

InforM



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David's Patter

Following on from 1st VDG Simon, this is my first time to pen words for InforM as your 2nd VDG.

Who am I, more of me later in this article.

Unfortunately we are still under Covid-19 alert level 2 for at least another couple of weeks. This, of course, is having a great impact on Lions Clubs in 202M, where tea meetings are either being cancelled or held in a reduced format.

It is important that contact is continued with all Club members whether it be by Zoom meetings or phone calls from the Club President.

As I pen this I have just finished attending the GMT webinar on Membership - New Ideas.

One question that was asked as part of the webinar was how many had read their DG's goals?

Result 57 percent had, 43 percent had not. Seek-out what DG Murray's goals are.

This raised the question, has your Club developed goals for recruitment of new members?

If your Membership Director attended the webinar he or she will have come away with a number of ideas on how to progress recruitment of new Lions.

On another subject, the Playscape Project at Wellington Hospital fundraising has moved ahead substantially, with donations and pledges from 202M now totalling \$145,995. Any donations can be paid into 'The Trust' by direct credit.

The bank a/c number is 02-0528-0038410-00. Email PDG Keith Kenderdine advising of your deposit.

Presidents' weekend is fast coming up, so Presidents should now have the dates of 10 and 11 October 2020 booked-out in their diaries. As you are aware this is being held at the Silverstream Retreat. Accommodation can now be booked, and from seeing the draft programme it looks like it is going to be a very enjoyable weekend. The weekend starts-off at noon on the Saturday, and finishes at noon on the Sunday.

This is a chance for first-time Presidents to mix and mingle with those that have held the position before, PDGs, and the 202M Cabinet.

And now a little about me:



I joined the Mana Lions Club, Porirua, Wellington on 5 December 2010, where I have held various club roles, including six years on the Board of Directors, culminating as Club President in 2018-2019.

In November 2019, PDG Sandie McIntosh asked if I would consider the role of 2nd Vice District Governor, and I was voted in at the 202M Convention in Havelock North in March this year.

I feel very strongly about Lions and the results we can achieve working together to serve our communities. But for the future of Lions, we have to change to survive.

Change so we can attract younger generations so we can continue in achieving the Lions motto: WE SERVE

For the last 20 years I have owned my own business, Skjellerup Landscapes, working as a landscape gardener.

I have been married to my wife, Carol-Anne, for 49 years, and we have three adult children. A son and granddaughter in London, a son and partner in Broome, WA, and a daughter, son-in-law, and two grandchildren living in Feilding.

Stay safe, be kind. And when using public transport, don't forget to wear your mask.

David Skjellerup

2nd Vice District Governor

From the Editor's Desk

What great news! The whole country is at Level 2 though Auckland is at Level 2+, all good but there is no room for complacency. We need to be wearing a mask when using trains or buses, and in public places like malls and supermarkets if not for our own protection then for the protection of the elderly and those with compromised immune systems due to cancer treatments and other illnesses.

The most important project on my mind at the moment though is the **Wellington Children's Hospital Playscape project**. We have **\$150,055** in donations and pledges. This is VERY CLOSE to what we need pledged or deposited **by the end of September** to be able to apply to the Lions Clubs International Foundation (LCIF) at their next Board meeting for the maximum matching grant of \$US100,000. We are just \$14,945 short of that target. If it hasn't already - Will your club help? See page 18 for further details.

Editor

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Serving our world safely Our 2020-2021 Global Priorities

Our global, and local, causes

Lions clubs are built to serve their local communities. They depend on us to meet many local needs, and those needs are growing and changing due to the unique challenges we're facing. We will continue to serve local needs, and we will also continue to build momentum around our global causes. We will provide clubs with resources, assistance and tools to serve both locally and globally through the Global Action Team and Lions Clubs International.

Campaign 100

This year, we will continue to support Lions Clubs International Foundation (LCIF) and Campaign 100, our effort to raise \$US300 million to empower the service of Lions. We are extending the Campaign through June 2022 due to the global challenges we're facing. Your generosity will help ensure that Lions have access to funding to take on more substantial projects in their communities. Giving is just another way of serving, so put your generosity into action by supporting this campaign that is supporting your service.

Storytelling

Storytelling brings your service to life. This year, it is critical for Lions to share the stories of how we are serving in these challenging times. By utilizing social media and leveraging local media, Lions can stay connected to their

communities while promoting their clubs. Storytelling can inspire your community, and the caring men and women who are looking for an opportunity to serve.

Healthy Clubs

Club health is still so important, even if it looks different today than it has in the past. Today, a healthy club is finding ways to serve safely, and getting as many members involved as possible. A healthy club is still holding meetings, but they're doing it virtually. A healthy club is engaging members through emails, social media and friendly check-ins. We will return to the incredible hands-on service that we are known for, and love. But until then, we need to create a great club experience now that makes all members feel invested and truly part of the club so we are ready to serve today and tomorrow.



