

InforM



Murray's Memo

October 2020

Vol 14 No 4

District Governor: Murray Pringle
Home Club: Dannevirke Host
Email: 202M.dg@lionsclubs.org.nz

Vice District Governor: Simon Williams
Home Club: Dannevirke Host
Email: 202M.vdg@lionsclubs.org.nz

2nd Vice District Governor:
David Skjellerup
Home Club: Mana
Email: 202M.2vdg@lionsclubs.org.nz

Cabinet Secretary: Graham Atkinson
Home Club: Wellington Host
Email: 202M.secretary@lionsclubs.org.nz

Cabinet Treasurer: Keith Kenderdine
Home Club: Tawa
Email: 202M.treasurer@lionsclubs.org.nz

GLOBAL ACTION TEAM
Leadership: Rex Bullard
Home Club: Silverstream
Email: 202M.glt@lionsclubs.org.nz
Services: Alice McDonald
Home Club: Karori
Email: 202M.gst@lionsclubs.org.nz
Membership: Cat Hancock
Home Club: Napier Host
Email: 202M.gmt@lionsclubs.org.nz

InforM Editor: Mary Snook
Home Club: Karori

top it off a transformer supporting the power point presentation decided to short causing acrid smoke to be released into the venue.

My congratulations to the members of Napier Spirit who rose above it all and presented a rewarding and memorable evening.

Membership continues to be an issue for the District. As at the time of writing this Memo our membership stood at 1043 members as opposed to 1113 members at the same time last year, a drop of some 70 members. Your Global Membership Team, along with PDG Rex and PDG Alice, met via zoom on 10 September 2020 and had a focussed discussion as to how we might reverse this trend. We are wanting each Zone to appoint a membership person who can work with the GMT Team to develop strategies for membership retention, membership growth and extension either by the way of new Clubs, specialty Clubs or Club branches. If you are at all interested in becoming part of this group, please contact your Zone Chair.

The ongoing effects of the Covid-19 pandemic continue to cause disruption throughout New Zealand, more so in some areas than others. We were fortunate in that we were only put into Alert Level 2, and did not suffer the very serious consequences that Auckland faced at Alert Level 3. The continued presence of the virus is a reminder that we must remain vigilant, look after and be kind to one another, and most of all to ensure that we meet, or carry out service activities on behalf of our communities that we do so safely.

VDG Simon and I recently had the pleasure of attending the Young Achievers Awards, hosted by the Spirit of Napier Lions Club. The awards are designed to show case the achievements and leadership abilities of the youth of Napier. It was a fantastic event and left me in no doubt that we are in good hands as these people progress through to become the leaders of tomorrow. The event was not without it's issues. It was held during Alert Level 2 which meant numbers were restricted to 100, and social distancing had to be observed. To

I must say there are positive signs on the membership front. I recently presented to a Club which has inducted four new members this Lions year, and VDG Simon presented to another Club, and inducted six new members that night. I challenge all Clubs to undertake renewed membership drives and to remember that with more hands we can provide much needed service to our communities.

A reminder to all Presidents that we have planned an interesting and informative **Presidents Weekend** and Dinner for you over the weekend of **10th and 11th of October 2020**. If you have not already done so, get your Registration forms in now.

Murray Pringle

DISTRICT GOVERNOR



From the Editor's Desk

Daylight Saving arriving last weekend has given me renewed energy if only the temperatures would rise a little. I'm also looking forward to a trip to Hamilton to visit family, including a new baby, whom I haven't seen since Christmas thanks to Covid-19. Needless to say I will be wearing a mask in the aircraft and in the airport. There are a number of important articles in this InforM I would draw to your attention:

- Playscape Project and the National Library Book Sale note the new dates.
- Annual Returns Reminder and the Important Notice for Club Secretaries.

DG Murray has an important reminder for Presidents regarding the **Presidents Weekend**. This is a weekend that I would encourage all Presidents to make a priority to attend. As DG Murray says in his piece "an interesting and informative programme" has been prepared to help you have the best year as President as you can.

