





We Serve

Welcome fellow Lions to DG Dave's fortnightly blog

Another week passes by with lock down I trust you are all holding up well under these restrictive times.

Well our online AGM that was held was a great success, there was over eighty delegates who voted online and 75% voted yes to the remit for a 25-cent increase in our District dues. There was a greater voter turnout for 202F than in most recent times. 202F and 202J have simultaneously created a ground breaking first, for NZ Lions and internationally by having this electronic election. An enormous amount of preparation went into this election and its success was due to the efforts of PDG Lynette Batt, District secretary PDG Liz Murray, and the assistance of voter scrutinize by Anne Johnstone from Toi Tois Tokonui. A very large thank you to you all as this electronic election would not have been possible without your expertise and dedicated efforts.

Points to ponder

- Electronic voting
- Online zoom meetings

These are modern methods of communication that have been forced upon us in most recent times and I do not see this as a bad thing. This type of communication does assist us in communication with others whether it be a one on one or a large group of people on line. I personally will have had in recent times 10 zoom meetings (with many more to come) with my fellow District Governors these group meetings are a vital tool in the governance of Lions New Zealand at present. There is also an upside to these meetings, it is an effective way of cost reduction.(air travel, hotels, and venue hire). I personally can only see this type of communication as a worthwhile positive add on tool, and an effective enhancement to what we are somewhat already doing as a district.

Once again congratulations to DGE Sue Fluery, VDGE Pam Fiveash 2nd VDGE Jerry Schuurmans and PDG Graeme Wilson (Lloyd Morgan) being elected to your respective positions.

Be safe keep well, Regards DG Dave Saunders 202F



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April 3, 2020 Lions HQ Oak Brook office closure extended

PIP Frank Moore The Illinois State government in the USA announced that its stay-at-home order will be extended until at least April 30 to slow the spread of the coronavirus. The measures included the requirement to cease all nonessential services in the state. Lions Clubs International is identified as "nonessential." To comply with the state mandate, the Lions Clubs International Headquarters in Oak Brook will be closed at least until April 30, 2020.

While staff will not physically be in the building, staff teams will be working remotely and available during business hours to respond to the needs of Lions. You may contact LCI staff or LCIF staff as needed.

The performance of systems may be impacted due to the increased number of people working remotely, and response time may be affected. Some of our business operations that require physical interaction will likely be limited.

More details will be provided as the situation evolves, but here is some preliminary guidance:

- Regarding payment of outstanding dues, we recommend that districts allow clubs that are able to demonstrate they have sent or submitted payment to participate in voting. This could be via a bank statement, copy of demand draft, etc. Clubs will not be cancelled during this time based on the challenges related to receiving and processing physical checks and electronic payments.
- For Lions International payments, please utilize online payment options via MyLCI or any other electronic payment method (ACH, SEPA, Boleto, NEFT, etc.) instead of sending checks to the office.
- Please submit LCIF donations via the website instead of sending checks to the office. Please also note that grant disbursements and recognition will be delayed while the office is closed.
- There will be delays in shipping awards and recognitions, club supplies orders, as well as delays in processing reimbursements.

We appreciate your patience during these extraordinary times and wish for the health and safety of all our Lions and staff around the world.



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Lions Clubs International

Dear Lion,

I have always believed that the world is a better place because of Lions. It is you who accomplish the extraordinary in your community, and in the lives of the people you serve. You believe that kindness matters. And in this challenging time, I want you to know that you matter more than ever. As you continue to serve safely during this global health crisis, know that Lions Clubs International is here to support you. Together, we will restore hope. Together, we will comfort our communities and ensure their health and safety.

Together, we will get through this.

Regards, Dr. Jung-Yul Choi International President



Five Ways to Stay Ready to Serve

All around the world, Lions are stepping up to safely serve their communities as the coronavirus (COVID-19) crisis continues to impact the lives of millions. If there were ever a time that demonstrated how much Lions are needed, that time is now. You matter. Without Lions, many people would not get the help they need to survive and thrive during this pandemic. But while you're caring for and serving others, don't neglect your own physical and mental well-being. You won't be able to help your neighbours, or your community, if you don't take care of yourself. So here are five ways for you to practice self-care and stay healthy:

1. **Focus on your physical health** You probably know by now that you should wash your hands frequently throughout the day, avoid touching your face and cover your mouth if you sneeze or cough. It's also important to get some exercise, especially since many workout facilities are closed. Slip on your sneakers and take a brisk walk. The fresh air will do you good! Dust off those workout videos and take time to stretch during the day. Exercise is a great way to boost your immune system and energy level.

