

InforM



Simon Says

August 2020

Vol 14 No 2

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This is my first time to pen some words as your Vice District Governor. It is a great time as we step out of Covid – 19 and get back to some normality, being able to meet face to face with our Lions Friends and serve our communities again.

This is a perfect opportunity for every club to look within and reassess that “*what we do*” and “*way we do*” are still appropriate in today’s climate and don’t be afraid to make any changes that will suit your individual clubs style better. International Presidents theme “*United in Kindness and Diversity*” and DG Murray’s theme “*Looking Forward.....with 20/20 Vision*” are both very fitting in today’s environment. I would like to issue a little challenge to all clubs in the District, to have a nett growth of 1 new member at the end of this Lions year.

I feel as though the brakes have come off and things are starting to speed up, in my role as Vice District Governor. The programming for club visits has been completed and this year “The Governor Team” are sharing the visits equally. We are working on a roster that each club will receive a visit from the District Governor every 3 years.

Incoming Officers Training has been scheduled over 2 days, being 1st August for zones 1 – 4 and 2nd August for Zones 5 – 7. Please refer to the previous InforM for details. Please also note there will be an Orientation session for newer Lions members (both days) and a special session for all of our Lioness members on Saturday 1st August only.

The Playscape Project at Wellington Children’s Hospital is a great initiative for the clubs in our district to focus on, along with our neighbouring districts 202D and 202E. At our last cabinet meeting I was asked to oversee this programme, so if

anybody has any queries, please do not hesitate to contact me. I am pleased to confirm that to date our district has donated \$65,000.00 into the holding account within The Lloyd

Morgan Lions Clubs Charitable Trust. Any donations can be paid into “The Trust” by direct credit. The bank a/c number is: 02-0528-0038410-00. Send an email to Trust Chair PDG Keith Kenderdine as well, advising of your deposit by email lmlcct.admin@lionsclubs.org.nz. We are applying to LCIF for a grant on a Matching Grant (\$ for \$ basis) as well. To meet LCIF criteria, they require our application for their October meeting. If clubs do not wish to make a payment just yet, they may make a pledge, which will satisfy LCIF. To make a pledge, please write a note on your club letter head, stating the amount and email it to me at holmcroft@xtra.co.nz. The actual payment can be made at a later date.

It was a great pleasure to attend a function last night when DG Murray presented both Mark Dunajtschik and Dorothy Spotswood with Honoured Memberships to LMLCCT on behalf of District 202M. Mark and Dorothy, personally donated \$50M to the building of the new Wellington Children’s Hospital. Our District has a long association with Wellington Hospital and the original playground. It is Mark and Dorothy’s personal contribution that has enabled this wonderful project to come to fruition, so it was a fitting way for Lions to say thank you.

Regards,
Simon Williams
Vice District Governor



From the Editor's Desk

We are now into the second month of the new Lions year. We have had our Change of Officers nights and our new Club Presidents and Boards are now thinking about projects for the upcoming new Lions year. The project I would like to bring to your attention is the Wellington Children's Hospital Playscape. As outlined by VDG Simon, we have funds already accumulated from some clubs in LMLCCT. We are applying to LCIF for a Matching Grant on a \$ for \$ basis as well. To meet LCIF criteria, they require our application for their October meeting which doesn't give us a lot of time. If clubs do not wish to make a payment just yet, they may make a pledge, which will satisfy LCIF. To make a pledge, please write a note on your club letter head, stating the amount and email it to VDG Simon at holmcroft@extra.co.nz. The actual payment can be made at a later date.

By now you should have notified GLT Chair Rex of the numbers from your club attending Incoming Officers Training see page 3. This year there will be a difference - one not to be missed.

Please keep emailing me your bulletins and details of upcoming projects and events your club is doing and photos with captions are also good to receive. . .

Editor Mary

Now is the time to come together.

It has been the honor of a lifetime to serve as the 103rd International President of Lions Clubs International. Over the past year, I experienced the overwhelming good Lions delivered to over 275 million people—more than ever before. Though I have been a Lion myself for over 40 years, it has been truly humbling to see the innovative and diverse ways our clubs serve their local communities around the world. My experiences as International President have reminded me of just how critical our service is to people everywhere and the incredible contribution it's making to our future. And while the past year has brought with it great highs, the world, as we all know, has experienced many changes. New global challenges have emerged, impacting our everyday lives and our ability to work, play, communicate and serve in the ways we've always done. In the face of these new challenges, Lions have responded like they always have: with kindness, passion and conviction, lifting up others through our diversity of

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service. I'm so proud of all our members. In this new Lions year, I've been asked to serve another term as International President. I am honored to continue leading us through this changing landscape, and I'm grateful for the trust you've placed in me. Yet, it is the trust I have in each and every Lion that gives me hope and confidence in our ability to lead, to safely serve and to restore hope to the world in this historic moment. Thank you all,



Jung-Yul Choi

Dr. Jung-Yul Choi
International President

Incoming Officer Training with a difference

**Because this is such an important part of the Lions year,
the training has been divided between two venues**

Are you President, Secretary or Treasurer of your club?

Are you a member of a Lioness club?