Jung-Yul Choi

Dr. Jung-Yul Choi
International President



I saw this article below on LCI's Facebook page and after reading it felt it was worthy of reprinting it. If you know of any visually impaired students aged 11-13years please encourage them to enter. It is an opportunity for them to make their ideas count. Editor

International Peace essay

Created to give an opportunity for visually impaired young people to express their feelings of peace, the International Essay Contest is a staple of Lions clubs around the world. Lions work with local schools and area families to identify young people who are interested in participating and who could benefit from this program. One grand prize winner will receive an award and US\$5,000.

"Although I am visually impaired I can lead the way, my voice can be heard, I can bring others together. I may not see you well, the colour of your face or the clothes you wear, but I can help the world find peace by my example." 13-year-old Joseph Critchlow from Liverpool, United Kingdom, won the 2019-20 Lions International Peace Essay Contest. Read his full essay below.

The Winning Essay 2019-2020

Journey of Peace

I looked at a World in conflict. Who could help me answer a question, how can we solve the world's problems? There seems no way as we fight each other in our neighbourhoods, cities and countries for so many reasons. How can we journey to save our forests and oceans if we don't have peace first?

I looked at my city, Liverpool and wondered who could answer my peace question? I went to a City Gateway, Lime Street Train station, and in my mind asked the statue of the great entertainer Sir Ken Dodd, 'how can we find peace?' I felt he said 'share laughter, laugh together, happiness is a key.'

I looked up at the Liver bird statues, a symbol of our City at a Gateway to the Oceans. I asked 'how can we find peace?' I felt they said to me 'we can see across the world and time, we can see the Statue of Liberty. Many people look at what is different, not the same, find what is the same and come together there. This is a key.'



I went to the statue of John Lennon and asked 'how do we find peace?' I felt he said 'Give peace a chance. This is a key.' I wondered, if just one person stopped and did just that, would others do the same? Could I be that 'mustard seed' from which things grew? Could my voice be heard?

I went to the statue of Noel Chavasse, who sacrificed his life in the Great War winning the highest award for bravery the Victoria Cross, twice. I asked 'how do we find peace? I felt he said 'do what is right, help others. Learn from the mistakes of history we paid for in blood. Use your voice and strengths to tell others and help them learn. This is a key.'

I stopped at the statue of John Hully, a founder of the modern Olympics. I asked him 'how can we find peace?' I felt him say 'sports are a way we can come together and celebrate what is the same, where we can have fun, keep healthy and make friends. This is a key'.

My Journey to find an answer was complete. I looked at all my keys. Although I am visually impaired I can lead the way, my voice can be heard, I can bring others together. I may not see you well, the colour of your face or the clothes you wear, but I can help the world find peace by my example. As Gandhi said 'there is no pathway to peace, peace is the pathway', let me help lead you along that path by following my voice. Let us come together in things like music and sports as better ways to see we are just the same. It is from here we can work together in making a safer, better world. We all have the keys.

Joseph Critchlow
St.Vincent's School for Sensory Impairment
Liverpool,
United Kingdom.

Titahi Bay

Have you seen it? Titahi Bay Lion's Trailer has gone missing.

If you spot it please contact Police on ph 105
Our trailer rego is 1461S.

It is a galvanised Tralya model, single axle with wire cage 8 x 4 foot with a long draw bar. Wooden ply floor somewhat battered lifting on sides due for replacing.

There was a brown plastic storage box with green lid on the draw bar, but probably been taken off as was in a poor state.

The trailer sides had Titahi Bay Lions Club labels which probably would have been peeled or scraped off by now but tell-tale markings would show.

If anyone sees this in their travels let me know. The police have also been made aware of our stolen trailer, which unfortunately is uninsured.

Thanks

Greg Koschak

Secretary for Titahi Bay Lions Club."



Giant Book Sale

of books donated by the National Library. Sale of quality National Library books to be held 7 - 11 October, the venue is St Patrick's College, Silverstream. Further details will be forwarded to clubs in the next few days. Proceeds will go to the Wellington Children's Hospital Playscape project.

Mask-Making Bee

Karori

Club projects come and go and some stay for years. Karori Lions celebrated its 50 years Charter Anniversary and in that time there have been a number of projects that are not part of their Lions year now eg the monthly bin.

With Covid -19 one of the spin-offs is that masks are becoming the fashion accessory we need to have when using public transport and in closed spaces like lifts. Rosemary Smith was the person with the idea of making masks for sale to members, family and friends. She has sourced patterns and made up some prototypes and sold the idea to the club's board.

Below and left is a group of members who were participating in what will undoubtedly be the first of many sewing bees. A thoroughly enjoyable social time.



Above is Alice, Rosemary, Sharmini and Joanne Knight. Mary took the pic.

Round the Clubs

Rimutaka

At our meeting last night members voted to change the time of our meetings from 6.30 (meal) meeting to follow at 7.15pm to 5.30 meal and meeting commencing at 6.30pm.

This coincides with our change of venue which appears in the current MD Directory.

Gisborne Wainui

Last Tuesday Denise Weavers our first female member was inducted by DG Murray Pringle. VDG Simon Williams was also present. President Per Elzén presented Denise's membership certificate.

