

# LIONS CLUB OF RANGIORA

*The Rangiora December 2022 Rambler*



**We Serve**

**PO Box 119  
Rangiora 7440**

**[facebook.com/rangioralions](https://facebook.com/rangioralions)  
Website: [rangioralions.club](http://rangioralions.club)**



## Rangiora Lions Club December Tea Meeting Christmas Menu

### Roast Meats

#### Oven Baked Ham

Served with delightful sauce of Red currant Jelly,  
Mustard & Orange Juice

#### Roast Turkey

Boneless breast of Turkey s  
Served with Cranberry & Gravy

Both served Hot

### Vegetables

Gourmet Potatoes & three Fresh vegetables

Salads: Green, Potato, Coleslaw

### Dessert

#### Fresh Fruit Selection

Bowls of sliced and diced large fruits  
Pineapple, Melon etc and Whole smaller fruits  
Strawberry, grapes etc

#### Individual Pavlovas

Whisks of Meringue topped with Cream and Fresh Strawberry

#### Rich Christmas Fruit Pudding

Chock full of fruit and served with a rum flavoured custard sauce



## TEA MEETING DUTIES

<b>Treasurer :</b>	<b>John Lovell</b>
<b>Meet &amp; Greet at 6.15pm-</b>	<b>Maureen Hampton John Wright</b>
<b>Theme:</b>	<b>Christmas</b>
<b>Invocation:</b>	<b>Alan Richards</b>
<b>Introduction of Speaker</b>	
<b>Guest Speaker:</b>	
<b>Vote of Thanks:</b>	
<b>Closing Thought:</b>	<b>Alison McCall</b>
<b>Glass Clean Up:</b>	<b>Tini Lawry</b>
<b>Vacuum Duties:</b>	<b>Sue Mehrtens</b>

Zone 5 Meetings for 2022-2023 @ RSA  
 13th December @ 7.30pm  
 11 April @ 7.30pm  
 13th June @ 7.30pm



## NEXT TEA MEETING

**Thursday 1st December 2022  
 6:15 onwards  
 \$27 each**

**At Waimana Lounge , Kippenberger Ave**

**RSVP: by Sunday 27th November  
 to PDG Vern McAllister  
 by texting 0272683024**

**Or e-mail to vernmca42@gmail.com**

**Make it easy for yourself  
 & pay online into  
 Account : 02- 0876-0022167-000**

**With reference -name  
 If you say you will go,  
 but are a no show,  
 Please still pay.**



**Happy Birthday wishes to**

December 2022

7 Dec- Alison McCall  
 10 Dec- Graeme Moore  
 30- Dec John Lovell  
 31 Dec- Trunie Kennedy

January 2023

9 Jan -Tini Lawry  
 21 Jan- Ray Twist  
 26 Jan-Ann Saunders  
 29 Jan- Rob McLeod





## EXPRESSION OF INTEREST FORM

### LIONS ANZI PACIFIC FORUM – CHRISTCHURCH Friday 8<sup>TH</sup> - Sunday 10<sup>TH</sup> September 2023.

The ANZI Forum September 2023 will be held in Christchurch,  
Central South Island, New Zealand.

The venue is at Chateau on the Park, Christchurch. Christchurch International Airport is only 7.5 km away.

To the Venue and City Centre - there are buses, shuttles, taxis and uber all available to transport delegates to the Venue.

Christchurch is known for being the Garden City, we have Hagley Park which covers 164 hectares, a large open space in the city along with the beautiful Botanic Gardens, in September spring flowers and blossom will be on show.

***Come and join us for the ANZI Pacific Forum in September 2023.***

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Filling in this form will assist us in the organising of this event.

If you are interested, please fill in the information below.