Are you a Lions member of less than 2 years?

You are cordially invited to attend and take advantage of this opportunity.

Cost: \$15.00 per head for morning tea and lunch at both venues (which could

ZONES 1, 2, 3,4 and ALL LIONESS MEMBERS

Presidents, Secretaries, Treasurers,
and Orientation for Lions members of less than 2 years

All Lioness members of District M - You are invited to the session
in Dannevirke only

Date: August 1st

Venue: Presbyterian Church Hall, Swinburn St, **Dannevirke.** (Off High St)

Start: 9.30am morning tea for 10.00am start. Finish: 3,00pm

ZONES 5,6 and 7

Presidents, Secretaries, Treasurers,
and Orientation for Lions members of less than 2 years

Date: August 2nd

Venue: Kapiti Community Centre,15 Ngahina St, **Paraparaumu** (off Kapiti Rd)

Start: 9.30am morning tea for 10.00am. Finish 3.00pm.

RSVP: Rex Bullard email 202M.glt@lionsclubs.org.nz (to access ctrl+click) **URGENTLY**

Please advise / confirm your NAME, CLUB, DAY and TRAINING SESSION.

Participants may choose between the Saturday or Sunday (except Lionesses)

Lioness members - Yours is a 1-day session in Dannevirke only.

Payment and bank details have been notified to your President.



MEMBERSHIP MATTERS

Every club needs members to achieve its service goals. New members provide our clubs with fresh ideas, new projects, and additional ways to make a difference in the community. The following publications communicate membership opportunities and educate new members about what it means to be a Lion.

Just Ask! New Member Recruiting Guide (ME-300): Growing your Lions club is important because of the difference each new member can make in your community. This guide outlines a five-step process for membership development and is intended for clubs looking to recruit new members and do more service.

Meaningful New Member Induction Ceremonies (ME-22): Induction ceremonies mark the symbolic beginning of a Lion's club membership. This brochure includes suggestions for planning the event as well as suggested ceremony narrative.

New Member Orientation Guide (ME-13): Orientation provides a foundation for your new members by helping them understand how your club functions, what their roles will be, and what the big picture of their district, multiple district and LCI is. The *New Member Orientation Guide* provides educational information on the history and purpose of Lions clubs and discusses the importance of adding new members and leaders to your Lions club.

The District Global Membership Team (GMT) includes the District Governor Murray Pringle (Dannevirke Host), Vice District Governors Simon Williams (Dannevirke Host) and David Skjellerup (Mana), GMT Coordinator Cat Hancock (Napier Host), GMT Support Jo Cameron (Karori), and the seven Zone Chairmen.

We are here to support clubs – we look forward to your enquires.
(see the directory for our contact details)

Over the page is a list of LCI produced recruitment materials which may help you. Happy reading folks!

PCC Jo Cameron
GMT Support

Recruiting Materials

Lions Make a Difference (ME-40): This recruiting brochure provides details about who Lions are and what they do. Included is a membership interest card that can be completed by a prospective member.

Family Membership Brochure (MPFM-8): This brochure explains how families can be involved in a Lions club and make a difference in the community together.

Membership Application (ME-6B): Compact and visually appealing, the *Membership Application* is sure to make a strong impact on potential new members.

I Am a Lion (ME-37): This innovative publication targets potential women members and answers common questions such as time commitments and what Lions clubs do.

Lions Pocket Card (ME-33): Used by many Lions as a companion piece to the *Membership Application* or as a supplement to the Lions Orientation Program, the *Lions Pocket Card* folds easily into a compact size. It is packed with information about the association's mission, purpose, ethics and history.

Leo to Lion Flyer (LL-1): The Leo to Lion Program encourages graduating Leos to join existing Lions clubs and charter new young adult-based Lions club. This flyer outlines the program components and offers answers to frequently asked questions.

Family Lions Cub Program Activity Guide (MPFM-33): The Cub guide contains suggestions for integrating Cubs into your club and is filled with age-specific activities for meetings, fundraisers and service projects.

Cub Program Brochure (MPFM-35): The Cub brochure encourages clubs to implement a Lions Family Cub Program and offers answers to questions about the program.

Lioness Bridge Program Brochure (MKLP-1): This brochure outlines the membership opportunities and benefits available to Lionesses when joining a Lions club or starting a Lioness Lions club. Included is a *Lioness Conversion Program* form to report Lioness years of service.

Young Adult Recruiting Guide (EX-800): This guide teaches existing clubs why young adults want to volunteer and provides ideas to revitalize how the club operates in order to attract young adults.

Be Part of Something that Matters Brochure (EX-801): This brochure targets young adults for membership and is useful when inviting young members.

Champions Lions Club Brochure (EX-546): The champions brochure is useful for inviting new members to join or start a Champions Lions club in support of Special Olympics.

What Lions Has For You Brochure (EX-803): This brochure explains the club options available for young adults so they can find a club that's right for them.

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.

Playspace

In process right now is the major Lions Clubs appeal to raise \$500,000.00 for the Playscape playground at the new Wellington Children's Hospital. Many clubs are already donating to this cause or making a pledge. If this is not already on your club's agenda, please consider joining in with this landmark project. Talk to your Zone Chair, DG Murray or Alice McDonald.