2. **Eat healthy** While you're sheltering at home, it's easy to overeat, especially unhealthy snacks. There are many reasons for this—boredom, stress and the fact that your refrigerator is just a few steps away. Take this time to try out some new, healthy recipes, and keep plenty of fresh fruits and vegetables on hand. Eating nutritiously will go a long way toward maintaining your health.

3. Your mental health is just as important Because we're social creatures, social distancing can be difficult for many of us, especially for those who live alone. Call a friend you haven't spoken to in a while. Find a pen pal. Set up a video chat with friends online. Stay in touch with neighbors through emails, texts, or phone calls. Social distancing doesn't have to mean so cial isolation. There are many ways to keep in touch with others.

4. Set a routine and time to recharge Having everyone home at the same time can be chaotic as we figure out how to work remotely, take classes from home and balance family time. It's important to find and stick to a routine that works for your family. It is also important to take some time out of each day to recharge so you're rested and ready to face the next day's challenges.

5. Take a break from the news

It might help to minimize the time you spend watching, reading or listening to news about COVID-19. A constant barrage of bad news can make you feel anxious or depressed. Try to get information from trusted sources like the World Health Organization (WHO), and take practical steps to protect yourself and your loved ones.

You are vital to your family, to your Lions family, to your community and to this organization. You are the heart and soul of Lions International, and we care about you and your well-being. So take care of yourself, stay healthy, and together, we'll get through the storm.

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Lions Clubs International District 202F District Governor Dave Saunders 44 Rato Street, Wonoka 9305 Cell 027 4437576 Email- 202f.dg@lionsclubs.org.nz



22 April 2020

District Governor Dave and Fellow Lions

RE: 2020 District 202F Electronic AGM

It is my pleasure to present this report on behalf of the Elections Committee, following the closing of voting for the AGM. These have been interesting times, and have seen some steep learning curves overcome.

Based on membership within 202F on 1 February 2020, the District was eligible for 132 delegates for the AGM. At the commencement of voting at 9.15 am on Monday 20 April 2020, there were 91 fully or partially (who went on to become fully) registered delegates. Not all of these delegates then took the opportunity to vote. This is higher than previous years when a Convention has been held 'inperson'.

Results:

ELECTIONS

For the election of candidates, the candidate was required to receive 50% of the vote plus one in order to be successful. The results are:

DG 2020/2021	Candidate - Sue Fleury	SUCCESSFUL SUCCESSFUL SUCCESSFUL		
VDG 2020/2021	Candidate - Pam Fiveash			
2VDG 2020/2021	Candidate – Jerone Schuurmans			
Lloyd Morgan Lions Clubs Charitable Trust	Candidate – Graeme Wilson	SUCCESSFUL		
Trustee 2020/2022				

Congratulations to all of the successful candidates.

REMIT

THAT effective 1 July 2020 the half yearly District subs for District 202F increase by 25 cents from \$9.75 to \$10.00, and from 1 July 2021 and for each subsequent Lions year, the annual increase is equal to the cost of living increase, subject to membership numbers within the District.

In order for the remit to be successful, it needed to have the majority vote. The remit was carried with 75% support.

BUSINESS MOTIONS

- 1. THAT the minutes of the 2018/2019 Annual Meeting, as circulated, be adopted.
- 2. THAT the financial report of the 2018/2019 Lions year, as circulated, be adopted.
- THAT the District Governor's Report, Cabinet Officers Reports and other official reports, as circulated, be adopted.

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 THAT District 202F Convention venues be: 2021: Te Anau. (Hosts: Te Anau and Te Anau Kepler Clubs) and 2022: Owaka. (Host: Owaka LC)

As all delegates voted for the four motions combined, all business motions were carried as one. One delegate abstained from voting and has requested that their name be recorded. Abstained: Tony Cox, Cromwell Lions Club

At this point, thanks must be extended to Past International Director Tony Hanning from 202J, who was simultaneously running the Electronic AGM for 202J, who like us, had to cancel their Convention. PID Tony shared his wisdom, knowledge and documents with us and we were able to amend to fit our needs.

Thank you also to Anne Johnstone from the Lions Club of Toi Tois Tokanui who has assisted with the counting.

All votes and emails associated with the Electronic AGM will be deleted following direction from District Governor Dave.

