

# INFORM



May 2020

Vol 13 No 10

## Murray's Memo

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Life as we know it was changed in an instant with the introduction to New Zealand of the coronavirus known as Covid -19. Nobody could have anticipated the extent to which our liberties have been curtailed by the four step alert level system. At alert level 4 a large proportion of our membership have been confined to their homes, and that will also be the case under alert level 3. The rest of us have the opportunity of going out for essential services, or physical exercise, so long as we maintain strict social distancing. Covid -19 has had a huge impact on the way our society conducts itself, and it is incumbent upon all of us to ensure that our membership, and, indeed, our communities stay safe.

These are unprecedented times for Lions and humanity. The world has literally changed right before our eyes, and all of us have had to adapt the way we live, work and serve in response to this global crisis.

As a service organisation there is a strong desire amongst all Lions to continue to serve their communities

in whatever way they can. In doing so please ensure that you prioritise health and safety. This should drive every decision you make about meetings, projects and events.

Because of the current inability of clubs to meet it is important that members stay in touch with one another. Telephone one another, tap into the power of social media, or

consider embracing digital meetings.

A number of clubs are meeting on a virtual basis, using zoom meetings, GoTo Meetings or Microsoft Teams. If any club needs assistance with the adoption of digital meeting technology please contact our Global leadership Team leader, PDG Rex Bullard ( Ph: 027 5174103 E: [rexbullard@xtra.co.nz](mailto:rexbullard@xtra.co.nz)) who will only be too pleased to help.



The Covid -19 pandemic has had a significant impact on events and the way we normally do things at this time of the year.

These events, listed in the April InforM, have been cancelled including the MD Convention in Whangarei in May, International Convention in Singapore in June, the ANZI Forum in Perth in September as well as the Emerging Lions Leadership Institute in Christchurch.

On April 28th Club Secretaries will have received an email from MD Secretary with the **Corrections to Council Reports Book 1** asking you to forward both the corrections and the booklet to your members. More details regarding the electronic MD Convention on 23-25 May will be notified to you.

Murray Pringle  
District Governor –Elect

## From the Editor's Desk

Welcome to the world of Level 3, not a lot different to Level 4 for me. Like you, I still have to wait to get a haircut and can make my bubble marginally bigger. However I wouldn't have it any other way. If we are going to beat this virus, we need to stay at home as much as possible and pick our times for supermarket shopping.

I have to say, if I don't make the effort to get a walk in, I don't feel as good as if I had gone out. I do have a friend here in Miramar. I make myself a coffee and walk round to her place, sit in her garden and indulge in her home baking while enjoying my coffee and chatting about this and that.

Have I done any of the things I promised myself I would do to use this time productively—have I heck!! There have been some very good movies on the TV and I've read a couple of books that I've wanted to read for a while. I have also had a flu injection and spent quite a bit of time on the phone talking to family and friends. Karori club had a quiz by phone last night, the quizzers having been grouped as contact groups at the beginning of Covid19 to avoid boredom and loneliness among our members. It was a lot of fun and was the next best thing to a meeting. Stay safe and well

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 non-essential 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.
- For questions regarding your district and multiple conventions, please contact your district leadership for guidance.
- Remember, individuals over 60 and those with serious chronic medical conditions are at a

## TABLE OF CONTENTS

Page 1	DGE Murray's Memo
Page 2	From the Editor's Desk
Page 2	Table of Contents
Page 2	IP Dr Jung-Yul Choi
Page 3	Important Dates
Page 3	Club Elections and Incoming Officers' Training
Page 4	Incoming Officer Training—GLT Chair Rex Bullard
Page 5	Virtual Meeting Tips
Page 6	Virtual Meeting - Stay in Touch
Page 7	Round the Clubs—Waikanae Club
Page 8	Round the Clubs—Mana Club
Page 8	Our Transition out of Covid 19 Lockdown Level 4
Page 9	The Gift of Sound—Cochlear Implant
Page 10	The Lions Learning Centre— how to access and use it
Page 11	The Lions Learning Centre contd.
Page 11	Options for Youth Activities—The Future
Page 12	Learn, Grow & Lead
Page 12	Congratulations!!
Page 13	LCIF—Covid 19 Response
Page 14	Options for Youth Activities in 2021 and Beyond
Page 14	Announcement of Council Chair 2020-2021
Page 15	Blood Sugar Testing with Visual Impairment
Page 16	Recipe — Beef Stroganoff

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: <https://www.who.int/> (Ctrl+click to access)



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

## Important Dates

The Cabinet Meeting scheduled to have been held on the Kapiti coast on the 9<sup>th</sup> and 10<sup>th</sup> of May have been cancelled and will now be held over to zoom meetings on the 9<sup>th</sup> of May.

**The Presidents weekend** scheduled for early July has been rescheduled for the weekend of **10<sup>th</sup> and 11<sup>th</sup> October, at The Silverstream Retreat, assuming we will be able to travel by then.**

**Club visits by the District Governor Team,** traditionally undertaken in the early part of the Lions year are a work in progress, and will largely depend on clubs' ability to resume usual meetings, and regional travel restrictions. We will keep you apprised of developments in this area.

The District and Multiple District Speechmaker competition for 2020 has been cancelled.

