

# 2020 Edition April 2020

DG John Whyte & Marianne



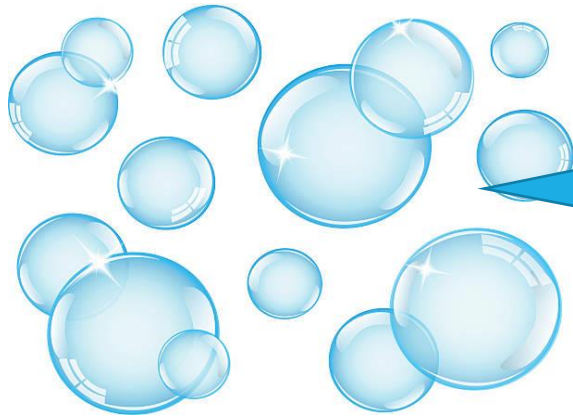
Back Row: John Benfield JP, Melville Syme QSM, Malcolm Williams JP, Peter Machaelis, Philip Lynch, Warren Glassey, Peter Gamble.  
Middle Row: John Redger, Errol Blatchford, Di Barrett, CC Helen Williams, Dick Johns QSM JP, Miles Ellery, Darrell Daish.  
Front Row: Jim Pollitt, Julie Syme QSM, Marion McWha, DG John Whyte, Ian McWha, Raewyn Clearwater, Mary Griffiths.

7th February 2020

Photo: Donald Lamont

**PDG's attending the 50<sup>th</sup> anniversary at the Rangiora Convention**






# All Club Projects cancelled



**There will be NO hard copy of the bulletin this month due to the bubble lockdown**

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- Global Causes**
- Diabetes**  

  - Vision**  

  - Hunger**  

  - Environment**  

  - Childhood Cancer**  


*Welcome to our New Members  
For March 2020*

<i>NEW MEMBER</i>	<i>CLUB</i>	<i>SPONSOR</i>
NEIL MONK	AMBERLEY	STEPHEN DOAK
WARREN PALMER	AMBERLEY	JULIE BURNBY
YVETTE PALMER	AMBERLEY	JULIE BURNBY
KEVIN CLEAVER	AMURI	STUART MCLEAN
PAUL KEEN	AMURI	STUART MCLEAN
CAROL ARMSTRONG	GOLDEN BAY	PAULINE MILNE
MARTYN ARMSTRONG	GOLDEN BAY	PAUL MILNE
MAREE FURNESS	HAVELOCK	SIOBHAN SKINNER
DONALD SCOTT	HOKITIKA	
BARBARA SULLIVAN	RANGIORA	JACK MCLAUGHLAN
HEATHER LOCKE	SELWYN	AMY PEARCE

*Bereavements March 2020*

RUPERT DRAPER  
RICHARD TURNER  
HARRY HENDERSON

CHRISTCHURCH FERRYMEAD  
CHRISTCHURCH HOST  
GLENMARK





## From DG John in his bubble

Well I hope everybody is safe and well in their own big bubble. It's times like these we need to do those 1001 little jobs around the home, the house will have fresh coats of paint, and the section will be immaculate .Everybody will be an expert on their mobile phones, Face book, Messenger, What's app, Google Gmail, Face time, Instagram and many more. Please keep up regular contact with your

Lions members in this time of need, as this strengthens those bonds developed between you and your fellow members.

The DG team have had 2 online meetings since we all went into lock down to look at ways, we can help clubs and look after our members to make sure they are all Okay.

It is encouraging to see clubs doing their elections by electronic means and using this also to run their board meetings. Great work.

I would like clubs to send me photos and stories of the ways you're keeping in contact with each other. And also please send them to Julie Syme our district bulletin editor.

During the last weekend there will be a 3 day Council of Governors meeting being held. This will be my last council meeting held on Zoom, so it will be great to see how this will work. I believe it will take a lot of concentration and a new way of running a meeting with many members. Council Chair Helen will have her hands full as she manages this meeting.

