



LIONS CLUB OF ROLLESTON & DISTRICTS

DECEMBER 2020

ROLLESTON LIONS CLUB BOARD 2020 - 2021

PRESIDENT:	Heather Power
PAST PRESIDENT:	
SECRETARY:	Leo Slattery
TREASURER:	Chris Logan
1ST VICE PRESIDENT:	Bruce Tomlinson
2ND VICE PRESIDENT:	Val Knowles
3RD VICE PRESIDENT:	Alister Legat
DIRECTORS..	John Knowles, Heather Kissell, Mike Judd, John Benefield John Cardwell
TAIL TWISTER:	Bill Pickering
LION TAMER:	Graham Duncan
MEMBERSHIP CHAIRMAN:	Brian Whittington
BULLETIN EDITOR:	Margaret Gerken
LCIF CLUB CO-ORDINATOR	John Benefield
YOUTH LIAISON	

NON BOARD MEMBERS

ROCK LIAISON	Martin Dyer
COLLECTION	Heather Clouston
LION MINTS	Ron McNicholl
SPEAKERS	John Knowles
ALMONER	Shirley McNicholl

+++++

ROLLESTON LIONS COMMITTEES 2020 - 2021

1st VP Bruce Tomlinson – LEADERSHIP, MEMBERSHIP, TRAINING, ORIENTATION, PROGRAMMES –

Director John Knowles (Guest Speakers), Director John Benefield (LCIF), Helen Paton, John Jones, Denis Power, Rex Greenwood, Alastair Judd, Brian Whittington (Membership)

2nd VP – Val Knowles – WELFARE, SOCIAL, SPECIAL PROJECTS, YOUTH –

Director John Cardwell, Graham Duncan, Shirley McNicholl (Almoner), Heather Clouston (Collections), Val Knowles (Publicity), Marg Gerken (Bulletin), Janice Butland (Diabetes), Martin Dyer (Rock Liaison), Brian Fennessey, Tony Condon, Tim Hartnell, Robyn Veale

3rd VP – Alister Legat – PROJECTS, FUND RAISING

Heather Kissell (Colour Run, Fire Works), John Neville (Firewood), Bill Pickering (Christmas trees), Leo Slattery (Phone Books), Ron McNicholl (Lion Mints), Dave Auton, John Paton, Martin Bogue, Lex Cockburn, Joanne Head, Mike Judd, Sean Lloyd, Viv Mathews, Bruce McDowell, Barry Bernard

FINANCE – Chris Logan, Brian Whittington, Lex Cockburn, Heather Kissell, Bruce Tomlinson, President Heather Power

MEMBERSHIP – Brian Whittington, John Benefield, John Knowles, Heather Power

The President is ex officio member of all committees. Each committee should have a written report for the Board Meeting each month and this report should be published in the Club Bulletin each month



ROLLESTON LIONS CLUB

TEA MEETING

THE ROCK RESTAURANT & BAR

WEDNESDAY 2 DECEMBER

MEET & GREET - 6.30pm

MEAL - 7.00pm

DUTIES FOR TEA MEETING

GREETER	BRIAN WHITTINGTON
GRACE/INVOCATION ..	JANICE BUTLAND
RAFFLE	CHRIS LOGAN
CASHIER	MARTIN DYER
TABLE WAITERS	HEATHER CLOUSTON, MARG GERKEN
INTRODUCE SPEAKER ..	
THANK SPEAKER	
SPEAKER	NO SPEAKER PURELY SOCIAL

BOARD MEETING

MENS SHED

16 DECEMBER @ 7.30pm

Lions unable to do duties allocated PLEASE arrange your own substitute

Cheese and Bacon Swirls

INGREDIENTS


- 1 pack all butter puff pastry
 - 5 back bacon rashers, sliced into 1cm strips
 - 3/4 tub cream cheese
 - 75g cheddar, grated
 - 1 onion, diced
 - handful of parsley, chopped
 - salt & pepper to season
 - 1 egg, beaten
1. Pre-heat oven to 180C. Line a baking sheet with baking paper.
 2. Roll out the puff pastry and spread cream cheese all over the surface. I cut the pastry roll in half and got 2 lots made.
 3. Sprinkle evenly all over with cheddar, onion, bacon rashers, parsley and season with salt and pepper.
 4. Then roll up one end until you've made a swiss roll.
 5. Using a sharp knife, slice up into 10 segments and place on the baking tray. Brush over with egg wash.
 6. Bake for about 20 - 25 minutes until golden