Enjoy our new status in Level 1 and look after yourselves

Editor *Mary*

Table of contents

Page 1	Murray's Memo
Page 2	From the Editor's Desk
	Table of Contents
	International President Choi's Message
Page 3	Playscape Project Application for LCIF funding
Page 4	Update—National Library Book Sale
	Important Notice for Club Secretaries
Page 5	New Member Inductions
	Annual Returns Reminder
Page 6	Membership Matters—New Members in August
Page 7	Membership Matters - Recruitment Ideas
Page 8	2021 Trial Internal Youth Exchange Programme
Page 9	Environment
Page 10	Eating on a Tight Budget - from Diabetes Coordinator
Page 11	Eating on a Tight Budget contd.
Page 12	Recipe - Cumin and Dill Chicken
Page 13	Save the Bag Tags for Wellington Host
	Almoner Request
Page 14	September Message from Council Chair
	Karori Lions - Spirit of Adventure Inspiration Voyage
Page 15	Letters of Thanks - From Inspiration Voyagers
	Emerging Lions Leadership Institute (ELLI)
Page 16	Lions Clubs International Foundation— Campaign 100
Page 17	Child Cancer

2020-2021 Lions International President Jung-Yul Choi shares the importance of reporting Lions service using MyLion.

There have been challenges, but there are so many benefits to keep trying to best measure our impact, identify ways to work together, and bring attention to our great work. Report your service on MyLion today! When we serve, it's more than an act of kindness. It's personal. Your dedication enriches the lives of the people you know and strengthens the relationships you share. You are more than a volunteer – you are an essential part of your community. And that connection matters more than ever.

As you continue to serve safely, it's so important to focus on building your relationship with the community. Our mission is to serve, but our service inspires and empowers those around us to take action. And when we are united, we have the strength to face new challenges and solve the issues that matter most to us.



Visit the [LCICon 2021 Montréal](#) page for registration information

and the latest news including how we're partnering with local officials to make your health and safety our number one priority. Whenever Lions come together, incredible things happen. Unite with Lions from all over the world for LCICon 2021 Montréal and share what it means to "Live Life in Lion." This year, we are proud to welcome Nobel Peace Prize Laureate [Malala Yousafzai](#) (pictured below left) who will share her incredible story of courage and hope that inspired the world.



Jung-Yul Choi

Dr. Jung-Yul Choi
International President





PLAYSCAPE

Thank you to all the clubs that have kept their donations and pledges rolling in. This is very much appreciated. You will see from the above graph, that the fund has grown from the \$150,000 on 1st September. Quite a few clubs have also advised of future fundraising projects they are planning to support this wonderful project.

We are now compiling the application to LCIF for the matching grant for a maximum of US\$100,000. If successful, this will substantially boost our funds. I would like to acknowledge and thank LCIF Coordinator PCC Jo Cameron, who has put in many hours of work compiling and formatting the information for the application, along with PDG Alice McDonald, with her input and computer skills. The closing date for the application is October 13th, 2020. We will have to wait until LCIF meet next (January 2021 for a decision).

Please also read, the separate report regarding the book sale in November, noting a new venue and new date. A huge thank you to IPDG Jack Hayes, who is coordinating this event in conjunction with Rotary and The National Library. Jack has spent a huge number of hours, planning this event and now getting the final stages organised. Thank you Jack.

Please keep this project on your radar. Donations and pledges are still required to reach our target of \$500,000. Thank you to the clubs in our neighbouring Districts, 202E and 202D for sending in their donations as well.

Donations can be paid by direct credit into the LMLCCT for recording and safe keeping.

The bank account number is 02 0528 0038410-00. Clubs depositing funds should enter their club number in the reference field. The club should send PDG Keith Kenderdine an email confirming the amount banked for the project to lmlcct.admin@lionsclubs.org.nz. If clubs do not wish to donate yet, they may make a pledge, for a donation at a later date. The pledges qualify for the matching grant from LCIF.

To make a pledge, please write the amount on club letter head and send to 202M, 1st VDG Simon Williams E: 202m.vdg@lionsclubs.org.nz

Simon Williams

Playscape Coordinator.



The Playscape Rehabilitative Children's Playground will be located where you see the Lions logo and yellow outline.



UPDATE ON THE NATIONAL LIBRARY BOOK SALE IN WELLINGTON

Opening day (set up and opening sale to trade) Wed 11 November

Public Sale Days – 10.00 am to 5.00 pm Thurs, Fri, and Sat 12, 13 and 14 November.

Venue – Trentham Racecourse, Upper Hutt, Wellington (the Vines complex).

The aim is to sell **around 57,000 non-fiction library books** at a flat rate of \$2 per book. These books have been donated to Lions and Rotary to sell for charity. We have agreed to split the effort and net proceeds 50/50 for the Wellington Children's Hospital.

We have the Vines Complex as our best choice for this joint venture. This venue is big, ground level, with easy access and a built-in cashiers area plus a commercial user pays café service provided by the caterers at the Trentham Racecourse

The Vines venue has good men's and women's toilets within the room. Lighting is good with most of the room in carpet. There is an outside veranda / deck area we can also use as part of the package provided the weather is fine.