Planning is just starting for my last cabinet meeting, which is due to be held on May 24<sup>th</sup>, again this will be a Zoom meeting.

This year you may get an invite to join in some club officer training sessions that will be held on a Zoom meeting. Going forward this may become the way some meetings will be held so we are able to keep in touch with clubs more often during the year. Still to be trailed. More information will be released once it becomes available.

Yes times are changing. Its great to hear what clubs are doing and that members are keeping in their bubble. Please keep safe and warm as winter approaches.

Be Kind to one another.

DG John.



## From Council Chairman Helen Williams



1. A **Between The Lions** newsletter will be distributed this week with details about the AGM which is to be conducted by email. Clubs will be asked to submit the names of their eligible delegates and email details for approval by the credentials committee. Once these are approved a voting paper will be sent.
2. Please send details to your District Editors about service your club is continuing to perform during lockdown as we want to share good ideas. (One such idea in the Sunday Times today is to make a homemade wreath to hang at your gate for ANZAC day. Many of us are knitting for charity also) Please send a photo and caption to Facebook administrator Karen McGinness <[lionkaren202k@gmail.com](mailto:lionkaren202k@gmail.com)>
3. All clubs must have their 2020-21 officers loaded on MyLCI before **15 May** to ensure their details are in the Directory. This should include Lioness clubs and Leo clubs also. This is a good opportunity also to check that the personal details of all your members are accurate.
4. Keep your members feeling safe but engaged in the work of the Lions family? What are you doing to support your members? What are you planning to do as we come out of the lock down phase? We need to be planning for this next phase now.
5. Money is needed by many of the charities who are still able to operate such as foodbanks and women's refuge. Can your club help?
6. District 202E is currently leading with 73% or 35 out of 48 clubs having made a contribution to LCIF in this current year. Can we get to 100% before June 30?



### CORONAVIRUS SYMPTOMS



dry cough



fainting



fever



headache



respiratory failure



runny nose



chest pain



muscle pain



## Lions Clubs International

### Dear Lion,

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.

**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 neighbours.

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



# LCIF Update on the Coronavirus Pandemic

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.

LCI has created a new webpage in regards to the coronavirus, which can be accessed at the following link: [www.lionsclubs.org/coronavirus](http://www.lionsclubs.org/coronavirus). The Foundation will also be communicating updates on this webpage, including our plans to address the outbreak of Covid-19.

I realize that the Lions of Australia, members of our ANZI family, have battled multiple disasters this year with the bushfires, flooding, and now the worldwide pandemic. Allow me to share a video produced last month of PIP Barry Palmer addressing the devastation of the fires in Australia: [https://youtu.be/vdvD6\\_xAkoU](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.

I hope that each of you are prioritizing your health and safety during this difficult time. As always, I thank you for your service.

Jeff Arnett  
Regional Development Manager  
Lions Clubs International Foundation  
300 W 22<sup>nd</sup> St, Oak Brook, IL 60523



**We are about 3 weeks away from knowing everyone's true hair color**  
😂



## South Westland



A very successful Salmon Fishing and fun day. Good spot prizes and auction of spot prizes Competition.

L FISH WEIGHTS			
SALMON	WEIGHT	TRICKS	
Alyane Palmer	3.055		
Paul Larsen Sr.	3.700	1st	
G. Larsen	2.965		
Jamie Weeks	3.300		
Nick Breakwell	3.400	2nd	
Ken Johnston	3.315		
Garin Ridley	3.330	3rd	
Tim McKinnley	2.775		
Gordon Graham	3.015		
Tracy Rowberry	2.200		
Alister Climo	2.345		3rd
Alister Climo	2.180		
Brandon Fenn	3.030	1st	
B. Blackburn	1.935		
Sharon A	1.480		
Murray Gill	1.535		
Des Johnston	2.555		
Craig Douglas	2.045		
Jamie Weeks	2.920		2nd
Tracy Rowberry	2.300		

**Rolleston Lions are having lockdown competitions.  
Maybe other clubs could do something similar.  
Read below their brief of what to do and have a go  
in your club**

**I have just given you an abridged version of their advert.**

### Rolleston Lions

**COMPETITION TIME FELLOW MEMBERS**

**LETS CALL IT THE LOCKDOWN COMP NO 1**

For those of you who want to play please make your cake, you have until  
22<sup>nd</sup> APRIL, they have to be

Original, made by yourself, decorate it up if you want, send me your photo  
by email.