Yours in Lionism

XESON

Lynette Batt, PDG 202F Returning Officer



New Alert Level 3 guidance for seniors and others at risk

Guidance around what Alert Level 3 means for people over 70 and other higher-risk groups is now available.

26 Apr 2020

People over 70 and other higher-risk groups have the same rights as everyone else to go to work, to exercise and to access essential services like supermarkets and banks.

While the basic rules under Alert Level 3 are the same for everybody, people over 70 and people with specific health conditions need to be especially careful.

If you are at risk, talk to your employer and agree on work and leave arrangements. The COVID-19 Leave Support Scheme has been expanded to all businesses, organisations, and self-employed people to support this. Read the media release on the Beehive website

Alert Level 3 guidance for at-risk people

Information about the COVID-19 Leave Support Scheme

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Sue Fleury 202F DGE



Hi All

I would like to thank all the Clubs that took part in the online Elections and thank you for the confidence you showed in me to run the District as District Governor for the next year. I am sorry we were unable to hold the convention in Clyde after all the hard work the club had done and therefore taking away the chance for me to meet you all again. I look forward to catching up with you during my year as DG but it may have to be a little later than usual owing to the trying times we are in at the moment.

I would also like to congratulate Pam and Jerry on their success also and I am sure we will be a great team.

I hope you are all keeping safe in your bubbles at the moment, these are certainly trying times but it does seem to be making a difference and that has made it a little easier. I hope you are all keeping in touch with each other and there are heaps of platforms out there to do this on.

The one that I have been using is Zoom and this is great, I have had a lot of Lions meetings this way and also have been able to catch up with my family this way. It is not hard to use and very easy to set up I would love for you to give it a try.

I think going forward this could be used for a lot of meetings to help with the travel. It is great being able to see who you are talking to. Last night I heard of a Lions Club up north with the average age of 80 who had a Zoom meeting with 100% attendance and they had a great time.

Once again I would like to thank you for your support and give a special thanks to Lynette Batt for all the work she did to make this election possible.

I also have a special thanks to my husband Allan without your support I would not have been able to take on this role.

Please keep safe and remember that Kindness Matters

Sue Fleury 202F DGE

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To my fellow Lions in District 202F

Firstly I would like to congratulate our District Governor Elect, Sue Fleury, and our 2nd Vice District Governor Elect Jerry Schuurmans on their successful bids, as well as PCC Graeme Wilson who stood for LMLCCT Trustee. And I mustn't forget the Owaka Club, who will be hosting our 2022 Convention. If I'm in the relevant position, I look forward to working with them to create a memorable event, one I'm sure no-one will want to miss.

Secondly can I just say how grateful I am to have received your vote of confidence. This new way of voting in place of attendance at a District AGM is certainly a different experience for everyone, but I thank you for way you embraced this new method. I want to assure you all that the confidence you've shown in me will not be misplaced. I will be offering my utmost support to DG Elect Sue, and together with 2VDG Elect Jerry, I know that as a team we will serve you, the members of our District, to the best of our abilities.

I am sorry that I did not get the chance to catch up with friends old and new at the District's Convention, however I look forward to seeing you all sometime in the months ahead. It may not be in the traditional face to face method, but however we manage it, I'll look forward to offering you my support. And please remember that I will only ever be just an email or phone call away if you think there's anything, I can do to help you or your Club.

Finally I would like to thank my club, Gore River Valley Lions, for nominating me for this position, and to West Otago Lions for seconding that nomination. And lastly to you, my fellow Lions, thank you so very much for believing in me.

Kindest regards Pam

Pam Fiveash Lions District 202F VDG Elect Mobile: 027 543 9094 Address: 24 Broughton Street, Gore 9710 Email: <u>202f.2vdg@lionsclubs.org.nz</u>



2nd VDG ELECT



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Hello Fellow Lions,

Thank you to all delegates that have taken the time to vote online.

And to those that gave me their vote as 2^{nd} VDG.

I will try and serve the best interests of your community as well as that of District 202F to the best of my ability.

Also, a big congratulations to

Sue Fleury -Pam Fiveash-Graeme Wilson DG Elect VDG Elect LMLCCT trustee

becoming successful candidates.

Also thank you to my Ohai-Nightcaps club for nominating me for 2nd VDG, and not to forget Otautau and Winton for 2nd.

Hope to meet up with you all soon.

Warm Regards,

Jeroen (Jerry) Schuurmans

202F District 2nd VDG Elect





PDG Graeme Wilson LMLCCT Trustee District 202F



Hello to all club members.