Camp Quality

Most Lions are aware that Camp Quality is dear to the hearts of us all, having been set up in New Zealand with the help of Lions Clubs. CQ is hugely appreciative of the financial and physical support provided by Lions Clubs, this amazing service to children with cancer could not continue without the support from our clubs. PLEASE CONTINUE TO PROVIDE THIS SUPPORT, this year particularly will be difficult for fundraising following the Covid-19 events. If your club has not donated in the past perhaps consider running a fundraiser this year for Camp Quality Wellington Central Districts – our region. Camp will be held at Rathkeale College in Masterton in early January 2021.

Should you need details for donations, please contact either myself or Paul Shailer - the CQ representative on 202M Cabinet email
202m.campquality@lionsclubs.org.nz
ph (06) 379 6441

Ronald McDonald House

In the past, contributions from Lions such as the \$1million + for Ronald McDonald House has been a direct contribution to this global cause as many of the families using the house have children with cancer. Donations toward operating costs and projects such as cooking for the families are ways in which we can provide ongoing support.

Child Cancer Foundation

I am currently working on establishing contacts and identifying areas where Lions Clubs could assist this charity.

Cancer Society

The Cancer Society's Daffodil Day collection is planned for 28 and 29 August. As with all street collections they are keen for volunteers.

If you or your Club can assist, please contact Christobel Burns christobelb@cancersoc.org.nz (ctrl+ click to access) or ring on 04 3898421 or use any known local contacts.

District Awards

Every year the District Governor presents a number of District Awards at the District Convention to recognise and thank Clubs for their dedication and service.

In recent years the nominations have been extremely low and the Awards Committee would like to see this change. We know that clubs all over the district are doing fabulous work in serving their communities – but clubs are not nominating themselves for consideration.

Please – read the criteria on Page 7. District Secretary Graham will be sending all clubs the criteria along with the judging appendices via email shortly.

Think about the projects you do - which award category best suits your special projects? Please apply to be considered for either the Project, Youth, or Sight Award.

Has your club met all its online filing requirements on time, paid your subs on time, kept good meeting minutes, and provided Zone reports when requested? Yes – then please apply for the Club Administration Award.

Has your club been sending the club bulletins to the District Editor each month? Yes – then you will automatically be considered for the District Bulletin Award.

Has your club made a donation to LCIF and/or LMLCCT? Yes – then you will automatically be considered for the Trust Awards.

Has your club had positive membership growth this year? Yes – then you will automatically be considered for the District Membership Award.

Has your club had a cracker of a year?

Have you achieved membership growth? Run some awesome projects? Made a donation to LCIF? Club administration up to date? Good communication with both members and the public? Did any members attend training workshops and zone meetings? Was your club represented at the Presidents' Weekend and the District Convention? Did you apply for the LCI Club Excellence award? If you can answer "YES" to all or the majority of these questions – then your club could be our next Top Club – so please apply!

If you have any queries about how to apply – please ask your Zone Chairman for help.

Please send all applications via email to the three committee members

PDG Keith Kenderdine (Chairman) kenderkb@xtra.co.nz

PDG Robyn Daniels robyndaniels202m@gmail.com

PCC Jo Cameron jocameron2012@gmail.com

The Awards Committee look forward to being inundated with applications.

Keith, Robyn, and Jo

Dates for Your diary

20 Aug Zone 2 Meeting 7.30pm VC Room at Club Hastings

13 Sep Carterton Daffodil Festival—See P 16 for details of train.

18 Sept Mana Lions Charity Golf Tournament for Mary Potter Hospice — Contact Roger Watkin.

18 Sept Mary Potter Collection

30 Oct Ballentynes Fashion Parade for Wellington Children's Playscape - Johnsonville Store (Johnsonville Lions)

7-8 Nov Long Walk Home - Contact Judy (Johnsonville Lions)

District 202M Awards Criteria

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

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

Application must be submitted in writing to the District Governors nominated Awards Committee by 20 January 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 District Governor is final, and no correspondence will be entered into.

District 202M Project Award – Multiple District 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.

[Consideration is being given to including awards for each of the global causes with the overall winner being forwarded to the MD level of the LCI Top Club Service Project Award.]

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 calendar year will be presented with this award at the next following convention.

Judging will follow the MD Keith Mitchell Award criteria.

The entry sent to MD may differ from the District winner as the MD Award is based on the previous Lions' year and the entry we forward need to reflect this.

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 Sight Award – Multiple District LEI Award

The award is to be presented to an individual Lion or Lions Club in District 202 M for the most innovative vision related project.

Judging will follow the MD LEI Award criteria.

District 202M Bulletin Award

Multiple District Ron Rowe Bulletin Award.

This Award is for the best paper Bulletin. The Inform Editor must receive the Club Bulletin each month; - the Club that does not follow this procedure is automatically eliminated from entry.

Judging will follow the MD Ron Rowe Award criteria.

Multiple District Morrison McDougal Electronic Bulletin Award.