It can have a theme like Lockdown let your imagination run wild

**What will be their Comp No 2?**



## Kaikoura Lions



Working bee to spruce up & refine Churchill Park Lions area with Limestone.  
Looks really great and be lovely for a visit some time when we can out and about again.

### Lloyd Morgan Charitable Trust Report.

Hi team,

I trust that you are catching up with Club Administration during the Lock Down, there are many things that need attention. As your Trustee, I wish to share with you the latest stats from your Trustee Board. The Lloyd Morgan Trust is our New Zealand Trust named after our first and only International President.



The trust is there to assist Clubs to get a financial “hand up” in completing projects, Recently Hokitika received \$20,000 towards a \$60,000 plus project refurbishing a children’s playground, and Ferrymead Lions some \$9000 towards a Community Vehicle.

These are just two projects this year amongst others from our District. We cannot continue to maintain this level of giving without each club contributing to the Capital Fund. Projects are funded from the interest from the Capital Fund. As you know returns on investments are at an all-time low so we need your support more than ever.

This year only 52% of clubs in this District have contributed to the Capital Fund that is 25 Clubs, so where are the other 23 clubs.

This District this year has received \$35,609 from the Trust in Grants, yet we have only contributed \$7200. Please if your club has not donated the minimum of \$10 per member, please consider it now in this time of need.

It’s Our New Zealand Trust for the benefit of Clubs and their projects, and Service activities within their communities.

Just a reminder to clubs, Both LMLCCT and LCIF donations are donations from the Projects (Trust Account) not the Admin Account as some clubs have been found to be doing.

Thank you to those clubs who have already donated this year,

Paul O’Connor M.B.E.

202E LMLCCT Trustee

COVID-19 FRONTLINE RELIEF  
GRANT UPDATE

**81 LCIF  
GRANTS  
AWARDED  
TOTALING  
US\$2,237,705**

[lionsclubs.org/lcif-response](https://lionsclubs.org/lcif-response)



**Lions Clubs International  
FOUNDATION**



**This report was to be presented at Multiple Convention,  
as it is no longer being held it is in this bulletin.**

## **Report for the Multiple District Convention booklet, Whangarei May 1- 3 2020**

Rhonda  
MD Secretary  
P O Box 691  
Orewa 0946  
Hibiscus Coast

John Harwood QSM  
Hearing Preservation Advisor  
Villa 111, Oakwood's  
357 Lower Queen Street  
Richmond 7020  
Phone; 03 5423810  
Email; [johnola10@xtra.co.nz](mailto:johnola10@xtra.co.nz)

Dear Lions Members

Welcome to this 202 Convention in Whangarei, and to the world without SOUND

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

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 one's 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? you all 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 .

I will be at the Convention so if you have any questions or ideas please talk to me.

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

I have had only 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 something back to their clubs.

Regards Lion John Harwood QSM

## Amberley

**Sausage Sizzle at Andy Bain's Classic Car Auction** - The sausage sizzle went ahead with lots of support from club members. The publicity we gained was great and it was a most enjoyable day. The funds raised will go towards our sponsorship of the senior class at Amberley School for the William Pike Challenge they are participating in.



## Havelock Lions

### "How we survived Covid-19"



**THE CHALLENGE SEE NEXT PAGE**



I, the Editor, challenge all clubs to enter your club “montage” for the May Bulletin with your members activities, deadline for this is 18<sup>th</sup> of the month.

Have some FUN.

See if you can do better than Havelock!

This poem was written by Kathleen O’Mara in 1869, OR WAS IT, after the Irish famine and Reprinted during Spanish flu pandemic, 1919. There are differing opinions! Do a little research and see the comments.