**Name:** \_\_\_\_\_

**Designation in Lions** \_\_\_\_\_

**Country** \_\_\_\_\_

**District** \_\_\_\_\_

**Club** \_\_\_\_\_

**Email**

*This is not a commitment to attend, if you fill in your details to make sure you are kept in touch with and will receive the registration form directly when it is available.*

*To receive communication please email the completed form to*

[anzi2023marcom@lionsclubs.org.nz](mailto:anzi2023marcom@lionsclubs.org.nz)



## President Maureen's report for December

As you are all aware that friend Covid caught up with myself and VP3 Karen. We have no idea where we caught it but we did. Please let this be a reminder that Covid is still around and making its presence felt again. 21,000 plus when I reported mine. If you think you have hay fever or a sniffle please check with the Covid swab.

I found down the throat much less painful, but that's just me. Thanks Andrew for stepping up.

- \* I thought the manure drive had finished but I am still getting phone calls and emails. Fortunately we have it bagged ready to go.
- \* The next dinner meeting is our Christmas Dinner please check out the menu. \$27.00 still very cheap meal for what we get.

**I would like to still do the \$10 mystery Santa gift for each member attending this dinner. Get back to me if you do not want this to be part of the evening festivities. I do understand that everything has had a huge price hike and understand if you do not want to proceed. But I need to know now!!!**

- \* As I type this up we should be getting ready for the Lap the Map in at Hagley Park but as it hasn't stopped raining since last night we have pulled the plug on this. So all those fit and able persons please do your daily k's keep a record and Mike C will have a page sorted for us to put down our hard earned k's. So we can still participate in this worthy cause.
- \* In our Activities list as written in the last Rambler we have it down to have a dinner or nibbles and drinks out at **5 Stags on the 17th on December time 5pm**. Please advise me **ASAP** (again) if you would like to attend this function. These places need to be able to plan there days just as we need to do.

**Thank you to the team who did the Dementia collection at New World on the 18th November. \$1,017.50 was collected for this very worthy cause.**

Thank you all for all your efforts over this past year.

President Maureen





## CAMP QUALITY

Attached is the roster for Camp Quality. There is a gap for one more club to assist on the Tuesday evening dinner, if your club would like to do an extra one please let me know as soon as possible.  
You will also notice that Wednesday's team the meal is being served down at the farmyard so we will meet them there rather than them having to come up to camp to start with :)

### PLEASE BE AT LIVING SPRINGS 45 MINUTES PRIOR TO THE MEAL TIME TO SIGN IN AND SET UP TABLES

Under current guidelines there is no requirement for visitors to camp to wear masks, but you are welcome to if you prefer however we do ask that if people are unwell that they stay away as our children are immunocompromised

Many thanks for your club's participation in this great project.

Any questions please either phone or email me.

PDG Julie Syme

	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Breakfast Time		8am - cooked	8.30am	8am - Cooked	7.30am	8am
Location		Springs	Springs	Springs	Springs	Springs
Helpers		CHC City Breakfast & Halswell	Ellesmere & Ferryhead	Wigram & Seaview	New Brighton	Amberley
Lunch Time	12.30pm	12.30pm		1pm	12.30pm	
Location	Springs	Springs	OFFSITE	Springs	Springfield - Lions to supply BBQ	
Helpers	Seaward & Amuri	Amberley & Akaroa		Wigram Skies & CHC Pegasus	Oxford & Malvern	
Dinner Time	5.30pm	6pm	5.30pm	6pm		
Location	Springs	Springs - Black Tie Auditorium	Springs	Farmyard - BBQ	OFFSITE	
Helpers	Rolleston & Rangiora	Selwyn & CHC South	CHC Host	Glenmark & Hawarden/Waikari		

Please note that we have a spot for extra help on Tuesday evening if a club has extra capacity?



## 1st VP Andrew



Hello Everyone, not long to go only 35 more days and we will be hanging around that Christmas tree, with the BBQs drink in hand and relaxing with family and friends after a busy lions year.

I Don't have much to report as we had a few funding requests, but most were not accepted as did not fit the requirements. Only 2 donations given along with a donation given to LCIF, so 3 in total.