This Award is for the best electronic Bulletin. The Inform Editor must receive the Club Bulletin each month; - the Club that does not follow this procedure is automatically eliminated from entry.

Judging will follow the MD Morrison McDougal Award criteria.

District 202M Administration Award

This award is presented to the Club, which, in the opinion of the District Governor, has performed with distinction, and in addition has met the administration and reporting criteria in Appendix 2.

Clubs Charitable Trust.

Criteria for this award are contained in Appendix 3.

Trust Awards

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.

Criteria for this award are contained in Appendix 3.

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 August deadline for the previous Lions year. Further criteria Appendix 4.

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.

Environment

(One of the 5 Global Causes of Lions Clubs International)

District Governor Murray has asked me to establish an off-cabinet Environment portfolio for our district.

This is a particular interest of mine, and I am very happy to do this, while seeking everyone's inputs and guidance. This month I am just sharing some objectives I have devised, with the intention of developing an information resource in line with the objectives as the year progresses.

Mission

Provide a resource for communication, and a repository for information about local, national and international initiatives relating to the environment, with an emphasis on local initiatives and opportunities.

Objectives

1. Establish key Lions International objectives and initiatives.
2. Establish NZ Government and NGO resources and initiatives.
3. Establish local (District 202M boundaries) resources and opportunities.
4. Communicate the foregoing to 202M clubs.

5. Encourage clubs to participate in environmental projects, and communicate what they are doing.

6. Disseminate information about what the various clubs are doing environmentally.

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

Environmental activities include a diverse range of things, such as a recycling project, neighbourhood cleanup, track maintenance, tree planting, bird counting, etc.

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

Trevor Anders
Global ServicesTeam (Environment)

District 202M's New Governor From Dannevirke Host Club

Story by David Murdoch reporter from The Bush Telegraph and member of Dannevirke Host Lions

Not since Peter Holyoake in 1984-5 has Dannevirke Host Lions had the privilege of having one of its own members rise to Governor of a Lions District but on Saturday July 18 Murray Pringle was formally inducted and just as significantly another member of the Dannevirke Host Lions Simon Williams was inducted as First Vice-District Governor to follow when Murray's term ends this time next year.

For Murray it has been a busy decade in Lions since being introduced as a member of the Wellington Pride club in 2010. When this club went into recess he and sponsor Simon Williams transferred to the Dannevirke Host Lions and Murray became its President in 2014-15.

Murray had already been on the Lions District Cabinet as its constitutional advisor and upon relinquishing his Presidency of Lions Host he became a zone chairman for two years before becoming 2nd Vice-District Governor.

For Murray his year as District Governor of 202M (extending from Gisborne to Wellington on the east coast and including Kapiti) is a huge challenge just in the travel alone. There are 47 clubs totalling over 1000 lions. He is proud Dannevirke Host is the second largest numerically in the district.

Complicating all the stewardship expected of a District Governor is the Covid-19 pandemic which has massively complicated the training, communication and support of Lions International.

For a start the Lions International Convention in Singapore at which Murray would have been formally inducted was cancelled and Multiple District Conventions in Australia and New Zealand were also cancelled.

Instead all the District Governors of Australasia were inducted remotely with International President Choi of South Korea in late June. The seven New Zealand

District Governors were together at a retreat at Hanmer Springs for that weekend.

Lions International Headquarters at Oak Brook Illinois USA has been in recess since the end of February although Murray was able to squeeze in a training week at the start of that month with 1000 other District Governors-elect in Illinois. He returned to New Zealand to quarantine. He has also 20 hours of online training in governorship and International Lionism.

The entire Lions International Board was re-elected including International President Choi. His theme "Diversity With Kindness" reflects the global pandemic crisis.

For District Governor Murray his theme is "Looking Forward With 2020 Vision," one he chose last year before the world changed. He sees his priority is to encourage membership and support the clubs, some of which have struggled not being able to meet together and serve the community during lockdown.

He says it is all the more important that the clubs get out and continue the great work they have been able to do as restrictions lifted.

He is also keen to promote the Wellington Playscape Project for which three Lions Districts (202M, 202D and 202E – Southern North Island and Northern South Island) are trying to raise \$500,000. This will build a specially equipped playground at the new Wellington Children's Hospital.

While Dannevirke Host Lions has just concluded its annual book sale selling over 10,000 books mostly at \$1 each, Murray is keen to alert people to a book fair with a difference at Silverstream in October at which some first editions from the National Library will be sold. These cost more than \$1!



New District Governor Murray Pringle is inducted by senior Lions David McDonald and Jo Cameron as part of the induction of the new 202M cabinet in a mock court format in MCI's Boardroom Dannevirke on Saturday July 18.



The all-important highly appreciated "cup-cake girls" who provide morning and afternoon tea plus lunch at the Cabinet meetings in Dannevirke. From left: Lions Gail Vigers, Rosemary Moss, Pauline Brown and Barbara Ferguson.

SUPPORTING KIDS Wellington Hospital Set for New Lions Playscape

Murray Pringle

There is a new children's hospital currently under construction in the grounds of Wellington Hospital where all of the existing children's wards are old and scattered throughout the site. This concept puts all the services in one spot - directly opposite Ronald McDonald House in Wellington - a project set to be an investment of around \$105m.