Great powerful poem for us at this time

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened more deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who lived in ignorant ways  
Dangerous, meaningless and heartless, the earth also began to heal  
And when the danger ended and people found themselves they grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.

Photo taken during the Spanish Flu Pandemic



## TOP NEWS

LIONS CLUBS INTERNATIONAL ALONG WITH KIWANIS INTERNATIONAL, OPTIMIST INTERNATIONAL AND ROTARY INTERNATIONAL ISSUED A JOINT STATEMENT OF COMFORT AND HOPE DURING THE COVID-19 PANDEMIC. THERE RENOWNED SERVICE ORGANISATIONS ARE LEVERAGING THE STRENGTH OF THEIR COMBINED NETWORKS OF 3.2 MILLION MEMBERS AND FOCUSING THEIR COLLECTIVE SKILLS, RESOURCES AND IDEAS TO SUPPORT FRONTLINE HEALTH WORKERS AND FIRST RESPONDERS AS THEY BATTLE THIS DISEASE AND SAVE LIVES.

## **Lions Clubs International Foundation**



**Lions Clubs International  
FOUNDATION**

LCIF's support of Lions' service is more important now than ever. Thanks to your donations, we have been able to now award 62 LCIF Grants Awarded Totalling US\$1,839,943 as at the 13<sup>th</sup> April.

Donations for our COVID-19 response are being accepted through LCIF's General Disaster Fund.

Thank you to all clubs in 202E for your generous donations this year.

Remember if your club area has a special need or a project for anything especially relating to the consequences of Covid 19, LCIF have grants available to make your funds achieve more.

These grants are available thanks to club donations each year.

Please contact me for further information especially to check if your need/project will qualify for a grant.

Monies donated to Australia Bush fire Water tank project have been well received and the recipients very grateful for the generosity. Also Lions money received for the Bush Fire Appeal is going to recipients as fast as possible but is slowed due to Covid 19. 100% of money donated goes to the designated cause.

If your club is planning a project which may need LCIF assistance please contact me even if it is not ready for submission. We can have it ready for you to submit when restrictions are eased.

In the meantime take care of yourselves, stay safe and take time to contact fellow Lions just for a friendly chat. Sometimes loneliness is overlooked. Keep alert for Lions and neighbours who may need assistance of some degree. **We Serve.**

Thanking You

John Benefield  
202e LCIF Coordinator 2019-20 Ph 0272276075

### **Here's some history of interest courtesy Akaroa Lions Club.**

**Food for thought.** The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people in Britain got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

1. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all were the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, don't throw the baby out with the Bath water.
2. Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying. It's raining cats and dogs.
3. There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big

posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

4. The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, Dirt poor. The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a thresh hold.
5. In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.
6. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, bring home the bacon. They would cut off a little to share with guests and would all sit around and chew the fat.
7. Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.
8. Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.
9. Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.
10. England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

And that's the truth...Now, whoever said History was boring!!



## CHALLENGE TO ALL CLUBS

Have a zoom social meeting so you get the idea of how it all works, then hold your board or dinner meeting. The DG team has had successful Zoom meetings.

Let the President lay down the rules.

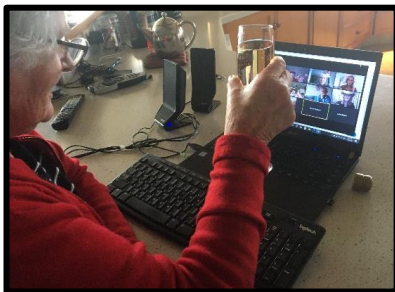
1. President calls who is to speak – one at a time
  2. If members want to attract attention to say something, hold a pen in front of your face, then wait and the president then knows you have something to say.
  3. The above saves time and stops too many speaking at once.
- Come on clubs give it a go, it is great.



### Seaward Lions

The Club had a practice social funny hat & Wine Zoom session, to see how we could manage a meeting. So we had a Happy Hour. Yes we did have wine, and didn't have to drive home!

