

INFORM



Murray's Memo

July 2020

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It is a privilege and great honour to serve as your District Governor for the 2020-2021 Lions Year. We are living in extraordinary times and the Covid-19 pandemic has created a new world order and a new normal. There is no doubt that we will be facing a year of challenge, however the pandemic has taught us how to support one another through times of adversity. We, accordingly, have the opportunity to manage any challenges that come along, and turn them into opportunities.

My theme for the year is "Looking Forward with 2020 Vision". When I chose this theme I had no idea of what was about to befall us as the coronavirus took hold. None of us have any real idea of what the long term social implications will be living in a post Covid-19 world. Now more than ever is a time to "look forward with 2020 Vision".

Many Clubs will understandably be feeling a good degree of vulnerability. Clubs may face issues of membership retention, particularly as the majority of Clubs will only just be resuming their face-to-face meetings following the period of lockdown. The pandemic has, however, presented us with a rare opportunity of reviewing the way we do things. I encourage all Clubs to do a little navel-gazing, not only to ensure that we are meeting the needs of our members, but also to ensure that we remain relevant to the needs of our communities. I encourage all

Clubs to think outside the square in their endeavours to manage the challenges that will undoubtedly present. For example, Clubs might give consideration to whether the way they meet remains relevant to the membership. The lockdown forced us into looking at alternative means of communication and meeting. The use of Zoom Meeting technology and other social media has accelerated, and this may provide opportunities that Clubs had not previously considered. Out of adversity arises new opportunities. The lockdown demonstrated the depth of community feeling – we looked after each other and we did so with kindness. New Zealanders learnt that they liked helping each other, and I am sure that that sense of community service is not about to go away any time soon. There is, accordingly, great opportunity for membership recruitment so I encourage all Clubs to undertake membership drives. The lockdown demonstrated that there are other service opportunities that have arisen as a consequence of the crisis that we have been living through. Can we help the families of those who have lost their employment? Is there opportunity for internal youth exchange programmes?



I encourage all Clubs to continue their service projects and to seek out new ones. After all, that is what we do – We Serve. However, in carrying out your service projects please keep the health and safety of your members and your communities to the forefront of your minds.

Many of you will know that Lion Clubs International has determined that the international office holders for 2019-2020 will continue in their respective roles in 2020-2021. International President Jung-Yul Choi will accordingly remain President. He has determined to retain his theme of "Service through Adversity", but he has also enhanced it by embracing the late

International Vice President Judge Haynes Townsend's, who unexpectedly passed away in December last year, theme of "Kindness Matters". President Choi's new message is accordingly "United in Kindness and Diversity".

So as we embark upon another year of service I encourage you all to do so "united in kindness and diversity". My very best wishes to you all for a very successful year, and my heartfelt thanks to you all for placing your trust in me as your District Governor for the 2020-2021 year.

D.G. MURRAY
1 July 2020

From the Editor's Desk

What a strange year it has been. Who would have thought as we saw in the New Year, we would be spending two months in lockdown, some of us sadly not being able to be with loved ones as they fought the virus, others losing their jobs, and still others becoming the teachers of their children. It would not have been easy to spend all day every day with those they share their house with. Equally those who live alone would have found it difficult to stay motivated and upbeat. I know. I was one of those. What a blessing we are now in Level 1 and hopefully there to stay. It was so nice for our clubs to meet face to face. The song is true - you don't what you've got until its gone. I really appreciate my freedom now more than I did.

One thing I would ask you all to do - make your own email address list of the members in your club.

The second is - be aware of who you are sending emails to. So that means CAREFUL USE OF THE 'REPLY ALL' as an address list. Some of your club lists include the District Governor, 1st VDG and 2nd VDG and often the Zone Chair because you send us your club bulletin although not all of you do. We don't need to be involved in or know about your roster change requests for club projects.

Wishing you a successful Lions year 2020-2021.

Editor Mary

Dear Lions,
This year has truly been unlike any other in our history. Your incredible innovation and commitment to serving safely in our world's greatest time of need has helped your community to stay strong. We have faced great challenges, but we have also achieved great things together.

I'm so proud to announce that this year we've accomplished our LCI Forward goal of serving more than 200 million people per year around the world. From preventing diabetes to preserving sight, each person we served is a life we've changed. So let us celebrate this very special moment.