The ability to conduct a Youth exchange programme has been severely hampered and will be entirely

dependent on border restrictions being lifted by contributing countries.

As you can see the impact of the Covid –19 pandemic at District, Multiple District and international levels has been substantial. Great challenges like this will test us, but they will also unite us. We are all part of a team, so let's rely on each other, look after each other, and most of all be kind to one another. Let us continue to find ways to safely continue our service to our communities. Let us never forget that we are Lions.

Kia Kaha, Kia Toa, Kia Tino Tupato. Stay strong, be brave, stay extra safe.

MURRAY PRINGLE  
DISTRICT GOVERNOR ELECT

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## Club Elections and Incoming Officer Training

At a District level I note that many clubs have had to conduct their club officer elections in a very different way. It is important that clubs or their Boards complete this process in a timely fashion, and file their new Club officer details with Lions Clubs International by May 8th.

The Incoming Officer Training scheduled for May has been cancelled. That is not to say that training will not be delivered. Your Global leadership team have been designing a mixture of Webinars, on-line modules and handbooks for you to reference. These will be available to you in June.

On Page 4 District GLT Rex Bullard has additional information regarding the Incoming Officers' Training in June.

Murray Pringle  
District Governor-Elect



## Incoming Officer Training June 2020



*Due to the current Covid-19 lockdown and not knowing when we might be able to travel or have meetings with more than 20 people it has been decided that Incoming Officer Training this year should be delivered differently.*

*Training will be largely electronic over the Internet via Webinars, On-line Learning and e-books.*

### The Lions Learning Centre:

The recently updated Lions Learning Centre, which is now accessed through the International Lions website, MEMBER LOGIN, LEARN provides a wide variety of on-line courses for Club Presidents, Secretaries, Treasurer's & Club Officer's for Training & Outlining their Responsibilities. In addition, there are other courses titled: Coaching, Conflict Resolution, Delegation, Effective Listening, Effective Teams, Goal setting and Meeting Management. I encourage all Lions to visit the Learning Centre and to try many of the courses.

If you are having difficulty obtaining a Logon to the LCI Member Logon area, then contact PDG Alice McDonald who can assist you with this. Email [alicem.mcdonald@outlook.com](mailto:alicem.mcdonald@outlook.com)

Some more detailed Instructions on how to access the Lions Learning Centre are published elsewhere in this month's Inform.



Any enquiries to PDG Rex Bullard GLT Leader [202M.GLT@lionsclubs.org.nz](mailto:202M.GLT@lionsclubs.org.nz)

# Virtual Meeting Tips



## Additional Suggestions:

- Have a clearly published Agenda
- Keep meeting short – Maximum 1 hour
- Mute all microphones unless speaking
- Raise hand if you want to speak
- If the quality is not good – turn off Video Camera
- Use the chat mode to ask questions during the meeting
- Have fun!!

GLT Chair PDG Rex Bullard



# Virtual Meetings - Stay in touch

GLT Chair PDG Rex Bullard

**D**uring the Covid-19 epidemic the use of virtual meetings is a great way to keep in touch with club members and for Club Boards of Directors to carry out the business of the club.

I would suggest that the first few meetings be quite light-hearted and with a focus of getting members familiar with the technology and used to the differences.

Silverstream Lions have so far held two successful Club meetings and a Board meeting via ZOOM. The first club meeting was primarily a familiarisation one where club members connected in, they were welcomed by President Anne, the Tail twister told a couple of good jokes – he couldn't really fine a anyone.

This was followed by a General Knowledge Lions Quiz and then a quiz about little known facts about some club members. Club members had given this info to the quiz master prior. We all learnt a lot about our members. Then it was a round-up of members and how they were coping with the lockdown.

All members agreed that the meeting had been successful and so a second club meeting was held

with members sending in a photograph of their recent cooking /baking skills, with members having to guess who might have cooked which dish. There was much hilarity and promises of recipes to be exchanged.

Bill Day the Chairman of the Wellington Hospital Foundation gave an excellent presentation on the new Children's Hospital, in particular "Playscape" and Lions involvement in its completion. Bill was able to share his PowerPoint presentation with us, so it was just as if he was physically present but without the travel.

The ability to invite guest speakers in this way to our meetings is an exciting development and will mean that we can have guest speakers from around the country joining our club meetings – a bonus of the lockdown.

District Governor Jack Hayes and Dg Elect Murray Pringle are currently exploring ways that they can hold their various Cabinet Meetings and Incoming Officer Training using Virtual Meeting technology. By doing this we will not only save money but also time spent by attendees travelling to and from each meeting. This may well turn out to be a lesson learnt from the lockdown moving forward.

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Both these have been taken from Facebook, the one on the right posted by PIP Barry Palmer.

## Did you wash your paws?



In 1918, Philadelphia prematurely ended its quarantine from the Spanish Flu to throw a parade in order to boost morale for the war effort. Some 200,000 people lined the streets on that late-September day. Within 72 hours, every bed in Philadelphia's 31 hospitals was filled and the city ended up with 4,500 people dying from the flu or its complications within a matter of days. What is that proverb? "Those who cannot learn from the past are condemned to repeat it..."