Toot for Tucker is not far away. 6<sup>th</sup> of December, so get them bake beans or whatever you have that is in your cupboard and have laying around that won't go off.

So when you hearing the tooting around the town, we will see your faces come out of your house, unless you are down helping out with tooting and walking. That's all for me for now and I will see you all at the Christmas Dinner meeting

Your 1st Vice President  
Andrew



VP Andrew with  
Tim Smit



## RESULTS OF RANGIORA LIONS CLUB PEACE POSTER COMPETITION



**1st Place Ruby Taylor - Cust School**



**2nd Place Layce Stewart- Cust School**

**Congratulations to Ruby and Layce**

**Dave needs to know if you can supply any of these :  
vehicle, trailer and runners  
Please Phone 0274437576  
Or email sootysaunders@gmail.com**



# Toot for Tucker

Food Bank Appeal

community  
wellbeing  
North Canterbury Trust



## Tuesday 6<sup>th</sup> December 2022

Rangiora | Oxford | Pegasus | Woodend | Amberley

## Listen for the Toots between 6-7

Please supply your own bags for collection this year.



Be creative with your giving, perhaps some Christmas treats or small gifts for children.



Property Brokers

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## Activities 2022/2023

Every one welcome, partners, friends, and neighbours

⇒ **Thursday 1st December**

Christmas dinner at Waimana Lounge Lamb and Hayward

⇒ **Saturday 17th December**

Christmas dinner/or nibbles Five Stags (times to be arranged)

⇒ **4th Wednesday each month 10.30 am**

Coffee morning Espresso Garden café @ Mitre 10

⇒ **Maybe an extra evening** at the Five Stags quiz night on a Wednesday evening,  
date to be Confirmed

### Expression of interest

We are taking numbers of people who may be interested in the listed activities.

**Gondola and tram \$60 per person**

**Kaiapoi river queen cruise** and lunch \$55 per person including a drink  
Tues/Wed/Thurs

\$60 per person including a drink all other days

**Dinner and Movie** can do both or one Dinner \$?  
Movie adult \$17.50 Senior \$14

**Wine tasting** Waipara \$?

**Weka pass railway** Adult \$35 return (only do return fares)

Any questions or you would like to confirm your place contact:

Alison McCall 027 2772 556

Maureen Hampton 021 587 431

Dave Saunders 0274437576

Dear Secretary Dene & President Maureen

On behalf of the Lioness I would like to pass on to your Club our thanks for the running of the recent Cheese Roll Extravaganza. It was a great exercise in working together, pooling resources and sharing knowledge to make this event a success.

As we are small in number we appreciate being able to join you and work alongside your members to make this such a worthwhile event. Unfortunately due to ill health our working members on the day were fewer than anticipated, however we all had a fun time and enjoyed working together to make this a successful day. Getting out in the community to pre-sell the rolls was a good exercise in Club awareness.

Well done to us all.

Kind regards

Anne Thorne

President Rangiora Lions Lioness Club



## 2nd VP Mike

Kia ora koutou (greetings too everyone)

The discussion of Christmas decorations has started in our house and I am reminded that Christmas is speeding towards us and it is time to think about the year past and looking forward to spending time with friends and relatives.

The 2nd VP team decided to forgo this months meeting and share the information electronically.

Here are some highlights:

### **Camp Quality**

We have been scheduled to support this fantastic cause by helping out on Sunday 15th January with the evening meal. This camp is one of the most rewarding projects that our local Lions in Canterbury can be part of. As a teacher, it warms my heart to see these kids challenging themselves and being rewarded for their bravery and share determination. Helping with some meal preparations is a small thing we can . . . oh and supporting the project financially is something we can all be very proud of. At the writing of this report we had just heard that we were a little late to do a second night on the Tuesday. Roger Alexander is the lead Lion on this project so he will be forming his team at the next Tea Meeting.

### **Lap the Map**

Just a reminder that at the next Tea Meeting all members will be asked to share their kilometrage. This record and financial support will be shared back through District. Good luck with your walking, biking, running, and or swimming.