We have inducted 3 other members recently. All are very volunteer orientated. Denise is involved in Sunshine Buses and the Tairāwhiti Hospice. Another new member is now our Treasurer. He has arranged advertising for our club projects on an electronic billboard at a major intersection. Another member has organised the refurbishment of the Lions Express Train station.



ENVIRONMENT

This is one of the Five Global Causes of Lions Clubs International

Last month I introduced some objectives for this column. This month we'll take a quick look at Lions Clubs International's environmental objectives, and where you can find LCI resources. We'll list some of the more popular types of projects.

Please feel free to share your ideas and environmental activities with me – I would like to feature at least one project each month in this page. The generic email address is not functional at the time of writing, so please email me at trevoranders@outlook.com

The **Environment** is one of the five **Global Causes** of Lions Clubs International (along with Diabetes, Vision, Hunger and Childhood Cancer).

On the lionsclubs.org website we read that our Environmental Strategic Objective is to

Sustainably protect and restore our environment to improve the well-being of all communities.

“The earth sustains human life. We've seen how our stewardship of natural resources can improve quality of life and increase engagement in our local communities. Our environment is more than a background: it's our home. And we're committed to caring for it.”

There are resources on the LCI website to assist in planning environmental projects, in particular tree planting and care, and these include involving schools. While we might vary the approach, depending on our particular situation, the resources contain many prompts to help us tick all the boxes.

Find these at <https://www.lionsclubs.org/en/start-our-global-causes/environment>

Over the next few months I'll highlight each of the items in the following list of potential activities, and share information that I have or that others provide. In the meantime, if you require more information on a topic, please contact me and I'll endeavour to assist.

The items below involve money-earning opportunities, or just hands-on support and labour, or purely donations. The important thing is that they all contribute to restoring, protecting and enhancing our environment.

Recycling

- Aluminium - Can tabs aka “Kan Tabs”, soft drink and beer cans, etc
- Other metal (steel, lead, copper etc)
- E-Waste
- Bread tags

Planting trees and native shrubs

Clearing bush, removing invasive species

Cleaning up the neighbourhood

Cleaning up streams, coastal areas, etc

Building/funding facilities at environmental locations

Providing grants for environmental studies

Funding facilities for environmental research

Recycling/using trash for value added products

Thanks for caring about the environment – a legacy for our children and grandchildren.

Trevor Anders
GST (Environment)

*** Please share details of your environmental plans and projects ***



at the

Silverstream Retreat

Reynolds Bach Drive, Lower Hutt

Book your on-site accommodation now!

Phone Sheree 04 562 9080 or 0221858926

Or email sheree@staywithus.co.nz

Lots of options available

More details on the weekend coming

soon...

Make walking a habit – with your doctor’s help

A new study shows that, when someone needs to be more physically active, having a GP write a “walking prescription” may be one of the best ways to stay motivated.

Walking improves cardio-metabolic health, and, for people with type 2 diabetes, walking after eating can play a big role in preventing blood-sugar spikes.

Walking is not only good for us; but it’s also cheap and accessible. For many people, it can be done more easily and regularly than, say, going to the gym.

Because of this, healthcare professionals often recommend it. But whether we, as patients, follow the recommendation can be another matter.

Enter a New Zealand research team who wanted to find out whether a formal prescription for a set amount of walking would be a motivator for people with type 2 diabetes, and, more to the point, what would help or hinder people in following the prescription?

The Royal New Zealand College of General Practitioners has just published the study, and the findings are illuminating.



“To actually prescribe exercise is a really interesting way of doing it” – Dr Bryan Betty, Director of The Royal New Zealand College of General Practitioners

HOW THE STUDY WORKED

Twenty-eight adults with type 2 participated in the study. Each was prescribed a regular walking routine that involved walking for 10 minutes after breakfast, 10 minutes after lunch, and 10 minutes after dinner, every day for three months. Participants were contacted briefly every two weeks to check in and remind them of the walking prescription.

Most participants reported that, after receiving the walking prescription, they walked more than they had before and they felt healthier. Detailed interviews with each participant explored what kept them walking and what prevented them.

WHAT KEPT PEOPLE WALKING

Some themes emerged as important motivators for the study participants:

- establishing a set walking routine
- having family or a partner’s support for the new walking regimen
- regular monitoring by a healthcare professional
- experiencing health benefits that they attributed to the walking, such as improved self-esteem, feelings of wellbeing, better sleep, better digestion, and improved blood-sugar control.

Some participants reported weight loss and/or eating less at meal times in order to feel more comfortable while walking.

WHAT PREVENTED PEOPLE WALKING

Injuries and sore muscles hindered some participants’ walks, while a small number of participants found walking hard to prioritise over other activities.

Several women in the study found after-dinner walks were hard to maintain, as it was often dark by then. Unease about walking after dark was a major obstacle. Walking in bad weather was a deterrent for some participants as well.

Several participants lived alone or didn’t have family support, and this negatively affected their adherence to the walking prescription.

THE ROLE OF THE HEALTHCARE PROVIDER

The study suggests that patients need “purpose, reward, and incentive” to maintain a walking practice. A key finding of this and other related research is that the formalised researcher-participant relationship plays an important part in motivating the participant. This suggests that, in real life, the relationship between a patient and the healthcare provider who writes their prescription is also crucial.