They also have a large film screen with an overhead projector into which we can plug a laptop and show whatever Lions, Rotary and Children's Hospital clips we want.

Public parking is just outside the door and can provide up to 350 car parking spaces - all on tar seal and level with easy access from the main gate.

The Trentham Racecourse team have also offered us two spaces at their 'Great Trentham Racecourse Market Day' on Sunday 15 November to sell any books left - they are expecting some thousands of people to attend this market.

They are offering us the two Market Day charity sites for free. We just have to man them.

Finally, the Wellington Racing Club and the Trentham Racecourse team are excited by this project and have expressed strong support for the Lions, Rotary and the Children's Hospital. I am sure that we will receive excellent support from them with this project.

We are circulating through all Clubs shortly requests for your Clubs to support us, along with email based invites you can send to your local booksellers and book traders, and A4 posters that will explain what is happening. We start promotion of the event on radio and press, plus social media on 20 October and are well prepared for that now. We will have a radio station team broadcasting live on Sat 14 Nov for two hours along with plenty of plugs and interviews on the sales.

We look forward to your support!!

Cheers

IPDG Jack Hayes – Project convenor with Rotary IPDG John Mohi.

Important Notice For Club Secretaries

You may have noticed that when you've been accessing MyLion and MyLCI to enter your club's data, the Chrome browser is not showing the icons. Use the Microsoft Edge browser instead.

NEw Members

Club Inductions are big news in any district as this means GROWTH. When your club inducts a new member it is the start of a journey for them to learn more about our organisation through club orientation and later ELLI (Emerging Lions Leadership Institute), and personal development courses Pathways to Leadership and Stand and Deliver. Please send me pics of your club inductions so we can all celebrate. Editor

Waikanae



Above - President Kevin with new Lions Alan Gibbs Gibbs and on the right with Peter Smith.

Wellington Host



VDG Simon Williams PDG Noel Scherp (sponsor) and new members Adam Awat and Peter Crotty.



Annual returns reminder

Your annual return due dates for filing your Clubs and Charities returns with June balance dates is 31 December 2020.

If you fail to file your returns by the due date it puts you at risk of being struck off these registers and creates work for you in obtaining re registration.

Reminder emails will be sent out by Charities Services and Incorporated Societies to the entities authorised person. Check that the registered email address is correct to prevent missing out on these important reminders.

[Read more on how to file your annual returns here](#)

(Click + Ctrl to activate)

MEMBERSHIP MATTERS



Welcome...

to our new members inducted during August

Adam Awad	- joined the Lions Club of Wellington Host
Hamish Blyth	- joined the Lions Club of Woodville
Peter Crotty	- joined the Lions Club of Wellington Host
Joshua Ebarle	- joined the Lions club of Johnsonville
Alan Gibbs	- joined the Lions Club of Waikanae
Kerry Lynch	- joined the Lions Club of Hastings Host
Belinda Moore	- joined the Lions Club of Napier Spirit
Mark Walwyn	- joined the Lions Club of Hastings Host
Sonia Walwyn	- joined the Lions Club of Hastings Host
Su-Ying Wu	- joined the Lions Club of Johnsonville

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 August 2020. If you have new members who were inducted during August 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.



MEMBERSHIP MATTERS

Recruitment Ideas:

Broadcast your advantage.

What makes our association better than everyone else? Share the benefits of being a Lion, example leadership development program to various learning opportunities as our online Lions Learning Centre platform. Importantly be clear with prospective members from the start. Being willing to listen, answer questions, and be transparent about expectations of being a Lion in the community

Getting it right from the beginning.

The schedule should fit into the member's routine. Make it easy for him or her.

Make prospective member feel important.

Don't sell, invite! It may be off-putting for some when they're being sold to, especially in this case when our "product" is service. This may make it seem like the organisation is only concerned about donations and increasing its members rather than on building genuine relationships. When you invite, it will make prospective members feel special and important.

When talking with someone about joining the organisation, it is important to remember that the focus of the conversation should not be simply on what the organization does, but, more importantly, on how the individual can fit in with the organisation. The tool needed to recruit a new member isn't the ability to talk; it's the ability to listen. An effective recruiter will try to find out what the prospect's interest is and then respond by highlighting ways that the organisation meets or can meet these interests. This is how you target a person's "what's-in-it-for me" spot.

Welcome letter for potential members.

The letter should be concise and include the names of the association recruitment committee, contact information and best times to contact them. It should also be properly branded (official logos).

Keep a list and don't give up!

