

INFORM



June 2020

Jack's Chit Chat

Vol 13 No 11

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Well the past year has flashed past (as I was told it would) and it has been a great pleasure for Sandy and me. We have both learned so much, from you in the Clubs as we visited and worked with you on projects, the many phone conversations, and at your anniversary dinners. Attending our first ever International Lions Club convention in Milan and from being with our peers - the other District Governors. It has been a great learning and life experience for both of us.

So I encourage you all to take a deep breath and stand up for some of the many leadership roles available in your Lions Club. Today, you have amazing learning and support offered at no cost, and you and your partner will meet some truly amazing people who will change you for the better. The District Governor or a Cabinet role is not beyond the capability of any of you now. The team around you will support you and they will become lifelong friends

A special thanks to PDG Sandie McIntosh for her patient and (when needed) stern guidance. Mentors are great as they get to know you well and are allowed to tell you the

truth and I needed that from time to time, so thanks Sandie. We are so proud to call you a special friend.

Sandy and I wish incoming **DG Murray Pringle** all the very best for what looks like a challenging year. As Immediate Past DG, and the 202M Speechmaker and Peace Poster role, I will also be Speechmaker and Peace Poster at MD202 level across New Zealand and the South Pacific. I pledge my support to Murray, and his successors – **Simon Williams and David Skjellerup** - and I'm delighted we finally have a full house of succession for our District leadership.



Jack and Sandy Hayes

District Governor
202M 2019-2020

See Page 2 for Covid 19 Update

From the Editor's Desk

My Club Karori, had our first Zoom Club meeting last week and it was great to catch up with friends we hadn't seen for a couple of months. Zoom meetings are the new normal for the foreseeable future anyway whatever that means. It is certainly a way of saving money and it will be great not to have to go out in the rain, wind and cold weather that is winter here in Wellington.

You will have missed the camaraderie and participation in the projects your clubs are usually involved in at this time of the year. I have missed not being able to attend the MD Convention in Whangarei and the International Convention in Singapore, both of which I was looking forward to as I know many of you were also.

Apart from the Peace Poster Competition which we should promote to our schools, I would urge you to read and diary the dates of the trainings on Page 16 and maybe make a commitment to do the Emerging Lions Leadership Institute (ELLI) which will be held in New Zealand in October or maybe the Advanced Lions Leadership Institute (ALLI) in Brisbane in April 2021. I attended ALLI in Cairns in 2004 and it was the best course I ever attended for preparing me to be president of my club.

Covid19 transition for Lion Clubs

I am sure the overwhelming majority of our Lions and Lionesses have welcomed the Government's news that New Zealand is moving progressively through COVID-19 Alert Level 2. This represents a significant change for New Zealand's team of five million, as the restrictions we have all been living under for the past two+ months have been lifted. We have all made sacrifices to get to this point.

We recognise that there remains a continued risk to our members. We know from the experience of other countries that a single COVID-19 case can quickly spread within any group, significantly impacting us all.

For this reason the Lion Clubs will be conservative and will move through the various Level 2 standards in a staged manner. Each Club will be different. This week I reminded Club Presidents to adapt to your specific community environments to ensure safety and minimise risk to you all. Your President and Board will be ensuring the 'safest' way to deliver service and fellowship, while also ensuring our brand and service to our community capability is preserved.

I encourage you all to take advantage of what we have learned in the past 10 weeks. This may mean, for example, more opportunities for people to work on projects from home, or perhaps less physical meetings and greater use of video-conferencing.

As a Cabinet, we are now routinely using 'Zoom' for computer based live meetings – and they work for Committee and Board meetings as well as being used for fun Club Meetings. Lions have this technology available at no cost and this can be set up for you and you can learn how to use it – contact your Zone Chair. You can have fun and learn from your home. If you do not have a computer, talk to your children and grandchildren and they will show you, they can join in too. You can call into a Zoom meeting from anywhere, you do not have to be at home. You can