### **Ashley Ramble**

This project is coming along under the leadership of Rob Mc. At this stage we are trying to create a festive occasion around this fundraiser. If anyone has any ideas about the types of activities we could have at the park at the commencement of the ramble. Just let Rob McLeod or Mike Clemens know. All ideas are welcome.

### **The Rangiora Dog Park Agility extension**

The board voted on underwriting the outstanding amount for this project. So by all accounts we will be picking up tools and getting on with it in the new year. So dust off those tools and get your tape measures calibrated.

### **Toot for Tucker**

6th December we all get a chance to be a bit rowdy and put some smiles on those less fortunate than many of us. This is usually well supported and we look forward to seeing some great photos coming out of the event.

So there we have it folks. Well done on the great mahi (work) everyone continues to put into serving our community.

Nga mihi nui (thank you very much)

Mike



## Holmwood Rest Home

The annual **Christmas Carol** singing at the Holmwood Rest Home will be held on **Tuesday 13th December**. It is hoped we can arrive about 10.15am to start singing at 10.30am: usually sing for approximately 30 minutes. At this time we are to wear masks in and out at Holmwood, But can take them off when singing. There are 45 residents at Holmwood. The club thanks Quentin and Aaron for providing gifts for each of the residents. We also thank Robin for the years he has been Santa for this yearly event. I believe this will be the 17th year the Rangiora Lions Club have sung carols at Holmwood. A good turnout of members will be appreciated  
Howard

Ho Ho

See you on  
13th December



# NEW MEMBERS 202E



June 2023  
31 May '23  
30 Apr '23  
31 Mar '23  
27 Feb '23  
30 Jan '23  
31 Dec '22  
30 Nov '22  
27 Oct '22  
29 Sep '22  
30 Aug '22  
31 July '22  
1 July '22

LET'S  
DO  
IT

## October '22

MEMBER	CLUB	SPONSOR
1. Aaron Ray	Akaroa & Bays	Kevin Templeton
2. Deb Richardson	Akaroa & Bays	Anita Osborne
3. Allan Johnston	Blenheim	Delphine Lee
4. Lynette Johnston	Blenheim	Delphine Lee
5. Tim Kenneth	Oxford & Districts	Geoffrey Rountree
6. Haydn Murray	Rangiora	Aaron Clark
7. Lynne Hutchins	Selwyn	Jane Forrest
8. Lois Thomas	Selwyn	Jane Forrest
9. Jane O'Connor	Richmond	Barbara Kelly
10. Glen Threadwell	New Brighton	Alastair Rankin
11. Rose Tomlin	Amberley	Patricia Cope
12. Gary Manch	Amberley	Kevin Fenemor

Can 202E get 55 new members before the 30 June 2023. Easy, One for each club and 10 clubs  
Need to get 2 new members.

Make a Difference.  
Become a member of the  
Rangiora Lions Club



We Serve

Contact our  
Membership  
Chairperson  
PDG Dave  
Saunders  
0274437576



## Lions Clubs Global Service Projects



**Childhood Cancer** - We are strengthening medical & social services to help increase global life expectancy of children with cancer and enhance quality of life for parents and their families.



**Hunger** - We are working toward a world where no one is continually hungry, expanding resources and infrastructure needed to address food shortages around the world.



**Diabetes** - We are playing a major role in responding to the diabetes global epidemic. Targeting where Lions live and serve, we are supporting diabetes prevention through multi-faceted comprehensive health initiatives.



**Vision** - We are leading the charge to rid the world of infectious blindness, reduce avoidable blindness and visual impairment, and improve overall quality of life by providing service to the blind or visually impaired.



**Environment** - We are protecting the environmental health of our communities, generating long-term, positive ecological impacts globally.



### 3rd VP Karen

The Dementia Canterbury collection went very well. Congratulations to the team. Total amount we raised \$1,017.50.