The study makes the point that healthcare providers need to understand their own role when it comes to motivating the patient. Working with the patient to set realistic goals, formally documenting physical activity prescriptions, and checking in with the patient about the prescription at follow-up are all vital. The

The Continuation of the Walking article and a Pizza Recipe taken from the Diabetes Wellness Magazine.

healthcare provider can also help by encouraging family participation, reinforcing the positive health benefits of walking, enquiring about any obstacles to walking, and helping the patient figure out ways to get round them.

Dr Bryan Betty, Medical Director of The Royal New Zealand College of General Practitioners says an example of this would be, if the patient is uneasy walking alone at night, they could join with others for a night-time walking group. Or perhaps their healthcare provider could help them find another activity to do at night that has the same benefits as walking. Dr Betty says, "We know that housework is actually really good exercise ... vaccuming for example."

WHY A PRESCRIPTION?

At his practice in Cannons Creek, Porirua, Dr Betty often uses the Green Prescription system. This is an initiative administered by the Ministry of Health, that allows patients to be prescribed a programme of physical activity that can be done at home and in their community.

However, Dr Betty says, "You don't have to do the whole green prescription." There's no reason why GPs or other healthcare professionals shouldn't use a written prescription as a tool for encouraging something more modest but still incredibly beneficial, such as walking.

"The way a patient structures their day is incredibly important in terms of where you slot changes in to their routine. To actually prescribe exercise is a really interesting way of doing it.

"Saying, 'Do more exercise,' is vague and generic, and can be easily dropped. But writing a prescription to actually say, for example, 'Do 10 minutes here, and 10 minutes there,' is a way of formalising the conversation. It's like an agreement.

"With any prescription, whether it be for medication or something else, you always move towards a point of agreement where both patient and the medical professional are agreed on what things look like going forward.

"In practice, a lot of GPs tend to do this. With the patient, we'll agree what we're trying to achieve over the next two to three months and then, at the end of that time, review it with the patient.

"Having clear structure and clear guidance that both the clinician and the patient can agree to is a really good way to go."

Dr Betty thinks the new study on walking prescriptions is valuable. "Having this sort of research which backs up the prescription approach gives you an extra impetus to do it."

You can read the full report in the *Journal of Primary Healthcare*: www.publish.csiro.au/HC/HC20023.



CLASSIC MARGHERITA

SERVES 4

4 medium-sized wholemeal wraps, or 2 large wraps cut in half
2 Tbsp tomato paste
½ tsp balsamic vinegar
1 tsp onion powder or flakes
1 tsp garlic powder or granules
75g lite sour cream
½ cup chopped fresh basil

Preheat your oven to 250°C.

To make the tomato base:

Mix together the tomato paste, balsamic vinegar, onion powder/flakes, and garlic powder/granules.

To put together the pizza:

Spread the tomato base across the four wraps. Drop small dollops of lite sour cream across the pizzas evenly.

Put the pizzas in the oven and cook for five minutes or until piping hot and beginning to brown.

To serve, scatter fresh basil over each pizza.

VARIATION: For a yummy chicken pizza, spray shredded chicken breast with olive-oil spray and scatter it on the pizza before the sour cream.

NUTRITION PER SERVE: ENERGY 1016kJ (243kcal) | PROTEIN 8g | FAT 10g (SAT FAT 6g) | CARBOHYDRATE 35g (SUGAR: 6g) | FIBRE 4g | SODIUM 386mg

Another Pizza Recipe taken from the
Diabetes Wellness magazine.

Nourish

Versatile pizza can be full of fibre, low in salt and fat, loaded with nutritional value, and delicious too.

Healthy and satisfying

4 CREATIVE WAYS WITH PIZZA



BLUE CHEESE AND WALNUT PIZZA

SERVES 4

4 wholemeal pita pockets
½ cup chopped or lightly crushed walnut pieces
1 large onion or 2 small
1 Tbsp olive oil
Dried or fresh rosemary
2 handfuls of mesclun salad

BLUE CHEESE SAUCE:

40g blue cheese
1 Tbsp low-fat milk

Preheat your oven to 250°C.

To semi-caramelize the onions:

Dice the onion or slice it thinly.

Gently heat the olive oil in a wide pan, until the oil ripples with heat.

Add the onions and stir to coat in the oil.

Keep the onions cooking at a low heat for up to half an hour or until they are very soft and gently browned. Do not let them burn.

To make the blue cheese sauce:

Gently heat the blue cheese and the low-fat milk in a small pot and stir till the cheese is melted and mixed well with the milk.

To put together the pizza:

Divide the cooked onions in four and spread across the four pita breads.

Sprinkle on rosemary.

Sprinkle the walnuts evenly over the top of each.

Drizzle the blue cheese sauce across each pizza.

Put the pizzas in the oven and cook for 10 minutes or until piping hot and beginning to brown.

To serve, scatter mesclun salad over each pizza.