I would just like to take this opportunity to thank club members/delegates for voting me in to be your LMLCCT Trustees for our District for another 2 years.

I really appreciate your faith in me to carry out the role again.

We are certainly living through trying times, that I hope we will never see again and I hope that you are all staying safe within your bubbles and looking after yourselves. After a crisis there is usually something good that comes from it and I am sure that one of the good things that I have noticed so far is the different ways that we can communicate with each other as Lions members. Club members having on line meetings and then being able to vote for candidates this year, on line with a high vote count. I think that it's a good chance to look at how your club might be able to carry out things differently after we come out of lockdown.

Please remember your LMLCCT Trust and if ever you require extra funds to complete a project or you would like some more information about the Trust please contact me.

Congratulations to Sue, Pam and Jerome on becoming successful candidates. I know that the leadership within our District is going to continue to be in good hands and I am looking forward to the year ahead.

Once again, thanks Stay safe and be kind to one another

Graeme Wilson LMLCCT Trustee District 202F

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Snippets from 202F Clubs



Riversdale

Ongoing Knitting Project for Premature Babies

The knitting project for the Dunedin Premature Nicu Ward as proposed, and seconded at board meeting in 2018 - is to be an ongoing project of the Riversdale Lions Club ** baby singlets, cardigans, booties, beanie hats ** are all acceptable - in 4 ply baby wool with merino included - no nylon or acrylic please also ... premature baby blankets can be done in double knitting measuring: - 66.5cm (26") x 86.5cm (34") Knitting patterns are available winter is a good time for knitting needles to come out and for a very good cause ...

Heather Fowler - Co - ordinator

A QUIZ ON LIONS FACTS - PAST AND PRESENT

- In what year was the first convention of Lions clubs International held?
 (a) 1912 (b) 1917 (c) 1922
- In which country was the first club formed outside of the United States? Mexico (b) Canada (c) England
- 3) Where is the association's headquarters located?

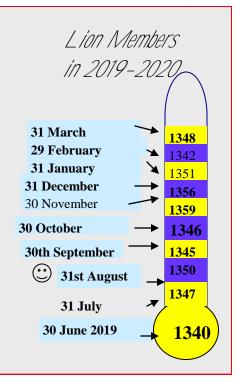
4) I	n what	t year did th	ne int	ernatic	onal con	stitutio	on elir	ninate	the w	ord '	'male"
as a	condi	tion for me	mber	ship, -	encour	aging	wome	n to be	ecome	Lio	ns?
(a)	1967	(b) 1978	(c)	1987							

- 5) A multiple district is? (a) An unusually large district
- (b) A district, which extends into several states or countries
- (c) Made up of two or more sub-districts
- 6) Funds raised from the general public at a fund-raising, can be used to fund a club member to the International Convention? (a) True (b) False
- 7) A Lion may transfer to any club in the world providing the new club accepts him or her? (a) True (b) False

8) The LION MAGAZINE, which first appeared in 1918, is now printed in how many languages? (a) 11 (b) 15 (c) 22

- 9) Who is the International President of Lions presently?
- (a) Gudrun Yngvadottir Iceland (b) Dr Jung-Yul Choi Republic Korea
- 10) What is the name of edited bulletin of 202F which comes out fortnightly to clubs and other interested Lion members?(a) Tail Piece(b) Southern Flyer
- 11) How many zones are there in 202F, and in what zone is the Riversdale Lions Club? (a) 4 (b) 2 (c) 6 (b) 2 (b) 4 (c) 3
- 12) Who is the incoming 202F District Governor for 2020-21?(a) Dave Saunders(b) Pam Fiveash(c) Sue Fleury
- 13) The association's motto is?





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Item of Interest



Sleep and Wellbeing During the COVID-19 Pandemic Online Survey



How have your sleep and waking routines changed since the COVID-19 restrictions, and how has this impacted your situation and mood?

The Sleep/Wake Research Centre are interested in hearing about your sleep and wellbeing. If you are aged 18 years or older and living in New Zealand you can participate in the anonymous online survey.

Click here for further information and to take the survey



SLEEP/WAKE RESEARCH CENTRE MOE TIKA ~ MOE PAI www.sleepwake.ac.nz

kia ora koutou

I hope you all had a nice Easter and keeping well despite the circumstances.

