



"The Mighty M"

Newsletter of Lions District 202M New Zealand

September 2025



Welcome to this month's edition of "The Mighty M" your monthly update spotlighting activity and engagement across our district.

INSIDE

- ❖ From the DG's Desk
- ❖ Expanding our impact
- ❖ Managing Diabetes
- ❖ 202M District Awards
- ❖ Mental Health & Wellbeing

- ❖ Zone Buzz
- ❖ Welcome New Lions
- ❖ We sneak in a chuckle
- ❖ DG's Visits
- ❖ ELLI course

FROM THE DISTRICT GOVERNOR'S DESK "TOGETHER WE ROAR – THE MIGHTY 202M"

CLUB VISITS & CONNECTIONS "On the Road with the Mighty 202M"



Hello fellow Lions,

This month I have officially begun my **club visits** – something I'm truly excited about.

Over the next year, I will be visiting **every single club across the Mighty 202M** while serving as your District Governor. These visits are not only about sharing updates, but more importantly about celebrating your achievements, meeting members, and enjoying the unique spirit of each club.

I kicked things off with a wonderful trip to the **Spirit of Napier Lions Club**, where we celebrated two very special milestones: **Lion Kerry** receiving a **Lloyd Morgan Honoured Membership Award**, and **Lion Val** being recognised for her

incredible **45 years of service** with a chevron. Congratulations to you both – such inspiring contributions to Lionism.



Next stop was the **Woodville Lions Club**, where I had a load of laughs with the farmers and tradies who make up this lively group. From there, I carried on to **Takapau Lions**, where I got to see first-hand the amazing work they're doing for their community.



Then it was off up the coast to **Gisborne**, where I met with both **Gisborne Host** and **Gisborne Wainui**. The highlight of the evening was being honoured to induct **four brand-new Lions** into **Gisborne Host** – what a privilege! It was a truly special night, full of pride and promise for the future of Lionism in the region.



My journey then took me down to the **Wairoa Lighthouse Lions Club**, where I don't think I've laughed that much in a long time! These Lions really know how to have fun, and it was a reminder that service, fellowship, and friendship go hand in hand. Keep up the fantastic work – keep bringing in new members, and most importantly, keep having fun along the way.



Looking ahead, please mark your calendars for our **District Forum on the 6- 7 March 2025**. It will be a great chance for us to gather, learn, and celebrate together. I'm looking forward to seeing as many of you there as possible.

Finally, a reminder – if there are **any issues, questions, or support you need**, please don't hesitate to reach out. I'm here for you. You can email me at 202m.dg@lionsclubs.org.nz or call me directly on **027 246 0955**.

Thank you all for the warm welcomes so far – it's a privilege to serve as your District Governor and to witness the mighty spirit of 202M in action.

Cheers,

Leon Downes

District Governor 202M 2025–2026

Mighty to the Core – Roaring for More

EXPANDING OUR IMPACT



PDG Rex Bullard 202M LCIF Coordinator

Lions Clubs International Foundation (LCIF) empowers Lions clubs, volunteers and partners to improve health and well-being, strengthen communities and support those in need. Lions International is the largest service organization in the world, helping people in more than 200 countries and geographic areas.

LCIF offers a wide variety of grants to support Lions' service to their local communities and the world. Here is a list of grants available to Lions Clubs to assist with your projects:

- Childhood Cancer Grants
- District and Club Community Impact Grants
- Lions Quest Grants
- Diabetes Grants
- Hunger Grants
- Matching Grants
- Disaster Grants
- Leo Service Grants
- Vision Grants

LCIF HAS AWARDED Over US\$ 1.3 Billion through 20,000+ grants

District 202M has directly benefited from LCIF grants as follows:

- Ronald McDonald House US\$75,000
- Playscape US \$100,000
- Life Flight Trust US \$135,000
- Cyclone Gabrielle Emergency grant US\$10,000
- Cyclone Gabrielle Recovery Grant \$ US\$157,450

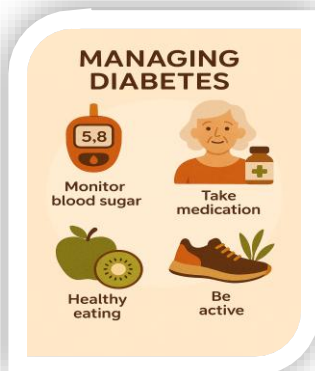
District 202M has contributed a total of US\$89,625 to LCIF in the past 5 years and received over US\$400,000 in return.