PRESIDENT HEATHER

I cannot believe how quickly the days are passing and how close we are to getting rid of 2020 which has been a horrible year for many of us. Christmas seems to be just around the corner, probably because shops have all their decorations up earlier this year!

A great Christmas dinner was enjoyed by many Lions at the Tai Tapu hotel last Saturday night. Thankyou Lynda for organising this. As many of you will know, Lynda is taking six months Lion at Large and Val is stepping up to act as 2nd VP in the interim. A big shout out to her. Last month we enjoyed hearing Cam Kenyon our local Fire Chief who gave a most interesting talk about the tremendous work our volunteer firemen do. He also let slip Dave Auton's nickname but he will kill me if I publish it!! Cam has invited the Club members to visit the Airport Fire and Emergency facility some time as he works there, a novel idea for a tea meeting perhaps?

At our final tea meeting for the year lets make it informal. Bring along a Christmas joke or story

suitable for mixed company as it would be fun to add that to each fine 
We also need to look at personnel for Camp Quality, and voting delegates for Ellesmere Convention. We are allowed four.

In closing, may I wish you all a safe and happy Christmas and a Covid free New Year.

**Thank you all
President Heather**

1ST VP BRUCE'S REPORT

Firstly thank you and well done to Linda and your committee for organizing our Christmas function. An inspired choice of venue.

Please everyone remember to bring your surveys to our tea meeting.

I hope everyone has a nice Christmas with family and friends and that 2021 is memorable for much better reasons than 2020.

Thanks, Bruce

2ND VP VAL KNOWLES (interim)

Hi everyone.

I have been asked and accepted to be Interrum. 2nd V.P. while Lynda has taken Lion at Large.

As we still have 6mths of the Lions yr. left I would like to have a meeting next Wednesday night 7.30 at the men's shed..

A quick meeting was held last night of the social team. Quite a few members missing I'm afraid, there were some great suggestions made for the next 5 months.

An airport visit with Cameron Kenyon and a meal out to follow at the Izone Cafe.

A visit to another Club

A horse racing picnic at Motakarara 29th December.

Ladies lunch.

enough for now but a bit of fun for us all,

Regards
Val.

3ND VP ALISTER's REPORT

Sorry no report. Have a great Christmas everyone.

Alister

ALMONER

Please get in touch with SHIRLEY

If someone is sick, hospitalised, family deaths etc

Phone 03 347 9475 or 021 0247 3377



Lion Robyn Veale supplied the photo with Tiesha's permission to publish in our Lions Bulletin. Tiesha has been saving can tabs and collecting from friends and staff at St John of Gods where she is a resident for a while and has started collecting tabs again. She is pictured here with LCIF convenor John Benefield

Robyn

Discover How Coffee Grounds Can Perk Up Your Garden

By Simone Abt

(NC)—Canadian gardeners are discovering that coffee grounds offer a valuable source of nutrition for gardens.

Coffee grounds can be used in several ways. Grounds can be applied along with other materials as a side dressing for vegetables, roses, and other plants. They also make an excellent addition to the compost. Grounds can also help with worm bins. Worms fed with coffee grounds will flourish.

Gardeners can use grounds from their home coffee brewing machines, or they can stop by Starbucks to pick up a bag of complimentary coffee grounds. Starbucks offers spent grounds to customers year-round for use in gardens and compost bins.

"Coffee grounds can be a valuable source of nutrition for the garden," says Ben Packard, director of Environmental Affairs for Starbucks. "Reusing coffee grounds in the garden year-round is a great way to avoid disposing of this rich resource from our stores."