TABLE OF CONTENTS

Page 1	Jack's Chit chat
Page 2	Table of Contents From the Editor's Desk Covid-19 transition for Lions
Page 3	How People Succumb to Coronnavirus
Page 4	Int VP Douglas Alexander Help us Give kids living with cancer fun, hope & happiness—Camp Quality
Page 5	Camp Quality Photo Gallery
Page 6	Thoughts from 3 Int VPs — Keeping Lions Safe and on track in this trying time.
Page 7	LCIF—Letter from Chairperson Gudrun
Page 8	LCIF— Covid—19 Frontline relief grant update
Page 9	Council of Governors Meeting - Summary
Page 10	Executive Summary Contd.
Page 11	Club Support for LCIF and LMLCCT Life Flight Trust Update
Page 12	International Peace Poster Competition
Page 13	Peace Poster Rules of Entry
Page 14	Type 2 Diabetes— Medical Trials
Page 15	Recipe Broccoli Egg Bake
Page 16	Lions Learning Update—GLT PDG Rex Bullard

also have groups meeting at one home and use your smart TV – there are lots of options so do not dismiss it out of hand.

Finally, as we move into Alert Level 2, it will be very easy for us to become complacent and 'relax'. It is in our nature to be sociable, and we have spent a long time in our isolated 'bubbles'. As large numbers of us return to our usual work patterns, it will be natural for us to fall back into old patterns of behaviour. We will all need to be reminded to maintain physical distancing and our personal hygiene (hand-washing for 20 seconds), as these remain the most effective protective measures against COVID19.

The move to Alert Level 2 is encouraging, but the virus is not gone. It will be with us, and the world in which we operate, for quite some time. I urge you and your families all to take care while supporting your local small businesses.

Can I finish with a short prayer (Karakia) for you all,

May peace be widespread,
May the sea be like greenstone,
A pathway for us all this day
Give love, and you will receive love,
Let us always show respect for each other.

And in Te Reo

Kia hora te marino,
Kia whakapapa pounamu te moana,
Hei huarahi ma tatou i te rangi nei,
Aroha atu, aroha mai,
Tatou i a tatou katoa

Jack and Sandy Hayes

District Governor 202M 2019-2020

This story appeared in the Q4 (Australia) District Magazine 'The Lion Hunter' May 2020 edition. I found it very informative and trust that you will also. I had heard a lot about this virus and how badly it affects the lungs but not in as much detail as outlined below.

A DOCTOR'S CONFRONTING DESCRIPTION OF HOW PEOPLE SUCCUMB TO CORONAVIRUS

A doctor has given horrific details into what it is actually like to have coronavirus after contracting COVID-19 himself.

Dr David Hepburn, who is an intensive care consultant at the Royal Gwent Hospital in the UK's Newport, contracted the virus from a colleague.

Speaking to the UK's Channel 4 News, Dr Hepburn relayed what coronavirus actually does to the body, explaining the disease causes respiratory failure and compared it to drowning.

"So when it spreads to the lungs, it causes what we call a pneumonitis, where the lungs become very wet and waterlogged inside.

"So the normal mechanisms that keep fluid in the blood break down. The little membranes and tissues and the bases of the lungs become porous, and that allows fluid to leak in from the circulation into the

lungs, almost like drowning."

The doctor explained ventilators provide pressure which "pushes some of that fluid out and helps to keep the lungs open".

"So, people become exhausted because the work of breathing is so great that they basically become exhausted and die," he said.

Dr Hepburn explained normally, lungs were like a sponge – "light and easy to move" – but if you have ever immersed a sponge in water it becomes wet and heavy.

"It's exactly the same thing – if your lungs are absolutely sodden then it's very, very difficult to breathe.

"What happens over time is people's levels of oxygen fall, the levels of carbon dioxide, which is a gas you normally breathe out, rise in the blood," he explains, adding this makes patients more drowsy.

"Then people will slowly develop worsening respiratory

failure, and eventually they'll become unconscious and their breathing will get more shallow and they'll die."

Dr Hepburn said the leading cause of death among the COVID-19 patients he had seen was myocarditis.

"Often when they're starting to recover – the heart can become very adversely affected and they develop heart failure," he said.

The doctor explained he had also seen patients die after other organs start to shut down.

Previously Dr Hepburn appeared on the BBC pleading with people to abide by the UK's lockdown restrictions in hopes of slowing the spread of the virus.



Essential workers
accommodation



This is a very good recommendation of the forums held in the state of North Carolina , which incidentally offer the same high standard of seminars as do our own ANZI Forums held in our Constitutional Area 7 (Australia, NZ, Indonesia and New Caledonia). Some of our district members have attended as many as 10 of these over the years and they too, derive great value and knowledge. I'll keep you posted as to when our next ANZI Forum will be held and the venue. You will not want to miss it. This was taken directly from LCI's Facebook page.