A suggestion was made for VP 3 to do the Welcome to Rangiora bags. As 73 are on hand, it was decided to start this in February 23.

It was passed that the Pillow Cases for the Children's Ward of Christchurch Hospital to be a project till the end of the Lion's Financial year. With looking at continuing by the new board 23/24.

Howard Fowler is organizing the singing of Christmas Carol's, our annual visit to the Holmwood Rest Home. Santa will be giving gifts to the residents. So please practice your singing voice and join us on Tuesday 13th December. ( See Howards report)

Karen McWha VP3.



What's in the present bag.



Want to meet new people?  
Come for a cuppa and a chat,

Wed 25th January 2023  
10.30am at Espresso Garden Cafe  
in McAlpines Mitre 10 MEGA Rangiora.  
You don't have to be a Lion, just meet some of  
our friendly team.



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# Rangiora High Leo Club

## Rangiora High School Leo Club.

I inducted our ninth Leo, Natalie, on the 3<sup>rd</sup> of November meeting. In that same meeting the Leos elected the executive team for next school year: Lila – president; Lisa – treasurer; Ruby – secretary. Becca and Tayla have left school after their exams. I've given their details to the Omega Club.

The last meeting for the year was at school on 17 November.

Our refocus on 'service' and 'fun' for the second half of the year has resulted in a great bunch of committed girls.

So much that teacher Karren will most likely stay as the school's Leo rep next year. Serving the community by helping at events had the unexpected bonus of fundraising: Oxford LC donated \$250 for the Leos' help at their Big Day Out.

We still have a few things to do to round off the year. 6 December, two days before the school closes, Karren and I will drive the Leos to Silverstream Reserve for another planting and weeding session, with an opportunity to say goodbye to Becca and Tayla.

And they're organising a Sunday afternoon at the beach, combined with a publicity photo shoot with the Waikuku Surf Life Saving Club, who've bought radios with the \$2,500 donation from the Leos.

The Leos are wishing the members of the Rangiora LC a Merry Christmas and hopefully some opportunities for some fun meetings in the New Year.

Tini Lawry  
Leo Advisor.

7,400+  
clubs worldwide

160,000+  
Leos

150+  
countries and territories

40,000  
service projects in 2021-22



### Global Service Team (GST) Bernie Walls

#### November is Diabetes Awareness Month

Diabetes New Zealand tell us New Zealand has a serious and growing type 2 diabetes problem.

It is predicted that within the next 20 years, the number of people with type 2 diabetes will increase by 70-90%. Of these people Māori, Pacific and Asian will be worst affected. Allowing this to occur will have a hugely detrimental impact on the wellbeing of our people, but also on the sustainability of our health system and economy.

At a population level, it is essential to create an environment which is conducive to healthy food and activity choices in order to reduce the high rates of obesity, the major preventative risk factor for type 2 diabetes. At a community level, there is a need to support our communities to make positive change. At an individual level, diabetes affects almost every aspect of a person's life, including their physical health, mental health, social life and employment. Diabetes is the tip of the iceberg as the cause of significant health issues with downstream comorbidities – cardiovascular disease, stroke, kidney failure, vision loss neuropathies and lower limb amputation. In New Zealand, 17% of all health loss across the population is the result of diabetes.

Diabetes is a life-long condition that needs regular monitoring. Type 1 diabetes is treated by multiple daily insulin injections or an insulin pump. When you are first diagnosed you will be shown how to do these injections yourself at home. You will need to continue to do these injections yourself to maintain your health. This can seem very overwhelming at first but you will receive support from your healthcare team.

Type 2 diabetes is usually treated with key lifestyle changes, including changing your diet, increasing the amount of exercise you do and trying to lose weight. Most people with type 2 diabetes will also be offered medication. This is usually in the form of tablets to start with, although insulin injections may also be needed eventually.