Lions have been asked to fund the playground to the tune of \$500k. This will be called Lions Playscape and is a joint effort being supported by MD202 Districts D, E, and M. The name Playscape has been chosen as it is not a "normal" playground as we historically would imagine, but includes some special / specific areas and features to assist the children with their recovery. It will be a holistic 'green' healing area where young patients of all ages will be able to enjoy the outdoors. Patients age range is from 0 to 16 years and Playscape has been designed with this in mind, with not only play areas, but also quiet and reflective areas for older patients to sit with friends and family.

It is professionally designed to ensure that it is:

- (a) Safe and secure
- (b) Provides stimulation and fun
- (c) Is tactile yet calming ,and;
- (d) Provides a sanctuary for children of all ages



Keith Kenderdine Lloyd Morgan Lions Clubs Charitable Trust Chair congratulates Mark Dunajtschik and Dorothy Spotswood on their Awards of Honoured Membership of the Trust.



This advertising hoarding outlines the scope of the Playscape project and the features that will benefit the young patients in their rehabilitation from their treatments.

As a Tertiary hospital, Wellington Regional Children's Hospital will provide a specialist tertiary care to babies and young patients from New Plymouth to Gisborne, and down to Nelson / Marlborough area, hence Districts 202D and 202E being asked to assist with the fundraising as well. The timetable was to raise the money within a 2 year timeframe, but with the Covid-19 Outbreak, the timeframes have been set back allowing more time for the funds to be sourced.

The fundraising had only just commenced before the National Wide Covid-19 Lockdown and to date clubs from 202M have donated a total of \$43,473.00 toward the success of the project, which does not include any pledges from clubs that have been received.

If any club wishes to donate, there has been a special account set up with The Lloyd Morgan Lions Clubs Charitable Trust, to hold and record the donations.

The bank account number is 02 0528 0038410-00.

Clubs depositing funds should enter their club number in the reference field. The club should also send the Chairman of the Trust, Keith Kenderdine, an email confirming the amount banked for the project to:

lmlcct.admin@lionsclubs.org.nz (ctrl+ click to access)



DG Murray addressed the worthy recipients and thanked them for their generous donation of \$50M to the construction of Wellington's new Children's Hospital.



Presenting Mark Dunajtschik with his award of Honoured Membership of the LMLCCT while Dorothy Spotswood , Mark's partner looks on proudly.

Top Service Club Project

Enter the programme to showcase our



“Service Projects”

Every Club has an opportunity to be recognised by entering their top service project in this new programme. “Service” is our key focus so why don’t we tell everyone about what we are doing!

As Diabetes is our core focus going forward, we will be keen to see as many new projects undertaken to support this category. A special recognition will be made for the top “Diabetes Project” undertaken by each Multiple District.

The programme will run from individual Lions Clubs, through District, Multiple District and finally at Constitutional Area level, with the winner being announced at our next ANZI PACIFIC Forum in Noumea in September 2021.

It must be a new and innovative individual Club project started by the Club in **this** Lions year– not combined clubs or a Zone project.

All finalist projects will receive District recognition and will be advertised in District communications and Newsletters.

One project is chosen from within the District as the “Top District Service Project”. This project is submitted to the respective Multiple District/Region level Committee for judging.

All clubs wishing to enter, can ask the GST coordinator for the application form. It will allow you to provide basic information about your project, but we encourage all entrants to provide a short Power Point which may include photographs, media releases, any published articles and even a short video would be welcomed. The more information you provide about your project and the impact it has the better for the judges to review

All club entries must be received by your **District Global Service Team Coordinator** (Alice McDonald) by **15th March 2021** to allow time for judging at the District level. The winning District entries must be forwarded to your Multiple District GST Coordinator 2 weeks prior to the respective Multiple District/Region Conventions.

Round the clubs

Carterton Central



CARRINGTON PARK - BIKE SKILLS TRACK

Members are extremely proud to see the new Bike Skills Track constructed in Carrington Park nearly completed. There is just some very minor work to complete the Skills Track. The team at Higgins contracting have done a wonderful job, with Pascoe Reynolds overseeing the work on behalf of our Club, ensuring it is completed to the highest standards. It is fantastic to see the park go from a vision, through concept plans, to the final installed version it is now. All the small additional items have made the track exceptional. I have personally seen pupils from Carterton School practicing their bike skills and Teacher Kirsty



Hull from the school has mentioned to me, that all students & classes visit the track at least once per week, to hone their skills. All members look forward to the official opening later in the year, to celebrate our Clubs 50th Charter Anniversary Project. This is what "We Serve" & Lionism is all about. To take an active interest in the civic, cultural, social and moral welfare of the community. To unite members in the bonds of friendship, good fellowship and mutual understanding. Improving our community, protecting the environment and supporting our town where the need exists. A town we can all be very proud of.



It is great to see the children enjoying the bike park.

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.