Whenever possible, it is helpful if the organisation maintains a list of non-members and prospects and regularly includes these individuals in future meeting and event communications. It may take several

interactions with one or more members to encourage the prospect to join. They may not be a member today, but they might be tomorrow.

Leaders should lead by example. How many members have you recruited? Practice what you preach.

Ask your members with the most influence over your target audience to help you recruit using word of mouth from "the right mouth." Ask members – and even non-members – what they need from you. If you already offer that service, let them know. Be proactive, rather than reactive, when engaging members. With the right person sharing the news about your association with those in his or her influence group, the best way to attract potential members who may be on the fence about joining is by building relationships with them and listening rather than selling to them. Ask yourself: why aren't they members? Is there something we can learn from the reasons they haven't joined?

Have incentives for recruitment to encourage other club members to recruit.

For example... perhaps offer one-year international dues to be paid by the club to the member who introduces the most new members during the Lions year.

Establish committees to take ownership of specific responsibilities.

This eliminates confusion and potential misunderstanding. The underlying rule should be that each committee represents one part of the overall plan, which is to grow membership.

Maintain an up-to-date list of potential board candidates.

Schedule time to regularly review and edit the list. It will allow potential candidates to experience first-hand how the board functions. It is helpful to candidates in deciding if he/she wishes to pursue a board candidacy.

It will also help to emphasize the value of all the good work that donors have done in the past to further the organisation's cause. It will establish that individuals, companies and other organisations recognise and trust the value of LCI's work and its impact on communities.

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

PCC Jo Cameron
GMT Support

The 2021 Trial Internal Youth Exchange Programme

The Multiple District Governors have given permission for 202M and 202D to trial in 2021 a new internal youth exchange programme. The dates of the exchange are Saturday 17th April to Sunday 25th April 2021 (8 Days).

202D have already organised Clubs and Zones to work together and are keen to start - this note to all 202M Clubs is to advise that all of your Zone Chairs are receiving this week a package to promote this project so we can conduct this trial. If it works well, it is hoped to run it on a national basis across New Zealand from 2022.

The goal is to reach out to **young adults aged 15 - 18** who would not normally have the opportunity to travel away from home. It may be their first solo trip away from the family. It could be for a youngster who has never lived on a farm or in a country town, or in the city. It can also be viewed as a first step towards a trip as an International Youth Exchange Student in the future.

We will run this trial so it meets all the safety requirements of the International Youth Exchange process, so we ensure the safety of the youths and the host families. We also want this to be a **fun project** both for the Youth Exchange students and the Clubs involved.

How will we do it?

Step One: Find Clubs and hosts that are willing to host a youth from 202D in your area for 8 nights in April 2021.

Step Two: Nominate your youth exchange students to Lorraine Brooks for Zones 5, 6 and 7 and to Carol McMillan for Zones 1, 2, 3 and 4 by 30 November 2020. This will allow us time for briefings, matching students to hosts, and arranging the security clearances.

Step Three: Advise all students selected by the 15th December 2020 where they are going and the names and contact details of their hosts and the host Lions Club. We will raise an invoice for each sponsoring Club for \$120.00. We will then provide the students with a hoodie top and baseball cap, and give them the final information needed.

Step Four: Confirm all arrangements by 31st March 2021 with all parties involved.

Step Five: am Saturday 17th April 2021 – volunteer Lions drive the 202M students to Palmerston North to meet the 202D Lions at lunchtime and swap car loads so the youth exchange students can be delivered directly to their host families that afternoon.

Step Six: The host family are supported by their local Lions Club for the week of the exchange, and on Sunday 25th April the reverse travel arrangements are done – again meeting in Palmerston North for an exchange.

The Hosting Clubs who send a student do not have to take a student in exchange, but many will. Ideally, there will be young adults of a similar age in the host family home, or readily available. There is no issue with hosts having two students as having company will help them enjoy the experience.

Costs

The only costs are:

\$120.00 for the provision of a smart hoodie and baseball cap suitably embroidered that the Youth Exchange student retains. This is paid for by their host Club as a project cost.

Travel costs to and from Palmerston North by a volunteer Lion/s. Clubs can combine efforts and use a van (202D intend to do this in one area), or private cars. Lions may claim the travel costs (35c per km) as a reimbursement (if they wish to) by the District Youth Project.

Interested?

Please register your interest with an email to: Lion Carol McMillan, (carol@amc.nz)

We really appreciate your support for this trial programme, and look forward to the outcome of seeing these young people grow.

Carol McMillan
MD202 Youth Exchange Co-ordinator (Hastings Host)



Picture left shows a group of Japanese exchange students enjoy the sheep shearing demo.

