



“The Mighty M”

Newsletter of Lions District 202M New Zealand

May 2026

Welcome to this month’s edition of “*The Mighty M*” your monthly update spotlighting activity and engagement across our district.

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FROM THE DISTRICT GOVERNOR’S DESK



ARTICLE 9 – MOMENTUM & MILESTONES

“Big Wins for 202M and Building for the Future”

Hello Lions of the Mighty 202M,

Leading on from last month, April has continued at full pace, with some fantastic highlights both locally and nationally.

Liz and I had the pleasure of attending the **Multiple District Convention in Ashburton**, where we were honoured to attend the International Dinner.

A big highlight of the weekend was the announcement of our new **Council Chairperson, Mike Wingfield**, for the 2026–2027 year. Mike, I personally congratulate you and wish you every success – I know you will do a wonderful job in the role.

I also had the privilege of delivering the vote of thanks to the Ashburton Mayor following her opening of the Convention. The event featured some outstanding guest speakers, including **Donna-Maree Lever**, and the incredible **Rescue Warriors**, who shared their journey cycling the length of New Zealand – an inspiring effort for a great cause.



The weekend was wrapped up in true Lions style with a fantastic **"Down on the Farm"** themed dinner and celebration on Saturday night.



Another major highlight was the opportunity to **present a bid for the 2028 Multiple District Convention to be held in Wellington**. I'm proud to share that this bid was **successful**, with the proposed venue being **Silverstream Retreat**. This is a huge win for our district, and I look forward to working with many of you to deliver a memorable event.

I also spoke in support of the remit passed at our **202M Convention**, recommending to International that **discounted members be included in club voting strength calculations**. I'm pleased to report that this remit was also **successfully passed** – another significant result and a great outcome for our district.

Back home, we've had another exciting milestone – the formation of a **new Club Branch**, sponsored by the **Karori Lions Club**, known as the **Wellington Club Branch**.

This is the first club branch formed in our district in nearly **10 years** and is a direct result of our "**Building the Mighty 202M**" campaign. Even better, this group is made up of younger members who are keen to get involved and make a difference. A huge thank you to everyone involved in bringing this to life.



On the club front, I also enjoyed attending the **Dannevirke Host Lions Club**, along with visits to my own **Waikanae Lions Club** and the **Kapiti Lions Club**, where I had the pleasure of sponsoring another new member – always a highlight!



Looking ahead, next month is shaping up to be another busy one with **Speechmaker competitions** happening across the district, along with a number of **changeovers and new member inductions** that I've been invited to attend.

As always, if you need anything at all, please don't hesitate to get in touch:



021 246 0955



202M.DG@lionsclubs.org.nz

Thank you all for your continued service, energy, and commitment. We're building great momentum across the district – now let's **finish strong** and continue building the Mighty 202M!

Cheers,

Leon Downes

District Governor 202M 2025–2026

Building the mighty 202M

LCIF Report May 2016

PDG Rex Bullard
District 202M LCIF Co-Ordinator

Recognising Great Service at Club Changeovers.

It is important that clubs recognise great/outstanding service from members at club changeovers. Do not leave it until it is too late to do so.

International President Supporter Pins:

One way you can recognise members contributions is to purchase supporter pins and present these to several members – they will be appreciated.



Gold
NZ\$300



Bronze
NZ \$75



Silver
NZ\$150

Melvin Jones Fellowships (MJF):

For those lions who have made significant contributions to your club they should be recognised by the awarding of a Melvin Jones Fellowship or a Progressive MJF.



US\$1,000

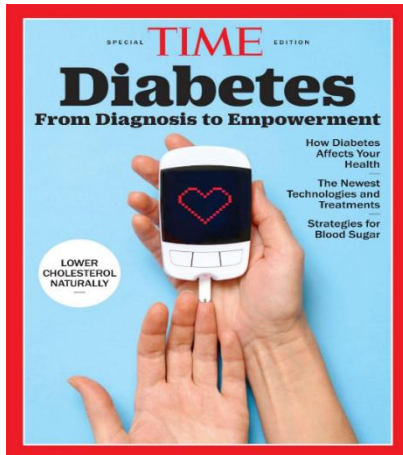


Progressive MJFs
US\$1,000 each

If you need more information do not hesitate to contact Rex Bullard (Ph: 0275714103 202M.LCIF@Lionsclubs.org.nz) in order to have the Awards processed in time for your club's changeover.