According to The Composting Council of Canada, composting not only helps to reduce the amount of waste going to landfills, it produces a valuable soil amendment that can improve the texture and fertility of the soil.

Compost is the single most important ingredient for soil quality and productivity.

Some gardeners even use the grounds to help ward off slugs and snails. The grounds can be used to mulch plants that slugs love to feast on, such as hostas, ligularias and lilies.

Coffee grounds can be applied directly to a garden's acid loving plants such as azaleas, roses or hydrangeas. While coffee grounds may be acidic, adding leaves and dried grass can reduce this acidity. Your local gardening expert can help you decide what is best for your garden.



LIONS CHRISTMAS CAKE ORDERS

(Not same as pic just a image)

It's that time of year again to purchase your Xmas cakes. looking to hear from members with your orders again this year. There is a limited number this year so be in quick.

Please phone John Knowles 3296353

Or email === jandv7327@gmail.com

ROCK RAFFLE ROSTER:

04 December	Alister Legat, Bruce McDowell
11 December	Martin Bogue, Barry Bernard
18 December	Bill Pickering, Brian Fennessy

No More till next year 2021

CHRISTMAS JOKE

Just before Christmas there was an honest politician, a kind lawyer and Santa Claus travelling in a lift of a very posh hotel. Just before the doors opened they all noticed a \$5 note lying on the floor. Which one picked it up?? Santa of course, the other two don't exist!!

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?"

"Doing my Christmas shopping early." Replied the defendant.

"That's no offense," said the judge. "How early were you doing this shopping?"

"Before the store opened." Countered the prisoner.

CHRISTMAS PUZZLE TO TEST YOU

Take a moment to relax with a cuppa and a pen, good luck

S	Z	T	B	V	A	A	C	A	R	D	S
E	T	U	R	K	E	Y	O	O	Y	C	A
W	Q	O	Z	B	H	V	X	X	J	L	N
M	R	S	C	L	A	U	S	S	Y	O	T
E	Q	I	A	K	M	W	U	I	I	P	A
L	K	N	N	Z	I	X	A	A	A	F	C
V	K	G	D	C	C	N	U	F	H	N	L
E	M	I	L	M	V	V	G	R	G	O	A
S	G	N	E	S	X	A	A	E	L	I	U
S	R	G	S	A	E	M	N	N	C	T	S
N	P	L	U	M	P	U	D	J	J	A	U
O	W	N	S	M	J	O	O	T	S	R	T
I	Q	A	D	S	S	C	M	T	I	B	I
T	S	W	U	B	R	B	E	C	Z	E	C
A	L	R	P	R	M	E	H	O	L	L	Y
R	O	M	S	U	W	U	K	O	U	E	O
O	R	A	W	S	A	E	A	C	X	C	P
C	A	K	E	L	L	E	T	Y	A	Z	B
E	C	C	N	T	T	R	J	E	E	R	E
D	O	I	S	A	M	T	S	I	R	H	C

PLUM PUD

CANDLES

STOCKING

FUN

SANTA CLAUS

SWEETS

CRACKERS

CAKE

CHRISTMAS

TURKEY

CAROLS

TOYS

HOLLY

NEW SPUDS

CARDS

HAM

DECORATIONS

CELEBRATION

MRS CLAUS

TREE

SINGING

ELVES

Each year, more than 300,000 children are diagnosed with cancer globally. This means that a child is diagnosed with cancer every 2 minutes.

Globally, 37% of children with cancer survive, but survival rates vary widely by region.

In 2018, the World Health Organization launched the Global Initiative for Childhood Cancer with the goal of reaching at least 60% survival rate for children with cancer by 2030. The Initiative brings together stakeholders from around the world and across sectors towards the common goal. LCIF has begun working with the Initiative to explore new ways in which Lions can help children with cancer in their communities.

Our Strategy

Grants are available to Lions districts and multiple districts in amounts from US\$10,000 to US\$150,000. Projects must be implemented in coordination or collaboration with existing government or charitable childhood cancer medical facilities.