Editor PDG Julie taking part in the Zoom meeting



#### Editor's note: We must try new things!

Seaward President Nancy wrote a poem for the Zoom social session.

If we live in our bubble  
And try to stay out of trouble  
Our size may grow double  
But we'll still have our friends.  
So here's a toast to those of you  
Who know just what to do  
Follow the news to get a clue  
And keep in touch with your friends.





## Akaroa & Bays

A team of 11 members turned up for the working bee to cut, split and deliver firewood to the elderly and needy, a task our club has done for many years.

Fortunately the whole job was completed before lockdowns came into force and before the cold weather sets-in.



## Rangiora



Another successful year. Thank you to all those that helped make it such a success. Special thanks to Ruscoe and Maureen Hampton. The event is now embedded in the event calendar for many locals.

## Ellesmere

Ellesmere's board meeting with 100% attendance via Zoom.



**Editor's note: We must try new things!**



# MESSAGE IN A WALLET

A LOW COST LOW INPUT

CREDIT CARD SIZE PICK UP AND GO PROJECT  
**ALL THE HARD WORK IS DONE**

IT COULD SAVE THE LIFE OF SOMEONE YOU KNOW



PERSONAL INFORMATION	EMERGENCY CONTACT DETAILS	MEDICATION	MEDICATION CONTAINER	ILLNESSES / HEALTH PROBLEMS	GENERAL INFORMATION	EMERGENCY INFORMATION
Surname: _____ First Name: _____ Date of Birth: _____ Blood Group: _____ Does anyone depend on you for care? Yes/No	In case of emergency please contact: Name: _____ Relationship: _____ Phone No: _____ Alternative Phone No: _____ Mobile Phone No: _____	Name of Medication: _____ Dosage: _____ Times per day: _____	Name of Medication: _____ Dosage: _____ Times per day: _____	Please list details of any current illness, health problems, allergies, etc. Patient is diagnosed for help in an emergency Please keep in your wallet or purse Indicate on reverse side the full date	Doctor's Surgery: _____ Doctor's Name: _____ Lynx/Phone Number: _____ Nurse/Health Care Provider: _____	EMERGENCY INFORMATION

Lions Club of Oxford have been working on this project for 18 months. The project was presented at Convention in March and many clubs purchased supplies

Around the world they are given out free and the same here. Clubs buy the packs and then distribute free to their community.

Each pack contains

1 laminated A4 sign

One Sistema see through plastic container

100 credit card size fold out Message in a Wallets each in their own plastic sleeve

Price per pack: currently \$40 – that is 40 cents a card. Courier fee extra.

**Stock still available**

**Contact Dave Halls at: email [guswiki1@gmail.com](mailto:guswiki1@gmail.com) or 027 4660 250**





## Virtual Meeting Tips



1. Make Eye Contact With The Camera



2. Avoid Doing Other Things During The Call



3. Use Mute When You're Only Listening



4. Minimize All Other Kinds Of Distractions



5. Allow Guests To Finish Before Jumping In



6. Ensure Your Area Is Well Lit And Clean



7. Test your audio, video, and/or application BEFORE the start of the meeting.

## Our Lions Code of Code of Ethics

**TO SHOW** my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

**TO SEEK** success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

**TO REMEMBER** that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

**WHENEVER** a doubt arises as to the right or ethics of my position of action towards others, to resolve such doubt against myself.

**TO HOLD** friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

**ALWAYS** bear in mind my obligations as a citizen to my nation, my state and my community, and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labour and means.

**TO AID** others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

**TO BE CAREFUL** with my criticism and liberal with my praise; to build up and not destroy.



# OUR COMMUNICATION IN LOCKDOWN IN OUR BUBBLES



Lions,

Thanks to the Clubs I have "pinched" bits from, as editor it is a privilege to be able to do that, just as you can "pinch" from Me.

Communication is anyway we can all communicate with Family, Lions, friends, each other etc to help keep us all together in this new normal we are experiencing.

Below are examples of how to communicate, have I missed some???

PDG Julie Syme QSM. Editor