Diabetes can affect your kidneys in two main ways:

1. Kidney disease (diabetic nephropathy). High glucose levels cause extra blood to flow through the tiny filters in your kidneys, so they have to work harder than normal to clean it. Over time this can damage the filters, causing them to leak.
2. Disease of the kidney's blood vessels (renovascular disease). High blood pressure causes a 'furring up' of the artery to the kidney, reducing the blood supply and causing scarring. Kidney damage occurs slowly over many years. It can be identified in its early stages by very small amounts of protein in the urine. This protein has leaked from the kidneys as a result of the damage to the filters. It is therefore important that people with diabetes are screened regularly for kidney disease in order to find and treat any problems early, before more serious damage can occur. Both diabetes and kidney disease can cause high blood pressure which increases the risk of heart attacks and strokes. Foot and eye problems are also common with people with diabetes and kidney disease, but these can be preventable. Regular checks with your GP and optician are therefore important to try to stop any problems from developing or to spot them early on when they can be easier to treat.

Bernie





## PRESIDENT'S MESSAGE

Together we can with  
International President,  
Brian Sheehan



**Dear Lion,**

It takes a great team to bring big ideas to life. That's what makes your club so special. Because the greatest team you could ever ask for is always right by your side. And by working together, you bring out the very best in every Lion and make even greater things possible in your community.

Teamwork will always be one of our greatest strengths. It helps us take on bigger challenges and achieve bigger goals like expanding our service and growing our clubs. So let's embrace what makes our team so special and be open to new ideas, new members and new ways of doing things. Because none of us can do more than all of us. And together we can do so much more.

Make a great day,  
**Brian Sheehan**  
International President



## Great Teamwork Starts with Healthy Clubs

Sharing a clear vision for the future is the first step to better teamwork. Here are three resources to help you make sure your club is moving forward in the same direction:

- [Club Quality Initiative](#) – Maximize your member experience and keep everyone happy by working together to identify areas where your club can improve.
- [Community Needs Assessment](#) – Identify the needs of your community and work together to deliver great service where it's needed most.
- [Developing Local Partnerships](#) – Build local partnerships to give your club even more help to take on the biggest challenges facing your community.

When we work together to improve our clubs, we're taking our teamwork and service to the next level.

## Cheese Rolls Extravaganza 5 Nov 2022

Thanks go to the small group of our Lions who were 200% behind the philosophy of making it easier for (future) members to belong to our clubs and work together as the two Lions Clubs of Rangiora. They sold the cheese rolls to neighbours, work mates, families and their work mates and roped in friends and family members (some with no connections with Lions, some from overseas!) to come on the Friday afternoon and Saturday to make them, all 284 dozen of them, that is 3,408 cheese rolls, by the way!

The committee was left wondering if our target of 400 dozen could have been reached if all our members had got behind this fundraiser. Don't worry, you'll all benefit from the \$ 740 into each of the clubs' admin accounts, and now that we know we have the systems in place to cope with double the amount, we might do it again next year.

It was a pleasure to work with the committee of Lion Lionesses, Anne and Denise, with their connections and experience from previous cheese roll making fame (2018 – 848 dozen!) and our Dene with his convention running fame. We've coped with price hikes, last days supplier change, and Covid stricken counted-on-helpers. But we were blessed with Pak'nSave Rangiora supplying the 162 loaves at a very low price, Trents Wholesale Christchurch Ltd for supplying cheese etc at wholesale prices, and the use of RHS H-block kitchen.

Some statistics:

Not counting the times at meetings, on phones and picking up supplies and of members getting and distributing orders:

5 Volunteers, total 11 hours on Friday afternoon. 20 Volunteers 76 hours on Saturday.

Thanks to the 19 sellers among Lions and Lions Lioness (and your buyers)

I hope the photos will give you some idea of the fun and fellowship these (by now) expert cheese roll makers had on the day.

Appreciative and proud Lion Tini.