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And let us remember that the world needs Lions now more than ever. Your community needs you more than ever. I am so proud of you, and what we've achieved this year. I look forward to the incredible things we will accomplish together as Lions in the years to come.

Regards,
Dr. Jung-Yul Choi
International President
[#LCI](#) [#LionsClubsInternational](#)



ROUND THE CLUBS

Karori

Wednesday 24th June was a very popular night for Change of Officer Meetings and Karori Lions Club was one of those. After a lot of catching up by the members and a delicious meal prepared by Chandon, PDG Robyn Daniels inducted the Board pictured below.



L-R President Joanne Knight; Projects Sharmini Sivanatham; Secretary and Community & Youth Beth Anders; Treasurer and VP Jo Cameron; Membership Alice McDonald; Communications Trevor Anders; Programmes & Social Vaughan Crimmins

R- President Joanne makes a presentation to Jenny Howard in recognition of her 8 years on the Board, 2 of those being consecutive years as President. Well done Jenny!



No, the picture above does not show a new type of wheelchair. Rather, collecting these bread and fruit bag tags will help purchase wheelchairs.

Our club has decided to start collecting plastic bread and fruit bag tags to recycle to raise funds for Wheelchairs in Africa. Please collect them yourself and ask all your friends to do so. Maybe a school in your area would like to join in. When you have a bagful ready, please bring them to Stephanie at a club meeting. Thank you.



Secretary Beth Anders was presented with a Progressive Melvin Jones Fellow award, much deserved for many years of capable management of the Secretary's role. Well done Beth!



Wellington Host

Wellington Host Club has a new project - collecting the plastic tags from bread and fruit bags (pictured right). To contribute to this worthwhile recycling project, we would ask you to bag them and take them to your Zone Meetings and the Zone Chairs will then forward them to Graham Atkinson (Wellington Host) at the next Cabinet Meeting.

“Tamariki Ngaro” - Lost Children Are Remembered

Featherston Lioness Club

In 2016, in discussion with Helen McNaught at the South Wairarapa District Council, Featherston Lioness Club members volunteered to establish an online database of the people buried at the Featherston Cemetery.

They discovered however first and foremost there was a need to identify and record all the babies and young children (under the age of 12) who were buried without any headstones or acknowledgement of burial site.

They were predominately buried under the large mature trees on the Western Lake Road boundary – however graves were now broken and unidentifiable by the growth of the trees over the years.

In its records dating from 1864 until the present day, the register of graves showed up to 420 children buried in that area with no certainty of which site belonged to which, hence the name ‘Lost Children’ for this project.

Featherston Lioness’ trawled through the grave register and found graves for many of the “Lost Children”, but there were many unable to be found.

We decided to establish a memorial at the cemetery for the children who could not be found, but are registered as having being buried there. The idea was to provide a space where family, friends and visitors could sit and reflect.

With contributions of time and resources from Featherston community members and businesses (and some from further afield), a beautiful pergola was built, and officially opened by SWDC Mayor, Viv Napier and Featherston Lioness Club President Shirley, on Friday 22nd February 2019.



I saw this on LCI Facebook and thought it was such a good project. Posted by Glenys Hansen

ROUND THE CLUBS



When: Saturday
25th July
Venue: St Philip’s
Church Marsden
Village, Karori.
Time: From 9.00am

Our Causes

Whenever Lions club members get together, problems get smaller. And communities get better. Because we help where help is needed - in our own communities and around the world - with unmatched integrity and energy.



Diabetes



Child Cancer



Environment



Hunger



Vision

Reprinted from an email and Newsletter to PDG Jack. If your club wishes to support this very important service please contact Kerry on Email sherry@lifeflight.org.nz



I hope you're feeling more settled being back in Level 1.

I wanted to start off with this beautiful helicopter moon image as it's my absolute favourite and a great one for all the ET fans out there!

I know I've already spoken to some of you during the lockdown period but I just want to say another massive **THANK YOU** for being there for us. Even now as we work our way back to a new normal, we've been so grateful for the ongoing commitment to Life Flight. Please also keep sharing the news about our partnership with your customers, clients and communities.