NUTRITION PER SERVE: ENERGY 1250kJ (300kcal) | PROTEIN 10g | FAT 18g (SAT FAT 4g) | CARBOHYDRATE 26g (SUGAR: 6g) | FIBRE 5g | SODIUM 320mg



MEMBERSHIP MATTERS

Retaining existing Lions is vital to the success of any club. The more members you retain the more service you can undertake. To ensure your Lions club remains healthy and active, you need to consider the experience and expectations of the members belonging to your club. Research shows that there are some key needs that most members want to have met to remain a part of your club:

- 1) Being able to “take pride” in service activities
- 2) Being confident that they are “making a difference”
- 3) Being informed of club goals.

How can your club provide the experiences your members are seeking? Keeping your club efficient, productive, and meaningful to your members results in many benefits:

- A club that is a vital and respected part of your community
- The ability to provide and support both local and global service
- The ability to offer personal and professional growth opportunities to your members
- A club that provides enjoyable fellowship

The resources below offer suggestions to assist your club in meeting the expectations of your members and providing everyone with a fun and fulfilling experience.

Membership Satisfaction Guide (ME-301): To ensure your Lions club remains healthy and vital, you need to consider the experience and expectations of belonging to your club. If your club members feel welcome, comfortable and are involved in community service, they will remain part of your club for a long time. This guide gives suggestions to ensure membership satisfaction.

How Are Your Ratings? (ME-15 & ME-15B): Discovering little problems and correcting them before they become big ones will save time and resources. Use this easy tool to get input from club members. Follow the directions provided in the How Are Your Ratings? Administrative Guide to conduct the survey, determine the results and create an action plan.

Lions Mentoring Program (MTR-11: Basic Guide & MTR-12: Advanced Guide): The Lions Mentoring Programme helps every member achieve the goal of better serving his or her community. It is a programme of personal development to help your members realise the potential of their unique skills and knowledge. The mentoring programme prepares them for leadership in Lions and in their personal lives, as well.

The District Global Membership Team (GMT) are here to support clubs – we look forward to helping you with your enquires.

PCC Jo Cameron
Cabinet Support (Membership)

Dates for Your diary

7-11 Oct	National Library Books Bookfair
17-18 Oct	Combined Kapiti Lions Clubs Book Fair
2021	
30-31 Jan	Waikanae Lions Super Garden Trail
21 Feb	50th Karori Lions Karnival



Lions Clubs International
FOUNDATION



Congratulations...

To the following Melvin Jones Fellowship recipients for the 2019 – 2020 Lions' year

<i>Beth Anders**</i>	presented by <i>Lions Club of Karori</i>
<i>Aeon Birrell</i>	presented by <i>Lions Club of Hastings Host</i>
<i>Sam Browne</i>	presented by <i>Lions Club of Hastings Host</i>
<i>Vaughan Crimmins</i>	presented by <i>Lions Club of Karori</i>
<i>Garth England</i>	presented by <i>Lions Club of Karori</i>
<i>Michael Fisher</i>	presented by <i>Lions Club of Silverstream</i>
<i>Richard George</i>	presented by <i>Lions Club of Lower Hutt Host</i>
<i>Harry Gray</i>	presented by <i>Lions Club of Carterton</i>
<i>Wayne Henderson</i>	presented by <i>Lions Club of Lower Hutt Host</i>
<i>Tom Lumb</i>	presented by <i>Lions Club of Karori</i>
<i>David McLean</i>	presented by <i>Lions Club of Gisborne Wainui</i>
<i>Gary Parsons</i>	presented by <i>Lions Club of Karori</i>
<i>Jennie Vowles</i>	presented by <i>Lions Club of Karori</i>
<i>Ronald Norman Wylie</i>	presented by <i>Lions Club of Norsewood</i>

(** Progressive Melvin Jones Fellowship)

Congratulations to all recipients and 'Thank you' to all of the above-mentioned clubs for supporting LCIF by making these recognitions. This is a wonderful way to recognise Lions and other community members' service to the community. To date there has been a total of 246 MJFs and 18 PMJFs presented to Lions and community members within 202M.

There is currently US\$86,290 in tagged funds held by clubs for future MJF/PMJF awards. Please call or email me to find out your club's tagged funds balance and to assist you with the application process – always happy to help.

Please support Campaign 100 with Club, individual, and/or community raised donations so we can continue to answer the call to provide much needed funding assistance where it's needed most!

Thank you for your compassion and generosity.

PCC Jo Cameron
202M LCIF Coordinator



Camp Quality

The letter below was circulated to clubs. It is a call for help from a very worthwhile organisation that provide the time of a lifetime to children living with cancer and other serious illnesses. All those involved (carers and companions are volunteers who give a at least week of their time to ensure the children are well looked after and they enjoy the experience.

Dear Lions Club President and Secretary,

I am writing to you on behalf of the Greytown Lions Club, which has taken on a project to help the kids of Camp Quality in an urgent matter. District Governors Louise and Murray have given us permission to write to all clubs in Districts D & M seeking support.

The Camp Quality Wellington/Central Districts generator, that is used to power up the inflatable obstacle course for the kids on camp and for fundraising, has failed and cannot be repaired.

