will help them to remember to be more careful next time. Editor

Our recent District Convention in Havelock North -14th March 2020



The family members of the deceased Lions we remembered were gifted a rosemary bush, rosemary the herb traditionally signifying remembrance.



PCC Robin Nairn addressing Lions at the Rededication Ceremony



DG Jack receiving a flag from one of the local Scouts .

Photos by Ray Lindsay

Peter Knox RIP

Sad to pass on that Lion Peter Knox finally lost his battle with cancer and has passed away.

Over recent years he has been an inspirational leader as the 202L District Trustee for the Lloyd Morgan Lions Clubs Charitable Trust. He was a proud member of the Cambridge Lions and has had the money behind him to deliver some amazing welfare outcomes. Peter handed over his Cabinet responsibilities in an emotional speech at the 202L Convention in Waihi only a month or so ago.

A good Lion who loved his work with Lions and his family.



Mary Snook carries the flag of the country of our IP Dr Jung-Yul Choi (South Korea)