Another hugely helpful way to show us some further support during the recovery period is to tell a friend about us. If there's anyone you might know who would like to connect with Life Flight, please put them in touch with me, I'd love to hear from them.

As always, feel free to contact me anytime.

Kind regards,
Sherry

sherry@lifeflight.org.nz

Is your club looking for a ZOOM dinner meeting speaker - Sherry is ready for that.



Sherry says, "Our aircraft have been extremely busy in the last few months! Just to give you an idea of the number of missions we might fly in only one month, here's a snapshot from May."

DATES FOR YOUR DIARY

- 5 July Targa Car Rally—Course Marshalling - See Mike Brock of Dannevirke Lions
- 22 July Lions 'Bouncing Back' Book Sale - Dannevirke Town Hall
- 25 July E Recycling Collection at St Philips Church, Marsden Village, Karori from 9.00am.
- 26 July High Tea For Masterton Hospice - See page 7 for details
- 18 Sept Mana Lions Charity Golf Tournament for Mary Potter Hospice — Contact Roger Watkin.
- 18 Sept Mary Potter Collection
- 30 Oct Ballentynes Fashion Parade for Wellington Children's Playscape - Johnsonville Store
- 7-8 Nov Long Walk Home - Contact Judy

MD Diabetes Co-Ordinator

Since the COG meetings in May , the Councillors have decided not to advertise the MD Diabetes Coordinators position. It is felt that because the Diabetes Association is dysfunctional as a National body that it would be more beneficial to ensure that each District appoints their own Diabetes Coordinators dealing with their local organisation in the regions. These District coordinators can then report to MD GST Leader Wendy Goodwin. It is felt that this arrangement would have better outcomes for the districts and our members in addressing this global cause.

PDG Jack Hayes

CONGRATULATIONS to our new District Governors whose induction took place in Hanmer on 27th June officiated by PIP Barry Palmer on Zoom. The photo below shows them in a happy pose before the new year starts. L - R Sue Fleury (F) ; Ella Butson (J); Paul O'Connor (E); Louise Knapman (D); Brian McMillan (K); Margaret Gill (L); Murray Pringle (M)



MASTERTON HOLDSWORTH LIONS CLUB PRESENTS

High Tea for Hospice

2:30pm Sunday 26 July

Te Kowhai, 59 Renall Street, Masterton
\$25 per ticket

For tickets please call 06 378 8888 or email
admin@hospicewairarapa.co.nz



GREAT FOOD AND
ENTERTAINMENT

for a great cause



Closing Sermon Words



A preacher was completing a temperance sermon: with great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He sat down. The song leader then stood very cautiously and announced with a smile, "For our closing song, let us sing Hymn # 365: "Shall We Gather at the River."

cbits

Obituary

Picton Kaumātua, teacher and community stalwart Bill Thomas has died.

In recent years Thomas was a familiar face, selling pounamu pendants at the Blenheim market beside the railway station every Saturday.

He also taught at all the colleges in Marlborough, and was an avid Lions Club member.

Bill Thomas was born and raised in Picton as the fourth of 10 children.

He won a Lions Speech competition which gave him the chance to represent New Zealand at the World Youth Congress in Dallas, Texas.

He left Picton to study at Victoria University and Wellington Teachers' College before starting a teaching career which spanned 45 years. For many years, Bill taught in Porirua, then at Marlborough Boys' College, Queen Charlotte College and Marlborough Girls' College. He taught at the Correspondence School in Wellington for his last 10 years.

He taught special needs students, and subjects including te reo and transition to work.

He retired and moved back to Marlborough about two years ago, his son said.



"He's just done so much. I think it's just his personality too ... he was a big heart, a big guy, larger than life ...

Bill Thomas died on June 6 after ongoing health issues. He was 70. "He loved helping other people. That's what endeared people to him, he would give the shirt off his back." That was reflected in the organisations he was part of, Alamaine said.

Bill served stints as the president of the Lions Club and founded a Leo Club in Marlborough, aimed at youth aged 12 to 18-years-old.

He also took part in kapa haka groups, and was a dedicated fundraiser for various organisations.

A service was held for Bill at Cloudy Bay on Monday. He is survived by sons Alamaine and Te Rangi, daughter Gwen, along with moko.