Unfortunately, at this time there is no budget to replace the generator. As a generator is essential, the **Greytown Lions Club** Board has taken up the challenge to coordinate a fundraiser to replace the generator amongst clubs of D and M. The Club's trust has pledged the first \$100 donation to the project, as well as the club being the coordinator of it.

The cost of replacement will be around \$4000 plus GST. We have sourced the generator's replacement, so just need other clubs' support. If 46 clubs donate \$100 each we will meet the target.

Can you please consider supporting the kids of Camp Quality in this appeal, so we can raise enough to replace the generator. If your club (through its charitable trust) decides to give its support, then the payment can be made to Greytown Lions Club 03 0609 0099151 000. Please give your club as the reference plus CQ and also please send me an email of confirmation.

Thank you for considering this request and we look forward to your support and getting the CQ obstacle course back up and running shortly.

Yours in Lionism

Alan Knowsley
Greytown Lions

To date \$1,000 has been raised. Will your club help this worthwhile project so Camp Quality has a generator for their summer camp this year?

We thank **Lions Club of Greytown** for spearheading this appeal.

Round the clubs

Karori

The story below is from Karori Club's bulletin 'the Roar'. Jennie Vowles is a member of Karori Lions Club and of the Global Services Team on Cabinet.

VISION

This is one of the five Global Causes of Lions Clubs International

I have received an email from Kylie Dreaver of VOSO (Volunteer Ophthalmic Services Overseas). She has sent these two photos of an 86-year-old lady from a community in Central Australia who "couldn't see any letters on the chart". After they gave her a pair of glasses, from Lions, she could read two thirds of the chart. Her delight is clearly visible in her face! The glasses would have been from Papakura Lions but doubtless the ones that I have recently sent to Alice Springs will produce similarly ecstatic reactions!

Jennie Vowles
GST (Vision)



This photo with our Jennie, front and centre, in Fiji in 2015, popped up on the VOSO website when I was researching background info for Jennie's Sight Matters article [Ed] Photo: VOSO

The Lions Otari Native Plant Conservation Laboratory in Wellington

Centennial Legacy Project of Lions Clubs of Karori and Johnsonville

It is now just over two years since we held the launch function for the Lions Otari Lab, and in that time the lab has been very busy. The Lions Club of Karori asked Karin van Der Walt, to prepare a report to summarise progress at this two-year milestone, and as always she has done an excellent job. Karin is the Conservation and Science Advisor, Otari Native Botanic Garden, and the Lead Researcher and Manager of the laboratory. In her extensive professional interactions, she has always been diligent about referencing Lions in the name of the laboratory, and in its origins. Overview of the Report The Lions Otari Native Plant Conservation Laboratory in Wellington, New Zealand, has been in operation for two years. This dedicated facility provides Otari staff, volunteers, students and external researchers with essential facilities and equipment to study New Zealand native plant species, providing baseline information to inform conservation actions. Being situated in a native botanic garden, the lab provides opportunity for cutting-edge research into cryopreservation while at the same time establishing operational protocols for seed germination and long-term seed storage, which has immediate conservation benefits. Interest from research partners, as well as the public and community groups, resulted in four project grants during 2019/2020. Interest from Masters and Doctoral students, both nationally and internationally, currently outweighs capacity to host researchers, illustrating the need for a dedicated conservation facility in Wellington. Work conducted in the lab since 2018, resulted in seven presentations at conferences, one of which was an invited speaker at the Cryo 2019 conference in San Diego, California. Quality of research conducted at the Lions Otari Plant Conservation lab is celebrated in four scientific publications with requests for book contributions received by the International Union for Plant



Conservation's Seed Conservation Group and Australian Germplasm Conservation Guidelines. Tangible conservation and science outcomes from this small lab, have inspired other botanic gardens within New Zealand (Dunedin Botanic Garden), Australia and Hawaii to establish small laboratories focussing on effective seed banking and germination. Advice on lab layout, equipment needs, costs and logistics around establishing a small lab is continuously provided to various botanic gardens, community seed conservation initiatives and researchers. Numerous Wellington City Council staff, volunteers and apprentices have received training in the lab and basic seed storage principles. Researchers from Massey University, VUW, Te Papa, Plant and Food Research Palmerston North, and Moa Research are associated with work being carried out in the laboratory. One of the main focus areas for the lab has been conservation of New Zealand's Myrtaceae species, all of which are threatened by arrival of myrtle rust. The lab focusses on four endangered species in particular: *Lophomyrtus bullata*, *L. obcordata*, *Metrosideros bartlettii* and *Syzygium maire* (swamp maire). Work has also been carried out on New Zealand's native orchids and Kauri seed preservation.

Trevor Anders
Lions Club of Karori

MEMBERSHIP MATTERS



*W*elcome... **to our new members inducted during July**

George Ebbett – joined the Lions Club of Gisborne Wainui

Richard Fleming – joined the Lions Club of Pahiatua

Marisa King – joined the Lions Club of Johnsonville

Peter Lee – joined the Lions club of Masterton Host Waipoua

Lloyd McIntyre – joined the Lions Club of Johnsonville

Muriel McKenzie – joined the Lions Club of Takapau

Denise Weavers – joined the Lions Club of Gisborne Wainui

You are now a part of the world's largest humanitarian service organisation. You have joined a global community of kind-hearted, service-minded people, dedicated to making a positive impact on the lives of others and the environment we live in. We look forward to meeting you – it is great to have you as a Lion!