Managing Diabetes & Research Study

Lindsay McTavish



Full article:


<https://www.scribd.com/document/928518033/TIME-Special-Edition-Diabetes-2025>

The TIME Special Edition on Diabetes highlights how rapidly things are improving for people living with the condition. New medications such as GLP-1 and SGLT-2 therapies, along with continuous glucose monitors and automated insulin-delivery systems, are helping many people keep their blood sugar in a safer range with far less stress.

The edition also reinforces the importance of **early screening**, especially as prediabetes is becoming more common. Lifestyle choices — staying active, eating well, sleeping properly, and managing stress — remain powerful tools for prevention. Emerging research into the gut microbiome may soon allow even earlier detection of diabetes risk.

For Lions, the message is simple: **community awareness saves lives**. By sharing good information, encouraging regular check-ups, and supporting neighbours who live with diabetes, we help build a healthier, more confident community.

Participants wanted!

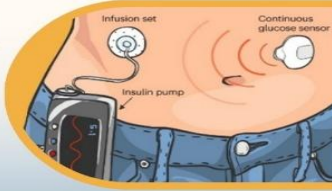


University of Otago
OTAKOU WHAKAHIU WAKA

ACCESS-AID Research Study

Accelerating Care, Capacity & Equity in AID Systems for New Zealanders with Type 1 Diabetes

- Start an insulin pump with AID
- 3 months of follow up care
- Any person who is eligible for a publicly funded pump
- Available nation-wide





Automated Insulin Delivery (AID)

*Eligibility criteria applies

Interested?

Contact

 access.aid@otago.ac.nz

 HDEC Ethics Reference: 2025 FULL 22346

Globally Lions Are Shining A Light On Mental Health And Wellbeing

Anne Richardson IPDG

Has your club considered a project to raise money for the purchase of Modular Sensory kits for use within the Wellington Hospital Foundation area which extends across a large part of our District M? If your club is not in this area, I bet you know of someone close or within your family that would benefit from the use of these kits. **Please give it some thought.**

Our Mission

- Raise **\$100,000** to purchase Modular Sensory kits for Mental Health use within the Wellington Hospital Foundation area. (Much of District M)
- As many clubs in Districts M as possible to contribute to this Wellington Hospital Foundation project.
- Your task is to complete a project so the district can purchase sensory modular kits
- To raise awareness in your area to the growing distress among young people and adults of all ethnicities.

Awareness may help with advocacy, supporting wellbeing initiatives, reducing stigma, just being there to support, listen and help navigate the available services. Thinking about our recent disasters, were there Lions on the ground to help, does NZ have a mental health preparedness system in place.

A big thank you to those Clubs that have already donated to this cause but there is plenty of time for more clubs to contribute. Please give this some urgent thought as we are not anywhere near our target. Your Saturday sausage sizzle profit, your raffle proceeds, a stall or stand at an event, an entry fee to an event; any of these would make a difference to our project.

Did you know that a special donation was made at our Forum on behalf of our Guest Speaker, Brendon Nichols, who shared his story of recovery after his time in Afghanistan.

There is a special account set up for these donations. **PLEASE HELP**

Membership Matters South

Great news, overall, we are in a positive growth phase, let's keep working and keep this in the positive. We are making use of guiding Lions where we think this may be helpful and we are seeing results. Facebook posts have produced some enquiries which we are hopeful will give us some new members.

Several excellent environmental projects around the area produced a lot of interest and enquiries and again we are hopeful these will produce some results. It is an exciting time to be a Lion and shows that being seen and promoting our brand is producing results.



THE LIONS CANCER TRUST

“Helping detect skin cancer early, together”

OUR STRENGTH LIES IN OUR VOLUNTEER NETWORK

Early detection of skin cancer saves lives, and our volunteer screeners make that possible. By giving their time and expertise, they provide equitable access to skin health services across New Zealand. In just one year, they have completed full body skin screening on over 1,000 people, with more than 27% referred back to GPs for further investigation, highlighting the real impact of this work.



What Our Volunteer Screeners say....

"The Lions Skin Cancer Screening bus is such a fantastic and well-run initiative which really helps spread awareness of skin cancer screening. The bus has an amazing setup and is clean, comfortable, spacious and private to ensure patients have clinically appropriate care. I look forward to doing more skin cancer screening for them in the future."