Examples

Project examples include but are not limited to:

- Construction, expansion, or renovation of child, teenager, and family-friendly waiting rooms in healthcare facilities
- Construction, expansion, or renovation of rooms or houses where families can rest, sleep, or cook meals while their child is receiving treatment
- Projects that strengthen access to or improve transportation to and from medical appointments
- Projects that address the educational and recreational needs of childhood cancer patients receiving treatment at a healthcare facility
- Infrastructure to support palliative care
-

Lions Clubs International Foundation (LCIF) and Global HOPE® are pleased to announce a new partnership to improve childhood cancer survival rates in sub-Saharan Africa. Nearly 80% of children with cancer live in low- or middle-income countries where, tragically, only 10% of children survive cancer. In higher income countries such as Canada, Japan, and the United States, more than 80% of children with cancer survive. The good news is the world can be more successful at curing cancer in children. However, much work needs to be done to improve access to drugs and treatment, train healthcare providers, improve facilities and technology, and address socio-cultural barriers to improve global survival rates.

Launched in 2017, Global HOPE is a transformational initiative that is improving the standard of care for children with cancer. In May 2019, the LCIF Board of Trustees approved a two-year strategic partnership in order to build long-term capacity in Africa to treat and dramatically improve the prognosis for children. This partnership will strengthen the local healthcare infrastructure to effectively provide the multi-disciplinary care that is needed to care for children with cancer and blood disorders.

The partnership includes three components:

- LCIF funding support of US\$2 million over two years to support development of infrastructure at Global HOPE's centres of excellence
- Engagement of local Lions in Global HOPE activities at the country level
- Joint fundraising to expand the project impact through the addition of new partners



DID YOU KNOW.....

Why is Christmas abbreviated “Xmas”? Because the Greek letter “x” is the first letter of the Greek word for Christ, Xristos. “Xmas therefore means “Christ’s Mass”. It’s been around since at least the sixteenth century and is not an attempt to take the “Christ” out of “Christmas” and make it a secular holiday

Why is it a custom to kiss under the mistletoe? It may be related to a Scandinavian goddess. Frigga, the goddess of love in Norse mythology, is strongly associated with mistletoe, which has been used a decoration in homes for thousands of years. Mistletoe is associated with many pagan rituals. In fact, the Christian church disliked the plant so much, that it forbade its use in any form. Some English churches continued this ban as late as the 20th century! According to Charles Panati’s book, holly became a Christian substitute for mistletoe, which is why we “deck the halls” with it. The leaves representing the thorns in Christ’s crown and the berries his blood.

Why we decorate trees for Christmas? The evergreen tree, because it is perpetually green, has been used a symbol of eternal life since the ancient Egyptians and Hebrews. The Scandinavians believed that th4e evergreen tree in honour of Xmas became popular in the Middle Ages, especially in Germany. The decorations then consisted of candles and wafers, to symbolize Christ and the Host. Martin Luther is actually said to be the first person to put candles on a tree. The decorated wooden Xmas pyramid was also popular then. The tree became popular in Europe and America in the 18th century and the Victorians started decorating them with candles and cakes hung with ribbon. Woolworths began selling manufactured Xmas ornaments in 1880 and the custom became big very fast. The first electronically lighted Xmas tree appeared in 1882.

What about the history of the Christmas Cake? What we now know as Christmas Cake was originally a Scottish splendour called Twelfth Night Cake. A very rich fruit cake, almost solid with fruit, almonds, and spices, the ingredients were bound together with plenty of good Scotch Whisky. The stiff mixture was put into a cake tin lined with a rich short pastry and baked. This splendid confection took the place of the even more ancient sun cakes. A legacy of Scotland’s associations with Scandinavia, sun cakes were baked with a hole in the centre and symmetrical lines around, representing the sun’s rays. This is the pattern now found on Scottish shortbread.