I encourage all clubs to budget to contribute this year, a minimum of \$45 per member to LCIF and use the funds to recognise members who have made a significant contribution to your club.

Next month I will outline ways in which you can recognise Lions contributions by awarding an MJF or a Presidential Pin.

MANAGING DIABETES: A REAL STORY FROM OUR COMMUNITY

Lindsay McTavish



This is the story of a 75-year-old NZ woman who's usually in good health, though she's been dealing with a painful back due to a pinched nerve and is waiting for surgery.

She's had Type 2 Diabetes for many years. At first, her blood sugar was only slightly high, but over time it got worse. In 2023, doctors found a lump in her pelvis, and she needed major surgery to remove it. Her recovery took nearly a month in hospital.

Managing her diabetes hasn't been easy. She tried several different tablets, but many upset her stomach or didn't work well. Even with a mix of medications, her long-term sugar levels stayed too high. The healthy target is around 53, but hers was in the 70s.

While on a cruise, she checked her blood sugar each morning and the numbers looked okay—between 6 and 12. But when she got her HbA1c results later, they were the highest she'd ever seen, over 75. She hadn't realised that this test shows the average sugar level over three months, including after meals and sweet treats, not just the morning readings.

Since tablets weren't enough, her doctor started her on daily injections called Victoza. The dose was slowly increased, and a diabetes specialist helped guide the plan.

At a community diabetes talk, she learned that many things could affect blood sugar—like poor sleep and pain. She often stayed up late and woke early for work, and noticed her sugar spiked when her pain medicine wore off, even if she hadn't eaten.

With new knowledge, better food choices, and a glucose monitor to track her levels more closely, she now feels more in control. She understands what causes her blood sugar to rise and has learned how to manage it more effectively.

Here's a newsletter from Rodger Millar, MD Lions NZ Diabetes Liaison Coordinator—where he talks about diabetes and encourages clubs to get behind it by planning a project or event this November. Check it out at the link below.

The Diabetes Newsletter from PDG
Rodger Millar

[Click to Download](#)

District 202M Awards will be assessed over the preceding Lions year at the Forum in March of next year.

Awards may be applied for by clubs, Zone Chairs, or an individual Lion.



Application must be submitted in writing to the District Governors nominated Awards Committee by **30 September each year**.

A project can be considered for one or more award categories. However, once recognised with an award, that project will not be considered in any other categories.

A project which has previously been recognised with an award, will have an automatic 5-year stand-down period before it can be considered again (only applies to ongoing and/or long-standing club projects).

Where a District Award can be submitted for a Multiple District Award the criteria will be the same as for the Multiple District Award and submissions should be of a standard for the district winner to be forwarded directly to the Multiple District for consideration.

Criteria for Multiple District and District Awards are on Lions website www.lionsclubs.org.nz

The decision of the Immediate Past District Governor is final, and no correspondence will be entered into.

District 202M Project Award – M.D. Ron Usmar Award for Community Service

The purpose of this award is to encourage participation in Community Service Projects. It is permissible for each Lions or Leo Club to submit one entry each Lions year for consideration for this award.

Judging will follow the MD Ron Usmar Award criteria.

District 202M Membership Award – Multiple District Keith Mitchell Award for Membership Growth, Extension and Retention.

The aim is to recognise Clubs who have worked extremely hard to increase their membership and have achieved this goal. The Club with the highest net gain in membership for the preceding Lions year. Judging will follow the MD Keith Mitchell Award criteria.

District 202M Youth Award – Multiple District Pat Ryan Youth Award

The winning entry of the District Contest will be forwarded to the Multiple District Secretary as the District's Entry to the Pat Ryan Youth Award. Judging will follow the MD Pat Ryan Award criteria.

District 202M Public Relations & Communication Award – Multiple District Ron Rowe Award

The winning entry of the District Contest will be forwarded to the Multiple District Secretary as the District's Entry to the Ron Rowe Public Relations & Community Service Award. Judging will follow the MD Ron Rowe Award criteria.