Right - saying 'sayonara' at the ferry wharf in Wellington.



ENVIRONMENT

This month I am going to address electronic waste.

In this digital age we see increasing amounts of electronic waste, as more people acquire, then dispose of, greater numbers and varieties of digital devices.

Lions clubs have the potential to run profitable projects being a collection point for unwanted electronic goods, broken or not. Generally there will be a collection point on a specific day, with a charge or donation assigned to the various items. However, the strategy may vary.

What is important is that those goods are then transported to, or picked up by, a reputable processor of electronic waste, such that the public can have confidence that the data on the goods is protected (e.g. data on hard drives) and the waste is processed in a responsible way, such as to minimise its environmental impact. Thus there can be no on-selling or gifting of working laptops or mobile phones etc from these projects.

Prior collaboration with the e-waste processor is important, including to establish what they will and will not accept, and what charges they may apply to specific items. For instance, old style computer screens (CRTs) and televisions may incur a cost which you would want to pass on to the public – or you simply may not accept such items. Then you will need to advertise your event, indicating what you will accept and charge.

Generally items such as computers, laptops, mobile phones, printers, flat screen monitors, cables, batteries, routers, cameras, e-readers are acceptable, but not CRT screens (containing leaded glass), car batteries, microwaves and whiteware. This is not an exclusive list – you will need to check.

Many city or district councils accept electronic waste at their landfills at no charge, except for certain items, such as television sets. Your customers will be pleased to have your personal service and assurances, and not have to make the trip to the landfill.

Reputable recyclers will meet national and international standards. For instance, the first company listed below is independently audited against the International Standards ISO 14001 and ISO:27001 and is GSCB approved for meeting NZISM requirements as a Secure Destruction Facility.

Some companies that provide the e-waste disposal services are:

Remarkit <https://www.remarkit.co.nz/>

ITRecycla <https://itrecycla.co.nz/>

Recycling For Charity <https://recyclingforcharity.co.nz/>

Karori Lions have held several successful e-waste recycling projects. Philip Caruana has indicated his willingness to share his experience in managing these projects. Email philip.caruana@gmail.com

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

Trevor Anders

Lions Club of Karori

trevoranders@gmail.com

Camp Quality Generator Appeal

Many thanks for all the generous support from so many clubs. We have raised enough to pay to replace the old generator, with a bit on top which we will pass on to Camp Quality as well to help with the upcoming camps.

Kind regards
Alan Knowsley
Greytown Lions

Nourish

Dietitian Helen Gibbs offers readers some ideas for reducing food costs.

EATING ON A TIGHT BUDGET

For some people, level 1 here in New Zealand will be life as close to normal as we are going to get, at least anytime soon. But for others, this will be a time of huge stress and distress, with reduced incomes, job loss, and significant changes to home and family life.

People with any form of diabetes need to eat well to stay well.

If you're on a limited income, there are quite a few ways to save money on food costs. Read on and see if there are any tips you can take up in addition to what you're doing already.

KNOWLEDGE IS POWER

Know what is in your pantry, fridge, and freezer. Make a list and plan to use whatever is there already.

Do some research into other ways to save as well.

For example, fruits and vegetables that are in season will

be cheaper than those that are not (and are being imported or grown non-seasonally). So, find out what's in season and when, and plan your meals based on that.

This useful website allows you to find out what is fresh in your local area: whatsfresh.teamrocket.co.nz.

JOIN A FRUIT AND VEGE CO-OP

If you're a competent and flexible cook, then you may find joining your local fruit and vegetable cooperative is a way to get plenty of seasonal vegetables at a low cost. Search on Google or in Facebook for fruit and vegetable co-ops near you.

Most of them offer family boxes for under \$20 a week. The disadvantages are that you will likely have limited variety, and some of the vegetables and fruit will be seconds. However, if you're adaptable in the kitchen, the pros may well outweigh the cons. Think of it as a creative challenge.

USE YOUR FREEZER

If you have freezer space and access to cheap and/or seasonal vegetables and fruit, then don't be afraid to freeze your own.

Many vegetables benefit from being blanched before freezing. This is where you dip them in boiling water for one minute before you spread them on the tray and freeze them. Once frozen, they can be put into bags.

GET EVERYONE ON BOARD

Even quite young children will sense if you have food worries and will be able to understand that food might need to be different from before. Be open about it.

Have a discussion with everyone in the household about the need to stick to a budget. Ask for their ideas and suggestions. Explaining that there will be enough food but each person will have to eat the same meal is useful.

The Continuation of the Eating on a Tight Budget article taken from the Diabetes Wellness Magazine.