**A REASON TO STILL  
STAY HOME IN LEVEL 3**

# ROUND THE CLUBS

## Waikanae Lions Club

The Waikanae Super Garden Trail was held over the weekend of 25/26 January 2020. Twelve gardens were carefully selected and many complimentary comments were received on the variety of gardens on display. One garden was described by a very knowledgeable visitor from Auckland as being a “garden of world class”. If you weren’t there you missed it.

Much organisation and work goes into an event like this and the committee started its work back in April 2019. A large number of Lions, Lions wives, past members even a

prospective member and assisted during the year on the many necessary tasks involved, and also on the day, manning gates or the Ticket Kiosk, collecting money, checking tickets and counting visitors.

We aimed to increase our ticket sales from those of previous years and despite the increasing cost of publicity, we managed to sell over 1400 tickets. Together with ticket sales and extensive sponsorships, we also raised money with \$2000 income from the Ray White sausage sizzle and raffle, and



commissions received from other traders. Overall, we achieved a net profit of just over \$30,000, which was split between Zeal Kapiti and Dementia Wellington. A result the club is very proud of.

As well as our own income, various other organisations also raised good sums of money on the weekend, including:

- Waikanae Air Scouts approx \$2000
- Parawai Lions approx \$1200
- Zeal Coffee Cart approx \$300

A presentation evening was held on 12<sup>th</sup> March (just before all hell broke loose with Covid 19) at which the proceeds of the project were presented to our beneficiaries and each of our gardeners was presented with a framed Certificate of Appreciation.

The future of the Garden Trail for next January is a little unclear at this stage due to the ongoing effects of Covid 19 but we will be back again as soon as we are able.

Noel Morgan



Photos: Top Garden Owners present who were presented with Certificate of Appreciation at presentation.

Middle -Representatives from Zeal Kapiti and Dementia Wellington who were the beneficiaries of this year’s Trail.

Below -Two of the gardens on the trail.



## ROUND THE CLUBS

Cycling Members of the Club's informal cycling group are all doing their own thing at the moment, carefully avoiding each other and staying local. Very noticeable just how few cars there are on the road....

The date for the main event of the year, the Lake Taupo Cycle Challenge, has been brought forward by the Taupo organisers to 14th November. Apparently to avoid conflict with another large event. The cycle weekend still brings more than 10,000 visitors to Taupo, and spreading the dates helps them keep their huge army of volunteers fresh for each of the major events such as the NZ Ironman that they run every summer.

### Mana Lions Club

The news on the cycling front is that Laurie Albrighton will be "managing" our group of cyclists for the Taupo weekend this year. As part of his management training, he tells me, he is about to complete 500 kilometres riding around, and around, and around, the streets of his enclosed village. All at less than 20kph to stay within the village speed limits. Laurie is hoping this will give him the patience to manage ten aged cyclists for a three-day weekend. [Laurie has taken over this role from The Editor (David Thomson) – who takes this opportunity to wish him all the best....]

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## Our transition out of Covid19 lockdown Level 4

*Based on notes from the Ministry of Health – go to: [www.covid19.govt.nz](http://www.covid19.govt.nz)*

On Tuesday 28 April New Zealand transitioned to Alert **Level 3**. While it is understandable for us to be viewing the current infection numbers across NZ as a success, please regard this simply as a good **'headstart'** on a complex health issue that is likely to shape our personal and Lions Club world for some time.

It is very important that we continue to be vigilant and sustain the changed behavior's we have developed over the last few weeks. In order for the country to further decrease alert levels there has to be confidence that the population of New Zealand knows how to do the right thing without the strict 'rules' of level 4.

If we can demonstrate that we know how to minimize physical interaction with others whenever possible, we wash our hands frequently, and we don't come to work when we are sick – then we will have evolved to a society that will behave in a way that doesn't promote the spread of a virus such as COVID-19.

For a lot of people level 3 will not mean too much change to the routines of level 4. This is challenge, many have sacrificed the way of life they are used to especially the social pleasures that we value.

Please make extra efforts over the next few weeks to ensure that physical distance from your family, Lions and extended family does not mean social

isolation. Please reach out and ensure that you and those you care for are still getting that important social support that everybody needs.

If you do attend your workplaces because your duties can be conducted safely, then you must be applying the hygiene and safety measures that have been clearly directed. It is every person's responsibility to ensure that their behavior reflects the expectations under Alert Level 3.

Remember that while the consequence of infection for younger members of our society may be mild there are many Lions over the age of 70 with vulnerable medical conditions for whom catching the virus could have tragic consequence for them, **these are the people we are doing our best to protect. 12 deaths in NZ so far have been for 70+ year olds, with the other 2 to date 60+.** The younger age groups have a 75%+ chance of recovery, so the message for our older Lions is to be careful out there.

And finally if you have any respiratory symptoms (cough, sore throat, shortness of breath, runny nose, sneezing or loss of smell (with or without fever)), notify your employer (where applicable) quickly, call **Health line (0800 358 5453)** or call your General Practice for advice.

DG Jack Hayes



## The Gift of Sound



“The day my cochlear implant was switched on was one of the best days of my life.

I could hear my kids...I had never heard anything my three-year old said,

A cochlear implant doesn't just restore hearing, it changes lives. More than 752 adults and 250 children have benefited from this life-changing technology thanks to the Southern Cochlear Implant Programme (SCIP).