To learn more about this project go to *Bread Tags for Wheelchairs NZ* on Face Book. If you wish to donate tags, contact Wellington Host Lions wellington-host@lionsclubs.org.nz or Stephanie on 04 399 5887

Wellington Host

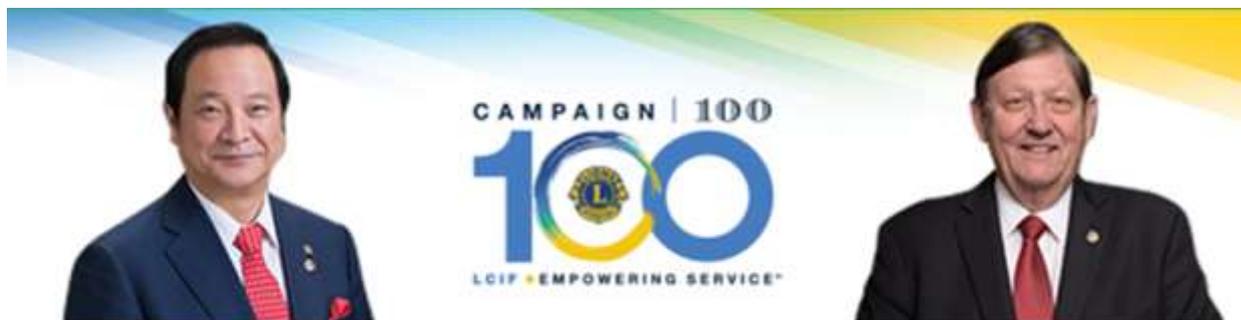
(Cut out and put around a jar or tin in which bread tags may be collected)

SAVE BREAD TAGS

Wellington Host Lions

Ph 388 5887





A message of thanks from Past International President and Campaign 100 Chairperson Dr. Jitsuhiro Yamada

This Lion year began like no other.

The world has shifted profoundly, though one thing has remained constant: Our world in need. We are emerging to navigate a new normal and grow campaign fundraising beyond the current US\$157,622,199. To stay safe, we may not be gathering in person, but you can help encourage clubs and Lions to donate funds that may have been collected through fundraisers, conventions, and forums or set aside to pay for such activities.

Thank you for ensuring these donations continue. They are vital to our fundraising progress and allow our foundation to respond quickly to a global crisis such as COVID-19.



Campaign 100 extended by one year

After evaluating the impact that the COVID-19 crisis is having on Lions Clubs around the globe and Campaign 100, LCIF will extend the duration of Campaign 100 by one year. The Campaign will now run to 30 June 2022.

The LCIF Board of Trustees made this decision based on our current realities and with the health and safety of Lions as a top priority. "We must give ourselves the time necessary to realise our full potential in this campaign, for the future of our foundation."

The overall campaign goal will remain at \$300 million. Your support of LCIF has never been more important. Your contributions are crucial to sustaining LCIF's ability to help Lions keep their communities safe and healthy. All donations are eligible for MJF and Campaign 100 recognition.

LCIF recognises and thanks its Campaign 100 donors, committee members, area leaders, and coordinators for their dedicated efforts to empower Lions' service both locally and globally. If you or your club have recently made a donation, we sincerely thank you for your leadership and generosity!



Thank you · Thank you · Thank you

To the following clubs I say..... **THANK YOU!** ¶

- Carterton · Central ····· Gisborne · Host ····· Karori → ··· Napier · Host · → ··· Otaki · ¶
- Takapau → ··· Waikanae → Masterton · Holdsworth ····· Hastings · Pioneer → ··· Tawa ·····
- Tararua · District ····· Eastbourne → ··· Lower · Hutt · Host → Carterton → ··· Mana ¶
- Norsewood → Waikanae · Parawai → · Napier · Spirit → Kapiti → Hastings · Host ¶
- Featherston ····· Rimutaka ····· Dannevirke · Host ····· Johnsonville ····· Greytown ····· ¶
- Gisborne · Wainui ····· Wairoa · Lighthouse ····· Silverstream ····· Wairarapara · Ruamahanga ¶
- Wellington · Host ····· Masterton · Host · Waipoua ····· Wellington · North ··· ¶

Collectively these clubs have been recorded for donating **US\$25,462.24** to LCIF during the 2019 · -2020 Lions year. · Donations came from both individuals and clubs and ranged between US\$62.89 and US\$4,329.92. · If your Lions Club is not mentioned above and you made a donation last year, please let me know. ¶

Every donation is appreciated, so thank you to you all. ¶

Enriching Lives



WE ARE COMPASSIONATE
 AND CARING
 enriching lives in communities
 all over the world!



If you have any questions about making a club or personal donation, applying for a grant, recognising someone with a Melvin · Jones · Fellowship · (MJF) / Progressive · MJF or any question about the Foundation, then please contact me. ¶

¶
 ¶
 My details are in the directory, however email is probably easiest and my email address is 202m.lcif@lionsclubs.org.nz ¶
 (ctrl+ click to access)

¶
 I look forward to hearing from you soon. ¶
 ¶
 PCC · Jo · Cameron ¶
 202M · LCIF · coordinator ¶
 ¶



Knitting Out the Kids

Amanda Calder, the initiator of the Refugee Reunification Trust, was delighted to receive them for the children in her care, some of whom had no warm clothes. She will tell the parents about how to handwash woollen garments!