I am involved with an online survey about sleep and well-being during the COVID-19 pandemic. Adults (18+) living in NZ can take part. It takes 20-25 minutes. It would be great to represent our diverse population and of course I want to make sure older New Zealanders and carers have an opportunity to share their experience.

I'd really appreciate your help spreading the word.

Please would you consider taking the survey and/or forwarding the advert and link among your networks?

An advert is attached and here is the link to read more and take part.

https://massey.au1.qualtrics.com/jfe/form/SV_e3EQd7khA328R0h

This is also being circulated on Twitter and Facebook, links to our posts are below for sharing. On a similar note, we have also written some sleep and COVID-19 information sheets. These include sleep and immunity, anxiety, general sleep tips as well as sheets tailored for children and older adults. These are available to view and download on our website https://www.sleepwake.ac.nz/what-we-do/covid-19-resources/

https://www.youtube.com/watch?v=r6F6lnjqObc

Joanne Reid | Health Promotion and Policy Manager | Age Concern New Zealand

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Snippets from 202F Clubs & Item of Interest

Invercargill Host



Healthy For Life over 65s new TV programme starts 9am 2 May - exercising safely at home

Healthy for Life new TV programme for over 65s

ACC is helping bring an exercise programme for house-bound older people to TV screens around New Zealand as part of a new collaboration with TVNZ and partners across the health sector.

Hosted by Bernice Mene, *Healthy for Life* is designed to help older people work on their strength and balance through an exercise programme called the Super7. From the comfort of your bubble, this show provides great tips for staying safe in the home, keeping your brain active, how to keep up your social links and friendships and advice about healthy eating and sleep during this time.

Healthy for Life screens on TVNZ 1, May 2 at 9AM and repeats Saturdays thereafter and is also available at TVNZ OnDemand.

Maintaining core strength and balance at home is important

We know regular exercise is one of the best things you can do for yourself, and having core strength and balance keeps you active and steady on your feet, reducing the risk of a fall and keeping you confident and independent. Remember, when you <u>Exercise safely at home</u> it's important to wear comfortable clothes that you can move in, and flat comfortable shoes such as sneakers or a firm fitting flat-soled shoe.

'Live Stronger for Longer' resources are still available to order

There's a host of practical information and good old common-sense advice on the website, including resources that you download, share and still order. Just remember, while we are in lockdown delivery will take a little while longer than usual to reach you. For more information and to find resources go to <u>www.livestronger.org.nz</u>

NB: ACC will be promoting *Healthy For Life* to our over 65s, via National Neighbourly posts and ACC Facebook and Twitter from Monday 27 April.

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Item of Interest



Tēnā koutou,

I'm pleased to let you know that the <u>Student Volunteer Army Grocery Delivery Service</u> is fully operational throughout Central, North Shore, & East Auckland, Hamilton, Nelson, Christchurch (including Kaiapoi, Rangiora and Rolleston) and Dunedin with first deliveries in new locations made this morning (Saturday 11th). Other locations coming soon: wider South Island, Wellington, Tauranga, New Plymouth, Hastings.

Please can you help by forwarding this message to those who could most use home-grocery delivery, especially older people, those living with a disability, home carers, medically vulnerable and front line health care workers.

The SVA Grocery Delivery Service (in partnership with New World), enables people who can't get to the supermarket to get groceries. You can order online or via 0800 005 902 using a debit or credit card. A screened and vetted volunteer collects the items from the supermarket and delivers them to the door. SVA then charges the pre -authorised credit card with the exact amount spent at the supermarket following delivery.

Head to <u>www.sva.org.nz</u> to shop (or call our friendly team on 0800 005 902).

For more information, head to our <u>FAQ</u> page - or feel free to just reply to this email.

Many thanks for your support - we hope that you're keeping safe and well during these challenging times.