A cochlear implant is a surgically implanted electronic device that restores hearing for those with profound hearing loss.

SCIP is a registered charity, established in 2003. It is funded by the Ministry of Health to provide cochlear implant services to children and adults throughout the South Island and as far north as Taupo.

The organisation also provides private procedures to those who do not meet the eligibility guidelines. Because demand often exceeds government funding, SCIP relies on public donations and bequests to fund cochlear implants for those in need.

SCIP's team performs all cochlear implant assessments, arranges surgery, activates the cochlear implant, administers adjustments and provides post-implant rehabilitation services.

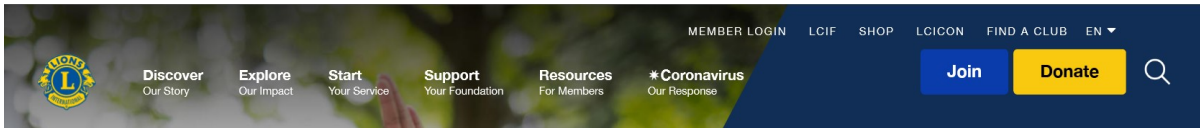
For a person with profound hearing loss, life is isolating and filled with challenges. SCIP is committed to connecting New Zealand adults and children to the world of sound.

To help New Zealand Adults affected by disabling hearing loss get better access to cochlear implants please sign and share this petition; <https://www.endsilence.org.nz/> ctrl+click to activate hyperlinks

If you are interested in finding out more about SCIP please visit our website; [www.scip.co.nz](http://www.scip.co.nz)

# THE LIONS LEARNING CENTRE

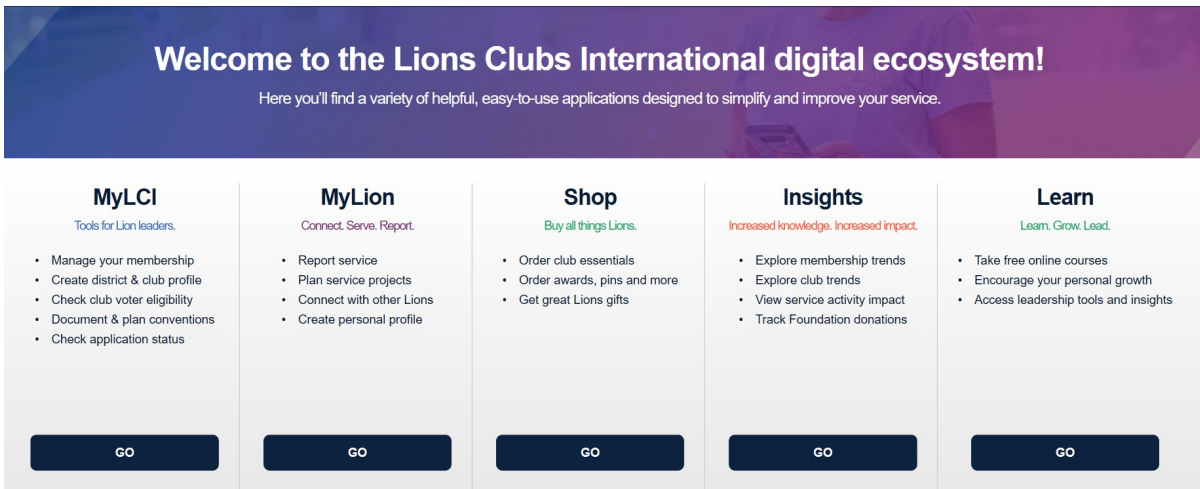
To access the Lions Learning Centre go to the Lions International Website [www.lionsclubs.org](http://www.lionsclubs.org)