I waited till 9.15pm for the pictures that Tini was sending, did not arrive so filled the page Cheese rolling. Cheers Ann

## Cooper's Hill Cheese-Rolling and Wake

The Cooper's Hill Cheese-Rolling and Wake is an annual event held on the Spring Bank Holiday at Cooper's Hill, near Gloucester in England. Participants race down the 200-yard long hill after a round of Double Gloucester cheese is sent rolling down it. [Wikipedia](#)





# LCIF

## The Foundation

Our mission is to empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.



### Vision

LCIF helps Lions prevent avoidable blindness and care for the visually impaired.



### Youth

LCIF improves access to quality education, vital health services, and positive youth development for young people around the world.



### Disaster Relief

Whenever and wherever disaster strikes, Lions are often among the first to offer aid. LCIF empowers those crucial relief efforts.



### Humanitarian

Lions identify the world's most crucial needs, and LCIF supports them in their efforts to provide humanitarian aid around the globe.



### Diabetes

LCIF is fighting to reduce the prevalence of diabetes and improve quality of life for people diagnosed with this disease.



### Hunger

LCIF is on a mission to ensure all community members have access to nutritious foods.



### Environment

LCIF is dedicated to helping Lions take on large-scale projects that will create a sustainable and healthy future for generations to come.



### Childhood Cancer

LCIF is committed to helping cancer patients and their families, and we're constantly exploring new ways to improve quality of life for these children.





## Car theft

An elderly woman called 111 on her cell phone to report that her car had been broken in to.

She is hysterical as she explains her situation to the dispatcher: They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried.

The dispatcher said, "Stay calm. An officer is on the way" A few minutes later, the officer radios. "Disregard." he says.

"She got in the back-seat by mistake"

One day you're young the next  
you're sitting at the edge of  
your bed like this....



## Moral of the Story

A chemistry professor wanted to teach his class a lesson about the evils of alcohol, so he produced an experiment that involved a glass of water, a glass of whiskey and two worms.

"Now, class. Observe closely the worms," said the professor putting a worm first into the water.

The worm in the water writhed about, as happy as a worm in water could be.

The second worm, he put into the whiskey. It writhed painfully, and quickly sank to the bottom, dead as a door nail.

"Now, what lesson can we derive from this experiment?" the professor asked.

Little Johnny, who naturally sits in the back, raised his hand and wisely responded.....

"Drink whiskey and you won't get

## A Problem with Gas

A man goes to the doctor and says,

"I have this problem with gas, but it really doesn't bother me to much. They never smell and are always silent. As a matter of fact, I've farted at least ten times since I've been here in your office. You didn't know I was farting because the don't smell and are silent."

On this the doctor says,

"I see your problem, take these pills and come back to see me next week".

The next week the man goes back.

"Doctor", he says, "I don't know what the hell you gave me, but now my farts—although still silent—stink terribly."

The doctor says,

"Good! Now that we've cleared up your sinuses, let's work on your hearing....."



Lions Clubs New Zealand

*Kia Manaaki | We Serve*

## Lap the Map for Diabetes 2022

Month of November

This World Diabetes Month, November 2022, we are calling all New Zealanders to 'Lap the Map' for diabetes prevention. Can you help us walk a combined distance surpassing the perimeter of the New Zealand coastline (15,000km).

Lions Clubs across the country will be hosting family friendly walks and community events to promote a healthy lifestyle and raise awareness of diabetes in New Zealand.



It doesn't matter how far you walk or run, it's about being involved, getting active and moving together.

All funds raised will go towards diabetes awareness and prevention.

Make  
**VOLUNTEERING**  
 your  
**NEW YEAR'S RESOLUTION.**



**To**  
 Join a  
 Lions Club



Rangiora Lions Club Bulletin Editor Ann Saunders

Email: [annylaurie49@gmail.com](mailto:annylaurie49@gmail.com)

***Merry Christmas to you all***

Please send me photos , news of the club and other  
 Interesting articles to share with Members  
 Remember it is your bulletin and I need to hear from you!!!

**Phone 0274344188**  
**Reports February 2023 Rambler**  
**by 6pm on the 29th January 2023 please.**