Int. 1st VP Douglas Alexander

We asked LCI First VP and Louisville Forum Honorary Chair Doug Alexander what he likes about the USA/Canada Lions Leadership Forum. "My first forum was back in 1993 in Winston Salem, NC. I was so impressed by the quality of training, the number and variety of seminars and the professionalism of the facilitators. There were amazing speakers at meals and the seating was arranged so that you were sitting with different Lions each time, giving me the opportunity to meet new Lions.

I attended the next year--and the next. I have attended sixteen USA/Canada Lions Leadership Forums and I always look forward to the next one. The training is some of the best you will get—and an extraordinary value. Now along with the training, I know I'll see old friends and make new ones. Having served as a presenter several times I know the effort all the presenters put into their sessions. I've also had the opportunity to serve on both host and planning committees, hard-working groups of committed passionate Lions.

Help us give kids living with cancer fun, hope & happiness!

Camp Quality New Zealand has been immensely fortunate to have the support of Lions districts across the country – including the incredibly generous support of District 202M.

Your support has enabled us to put on some amazing camps for children living with cancer, including this year's Wellington/Central Camp, which was themed 'Animal Planet'. Kids got to enjoy a whole host of fun activities thanks to the support of local Lions clubs – including scavenger hunts, swimming, tractor rides, and even yoga classes. A highlight was a day at the Queen Elizabeth II Park, where the kids enjoyed train rides, zip lines, mini-putt, deer feeding, and the merry-go-round.

Kids like Corban, who was just 3½ years old when he was diagnosed with leukaemia. After spending years in and out of hospital, and delays starting school, Camp Quality was probably the first time that Corban really got to feel like a kid again. Here, Corban's mum Chantelle shares his experience:

"Corban absolutely loved camp. He had such a blast and built amazing relationships with so many of the adults and other kids and couldn't wait to go to the next one. I felt so relieved that he had had such a great time with no hospital admissions, and that I got to have a break for the first time since his diagnosis sixteen months earlier."

Our camps give children like Corban a sense of normality and independence, while providing families with a much-needed break.

Camps have always been free, to ensure that every child living with cancer can access the incredible opportunities that camp provides to have fun and build resilience.

This has only been possible because of generous individuals and organisations like the Lions clubs, and we are so immensely grateful for the support that you have shown us over the years.

At the moment we are busy planning for summer camps in 2021. Given the extremely challenging fundraising environment at the moment, I suspect camps next year will be smaller and look a lot more like the camps we all remember as kids. Simpler camps filled with down-to-earth activities – a perfect opportunity to get back to what's important. Whatever our summer camps look like, they will still be filled with the laughter of kids.

We still desperately want to continue providing camps for free (in whatever form they take). To do this, we need Lions' now more than ever and are asking your club for support to help us deliver those amazing camps this summer.

Thank you so much for your support – together we can make sure that Camp Quality keeps bringing fun, hope, and happiness to kids for years to come!

Dave Bellamy
General Manager

CAMP QUALITY PHOTO GALLERY



Above Corban (11) bravely holding a juvenile alligator
 Above right Sophia riding the merry-go-round.
 Above middle Carterton Lions hot food trailer is popular.



Above Masterton Holdsworth Lions disco supper.
 Left Pahiatua & Woodville Taranua Districts Lions

Keeping Lions Safe and on Track in This Trying Time— Thoughts from our 3 International VPs

Besides the ability to chat on programmes like skype, zoom, google hangouts, gotomeeting and others there are a number of webinar programmes out there that let you be part of the audience worldwide and enjoy a presentation. For Lions you have the ability to talk with and listen to a number of excellent speakers.

One such webinar last week had this group as presenters. This is the CA1 (US & Affiliates) GAT leader Jerome Thomson as host with our International Vice Presidents 1st Douglas Alexander 2nd Brian Sheehan and 3rd Patti Hill as the panel. They were leading a general discussion and question time on keeping our Lions safe and on track in



this trying time. I paraphrase somewhat from the notes I took during the webinar. This is just a small snippet of the very full hour.