Congratulations and welcome!

Disclaimer: new members acknowledged as per the MyLCI New Member Report for July 2020. If you have new members who were inducted during July who do not appear on this list – firstly, my apologies for not acknowledging you yet – hopefully you'll appear on next month's list; and secondly, check with your club secretary to ensure your new members are being registered on MyLCI.



The 2020 Lions International Peace Poster competition.

By now, most Clubs will have been back in contact with the Schools in their area for this competition. A quick reminder – this competition is open to all youngsters aged 11,12 or 13 **on 15 November 2020**. The theme this year is:

PEACE THROUGH SERVICE

For over three decades, Lions clubs around the globe have been sponsoring this 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 live and receive so much joy, kindness, hope and PEACE.

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

Your Lions Club should provide your local school/s with pads of A2 size art paper to express their view on how service to others helps deliver peace.

Set a date for a 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 202M 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 readily available on the Lions Clubs NZ website. There is no cost to the children taking part.

We suggest that you aim to have your Club entries for the District competition selected by Thursday 15 Oct, so your President can take the entries to the President's Weekend to pass to DG Murray.

District Governor Murray Pringle will make his selection for the winner in 202M and take the District winner to the National Judging at the November Council of Governors Meeting. Any queries please to IPDG Jack Hayes- Tel: 06 377 2911



Child Cancer

This is one of the 5 Global Causes of Lions Clubs International.

As Lions and as Clubs we can all do something to support this cause.

Ronald McDonald House

The operating budget of Ronald McDonald House in Wellington has been severely impacted by the Covid-19 situation. Due to the inability to use the communal facilities during Lockdown levels 4 and 3 all families were housed in self-contained motels with services coming to the door, and this came at a huge cost. DG Murray has sent an advice to all clubs in the last few days outlining both the issues and a new campaign to assist the RMD Houses to become more financially resilient.

Any assistance will certainly be helpful to families who have a child suffering from cancer.

Playspace

Seeking commitments now. Talk to your Zone Chair, DG Murray or Alice McDonald.

Child Cancer Foundation

I have had an interesting meeting with Tony Fitzgerald, their Business Development Manager. Many of you may remember him as the fundraising manager for Wellington Free Ambulance.

Tony says he is extremely passionate about the services provided by the Child Cancer Foundation and is proud and humbled to represent them.

He is an excellent speaker and would be keen to talk to clubs about the many ways their foundation supports the families of children with cancer. His email is tfitzgerald@childcancer.org.nz

Maintaining a liaison with Tony will be part of this Child Cancer role, and will enable me to keep clubs informed of events and activities where we may be able to assist and provide service.

CCF assists Camp Quality every year to reach all the families that we invite to our summer and winter camps.

Beth Anders
GST (Child Cancer)





Emerging Lions Leadership Institute

An opportunity for Lions Club members to up skill and develop their leadership skills towards taking up management roles within their club. You will not have held the role of president in your club prior to year attending.

Lions Club International recognised.

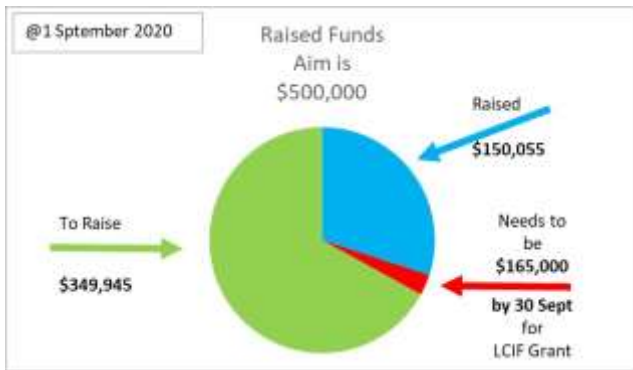
Friday 13th November 8am to Sunday 15th November 3pm 2020
Silverstream Retreat : 3 Reynolds Bach Drive, Stokes Valley
Wellington, New Zealand.

Register your interest via e mail:
202.glt@lionsclubs.org.nz before 10th October 2020



Wellington Children's Hospital

Lions Therapeutic Playscape



A picture tells it better than words ever can. That Red slice is the **\$14,945** that we need pledged or deposited by the end of September to be able to apply to the Lions Clubs International Foundation (LCIF) at their next Board meeting in October for the maximum matching grant of \$US100,000. It needs to be this LCIF Board meeting for we cannot apply once the building work on the Playscape is started and the following board meeting would lead therefore to a refusal. The landscape will look quite different with the hoped for result from LCIF (of US\$100,000) but their Board meeting is not till early October so some time after that the graph should look quite different. (with approx. \$NZ185,000 still to be raised in NZ.)