*Wishing you and your families a very Merry Christmas
And a Happy & Prosperous New Year*



ROLLESTON LIONS CLUB SERVICE AWARDS

Congratulations everyone on your attainments recently awarded



From Left: Lion Brian Whittington 40 year charter chevron
Lion Shirley McNicholl 5 year chevron
2nd VP Val Knowles 15 year chevron
Lion John Knowles 25 year chevron



From Left: District Governor presented us with the service awards, Lion Bill Pickering 25 year chevron, Lion John Knowles 25 year chevron, Lion Helen Paton 10 year chevron, Lion Chris Logan 5 year chevron, Lion Bruce McDowell 5 year chevron, Lion Margaret Gerken 15 year chevron, Lion John Benefield 20 year chevron, Lion Leo Slattery 5 year chevron, Lion Denis Power 50 year chevron, Lion Lex Cockburn 40 year charter chevron Lion John Neville 25 year chevron.
Absent: Lion Ron McNicholl 5 year chevron, Lion Robyn Veale 5 year chevron, Lion Sean Lloyd 10 year chevron, Heather Kissell 15 year chevron, Lion Martin Bogue 15 year chevron, Lion Alastair Judd 20 year chevron, President Heather Power 20 year chevron, Lion John Paton 25 year chevron, Lion Janice Butland 25 year chevron, Lion Rex Greenwood 35 year chevron,

HAPPY BIRTHDAY TO YOU
HAPPY BIRTHDAY TO YOU

DECEMBER

13th CHRIS LOGAN

SAGITTARIUS ZODIAC SIGN - 22ND November to 21 December

S for seductive
A for adventurous
G for grateful
I for intelligent
T for trailblazing
T for tenacious adept
A for adept
R for responsible
I for idealistic
U for unparalleled
S for sophisticated

Element: Fire

Colour: Blue

Day: Thursday

Ruler: Jupiter

Lucky Numbers: 3, 7, 9, 12, 21

Flower: Hibiscus, Geranium

Lucky Gem: Topaz

Strengths: Generous, idealistic, great sense of humor

Weaknesses: Promises more than can deliver, very impatient, will say anything no matter how undiplomatic

Sagittarius likes: Freedom, travel, philosophy, being outdoors

Sagittarius dislikes: Clingy people, being constrained, off-the-wall theories, details
Curious and energetic, Sagittarius is one of the biggest travelers among all zodiac signs.

The 5 Top Reasons to Love Being a Sagittarius

Super at home with the world, you're happy with a passport and a backpack — what else do you need? Your mind is an endless labyrinth; you love getting to know yourself and what makes you tick. A born leader, you never worry about what people think. Your ideas are unique, and you don't second-guess yourself. You have a creative vision that's on point, and appreciate museums, books, and culture, and pretty effortlessly stay on top—or are involved—with the latest going on in the arts world. You're honest. People trust you, respect you, and you never get caught in a web of gossip or lies. You know that anyone could look through the text chains on your phone and you would be in the clear.

HAPPY BIRTHDAY TO YOU
HAPPY BIRTHDAY TO YOU

JANUARY

4TH JOHN PATON **7TH MARTIN BOGUE**
16TH MARTIN DYER **20TH REX GREENWOOD (on the cusp)**

CAPRICORN ZODIAC SIGN - December 22 - January 19

C for confident
A for analytical
P for practical
R for responsible
I for intelligent
C for caring
O for organized
R for realistic
N for neat

Element: Earth

Colour: Brown, Grey, Black

Day: Saturday

Ruler: Saturn

Lucky Numbers: 1, 4, 8, 10, 13, 17, 19, 22, 26

Birth Flowers: **December:** - Holly, Narcissus **January:** - Carnation

Lucky Gem: Turquoise **January:** - Garnet

Strengths: Responsible, disciplined, self-control, good managers

Weaknesses: Know-it-all, unforgiving, condescending, expecting the worst

Capricorn likes: Family, tradition, music, understated status, quality craftsmanship

Capricorn dislikes: Almost everything at some point

The 5 Top Reasons to Love Being a Capricorn

1. Your bank account balance is enviable. You don't get overly tempted by purchases, and have a gift for investing and saving.
2. Your mind is like a steel trap. You never forget anything or anyone, and can recall conversations from years ago.
3. Your home looks like it belongs on HGTV. Whether it's a rental or you own it, you have an exacting eye for design, and know the exact touches to make anywhere—even a hotel room—seem like a home.
4. You *never* lose anything, and always have the important files, passwords, and papers close at hand. Your organization saves your time and sanity.
5. You are polished. You never don't know what to say and seem to avoid awkward situations as you are an expert at small talk, and also really good at knowing exactly what to say to make other people feel good.