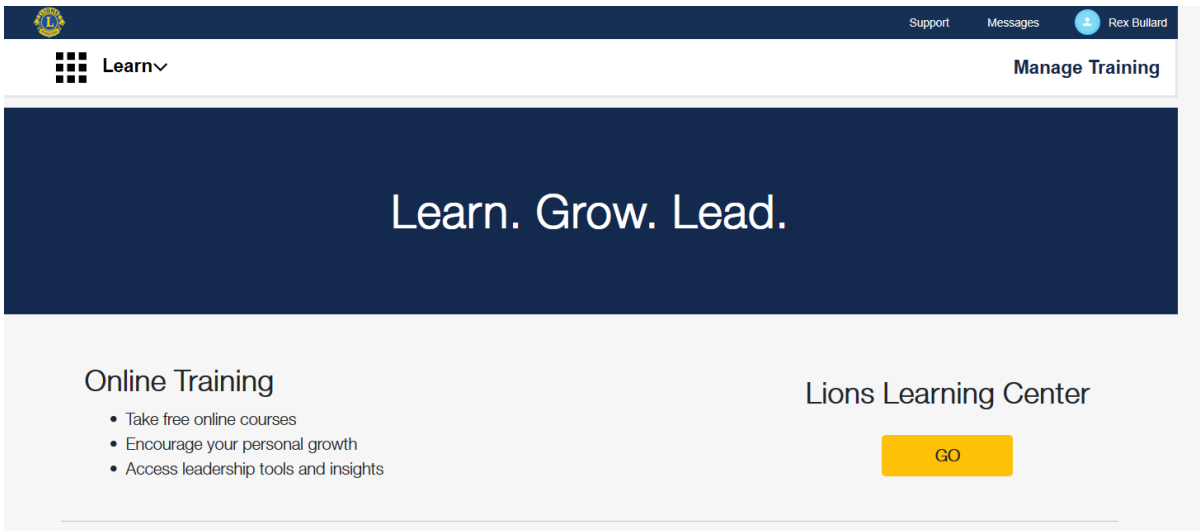
## SELECT Members Login

If you do not have a logon you will need to create a logon using your membership number and the email address as registered on MYLCI. If you are having difficulty you can contact PDG Alice [McDonald alicem.mcdonald@outlook.com](mailto:McDonald.alicem.mcdonald@outlook.com) who will be only too happy to help you.

## Once Logged ON:



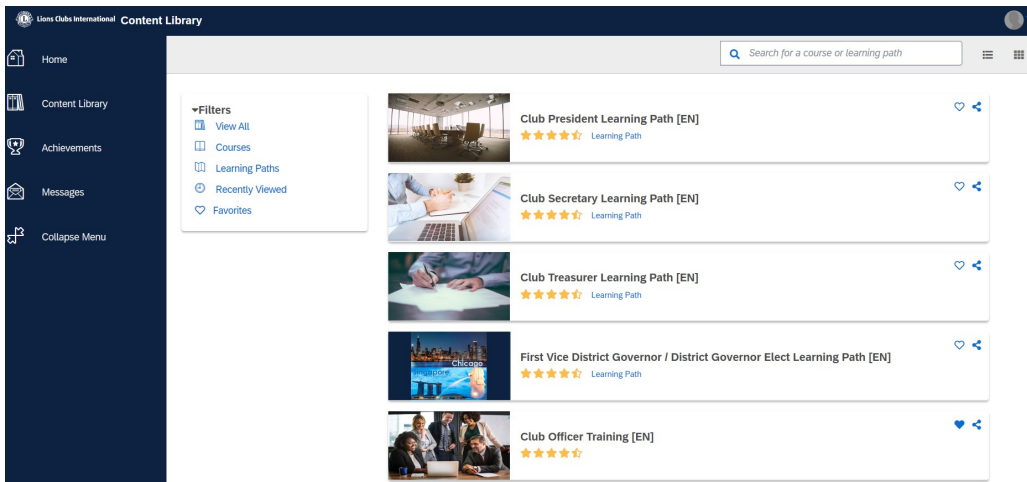
## Now select "LEARN"



You will get a list of Online Training, Institute Courses and Local training

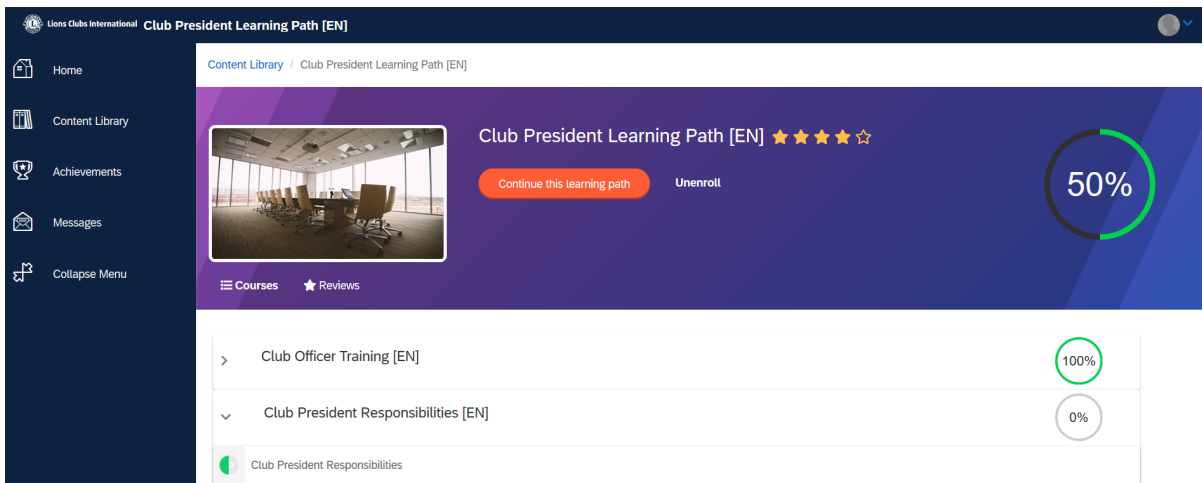
Select GO

The Content Library displays a list of the Courses that are available to you.



If you are an Incoming President you should undertake the Club President Learning Path and at least two of the other courses that are offered. Incoming secretaries and Treasurers should complete there relevant Learning Paths.

Do not worry if you cannot complete a course in one session as your progress will be kept for when you return.



## Options for Youth Activities

### The Future

All current and incoming District Governors agree we should be integrating youth activities across all Districts. All District Youth Chairs will have regular on line meetings this coming year.

Some of the ideas being worked on at the moment by the Youth teams for the future (2021 onwards) are:

- Resurrection of the Town and Country youth exchanges – maybe short duration?