PLANS AND PORTIONS

Plan what you are eating at all meals – and in between. Make your shopping list from your meal plan.

Shop to the list. Use click-and-collect services if you struggle to stick to a list when you're shopping.

After you shop, portion items, especially the expensive ones, into meal-sized packs, so that everyone is only eating what they need. See the portion guide below for a few common foods.

MAKE DAIRY PRODUCTS CHEAPER

Many people have bad memories of milk powder from the 1980s. Now, it's much better, and you can improve the taste even more by allowing it to stand in the fridge for two hours before use.

You can make the equivalent of calci-trim milk by using 135g standard milk powder in 1 litre of water. Everyone in the family can have this milk if they are over the age of two.

Yogurt can be cheaper too: You can make it using a yogurt maker, but instead of a whole packet use 30g (or 2 Tbsp) of the natural starter and 1¼ cup skimmed milk powder.

You can also make more yoghurt using leftover natural bought yogurt. Heat your milk to just below boiling point. Let it cool. Pour it into a sterile jar, stir in the leftover yoghurt, and place it somewhere warm (ideally around 43 to 46 degrees Celsius). Once it's set, chill it.

TIME IS MONEY

If you have time, you can save money by cooking from scratch as much as possible.

Beans and legumes are already a cheap, healthy food, full of fibre and protein, but using dried ones rather than canned can save even more money.

A 400g tin of chickpeas gives you about 220g of chickpeas once you remove the liquid, and it costs \$1.10 to \$1.50 if you're lucky.

Instead, soak and cook 100g dried chickpeas to end up with the same amount. Dried chickpeas cost about \$0.66 per 100g in packets – and less if purchased from bulk bins. If you don't have time to regularly cook your own beans and legumes, then cook them in bulk and freeze some.

Freeze chickpeas and other beans spread out on a tray so they don't freeze together in chunks, and then you can use them free flow for up to three months.

SEEK HELP

If you're on a reduced income, reach out for help. If you have diabetes and are on a reduced income, talk to your medical professional about disability allowance to cover expenses, if you're not already receiving it.

Depending on your circumstances, this may be enough to purchase more food. If, however, your medication and diabetes equipment costs are more than the maximum, then it is possible to apply for additional funding, but this may require supporting evidence from your dietitian. Most additional funds require evidence that the money is being spent on food costs and will need to be applied for every 10-12 weeks.

GO EASY ON YOURSELF

It's important to remember that the cost of living is high, and benefits and some incomes are too low to live on for most families.

Like many dietitians, I am a member of groups such as Child Poverty Action who are campaigning for increases in benefits to ensure that people on benefits are not making their health worse because they can't eat well – so don't be ashamed if you are finding it hard. As ever, ask for help.

PORTION SIZES PER PERSON

It's easy to overindulge in cheese and meat. It can end up being expensive too. Here are some generalised recommended portion sizes per adult, per meal.



30g

Cheese



150g

Meat, chicken, or fish without bones



170g

Chicken thighs, bone in



200g

Most other meats, bone in

Serves 1

Prep time 10 mins,
cooking time 10 mins

Nutritional Information

Average quantity per serving
387 grams

Average quantity per serving:

Energy 1480 kJ (354 kcal), Protein
45.7 g, Fat total 13.5 g – saturated
1.9 g, Carbohydrate 7.7 g – sugars
6 g, Sodium 81 mg

160–180 grams chicken breast

¼ tsp ginger

¼ tsp garlic

¼ tsp dill

¼ tsp ground cumin

2 tsp olive oil

½ cup chopped green beans

1 large courgette, sliced

½ cup broccoli florets

½ brown onion, sliced in rings

Cumin and Dill Chicken

- 1 Using a sharp knife, fillet chicken breast to a thickness of about 2 cm.
- 2 Mix the ginger, garlic, dill, cumin and olive oil together in a small dish.
- 3 Pour the mix in to a hot frying pan and add the chicken.
- 4 When you're ready to turn the chicken, place the beans, courgette, broccoli and onion rings in to the hot pan. Stir-fry until cooked to your liking.
- 5 Once chicken is fully cooked, remove from pan.

RECOMMENDATION: To comply with Diabetes NZ's healthy plate guidelines, add a starchy carbohydrate to your meal. A quarter of your plate could be potato, kumara, pasta, rice or taro.

Lee-Anne Wann

Enjoy!!!



BREAD, FRUIT AND VEGETABLE BAG TAGS - SAVE THEM

Wellington Host Lions Club is collecting these plastic tags for a scheme called *Wheelchairs for Africa*. This voluntary organisation recycles these small clips, something which cannot be done in New Zealand at present. However, there are collection points here and we have sourced one in our club area.