Questions covered a wide range of topics. First was **how we can approach the younger generation to become Lions?** VP Doug took that one and commented that now many Lions are not as fearful of social media as they were before they were almost forced to use it. We should engage on social media. Ask the young people? It is how they would like to engage. They don't want meetings and fundraising but they'll do service projects. VP Brian commented that it would also mean that we may have to look at the traditions in our clubs and make some changes to accommodate the different age groups.

When asked **how do we keep the non tech savvy members engaged** VP Patti commented that the telephone does still actually work and most people are happy to use them. The human voice has a significantly different effect than an impersonal email has in many cases anyway. A curly question was **are International going to waive the first half year dues?** - VP Doug again led this one. International is looking at how we can help at this time, waiving late payment of dues and payment plans. The topic of the dues will not be finalised till June Board meeting which is being held electronically. VP Brian commented Lions Clubs International is experiencing a deficit with a reduced amount of donations. They don't as yet know the full financial effect or how long it will last but the reserves can handle that. He commented that some of the Multiple Districts and Districts are already looking at reducing dues or are not following up with proposed increases for next year.

Will the current situation mean retention will suffer?

VP Doug- yes we will lose some, so we need to reach out and show we care, show Lions are still in business and find new ways to engage them. VP Patti – Pandemic has pushed us forward in tech and been much more active in retention.

During the Great depression. Melvin Jones commented we must ensure we don't lose members because of lack of ability to pay dues. New meaning in loyalty and community and finding even greater spirit of giving during this time of stress. VP Doug commented charity begins at home and we have to help our lions family while we are all helping the wider community.

So far there have been **216 COVID Grants awarded by LCIF**. totalling US\$3,765,500

<https://www.youtube.com/watch?v=4aQAayR6QXo&feature=youtu.be>

PDG Alice McDonald

(To access the links use ctrl+click)



A special letter from your chairperson

Gudrun Yngvadottir

Dear Lions,

In these challenging times, we must respond to the realities we are facing as a global community and stay hopeful for the future. We are also determined to find the best way forward to ensure the long-term success of our efforts.

In this spirit, International President Choi, Campaign International Chairperson Dr. Yamada, Campaign International Vice Chairperson Moore and I are announcing that the timeline for Campaign 100:LCIF Empowering Service has been extended by one additional year, through June 30 2022. We must give ourselves the time necessary to realize our full potential in this campaign, for the future of Lion Clubs International Foundation (LCIF).

We remain optimistic and action-oriented in the face of the coronavirus (COVID-19) pandemic. As of May 2020, LCIF has granted US\$3,851,655 to provide immediate relief to communities severely impacted by COVID-19. WE encourage you to stay connected to the work of your foundation. You can visit LCIF's dedicated COVID-19 response [page](#) to learn how our foundation is responding.

Many Lions have asked how they can help during these unprecedented times. If you are able, please consider joining LCIF in its support of Lions' relief efforts by donating at lionsclubs.org/donate. Your contributions are crucial to sustaining LCIF's ability to help Lions keep their communities safe and healthy. All donations are eligible for MJF and campaign 100 recognition. If you have recently made a donation, we sincerely thank you for your generosity and appreciate your support of our foundation.

Sincerely,

Gudrun Yngvadottir
Chairperson, Lions Clubs International Foundation



Lions Clubs International Foundation

May 22 at 11:03 AM · 🌐

COVID-19 Frontline Relief Grant Update: Thanks to your generosity, LCIF has now been able to award 229 grants totaling US\$3,851,655. Donations for our COVID-19 response are being accepted through LCIF's General Disaster Fund. <https://bit.ly/2V11mOW> Thank you for your continued support!



Lions Clubs International Foundation

8 hrs · 🌐

Thanks to your generosity, LCIF awarded a US\$100,000 grant so that Lions in Portugal can deliver much-needed ventilators to 11 hospitals in their communities. Learn more about LCIF's grant response to COVID-19. <https://bit.ly/3dFeqQf>



EXECUTIVE SUMMARY

COUNCIL OF GOVERNORS MEETING

Zoom meetings, 1 – 3 May 2020

FINANCIAL RESULTS – The 2019 financial report showed a small surplus as published in the MD convention booklet. The restrictions and cancellation of last face to face Council meeting and MD convention has saved some end of year costs. However the conservative budget prepared for 2020-21 appears to be challenging and will be under close scrutiny throughout the year.