- Sponsoring youth exchange students from and to our Pacific Island Lions Clubs.

- Sponsoring youth exchange trips with our new partners at Volunteer Service Abroad – we will start this slowly as it will be related to gaining work skills and qualifications here in New Zealand and life experience for the Kiwi youths going to the Islands.

- Exchanging instructors and leaders between the New Zealand Youth Camp in Tauranga with the Australian Youth Camps.

Looking at options to support youth coming to New Zealand to gain trade qualifications. And several others we are discussing with youth leaders across all sorts of organizations. e.g. we want a youth activity for Year 10 -13 Students – maybe a competition to produce some 30 second TV adverts on best practice for the environment?

And finally if you are not already talking with your local Rotary Club, use youth as the opening subject for discussion – they are keen to support youth as well and there is no reason at all why we cannot work together in this area.

Any queries or suggestions – email me or phone me – 06 377 2911. Or talk to Carol McMillan 027 457 1402 or Lorraine Brooks 027 453 3329.

DG Jack Hayes

This may be a clearer, more legible version of the information given on page 10.

The image shows a website header with a dark blue background and the text "Learn. Grow. Lead." in white. Below the header, there are three sections, each with a title and a yellow "GO" button. The first section is "Online Training" with a list of three bullet points: "Take free online courses", "Encourage your personal growth", and "Access leadership tools and insights". The second section is "Institute Training" with a paragraph of text and a list of three bullet points: "Advanced Lions Leadership Institute (ALLI)", "Faculty Development Institute (FDI)", and "Lions Certified Instructor Program (LCIP)". The third section is "Local Training".

**C**ongratulations to all those born in the 1930s, 40s, 50, 60s and 70s which more or less covers the age group of our Lions members and my apologies if you have heard some of these before.

As children we would ride in cars with no seatbelts or air bags. Riding on the back of a ute on a warm sunny day was always a treat.

We drank water from the garden hose and NOT from a bottle.

Even though all the shops were closed by 6pm and didn't open on the weekends, somehow we didn't starve to death!

We ate cupcakes, white bread and real butter and drank soft drink with sugar in it, but we weren't overweight because . . WE WERE ALWAYS PLAYING!!

We did not have Play stations, Nintendos, X Boxes, no video games at all. No 99 channels on cable TV, no video tape movies, no surround sound, no mobile phones, no personal

computers, no internet or internet chat rooms. WE HAD FRIENDS and we went outside and found them!

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

Only girls had pierced ears!

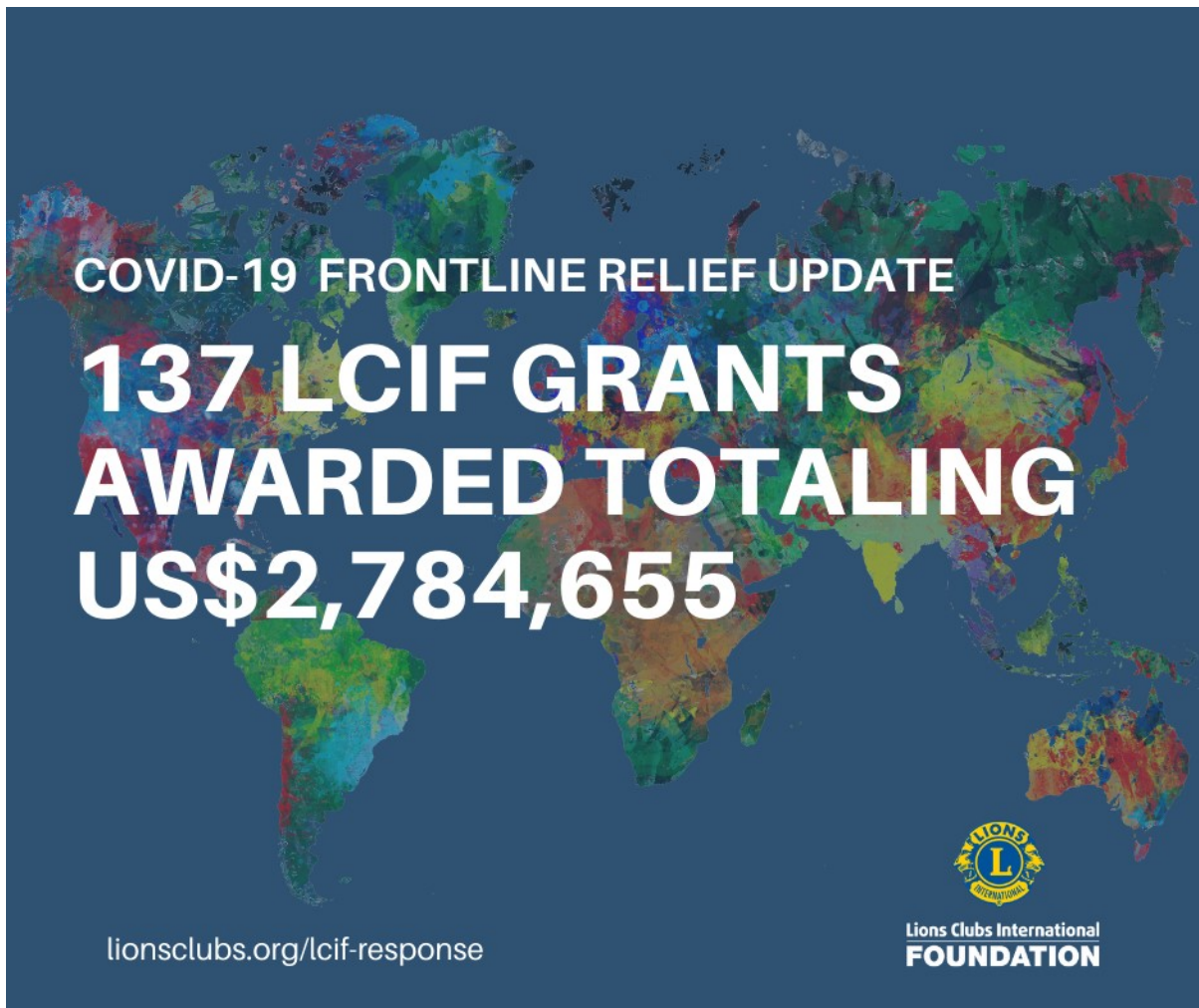
The idea that our parents would bail us out if we broke the law was unheard of. They actually sided with the law.