The tags are packed and carried, usually by travellers, to the parent organisation in South Africa. The tags are then sold to a plastics company which makes seedlings trays with the funds raised used to purchase wheelchairs for those in need.

In case you are wondering...One kilogram is equal to 2,720 tags but it is not hard to collect them as most households eat a couple of loaves of bread per week. It takes 200 kilograms, 544 000 tags, to fund a wheelchair. As well as helping those in need, collecting these tags also keeps our environment healthier because they otherwise go to a landfill.

202M Clubs if add this simple project to your environment projects your president could bring the tags to the Zone meeting and they can be given to Cabin Secretary Graham Atkinson at the next Cabinet meeting.

contact Wellington Host Lions wellington-host@lionsclubs.org.nz or Stephanie on 04 399 5887.

SAVE BREAD TAGS

Wellington Host Lions
Ph 388 5887



Round the Cl ubs

To learn more about this project go to *Bread Tags for Wheelchairs NZ* on Face Book. If you wish to donate tags,

Wellington Host

Almoner request

In 202M we care about the members of our Lions family.

All deceased members will be recognised at the remembrance service to be held on the Sunday of our district convention on 12-14 March 2021. I will require your club to send me a photo and a eulogy for each deceased member.

Many thanks

Sandie McIntosh

PDG Sandie McIntosh

District 202M Almoner

Bob.sandie.mcintosh@gmail.com



Do you have a member in your Club who is recovering from recent surgery or is unwell, maybe they've been significantly affected by the challenges of this pandemic or just having a down time? Then please let me know.

If your Club has been impacted by a bereavement please would you send me the details including, if possible, the information of the surviving spouse or family members to enable us to offer them some support.

September Message from the Council Chair

'The Ever Present Challenge'

Regaining the momentum in the face of uncertainty and disruption.

by Ron Rowe

Our Clubs, our members and our communities too, have, in these extraordinary times been, and remain faced with uncertainty, levels of anxiety, asking 'where to from here?' The strong message that I'm getting from friends and former colleagues is that most are looking at the positive side of COVID as offering 'opportunities' as a way of reigniting their thinking and regaining momentum for their all- important work in their communities.



David Peart
Council Chair 2020-2021

Karori Lions—Spirit of Adventure

The Lions Club of Karori is once again contacting clubs throughout New Zealand to raise funds for the 2021 sailing. Please consider this request and help to bring happiness and fulfilment to another group of disabled youngsters.

Also consider nominating and supporting a disabled youngster in your area to undertake the voyage. There is a small cost that the trainees need to pay – perhaps your club could cover this.

The "Inspiration Voyage" on the Spirit of New Zealand A sailing adventure for physically disabled youngsters. For the past 22 years the Lions Club of Karori has coordinated

an annual appeal amongst the Lions Clubs of New Zealand, raising a total of over \$450,000. These funds have made it possible each year for groups of physically challenged young people to embark on a journey of a lifetime on the Spirit of New Zealand, a tall ship owned by the Spirit of Adventure (SOA) Trust. This year, through the generosity of our Lions Clubs, an amount of \$22,000 was donated to the Trust to support the February 24th sailing out of Nelson, with a group of 18 young people, supported by a number of experienced SOA "buddies" on the ship.

See page 14 for a couple of letters from 2 of the youth who went on the February 2020 voyage. Editor.



Spirit of Adventure - Inspiration Voyage

Thank you to all the clubs that have supported this project over the years. Below are just two of the letters received over the years that make this project so worthwhile. If you are ever in Wellington or Auckland at the end of a voyage, it is a real thrill to speak with these young people.

To the Lions Club of Karori!
I have had the most amazing trip and I'm so grateful to be given this opportunity. I am an below the knee amputee and being able to do things like sailing and hard work is brilliant because most people don't believe I can do some these things. It's amazing to have people to believe in me and I will never forget the week I've had.
One of my highlights was the part where we and some others went sailing in the small boat Lady Pippa. We even had a race with the other boat that was out! Even though I had no idea on what was going on, I thoroughly enjoyed it.

even though I had to go in with no leg!
Not only that, but I got to do a lot of hard work like pulling the sails up. People think I am unable to do things like that and this way I can prove people wrong!
However, my favourite part of this trip has to be the amazing people I've met and how we have all been through hard times in our life but we all got together in the coolest way possible and I will never forget team and I'll never forget this a trip and I can't explain how grateful and thankful I am.