District 202M Lloyd Morgan Lions Clubs Charitable Trust Support Award.

Aim is to encourage Lions Clubs to give regular support to the Lloyd Morgan Lions Clubs Charitable Trust. Awarded to the club who has made the largest donation, based on a pro rata basis

Lions Clubs International Foundation.

Aim is to encourage Lions Clubs to give regular support to LCIF. Awarded to the club who has made the largest donation, based on a pro rata basis.

District 202M Top Club

To the club which may not be the top in an individual area but has the best all-round performance.

Club must have met the criteria and applied for the club excellence award by the 31st of August deadline for the previous Lions year. Criteria and application on the International Lions Website www.lionsclubs.org

**Please send ALL applications for an award to be considered to
202M.LCIfionsclubs.org.nz by 31 September 2025**

MENTAL HEALTH AND WELLBEING

ANN Richardson IPDG Mental Health & Wellbeing Coordinator

Our district cabinet had a proposal from The Wellington Hospitals Foundation seeking funding for the purchase of a number of Sensory Modulation Kits, for use within the Mental Health Service. It has been accepted by a majority of cabinet members. We have a club to lead this project - The Lions Club of Silverstream - and we are ready to go. There are two types of sensory modular kits that we are raising money to purchase for the Hospital Foundation.

Sensory modulation kits sought for the inpatient service are for 'Sensory Rooms' which the team create across the region. These rooms provide a safe and calming area in which sensory needs can be explored.

The portable sensory modulation kits sought by teams in the outpatient service will serve patients living in the community. These can be personalised for individual patients to ensure it contains items and activities tailored to patient's sensory needs.

Please start planning within your clubs how you can support this district project. Like some of our other district projects it depends how many funds we get, which will determine how many kits we are able to fund. Plan a service project and start your mental health and well-being journey today. There are service project planners available online. Doing good feels good — and is good for our own mental health also. You might like to think of a club activity to raise awareness, be an advocate for mental health or do a community needs assessment to find out what is needed. Local schools often have mental health needs.

Amplify your club's impact during a Week of Service 4–12 October.

Let's create a positive change and make a difference. During this time (4-12 October) you

will be united with Lions and Leos worldwide helping to address the issues of Mental Health and Wellbeing. Mark this date in your calendars now. Everybody knows someone who needs some extra care and attention.

To get the project going, our lead Club - the Silverstream Lions Club- will be donating a portion of funds raised at our annual craft fair in November.

If any Club or Lions wants more information or ideas of how they can help or promote awareness, please contact Anne Richardson

ZONE BUZZ: WHAT'S HAPPENING IN SOME OF OUR CLUBS

Thanks to those Zones and clubs who have provided news items. I look forward to others contributing for future bulletins.

Zone 7. Great news in regard to the Golf for Good Project. Kapiti Mayor Janet Halborrow officially broke ground at the mini golf site on Monday 25 August. The safety fences are up, and work is ready to commence. Opening day will be late November. **(Ed note: more about Golf for Good later in this bulletin)**

The **combined Lions of Kapiti** have started collecting and sorting books for the annual bookfair in October. There is a team of lions and helpers that meet on a Tuesday morning to sort and pack books that have been collected over the week.

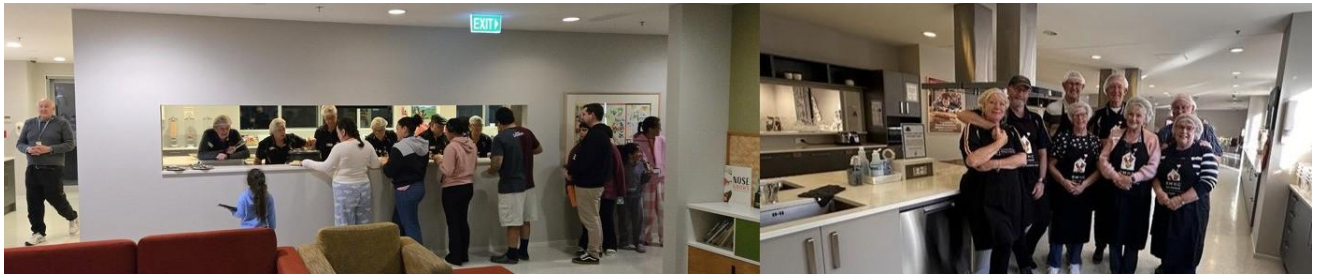
Kan Tabs are still been collected for Kidney Kids. 25 Years and counting with over \$250,000 raised. **Levin Waiopahu** is heading this project in our zone.