Dr Sophie Sharpe – Invercargill Skin Centre

I have volunteered at a skin check event (with my next event coming up soon), and I can honestly say it's been a great experience. I was lucky to be surrounded by a fantastic team who kept everything running smoothly and were always there to help with any questions, no matter how random they were. The time flew by so quickly!

It was such a worthwhile event, making skin checks more accessible to the community. Plus, I walked away feeling helpful and with a new appreciation for people who can stay organised under pressure!

Tanya TooleyEvans – Nurse Dermoscopist – Coast Skin

WHO WE NEED



We're seeking confident volunteer screeners across New Zealand as our bus travels nationwide.

Applicants should be health professionals experienced in identifying melanomas and other skin cancers. Supported by robust clinical protocols, we're looking for community-minded individuals committed to early detection and making a meaningful impact.

BE A PART OF THIS AMAZING SERVICE BY JOINING OUR VOLUNTEER SCREENERS DATABASE

For more information contact Janet, the Lions Cancer Trust Administrator

admin@lionscancertrust.nz or 021 103 4303

PDG David Skjellerup, 202M GST Coordinator

Zone Buzz: What's Happening in Some of our Clubs

Tidings from Zone 7

Zone 7 Clubs continue to thrive, with members actively participating in a wide range of service projects and community initiatives.

Waikanae Lions are celebrating strong membership growth, with three new members being inducted this month and another induction on the horizon. Their continued efforts to strengthen the club are paying off.

Levin Waiopahu Lions are working collaboratively with Rotary and Altrusa to support an ambitious and impactful goal: raising **\$2,000,000** for a robotic surgical unit to serve the

Palmerston North region. This partnership highlights the power of service organisations joining forces for transformational community outcomes.

Kapakapanui Lions, supported by two members from Karori Lions, provided a home-cooked evening meal for families at **Ronald McDonald House** in April—a gesture deeply appreciated by those staying there. The club is also preparing to host a **Mother's Day High Tea on 10 May**, with all proceeds going to Ronald McDonald House.

In addition, Kapakapanui recently held a successful **fashion parade at Ballantynes Fashion Central, Paraparaumu**, raising over **\$1,500** for the **Sweet Louise** charity. Which supports patients with incurable Breast Cancer

Several of the club's wonderful members stepped onto the runway as models, showcasing the upcoming season's styles and adding a personal touch to the event. It was a great night with great clothes and shoes, snacks and raffles and everyone had an enjoyable evening. The Ballantynes staff were on hand to dress our models, tell us all about the clothes and shoes and several people stayed afterwards to buy something.



***29 March 2026 Project half done at Busy Bees
Child Care Centre Gisborne
Project done by Gisborne Host Lions Club
and Gisborne Wainui Club***



We Sneak In A Chuckle

A woman brings her pet duck to the vet.
"Something's wrong... he looks weak."
The vet examines the duck for a moment
then sighs:
"I'm sorry... your duck is dead."
The woman frowns: "Already?
You didn't even run any tests!"
The vet nods, then whistles.
A black Labrador walks in, sniffs
the duck from head to tail, shakes
its head... and walks out.
Then a cat jumps up, sniffs the duck,
lets out a soft meow... and leaves.
The vet turns back to the woman:
"I'm sorry... the results are clear."
He hands her the bill.
She gasps:
"\$1,000?! For that?!"
The vet shrugs:
"Well... if you'd taken my word for it,
it would've been \$50..."
"...but with the Lab report and the
Cat scan, it adds up."

Mum and Dad had taken their two teenage sons to a restaurant packed with fans watching a sporting event on TV.

The stressed waitress took their order, but after 30 minutes there was still no sign of any food. Mum and Dad were doing their best to keep the boys occupied when suddenly shouts of victory erupted from the bar.

"You hear that?" the 13-year-old said.

"Someone just got their food."

Your Club's Achievements Matter — Share Them With The District!

Whether it's a project win, a Lion who shines, or a community moment worth celebrating, *The Mighty M* is the place to tell it. Your contributions help **give others a boost** and keep our district connected.

Send your stories (MS Word format preferred) to:

202M.Editor@LionsClubs.org.nz Deadline: 25th of each month