Thank you so much for helping to fund this once in a life time opportunity.
As a blind person, climbing the mast and yard arms was truly exhilarating and won't be forgotten soon. I wouldn't be able to do that anywhere else. I thoroughly enjoyed the trip and will take the lessons and knowledge I've gained with me through life.
Thanks again,
Thomas



NAME: Paddy Walsh
VOYAGE NO: V993JMS
DATE:



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





As the challenges facing our world expand, so must our capacity to combat them. To build a future promising even greater service impact, LCIF—your foundation— has introduced ***Campaign 100: LCIF Empowering Service.*** Campaign 100 will empower Lions to serve hundreds of millions of people by increasing our service impact, fighting diabetes, and expanding our global causes.

INCREASE SERVICE IMPACT

LCIF will expand Lions’ commitment to our communities, with a focus on **Vision, Youth, Disaster Relief, and Humanitarian efforts.**

FIGHT DIABETES

Together, we will respond to this global epidemic, helping prevent diabetes through multi-faceted, comprehensive health initiatives targeted to the communities where we live and serve.

EXPAND OUR GLOBAL CAUSES

LCIF will identify areas of greatest need and opportunity; conduct pilot projects to develop expertise; and build sustainable, long-term programs related to **Hunger, Childhood Cancer, and the Environment.**

In 100 years, we have proven that Lions united in service can transform the lives of millions. With the help of every Lion in every club, LCIF is poised to make an even greater impact today, tomorrow, and for generations to come.

Please donate to Campaign 100

so we can answer the call to provide much needed funding where it is needed most!

Thank you for your compassion and generosity.

Jo Cameron
202M LCIF Coordinator



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.

Camp Quality Collections

Collections are being held at the following locations between now and Christmas. These are all day collections unless noted otherwise.

If you are able to assist with an hour or two of your time, please text me on 021 264 1481 –

Countdown Newtown - 2-3 October

Pak'n'Save Petone - 9-10 October

Johnsonville Mall - 30 October

(Johnsonville Lions are supporting this event)

Wellington Rail -- 27 November - (7 am – 9am)

Wellington streets - 27 November - (all day)

Karori Mall - 11-12 December

Child Cancer Foundation

I have had discussions with one of the organisers of the SIBS camps run by CCF. The following is an outline of the work and things that could assist this cause.

“The Child Cancer Foundation NZ provides a multitude of programs of support for families facing a childhood cancer diagnosis. A key event for siblings are annual regional camps tailored to the psychosocial impact cancer has on the wider family.

Camps typically contain traditional recreational (kayaking, climbing, pool, field group games etc.) - activities coupled with therapeutic elements. Families report that the time out for siblings with others who understand their reality is invaluable and are very thankful to the volunteer teams from across both islands that enable these to happen.

Potential areas of support from Lions:

*Hands on during camp (Fri-Sun) with activity supervision- might enable wider variety of activities to be provided and our volunteers to be freed up ratio wise to allow more campers to attend.

*Depending on venue: provision of food for meals (typically SIBS camps are on established campsites with flexibility to cook the meals or have camp kitchen provided meals)

* Transport assistance - The 4 regions camps are held in are Auckland, Taupo, Wellington/ Central and Christchurch but the children require transport kids to and from them within quite wide surrounding regions.

IF YOUR CLUB WOULD LIKE TO ASSIST WITH ANY OF THESE CAMPS PLEASE LET ME KNOW AND I WILL PUT YOU IN TOUCH

bethanders50@outlook.com

Beth Anders
Child Cancer Chairperson.



□ AN array of blankets, booties and beanies await Wairoa mums and their babies thanks to Wairoa Lighthouse Lions members, left, Wairoa midwives Helen Upex, Tungane Kani, Lighthouse Lions Heather Walker, Caryl Mercer, Liz McCormack, Chris Ramsay and Heather Sexton.

Knitted treasures ready for new mothers and babies

SOFT cuddly blankets, beanies and booties were donated to Wairoa Hospital's maternity unit on Friday.

Lighthouse Lions members stitched up the knitted piggy squares into cot blankets which Heather Sexton had knitted from her hoard of leftover wool.

Their handiwork of 39 baby hats and beanies and 18 patchwork blankets were warmly welcomed by Wairoa midwives.

The machine-washable wool blankets each took about 30 hours to make and the beanies and booties about 7-8 hours for each set.

Midwife Tungane Kani thought the knitted treasures would last until the end of the year.

"They are nice sizes and very welcome for our mothers and new babies, especially for next month when ten babies are due."

Round the Cl ubs

Wairoa Lighthouse

#fightdiabetes

Lions Clubs International

<https://www.lionsclubs.org/en/start-our-global-causes/diabetes>