Kapiti Club has been busy with community activities, keeping the grounds of Kapiti Mary Potter community hospice maintained. They are looking at creating a legacy project for their club.

Kapiti Pakeke are busy with garage sales when the need arises.

Waikanae Lions are busy with their annual fertiliser sale as well as cooking an evening meal for Ronald McDonald House.

Kapakapanui Lions have been busy also with cooking an evening meal and baking for Ronald McDonald House



Above Kapakapanui and Waikanae clubs help out @ Ronald McDonald House on separate days

Events coming up:

Kapakapanui Lions quiz night Friday 5 September funds for Camp Quality

Waikanae Lions quiz and auction Saturday 1 November, funds for Golf for Good

A Combined Lions and Rotary Project for Community Good



Exciting things are underway at Mazengarb Reserve, Paraparaumu! The Combined Lions Clubs of Kapiti and Kapiti Rotary are proud to present **Golf for Good – Mini Golf Kapiti**, NZ's first internationally designed 18-hole mini golf course.

Site prep and construction are now underway, bringing this fun, inclusive experience to life for all ages and abilities. But it's more than just play—every future dollar earned goes straight back into our community, supporting local charities, youth, and wellbeing projects across the Coast.

With Lions and Rotary leading the way, Golf for Good will be a place to connect, compete, and give back. The course will open 168 days a year, including school holidays, with evening play under floodlights until 8:30pm.

The on-course team will be led by an operations manager with volunteer staffing proudly provided by Lions and Rotary members. Aiming to open before Christmas—just in time for concession tickets to make perfect gifts for friends, family, or groups.

Gisborne Host Lions Club We had the privilege to go along to the Matai Medical Research Institute and have a look around after having been to a couple of guest speakers about the very important research they are doing.

On Thursday we were able to offer some funding from both Gisborne Host and Wainui Lions clubs to go towards internships for the summer.



This programme is an opportunity for undergraduate students to gain hands-on experience in cutting-edge research, working alongside expert scientists, clinicians, and iwi health providers.

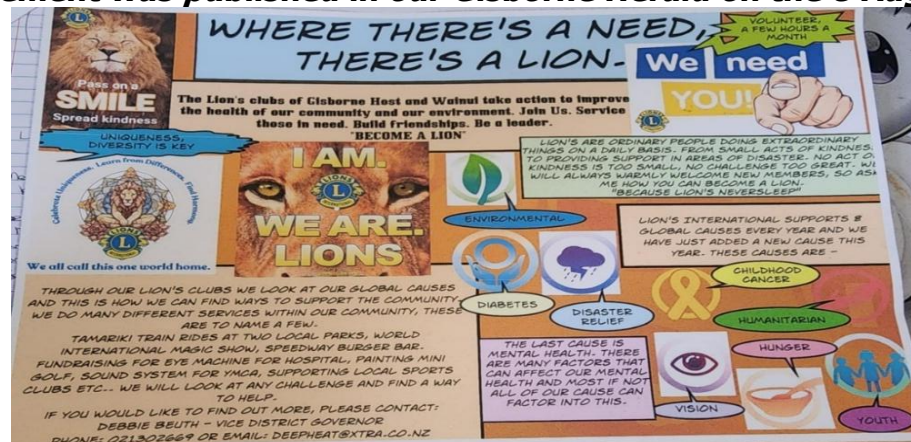
These internships are open to undergraduate students from year 1 to year 4 with priority given to students with links to Tairāwhiti typically enrolled in

health science, computer science, medical, or engineering programmes at a New Zealand university with strong ties to the region.

As some of these incoming Interns are looking at research on Vision (Glaucoma research) and Mental health and we will be supporting youth from our area work alongside scientists from around the world we took this opportunity to work alongside some amazing people.