PUBLIC RELATIONS & COMMUNICATIONS COMMITTEE is being re-established with the objective of improving communication between all levels of the organisation and increasing our reach and recognition in the public area.

MD202 CONVENTION 2021 – will be held in Whangarei, 23 – 25th April, 2021

MD202 Convention 2021 – recommended to be held in Lower Hutt, dates to be confirmed

YOUTH EXCHANGE – is suspended until COVID – 19 restrictions are lifted and international travel resumes.

WEBSITE - We continue to investigate the best way to improve the website and make information available to our members. It is felt that policies and procedures and directory information should not be available to the public. The MD Constitution will be uploaded as soon as possible. A separate members' only area on the website is one solution being investigated.

LION MAGAZINE – LCI has reduced funding of the magazine by 50%. To stay within our budget the Lion magazine will be published in August 2020 and February 2021. Both issues will also be digitized. This is in line with how MD201 are publishing. We encourage clubs to continue sending in stories of their projects.

FORWARD ACTION PLAN – This foundation document is the MD202 long term strategic plan. It has been updated with the addition of new goals focusing on

the retention of existing and new members and increasing the diversity of our membership. Future reviews should give more consideration to the service component. This document is made available to all our members through the District DG's and cabinets. DG and District goals will be added as appendices.

INCORPORATED SOCIETY AND CHARITIES SERVICES- Clubs are reminded that they have legal responsibilities under the rules of both of these entities.

Information was shared during the recent MD Treasurer's roadshow. Multiple District are working to provide webinars and resources that will be readily available to clubs to help with informing club members of these requirements. Clubs should seek advice from their District Legal Counsel or the MD Treasurer and MD Legal Counsel.

MD APPOINTMENTS – the following appointments were made:

Council Advisory Board – CC Helen Williams, 202E

MD Fundraising Coordinator – Stephen Wood, 202K

MD GAT GLT Coordinator – Lynda Halverson, 202K

MD GAT GST Coordinator – PDG Wendy Goodwin, 202F

MD Young Speechmaker/Peace Poster Coordinator – DG Jack Hayes, 202M

CAB Chair 2020-2021 – PCC Graeme Wilson, 202F

Webmaster role – will be separated into two distinct roles to make it more manageable – Website Administrator and Postmaster (email).

Roles to be re-advertised – MD GAT GMT Coordinator, Website Administrator, Diabetes Liaison, MD Quest Coordinator

The incoming District Governors have dedicated liaison roles with the MD Portfolio holders to ensure good communication at all levels.

THINK TANK – Council Chair Helen Williams seeks feedback from Districts on the way forward for MD202 post COVID-19. Request that this be discussed at Cabinet and Zone meetings as soon as possible.

MD PORTFOLIO HOLDERS REPORTS – were received and portfolio holders thanked for their work. The

EXECUTIVE SUMMARY contd.

COUNCIL OF GOVERNORS MEETING Zoom meetings, 1–3 May 2020

MD PORTFOLIO HOLDERS REPORTS – were received and portfolio holders thanked for their work. The main points are:

MD Alert – making connections before a disaster at local and regional level is best practice

Facebook Administrator – exciting increase in reach of this social media. Clubs please submit good action photos with caption or adverts for events to the administrator <lionkaren202k@gmail.com>

Family & Women/New Voices – role sits with MD GAT GMT

Funding Coordinator – Job description approved

Hearing Preservation Advisor – Ensure all clubs are aware of hearing aid recycling

Leos – more involvement with other youth projects should be investigated

New Club Consultants – role sits with MD GAT GMT

Youth Exchange – many options in this area but in limbo currently due to COVID-19

MD Convention Liaison Officer – position is due to expire 30 June 2020 but MDCLO is prepared to continue until this role is advertised and he is also eligible to reapply

LCIF Coordinator – thanks for the many donations to the Australian Fires. Special mention of \$50k donated from Queenstown Club

CMF – fitting a walker is life changing for the child and the family

LCNZCT - successful year with total income and interest of \$61k and expenses of \$33.5k. Thanks to PCC Jo Cameron who steps down after 6 years.