Reprinted from Stuff June 2020



COVID-19 Frontline Relief Grant Update: LCIF has now awarded 293 grants totalling US\$4,754,752.

Additionally, at the recent Trust board meeting in May the following grants were also approved

12 Sight First Grants US\$1,454,744

6 Lions Quest Grants US\$438,433

13 Diabetes Grants US\$782,127

56 Humanitarian grants US\$2,776,963

Campaign 100
Lions Clubs International Foundation
Empowering Service

A WORLD IN NEED	LCIF IN ACTION
Today, 253M individuals are blind or visually impaired.	Your US\$100 funds 2 cataract surgeries.
Today, 2/3 of children report being the victim of bullying.	Your US\$100 provides Lions Quest learning curriculum to an entire classroom for one year.
Each year, our planet experiences a 15% increase in natural disasters.	Your US\$100 provides immediate relief to 4 people in the wake of a natural disaster.
Every day, 245 people die from measles.	Your US\$100 provides measles vaccinations to 100 kids.

DID YOU KNOW?
Campaign 100 will enable LCIF to serve hundreds of millions more people by 2021.

By 2040, nearly 650M people are expected to be living with diabetes.	Your US\$100 provides diabetes screenings for 18 at-risk individuals.
Every 2 min a child is diagnosed with cancer.	Your US\$100 helps purchase equipment that will help diagnose or treat 8 children.
Each night, more than 800M people go to bed hungry.	Your US\$100 gives access to food for 14 disabled, elderly, low-income, or homeless individuals.
By 2025, 1/2 the world's population will be living in water-stressed areas.	Your US\$100 provides 14 people access to clean water.

Donations to Campaign 100 prepares us to respond to the needs of an ever-changing world.

Thank you to all clubs and individuals who have supported LCIF during the 2019/20 year.

**The new Lions year will bring us both ongoing and new challenges
and LCIF looks forward to your continuing support.**

Thank you for your compassion and generosity.

Jo Cameron
202M LCIF Coordinator

From your District Diabetes Co-ordinator—Glenys Hansen

I hope the articles and recipes I put in the InForm help you to understand Diabetes in general. Anyone can include these recipes in their diet.



Chickpeas are a storehouse of fibre, protein, and such disease-fighting antioxidants such as vitamin C, E, and beta carotene. Delicious chickpea meals like hummus, salad bowls, soups, falafels are low in carbohydrates, fills you up, curbs your appetite and have a low glycaemic index

From first glance, this nutrient-dense vegetable



Pumpkin and Chickpea Curry

- 500g Pumpkin – small diced
- 2 tabs cooking oil
- 1 Onion diced
- 1 tsp Crushed Garlic
- 1 tsp Crushed ginger
- 1 tsp Ground cumin
- 1 tsp Ground coriander or fresh if you have it
- 3 tsp Curry powder
- 1 can drained chickpeas
- 1 can tomatoes or tomato paste and water
- 2 tsp or cube vegetable stock or chicken stock
- ½ can coconut milk - optional

Fry onions in oil along with spices etc. Add pumpkin, tomatoes, chickpeas, stock etc and cook for about 20 minutes until pumpkin has soften. Add more water if necessary. Add coconut milk

Thicken with a little cornflour if sauce too thin.

Serve with Jasmine rice and seasonal greens.

ENJOY - this was my LOCKDOWN favourite.

Glenys H.

My daughter Colleen, now 50 yrs old, has been a Type 1 Diabetic for 42 years. She finds that different varieties of pumpkin affects her blood sugar.

Green Squash

Low in carbs.

Crown

Low in carbs

Butternut

High in carbs

Queensland Blue

High in carbs.

This brochure was brought home from Italy by DG Murray and VDG Simon when they attended the LCI Convention in Milan last July. It has been produced by Lions Italy.



PREVENTION OF DIABETES

Diabetes is a rapidly growing disease all over the globe but it is also possible to prevent it by following some simple steps.

Do not smoke and do not undergo passive smoking.

Try to eat two small portions of fruit (non - sugary) every day.

Try to prefer extra virgin olive oil vs animal fats.

Try to choose pasta and whole foods to those foods refined.