The fundraising effort is forging ahead towards our target of \$500,000 to kit out the children's play area where recovering children will be able to regain their fitness in safety and also find both quiet corners to enjoy and some cool apparatus to play on. Time is marching on and so far we have raised **\$150,055** both in cash (lodged with the Lloyd Morgan Lions Clubs Charitable Trust) account and in pledges from clubs throughout the District. We still have a long way to go though we are still hearing projects being planned which have the Lions Playscape as the beneficiary including the upcoming National Library Bookfair being held in early October.



The white hole circled is where the joining walkway to the main hospital will attach to the new building.



This is looking underneath the hospital at the stabilizing supports which will protect the building in our earthquake-prone city.

Are you aware that the Lions Playscape will not be on the base ground level? It is raised and this image shows you where the playscape will sit.



Newsletter - **HUNGER**

This is one of the five Global Causes of Lions Clubs International

Hunger Facts

815 million people affected by hunger in 2016:
11% of the global population

155 million children under age five are stunted
due to chronic malnutrition

1/3 of annual food production is lost or wasted
throughout the supply chain

33% of women of reproductive age suffer from
anaemia

We Have a Plan

Lions and Leos serve to improve human flourishing,
and we see how the global hunger and nutrition crisis
bears upon our local communities. We believe
community improvement depends on the thriving of
its members.

Our Strategic Objective

Ensure all community members have access to
nutritious foods.

You Can Feed the World

Defeating hunger is a huge undertaking. It will re-
quire the effort of everyone, everywhere—and all
Lions. To begin making a difference, you can make a
donation today. Google Hunger – Lions international

Hunger Grant

LCIF offers grants to Lions districts in amounts from
US\$10,000 to US\$100,000. The goal of the LCIF Hun-
ger Pilot Grant Program is to help Lions support
school based feeding programs, food banks, feeding
centres, and similar facilities that provide food to
people when they need it most.

Local Donations

Have you thought about collecting a can or other
non-perishable items at your meeting (just whatever
is in your cupboard) on your meeting night to give to
a local organisation.

I would love to see photos of what you can or are
doing.

Carol McMillan
GST—Hunger

I read about this project in the Napier Host Club's bulletin and
asked Sherryl Neale for an article about it. It is **NEXT SATURDAY**.
**So if you haven't got your ticket yet, you need to hurry. Details
are on page 20.** Editor

She Shed Safari

In a nutshell, at the end of last year I came across the idea of a
different kind of fundraising event that I thought would work
well for our Club and would be something we could run on per-
haps an annual basis.

I live out at Clive in Hawkes Bay and already knew a few of the
amazingly creative women in the Cape Kidnappers area so I went
and had a chat with a couple of them, they were enthusiastic
about the idea and so I then presented **the concept** to the
other members of Napier Host Lions Club. They supported the
idea, we decided that Women's Refuge would be a perfect bene-

ficiary of a Shed Shed Safari and so we got on with it. Originally
scheduled for Sunday 5 April, Covid came along and we had to
postpone but here we are again, up and running like crazy to
make it happen next weekend. The weather Gods look like they
are going to smile on us, enthusiasm is building nicely in the
Cape Coast Community, the She Shedders are getting excited,
and thanks to all the help and support of my RHM (right hand
man George Rowlands) and other members of the Club I'm now
feeling relaxed and looking forward to floating round the She
Sheds on the day to make sure its all running smoothly.

Still some tickets available, so if any out of town Club Members
and their friends want to come along I suggest you contact me
direct and I can put some aside and arrange for them to pick the
tickets up on Safari Day.

Sherryl Neale
Project Organiser
Napier Host Lions Club
(021) 02366186

she shed safari



a Napier Host Lions Club initiative
proceeds to Napier Women's Refuge
Saturday 5 September 10am - 4pm

If you would like to go on safari, there's no need to go to Africa. Here's your opportunity to go on a self-guided safari right here in Hawkes Bay!

The so-called "she shed safari" not only takes in a variety of venues from Clive to Cape Kidnappers but also enables you to interact with a collection of exotic creatures – an enterprising group of local women artists and artisans who create original artworks and high-quality crafts from small, easily transportable items to large pots, sculptures and paintings inspired by nature, beach combing and a passion for colour. And all in a very good cause.

Motivated by a recent initiative in Gisborne, the Napier Host Lions Club is organising a similar event from 10am – 4pm on **Saturday 5 September**, with proceeds going to Napier Women's Refuge

For only \$10, you can buy a special wristband which will enable you to visit ten different "she sheds" along the way, chat to the owners, view their artwork and crafts, meet several others sharing their space and, perhaps, to buy a memorable keepsake.

Car-sharing is recommended – as is stopping off for a delicious lunch or coffee at one of several mouth-watering eateries en route, including Haumoana Coffee, Brown Dog Espresso, Clearview Winery in Te Awanga, and Hygge Cafe in Clifton.

So, why not get a group of your girlfriends, together with the male hunter gatherers in your life, to go on this safari with a difference?

Tickets \$10 available from
Tennyson Street Gallery, Napier
Hastings Community Arts, 106 Russell St, Hastings
Haumoana Coffee, 51 Haumoana Rd, Haumoana