New chair is PCC Arvind Raman

HU4K – new national coordinator is Deb Lagdon from Orewa Lions Club. Please send coins in smaller parcels regularly and NOT in the Resene Tins which should remain at the collection points

Quest Coordinator – lack of a coordinator is a major concern and need to find as soon as possible. Have trained teachers in 202K, 202L and 202M

MD Trainer – PDG Richard Norris thanked for his dedication to this role which requires many hours to complete the LCI curriculum as well as the MD202 content on top of this

NZ Lions Liver Transplant Unit – Due to COVID – 19 restrictions the Transplant House occupancy rates are low at the moment

PID Report – PID Eric Carter was presented with a presidential medal which was awarded by International President Dr Jung-Yul Choi for his role as a Group Trainer for the LCI DG School 2019-20



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 for extra support. (ctrl + click to access the links)

Lions Clubs International Foundation (LCIF)

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 Disastr” (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.

Lloyd Morgan Lions Clubs Charitable Trust (LMLCCT)

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.



While many of us have been working from home, Life Flight's Westpac Chopper and Air Ambulance teams were still busy. Over the last 2 months, we've flown 140 missions. We're so grateful to have been able

to be there for so many New Zealanders when they needed us most, but we couldn't have done it without yours and the community's support.

We've received so many lovely messages of encouragement and appreciation, it truly means the world to us. I wanted to share with you a couple of my favourites:

- "Thank you to all the wonderful team who are working so

hard to keep all us New Zealanders safe. I really appreciate their efforts."

- "Giving back a little for having been rescued."
- "The Vital medical transfer saved mine, my brothers and my mum's life. Thank you."
- "Take care up there and thank you for your service."

As always, feel free to contact me anytime. I'd love to hear from you.

Kind regards,
Sherry
sherry@lifeflight.org.nz



INTERNATIONAL PEACE POSTER COMPETITION

For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity.

Lions have provided an important reminder to the world that, through service, we can give and receive so much—joy, kindness, hope and PEACE.

"Peace through Service"

This year, young people have the opportunity to express their visions of peace through the lens of service.

Your local Lions Club will provide your school with pads of A2 size art paper to express your view on how service to others helps deliver peace. They will provide a date for their local competition in your community and provide prizes and certificates for the selected winners. The Club will then select up to three posters to go forward to the Lions District final. The winner from that will go to the New Zealand final, where one winner will be selected to go forward to the International competition in Chicago, USA.

The rules are simple and are attached. There is no cost to the children taking part and the Lions will make sure that your efforts are rewarded. For more on line information go to:

<https://www.lionsclubs.org/en/start-ourapproach/youth/peace-poster>

(ctrl+ click to access the link)



RULES OF ENTRY

Lions New Zealand Peace Poster Competition 2020

- Artwork should be done on compliant paper as set out on Page 9, and ideally transported flat within New Zealand.
- The sponsoring Lions Clubs will not accept responsibility for late, lost, misdirected or illegible entries. Lions Clubs International is not responsible for entries damaged, destroyed or lost during the judging process. Entries cannot be acknowledged or returned; they become property of Lions Clubs International upon receipt. Once submitted for entry Peace Poster Contest images cannot be used without the prior written permission from Lions Clubs International.
- In consideration for the opportunity to enter the Peace Poster Contest, participants agree to allow Lions Clubs International to use their names and photographs for promotional and publicity purposes. Their privacy will be protected to the full extent of the law.

This article was published in the Autumn 2020 issue of NZ Diabetes Wellness magazine. There maybe 1 or 2 of you who could be interested in participating.

TYPE 2 DIABETES: CALL FOR PARTICIPANTS

Every day, new medications and new technologies to improve blood sugar control and weight loss are being designed. However, before these can be approved for use in the general public, they must be extensively studied.

Optimal Clinical Trials is a private research centre in Grafton, Auckland, dedicated to conducting quality research and ensuring that study volunteers have a rewarding experience.

Optimal offers patients with diabetes the opportunity to become involved in medical research trials. Volunteers who participate have found numerous benefits. As well as learning about and trying cutting-edge diabetes management options, there is

significant opportunity to learn more about their own diabetes management and to help with providing management options for society at large.

For New Zealand participants it can also be a chance to receive medications that are currently used elsewhere but are not funded here.

Leading the diabetes studies is Principal Investigator Dr Janet Titchener. Janet is an American-trained family physician with a sub-specialisation in diabetes. She is board certified in advanced diabetes management, a member of the American Academy of Family Physicians and a Fellow of the Royal New Zealand College of General Practitioners.