If you know someone who would like to volunteer to knit wool garments, invite them to join our endeavour.



Carterton

DAFFODIL FESTIVAL STEAM EXPRESS - 2020

A Steam Train ride all the family can enjoy without being overly long, it is especially suited to families with young ones. It is ideal for your child's first train ride experience.

We offer children 0-3yrs the chance to ride "free on an adults knee" (only one child per adult knee) allowed. You ride on beautifully restored heritage carriages hauled by an immaculately presented Steam Locomotive from Carterton Railway Station to Masterton Railway Station where the Loco is detached serviced & turned for the return journey to Carterton.

Event timelines: Reporting time at Carterton Railway Station is 10.15 am, Train departs 10.55 am sharp, arriving Masterton 11.15 am layover at Masterton allows passengers to visit the two food vendors who will be onsite.

Tickets available at \$22.00 per seat, there are no other fares available.

NOTE - This heritage train ride is unsuited for the disabled needing wheelchair access.

NOTE - Parents with active children may wish to take along something to amuse them while waiting for the return journey departing Masterton at 12.35 pm arriving Carterton at 1.50 pm.

On your return to Carterton Railway Station, you are free to wander into the main street (500m) where the Daffodil Festival market stalls are. Or you could take a free bus to the Daffodil paddocks to pick your own.

NOTE - Daffodil picking closes at 3 pm. Take a horse-drawn Surrey ride leaves 300m from Railway Station.

Art lovers the annual big WaiArt sale is on at the Carterton Events Centre 950m from Railway Station.

Want to ask a question:

Contact Don 0272647421 or

Marlene 06 3771415



Tree planting - Johnsonville Park

Sometimes we overlook the work that goes on behind the scenes, and the combined effort of our members for the benefit of community. Recently Gerald organised tree planting etc at Johnsonville Park, Truscott Ave beside our BBQ tables installed for our 50th anniversary project



With almost half our members involved over four working bees we put in the following enjoyable and social total hours

First working bee Nine Lions and friends - 18 hours clearing blackberry, vines and the like

Second working bee - Five Lions for five hours continuing clearing.

Third working bee - Four Lions eight hours work doing final clearing.

Fourth Working bee Nine members and friends a total of 12 hours doing the actual planting .



And lots of other related "stuff" by Gerald - Meeting with Park ranger, Tipping green waste, making pegs and pegging out, picking up and placing out plants, delivering mulch, totalling about 8 hours all up.

So, our actual effort for the project is 51 hours of community service, some great social catching up, and an improved public amenity that will show progress for decades.

Thanks to Gerald and his team for this effort.

Start Zoom



Spirit of Napier Lions club started a project just prior to lockdown to knit beanies for pre-school children.

To date we have donated 140 beanies to five pre-school, kindergarten and Kohunga Reo. Members friends and family knitted and donated wool for this project. We have now started on knitting peggy squares to turn into knee rugs for the elderly. Mind you a great many of our members fall into this category but we still have the love of knitting.

Val Forward

Several older members and people familiar with Scouting and the Citizens' Advice Bureau in the Western Suburbs were saddened by the recent passing of **Vic Kent**. Vic was a very active longtime member and Past President of the former Tinakori Lions Club and a very willing participant in our Karori Wildlife Sanctuary (Zealandia) working bees. For many years, Vic had been a section Leader and Group Leader with Northland Scout Group, and a volunteer with the Western Suburbs Citizens' Advice Bureau. Trevor has supplied this photo of Vic (on the left), with Karori Past Presidents Ray Lindsay and Rob Ward, at the "End of District Sanctuary Project" celebration, in the 1st Karori Scout Hall, 2003. Our sincere condolences go to Trish and the family.

From Karori Roar—July 2020

Obituary—Vic Kent



Vic Kent with PDG Ray Lindsay (Tawa Lions) and Rob Ward (Waikanae Lions) both former members of Karori Lions.

From your District Diabetes Co-ordinator—Glenys Hansen
I hope the articles and recipes I put in the InForm help you
to understand Diabetes in general. Anyone can include
these recipes in their diet.

SALMON & LENTIL SALAD WITH MUSTARD SAUCE

SERVES 2 | PREP TIME 40 MINS | COOKING TIME 10 MINS

This recipe from Diabetes NZ volunteer John Norris appears in *Eat Well Live Well*

1 cup dried lentils
1 low-sodium vegetable stock cube
4 cups water
150g capsicum (green, red or yellow)
1 chilli, seeded and finely chopped (optional)
1 spring onion, trimmed and thinly sliced
2 Tbsp soy sauce
1 Tbsp white wine vinegar
1 Tbsp chopped mixed herbs
2 tsp olive oil
2 salmon fillets

SAUCE

½ onion, finely diced
1 Tbsp plain flour
1 cup milk
1 Tbsp wholegrain mustard

Place the lentils in a pot with the stock cube and water, and bring to the boil. Simmer for approximately 25 minutes until the lentils are al dente.