(Above: Debbie Bueth (VDG) Gwen Lemaire (President) Barry Foster)

Advertisement was published in our Gisborne Herald on the 8 August 2025



WELCOME NEW LIONS

Welcoming Our New Lions

Proud to introduce new members from Eastbourne, Johnsonville, and Waikanae, as advised by clubs.

Name	Club
Jim Reynolds	Eastbourne
Nikola Sandbrook	Eastbourne
Stephanie Kemp	Eastbourne
Susan Kirkham	Eastbourne
Peter Northcote	Eastbourne
John Broadbent	Eastbourne
Diane Basile	Johnsonville
Terry Beaumont	Waikanae
Bruce & Jill Bulmer	Waikanae

Has your club welcomed new Lions recently? Let the Bulletin Editor know so we can give them a warm welcome in the next District issue!
202M.Editor@LionsClubs.org.nz

WE SNEAK IN A CHUCKLE

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked, as they moved off.

"Because" he said, "I can't stand chess nuts boasting in an open foyer."



FUN FACTS

1. You can't see your ears without a mirror.
2. You can't count your hair.
3. You can't breathe through your nose while your tongue is out.
4. You just tried No. 3.
6. When you did No. 3, you realized that it is possible, although it makes you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped No. 5.
9. You just checked to see if there's a No.5.

Scones, smiles, and spreadsheets. Just another day in the life of our multitasking treasurer."

**District Governor Leon Downes Club Visits for September & October**

AOTEA RAILWAY	Monday, 1 September 2025
LOWER HUTT HOST	Tuesday, 2 September 2025
NAPIER HOST	Wednesday, 3 September 2025
KAPITI PAKEKE	Monday, 8 September 2025
WAINUIOMATA	Tuesday, 9 September 2025
HB YOUNG ACHIEVERS	Wednesday, 10 September 2025
HASTINGS HOST	Monday, 15 September 2025
TARARUA DISTRICT	Tuesday, 16 September 2025
PAHIATUA	Wednesday, 17 September 2025
WAIPAWA DISTRICT	Thursday, 18 September 2025
HASTINGS PIONEER	Wednesday, 24 September 2025
CARTERTON CENTRAL	Wednesday, 1 October 2025
JOHNSONVILLE	Monday, 6 October 2025
GREYTOWN	Tuesday, 7 October 2025
DANNEVIRKE	Wednesday, 8 October 2025
TAWA	Wednesday, 15 October 2025

Accommodation is for two nights (16th & 17th Jan) on a twin shared basis. We encourage all to take the twin share option if at all possible. Single accommodation and/or extra nights are available but incur extra cost to the participant and will be invoiced. **Participants would be expected to arrive no later than 9.30am on Friday the 16th January and not leave the venue until at least 3pm on Sunday the 18th January.** We have a full programme.

MD202 is not responsible for personal costs incurred. Participants are responsible for their own travel costs.

Institute costs is \$200.00 and will be payable on receipt of an invoice from our National office. (This covers all meals, accommodation, and course material for the duration of the Institute) If all or some of this cost is covered by your club or district this will be your responsibility to send on, as all invoices will go to the participant.

CLUB APPROVAL:

Why do you believe this candidate will benefit from attending the Institute?

President: Print Name

President

Signature: _____

DISTRICT APPROVAL: (Completed by District Governor **OR** District GLT coordinator)

I understand that unless the participant cancels registration in writing 10 days prior to the start of the institute the District will be billed for one night's meals and lodging

District Governor or GLT Coordinator signature: _____

Check out the link below for a fillable form

Application for ELLI Course in
Christchurch in January 2026
which is fillable on-line.

[Click to Download](#)

GOT SOMETHING TO SHARE FOR THE NEXT ISSUE OF "THE MIGHTY M"?

From Editor Terry

Zone Chairs and club members—your stories are the heartbeat of *"The Mighty M"*! Whether it's a successful fundraiser, a standout Lion, or a moment that made a difference in your community, we want to share it across the district. Please send your contributions (MS Word format preferred) to:

202M.Editor@LionsClubs.org.nz

Deadline: 25th of each month

Let's celebrate the incredible work happening in every corner of District 202M.