With over 10 years of clinical trial experience and numerous publications to her name, Janet is passionate about providing better treatment options for people with diabetes.

All Optimal studies are approved by Medsafe and the New Zealand Ethics Committee.



Dr Janet Titchener

WHO IS OPTIMAL LOOKING FOR?

Currently, Optimal seeks patients with type 2 diabetes who are overweight and on Metformin to be considered for research opportunities. However, there are always new diabetes studies on the horizon.

Please register your interest at www.optimalclinicaltrials.com/participant-form#!/study/45 or call the friendly team on 0800 RESEARCH (0800 73 73 27).

WHAT'S IT LIKE VOLUNTEERING FOR MEDICAL TRIALS?

Aucklander Kim Williams has always liked being part of research, but volunteering for clinical trials is special.

When she saw a call for participants from Optimal Clinical Trials, she knew she wanted to do it to "feel like I was also doing some good."

Kim was diagnosed with type 2 diabetes over six years ago. Since signing up with Optimal, she's taken part in two studies where she tested new diabetes medications.

Each was several months long, and one was international. Kim says she enjoyed the sense of being part of worldwide research.

Recently, she wanted to sign up for a third trial, "but I'd changed medications and didn't fit the criteria. I was so disappointed." However, she says there will be more chances in future.

The main relationships she has formed are with the research team there who "make you feel like royalty. They look after you every step of the way. You do also meet and chat with other volunteers. You bump into each other in passing in the waiting room."

She says that during trials you visit the clinic regularly, often weekly, and the team talks with you and runs tests. Kim is an administrator for a small insurance broker. "I usually opt for early morning appointments, but I'm really lucky that my boss is flexible."

Her GP has also been supportive of her involvement. "All results from tests go through to her. And they check with her first about anything they need to.

"I recommend volunteering. There are some really good medications if they make it out to the market."

Recipe taken from the Eat Well Live Well Diabetes New Zealand Cookbook.
You could do a “Jamie Oliver” and substitute other vegetables, just what you have in the refrigerator or garden.

Serves 2

Prep time 10 mins,
cooking time 25-30 mins

Nutritional Information

Serving size approximately
230 grams

Average quantity per serving:

Energy 659 kJ (158 kcal), Protein
15.3 g, Fat total 7.7 g - saturated
2.6 g, Carbohydrate 4 g - sugars
4 g, Sodium 289 mg

4 eggs

½ tsp iodised salt

¼ tsp ground black pepper

¼ brown onion, diced

½ medium head broccoli,
chopped

1 courgette, diced

2 kale leaves, finely chopped
(without stems)

½ capsicum, diced

Broccoli Egg Bake

- 1 Preheat oven to 180°C.
- 2 In a small bowl, whisk the eggs, salt and pepper. Add the chopped vegetables.
- 3 Line a 15 cm oven dish with baking paper.
- 4 Pour egg mixture into the dish and bake for 25-30 minutes until the eggs are set.
- 5 Remove from oven and let cool for 5 minutes before removing from the dish and serving.

Lee-Anne Wann



ENJOY!!!

From your District Diabetes Co-ordinator

Glenys Hansen



Lions Learning - Update

Lions Learning Centre:

Is now back up and running after an UPGRADE last weekend. The look and feel is slightly different but the content is the same. Check out the on-line courses – there is something for everyone.

Incoming Officer Training:

All incoming Officers should by now have received a letter from me - outlining the training for their new roles.

Training will include but not be limited to:

Introductory Webinar – District Governor elect Murray Pringle

Online Modules – LCI Lions Learning Centre

Goal setting

E-Books – developed by LCI

Webinar – “Specialist in your Area”, Questions and Answers, Idea Sharing

Simple Quiz

If you have not received details, please let me know as soon as possible.

Zone Chairman Training:

In person Zone Chair training will be held in Dannevirke on Saturday 20th June starting at 10:00am.

Lions Institute Training:

Covid-19 has impacted on the delivery of a number of Institute Courses. While some dates are yet to be finalized I can advise the following:

LCIP – Sydney 26-29 March 2021

ALLI – Brisbane 15-17 April 2021

FDI – New Zealand early 2021

ELLI – New Zealand October 2020

If you are interested or know of a Lion in your club who could benefit from these excellent courses, do not hesitate to contact me directly:

PDG Rex Bullard GLT Leader 202M.GLT@lionsclubs.org.nz