Ngā mihi nui, Sam

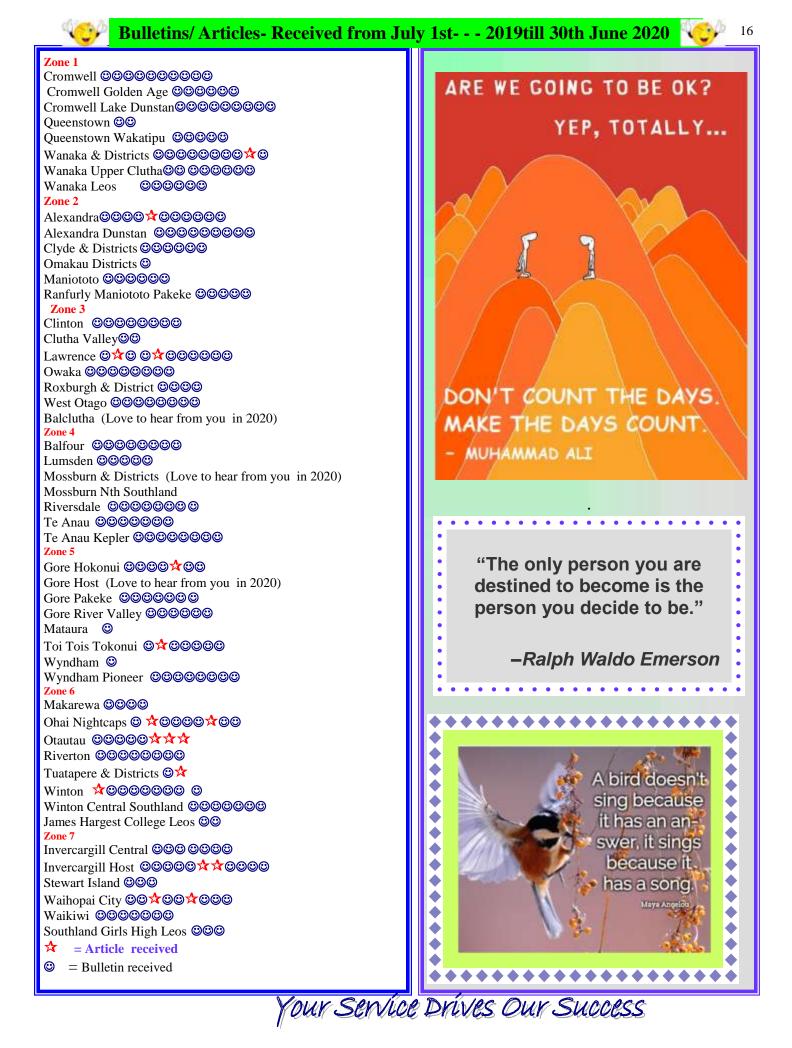
Sam Johnson Founder / CEO +64274413927 | <u>sam@volunteerarmy.org</u>

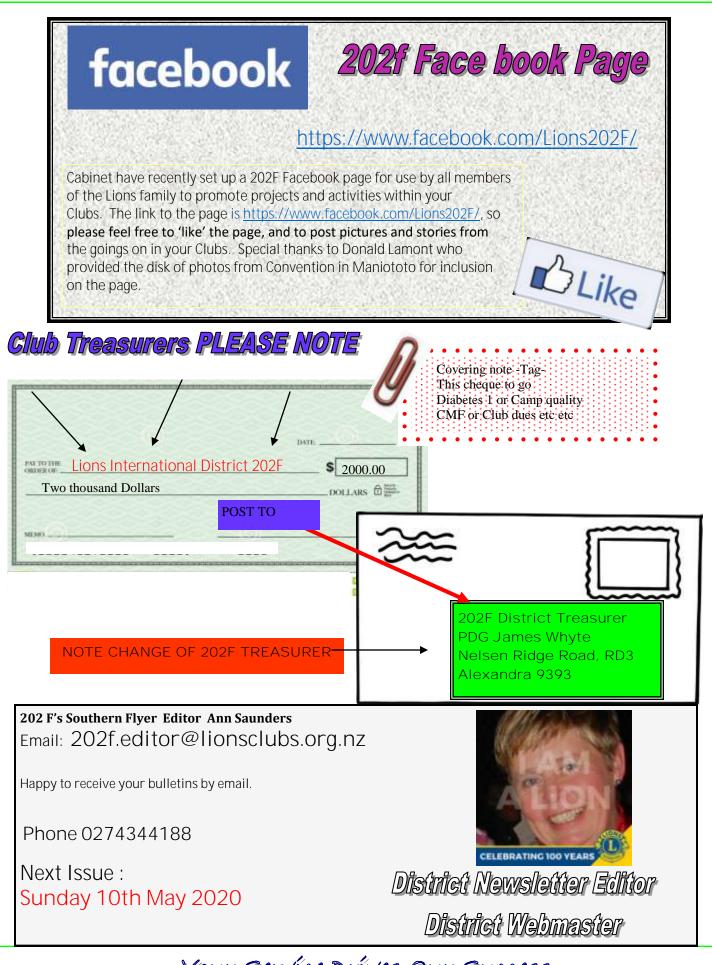


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