These generations produced some of the best risk-takers, problem-solvers and inventors ever. The past 80 years has seen an explosion of innovation and new ideas. We had freedom, failure, success and responsibility and WE LEARNED HOW TO DEAL WITH IT ALL!

And YOU are one of them. CONGRATULATIONS!!

Taken from a speech by PCC Don Rennie at Karori Lions Changeover Induction 2012





## COVID-19 Frontline Relief Grant Update:

Thanks to your generosity, LCIF has now been able to award 137 grants totalling US\$2,784,655.

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.

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**  
[Jocameron2012@gmail.com](mailto:Jocameron2012@gmail.com) (cont+click for link)  
027 248 9415

## Options for Youth Activities in 2021 and Beyond

In my role as District Governor for 202M I have seen a lot of youth activity in our District – and we are very active in comparison to our peers apart from Leo Clubs where 202M have failed to fire for many years. One of my responsibilities on the Council of Governors is I am the champion of ‘all things youth’. This includes making sure that ideas from the youth champions around the country get heard at the Council table and they get their fair share of money.

There are some serious restrictions in place world-wide on youth exchange and activities and here is a brief summary so you are all aware:

There will be no inwards international Youth Exchange students coming into New Zealand before 31 Dec 2020 - and probably later than that. We will advise.

There will be no outwards Youth Exchange to the world in general – BUT maybe Australian Youth Camps are an option in the first half of 2021.

There is no Speechmakers Competition this year. [but there will be one in 2021.]

There is a **PEACE POSTER** competition underway this year with some changes to make sure we stay within the Government Guidelines – remember the entries are not needed for selection at District Level by DG Murray Pringle until mid- October 2020 at the earliest. Children can also complete this art work studying at home or at School.

Please check on the Lions NZ website to get all the latest info. It is easier this year and we are keen to see entries from those talented young artists out there.

There will be a Youth camp at Tauranga in Dec 2020 / Jan 2021 (if we are still on track with the Government rules), but it is likely to be NZ only and may be focused on Leo members. We are not expecting any international youth exchange students to attend this camp.

You are encouraged to work with youth (and their parents / leaders on projects when we are able to bring people together (Level 2?). Use any groups of youngsters. Our Club is working with the local Guides and Boxing Academy – many youth groups are very keen to add their labour to your service activities. They especially love environmental projects and work such as packing at food banks, deliveries of firewood, picking up hay bales, etc. Don't forget the local College sports teams for extra labour support, they are always looking for money through fundraising. They are all future Lions Club prospects and the interaction with their parents is also a great time to talk about the opportunities for community service as new Lions.

DG Jack Hayes

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## ANNOUNCING

COUNCIL CHAIR 2020-2021

IS

DG DAVID PEART

OF DISTRICT 202L

CONGRATULATIONS DAVID AND HEATHER

This article was published in the Autumn 2020 issue of NZ Diabetes Wellness magazine and for those of you who have fading eyesight and need to monitor your blood sugar, this piece of equipment may be the answer.

Thames-based health coach **Renee Clark** had concerning symptoms and wanted to monitor her blood sugar levels. As she's legally blind, she bought a pinpricker and a CareSens N Voice meter. The experience surprised her, as she explains.

## BLOOD SUGAR TESTING WITH A VISUAL IMPAIRMENT

Using the N Voice meter was fairly straightforward, thanks to clear training from a nurse and a couple of trial runs.

The needles only fit into the pen one way; the strip has marks you can feel that distinguish right side up and which way round they slot into the machine; and the machine turns itself off and on as required. Once it's set up with dates, times and ranges, it's ready to go. The voice is clear, and audible beeps announce successful transfer of blood from finger to machine, and so on.

But for me, that's where the fun stopped. While my blood sugar levels turned out to be fine in the end, measuring them for several days before and after eating was a finger-torturing experience that has given me a huge respect for anyone with pre-diabetes or diabetes.

I never appreciated the toll that finger-pricking could take on my precious fingers, which to me are my "eyes", the tools I use to read

Braille. I found myself thinking: do I really want to run them along paper when they're feeling tender and pincushion-like?