AQUARIUS ZODIAC SIGN - Date range: January 20 - February 18

A Afraid of emotion
Q Quick thinker
U Unique
A Analytical
R Rebellious

I Independent
U Unpredictable
S Special

Element: Air

Colour: Blue, Violet & Yellow

Day:

Ruler: Uranus, Saturn

Lucky Numbers: 4, 7, 11, 22, 29

Flower: Orchid

Lucky Gems : Amethyst, Lapis Lazuli

Strengths: Progressive, original, independent, humanitarian

Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof

Aquarius likes: Fun with friends, helping others, fighting for causes, intellectual conversation, a good listener

Aquarius dislikes: Limitations, broken promises, being lonely, dull or boring situations, people who disagree with them

Aquarius-born are shy and quiet, but on the other hand they can be eccentric and energetic.

However, in both cases, they are deep thinkers and highly intellectual people who love helping others. They are able to see without prejudice, on both sides, which makes them people who can easily solve problems.

Although they can easily adapt to the energy that surrounds them, Aquarius-born have a deep need to be some time alone and away from everything, in order to restore power. People born under the Aquarius sign, look at the world as a place full of possibilities.

CODE OF ETHICS

TO SHOW my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

TO SEEK success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

TO REMEMBER that in building up my business it is not necessary to tear down another's. To be loyal to my clients or customers and true to myself.

WHENEVER a doubt arises as to the right ethics of my position or action towards others, to resolve such doubt against myself.

TO HOLD friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit it is given.

ALWAYS bear in mind my obligations as a citizen to my nation, my state, and my community and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labour and means.

TO AID others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

TO BE CAREFUL with my criticism and liberal with my praise, to build up and not destroy

OUR CHRISTMAS PARTY DINNER AT THE TAI TAPU HOTEL RECENTLY, A GREAT OUT!!



BULLETIN MARG'S DRIBBLE.....



The 2020 Year is not far away to us saying goodbye to a very turbulent few months.

Merry Christmas to everyone, enjoy time with your friends & family & take the time to relax, smell the roses, & recharge your batteries. Enjoy a safe, happy & prosperous New Year.

Marg 😊

DATES OF IMPORTANCE - PUT IT ON THE CALENDAR

- 01 December** - **FIRST DAY OF SUMMER YAAAAAAH!!!!!!!**
- 02 December** - Our Tea Meeting
- 04 December** - Rock Raffles
- 11 December** - End of Secondary School Year
- 11 December** - Rock Raffles
- 16 December** - Our Board Meeting
- 18 December** - Rock Raffles
- 18 December** - End of Primary School year
- 20 December** - Last Bulletin for the year
- 25 December** - Christmas Day
- 26 December** - Boxing Day
- 31 December** - New Years Eve

01 January - Happy New Year 2021 Lets hope it's a cracker

HAPPY NEW YEAR 2021

The week after Christmas

Twas the week after Christmas and all through the house
Nothing would fit me not even a blouse
The cookies I'd nibbled the eggnog I'd taste
At the holiday parties had gone to my waist
When I got on the scales there arose such a number!
When I walked to the store (less walk than a lumber)
I'd remember the marvelous meals I'd prepared
The gravies and sauces and beef nicely rared
The wine and the rum balls the bread and the cheese
And the way I'd never said, "No thank you please"
So away with the last of the sour cream dip
Get rid of the fruit cake every cracker and chip
Every last bit of food that I like must be banished
Till all the additional ounces have vanished
I'm hungry, I'm lonesome and life is a bore
But isn't that what January is for?
Unable to giggle no longer a riot
Happy New Year to all and to all a good diet.