Once cooked, drain and add the capsicum, chilli, and spring onion, followed by soy sauce, vinegar and herbs. Season and mix well.

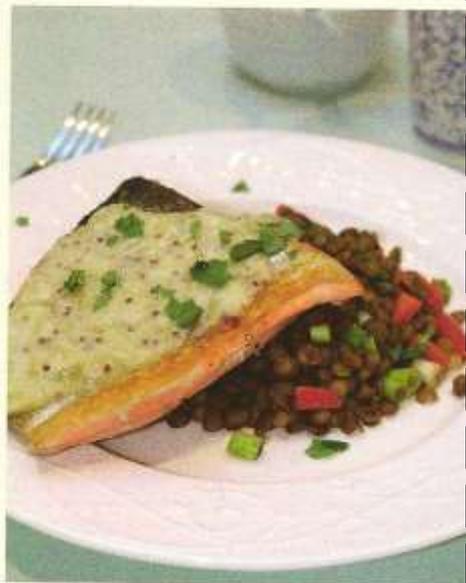
While the lentils are cooking, prepare the sauce and fish for cooking. In a pan, add the onion and fry off until translucent; do not brown.

Add flour to the onions and mix.

Stir in ¼ cup milk until the onions, flour, and milk are blended. Add the rest of the milk, stirring continuously to avoid lumps while reducing the heat.

Add the wholegrain mustard and mix well. Set aside.

In a pan, place the salmon, skin-side up, on a medium-high heat. Cook until golden brown on the side facing down (about four minutes) then turn skin-



side down for about three more minutes. You may like to leave it a little longer until the skin crisps up.

To assemble, place the lentils on the plate first with the salmon on top, then drizzle the mustard sauce over the fish.

AVERAGE QUANTITY PER 250g SERVING:
ENERGY 1984kJ (474kcal) | PROTEIN 44g |
FAT 16.8g (SAT FAT 4g) | CARBOHYDRATE
31.2g (SUGAR: 10.6g) | SODIUM 660mg

There are a number of FACEBOOK pages that give very information about
Diabetes and diet plans.

[My Diabetes](#)

[Trim Down Club—Diabetic Diet for Beginners](#)

[My Diabetes Diet](#)

[Diabetes Support Group NZ](#)

[Diabetes Food Recipes](#)

[Lions Diabetes Prevention Programme](#)

EAT MORE FIBRE IF YOU HAVE DIABETES, SAY TOP NEW ZEALAND RESEARCHERS

Edgar Diabetes and Obesity Research (EDOR) investigators have released the results of a study that will be globally influential and is relevant to those with type 1, type 2, and pre-diabetes.



Dr Andrew Reynolds

In New Zealand, most adults consume 20g or less of fibre each day. The EDOR research team, based at the University of Otago, found that, for people with diabetes, higher fibre intakes of about 35g of fibre per day could mean a 35% reduced risk of premature death.

They also confirmed that, when fibre intake was increased, those with pre-diabetes, type 1, or type 2 diabetes improved their blood glucose control, their cholesterol levels, and their inflammation levels, and lost weight.

The team consisted of Dr Andrew Reynolds, Dr Ashley Akerman, and Professor Jim Mann, and their study involved a systematic review of research conducted around the world but predominantly from North America, Europe, Asia, and the Middle East. The authors noted that the greatest blood glucose improvements were seen when low-fibre consumers started eating high-fibre foods each day.

The researchers were asked to do this work by a Study Group of the European Association for the Study of Diabetes. The Kiwi team's work will now inform an update of European dietary guidelines for diabetes management.

Lead researcher Andrew Reynolds, a National Heart Foundation Fellow, says the study "will be highly useful in its own right, as well as provide the evidence base to support the carbohydrate recommendations of the upcoming dietary guidelines".

The researchers say that good ways to eat more fibre in your diet include eating more legumes, vegetables, and whole fruits, plus replacing refined grains with their whole grain equivalents. For example, have wholegrain cereal or toast at breakfast, a piece of whole fruit or unsalted nuts and seeds as snacks, and base lunches and dinners around vegetables, legumes, and filling whole grains.

See the study here: <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003053>

LEGUMES FOR LIFE

Legumes include beans, peas, chickpeas, lentils, and peanuts.

Dr Andrew Reynolds says, "Like whole grains, legumes can provide a considerable amount of fibre and protein, as well as being easily available, affordable, and filling.

"When shopping for legumes, choose tinned varieties with no added salt, or, if you have the time, buy dried beans and legumes, soak them before use, and then follow packet instructions for cooking times.

"Commonly available legumes in New Zealand are kidney beans, chickpeas, green or brown lentils, and cannellini or butter beans.

"Watch out for tinned baked beans as their sauces are often high in sugar. Always check the nutrition information panel on the side of the tin.

"If you're unsure how to cook legumes, start by adding them to what you normally cook. Half a tin or more can be added to soups, stews, pasta sauces, and curries, providing a savoury depth to your meals. Many people also like the texture they provide, as they hold shape under simmering or in the oven.

"There are also dishes based on legumes you could try. Hummus is an obvious one, but there are plenty of great chickpea and kidney bean curries available in books and online that go well with brown rice."