They're also the instruments I place on my violin strings and use to hold my bow.

I constantly asked myself, should I use my right hand or my left to pin-prick? Which part of my finger? How many times should I prick the same finger?

Then there was the time I slightly burnt the skin on one finger when testing the hot water level in my cup of coffee – not an ideal combination with pin-prick testing.

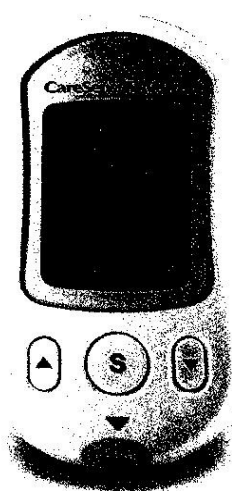
Several times, my meter reported: "Error 4, the sample was either not enough or too thick." I'd wonder: how do I know which? I couldn't just look at the quantity of blood and go, "Oh, not much came out then, I need to try again." Or "Hm, there's plenty of blood, so why is it too thick?"

I often got this error in the morning, so I'd wonder if I was

dehydrated. Then I'd wonder, if I drink water, how quickly will that rehydrate me, and would rehydration affect my sugar levels?

For me, needing to pin-prick wasn't permanent, but for many it is. I see now that people with diabetes must be continually calculating, analysing, guessing, experimenting, decision-making, hoping, doubting and questioning. I can appreciate why non-compliance and resistance to change is such a real concern for anyone facing diabetes, and I understand better what a complete shift in lifestyle and mindset is required.

My small experiment has taught me so much and made me ask, how can I better support people with diabetes, including those with visual impairments, and build awareness among others, as well as respect for the qualities needed to deal with a chronic condition?



### THE CARESENS N VOICE METER

CareSens N Voice meters range from \$35 to \$50, depending on where you buy. Their test strips are funded – they're the same strips others in the CareSens N range of meters use. This means people with diabetes who are losing their sight can transition from a regular meter to a CareSens N voice meter without changing their CareSens N test-strip prescription.

Pharmaco's Product Manager says, "It's a niche market. We have provided more than 300,000 CareSens meters in the NZ market, and about 250 voice meters." However, because visual impairment is a real risk of long-term diabetes, he says it's vital to service this market. "We've had feedback from people that it's a very nice and easy-to-use no-coding meter."

Pharmaco has just released an audio manual for the N Voice meter. Files can be downloaded here: [pharmacodiabetes.co.nz/products/blood-glucose-meters-and-strips/caresens-n-voice](http://pharmacodiabetes.co.nz/products/blood-glucose-meters-and-strips/caresens-n-voice)



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

**Serves 3**

Prep time 10 mins,  
cooking time 15 mins

**Nutritional Information**

Average quantity per serving  
300 grams

Average quantity per serving:

Energy 1750 kJ (419 kcal), Protein  
30.5 g, Fat total 14.1 g - saturated  
1.8 g, Carbohydrate 39.1 g - sugars  
11.1 g, Sodium 180 mg

200 g fresh fettuccine or dried  
ribbon-shaped pasta

200–250 g lean steak or  
schnitzel, cut into pencil-sized  
strips

1 Tbsp plain flour

½ tsp paprika

2 Tbsp olive oil or canola oil

1 large onion

200–250 g large flat mushrooms

¼ cup white wine (can be  
substituted with 1 tsp vinegar)

½ cup hot water and 1 tsp instant  
stock

1 Tbsp tomato paste

2 Tbsp brandy or sherry  
(optional, can be substituted  
with ½ tsp brown sugar)

2 Tbsp reduced-fat sour cream  
or light evaporated milk

salt and pepper to taste

# Beef Stroganoff

- 1 Put a large pot of boiling salted water on, ready to cook the pasta. If using dried pasta, put it in to cook straight away. If using fresh pasta, put it on while the mushrooms cook.
- 2 Sprinkle steak with the flour and paprika and toss to combine. Heat 1 tablespoon of the oil in a non-stick pan. When the pan is very hot, add the steak and cook briefly, turning often, until it has browned. (Do not overcook and dry out the steak.) Remove from the pan and set aside.
- 3 Halve the onion and slice crosswise into pencil-width strips. Heat the remaining oil over moderate heat in a large non-stick pan, then add the onion and cook until soft. While the onion cooks, slice the mushrooms crossways into similarly wide strips, then stir these into the onions and cook for 1–2 minutes.
- 4 Add the wine, stock, tomato paste and brandy or sherry (if using) and cover and cook for 4–5 minutes on high heat, stirring occasionally.
- 5 Stir the steak and the low-fat sour cream or evaporated milk into the mushroom mixture, heating just enough to lightly thicken the sauce. Season with salt and pepper to taste. (Add a little of the pasta water if the sauce looks too thick.)
- 6 Drain the cooked pasta and toss with a little additional oil. Spoon the meat and mushroom mixture over the pasta, top with the remaining sour cream and sprinkle with fresh herbs, if you like. Try serving with a green salad.

**VARIATIONS:** Cook about 200 g whole young green beans with the pasta.

*Simon & Alison Holst*



**ENJOY!!!**

**From your District Diabetes Co-ordinator  
Glenys Hansen**