Take a brisk walk of at least 30 minutes each day

Try to eat plenty of vegetables in every meal.

Consume sausages and cheese in moderation.

You can drink coffee but limits to a minimum the alcoholic beverages.

Protein: try to prefer legumes and fish more than meat.

Avoid sugary drinks and reduce sweets to a minimum.

Try to keep your ideal weight.

www.lions.it

ROUND THE CLUBS

Johnsonville Lions Club

We're Back!!! Awesome to be able to meet and socialize together at our dinner meeting last night. Plus special bonus (now that we are meeting again), President Murray Gray was able to at long last welcome and induct two new members to our Club, Marisa and Lloyd shown here with their proud sponsors Judy and Garth.



Pictured here are L-R Judy, Marisa, President Murray, Lloyd and Garth



Aotea Railway Lions

We ran our Lagoon train last Sunday for the first time since lockdown. What a beautiful sunny day with lots of smiley faces.

We decided to make it a donation day suggesting a gold coin per person and our takings were higher than a regular day with a lot of clients

Giving \$5, \$10, or even \$20 which was great.





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

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

Award-winning philanthropist, Dr. Lee Gil Ya, will be honoured by Lions Clubs International and receive the coveted Lions Clubs International Humanitarian Award.

During a ceremony in Seoul, Korea on June 29, 2020, Dr. Lee Gil Ya accepted the Humanitarian Award for her lifelong dedication to medical practice, education, social justice and humanitarian service throughout her country of South Korea.

“If you do not know the joy of volunteering, you do not know even the half of life.”

Upon graduating from medical school and starting her own obstetrics and gynecology practice, Dr. Lee Gil Ya noticed that countless people needed medical care but were not receiving proper treatment due to high costs. She began admitting patients who could not afford to pay the deposit that other clinics demanded and offered free uterine cancer examinations to women. To keep her promise to support women’s healthcare, she still provides free uterine cancer examinations and so far, more than 130,000 women have received such care.

“Every life is a valuable life, and everyone has a right to life,” said Dr. Lee Gil Ya. “Medical services should not be limited to those who can afford it, so I have made it my mission and vision to provide everyone the opportunity to live a healthy life.”

In 1958, she founded Gachon University Gil Hospital in Incheon, which has developed into one of the largest hospitals in Korea with more than 1,500 hospital beds. Dr. Lee Gil Ya has expanded her humanitarian work worldwide. She founded the Hansen International Association of Supporters in 1993 and helped patients with Hansen’s Disease in Vietnam. She also opened a vocational school in Vietnam to support families of Vietnam veterans. Her work in Vietnam led to her work helping heart disease patients, and for over 30 years, she has provided free heart surgeries to 432 children from 17 developing countries, including Mongolia, the Philippines and Kazakhstan. She also serves as chairperson for the Gachon Gil Foundation.

Dr. Lee Gil Ya is recognized by Lions Clubs International for promoting cultural development, advocating for women’s rights to education and healthcare, and providing scholarships to students seeking careers in medicine. She received numerous awards including Orders of Merit and Medals of Honour, which are given by the president of South Korea to people who "rendered distinguished services" to the country.



“I strongly believe that we should strive to make a continuous effort for not only ourselves but for others in need,” said Dr. Lee Gil Ya. “Volunteerism should be based on pure motivation to put others first. Respect for the family, neighbourhood and human lives is a fundamental foundation of my practice of medicine. Regardless of region, religion or race, medical professionals should reach out with love and a spirit of volunteerism.”

Lions International President Dr. Jung-Yul Choi will be presenting the award to Dr. Lee Gil Ya. “I am looking forward to presenting this award on behalf of the more than 1.4 million Lions around the world,” he said. “Dr. Lee Gil Ya’s work is changing lives, just like Lions, and we are proud to support her and her important humanitarian efforts.”

She joins a distinguished list of prior recipients, including Mother Teresa, former U.S. President Jimmy Carter and Nobel Peace Prize winner, Dr. Denis Mukwege.

Congratulations, Dr. Lee Gil Ya. Your legacy of humanitarian service will carry on for many generations to come.

Learn more about the [Lions’ Clubs International Humanitarian Award](#) and see our list of outstanding recipients. (ctrl+ click to access hyperlink)