

# DISTRICT NEWSLETTER FOR DG JEFF SMITH.

ISSUE NO. 5 (a) Nov., 2020

*Progressing through Perseverance and  
Passion.*



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## *From the desk of DG Jeff.....*

Hi fellow Lions of District 410E,

I have eventually returned home after an extended visit up in Gauteng. After experiencing car problems, it was sorted out and I am grateful to all who assisted with this. We had a great Second Cabinet meeting hosted by Midrand Club and then a Virtual Convention. If anyone missed the motivational talk by PDG Ian King, please do yourself a favour and try and get hold of a copy. It was just that, motivational and more. Thanks very much PDG Ian. It was great to see the Clubs participating in the Virtual Quiz just after the motivational talk. Well done to the winners. I salute you, those questions were really difficult. Thanks to Vereeniging Club for organizing the quiz and well done to the quiz masters for keeping control.

I was very fortunate to have a visit to the Bright Sight offices and also Focus Optical Laboratories, arranged by PDG Nick Mare and Council Secretary Beaulieu. Thanks to them for this, as it has made me realize what a truly remarkable project Lions have put in place, and I would encourage all Clubs to make use of Bright Sight for the reason they are in business. The office is very professionally run and managed extremely well and we had firsthand experience as to how the lenses are produced and put together for transport back to the Clubs.

Some of the Clubs that I managed to visit really made me proud to be a Lion. The service that these Clubs are doing is exceptional and well done to all the Clubs that continue to shine under these trying times. It is very encouraging to see the increase in the Service being reported by clubs and this means that we are getting out there into the public eye and serving as our motto rightly says

We are rapidly approaching the end of the year and almost half way through the Current Lionistic Year. Desiree and I would like to wish every Lion in the District safe travels, should you be going on that well-deserved break, and have a feastive season with family and friends. Whilst we will shortly be celebrating the coming of the new year and put 2020 behind us, let's remember that it has been a year that has taught us some valuable Life lessons. Some good and some bad. Roll on 2021.

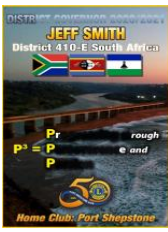
Thank you and have a great December  
Yours in Lionism,

*Jeff Smith*

**DG: District 410E**

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**The Lions of Klerksdorp** celebrated their 55th Charter with an informal bring and braai. We were so blessed that we also received our first rain shower of summer.

## Vereeniging Lions Club : Awards;

Award: ***Above and Beyond Award***, went to L Rochelle McDonald, L Janine Smyth and DC GST Suzanne Murray



Award: ***Lion of the Year***, went to L Janine Smyth



***Melvin Jones award*** was handed over to L Alistair Morrison, by L Dick O'Raw

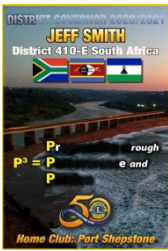


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## VEREENIGING LIONS (Continued...)

### INDUCTION OF NEW PRESIDENT

Lion President  
Gary Murray

*(right)* IPP Teresa Pantoleon, officially handing over the reigns to LP Gary Murray.



**(Left) 4 members inducted on th26/09/2020**  
**From left to right:** IPP Teresa Pantoleon; LP Gary Murray (*Sponsor*), Lion Hugh Ramsden (*new member*); Lion Irene Ramsden (*new Member*); DC GST Suzanne Murray (*Sponsor*); Lion Elsa van Heerden (*new Member*); Lion Zurika Nienaber (*new Member*); and Lion Trevor Nienaber (*Sponsor*)  
(Received 2/11/2020)



**Cake Sales;** Lion Trevor Nienaber



**Tigger Award;** Lion MJ Steenkamp.



**Short, Sweet and to the Point;** Lion Nanette O'Raw



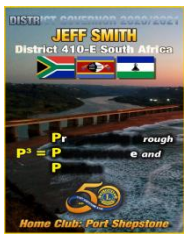
**The Wise Bear;** L. Dick. O'Raw.



**The Stirrer(s);** LP Gary Murray and Lion Peter Panteleon.

## VEREENIGING LIONS CLUB AWARDS.





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### CLEARWATER CYBER LIONS CLUB;

*(Left)* LP Rowan and Membership Chair Dee conducting Orientation for some of the new Prospective members.

***(Note from LP Ashley Stander, Krugersdorp Lions Club.)***

Dear Lions,

With Christmas just around the corner please make use of our **Lions Supporting Lions Facebook site** to advertise your Christmas special deals. All you need to do is:

**Step 1:** email your special deals to [ashstan73@gmail.com](mailto:ashstan73@gmail.com) and I will write it up for you and add a picture if you don't have any pictures. OR What's app me the details of your special deals on 083 380 2332.

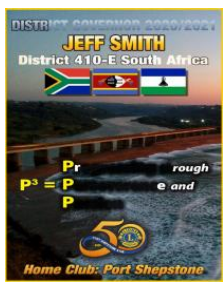
**Step 2:** share the post on your own and other Facebook sites for even more exposure.

If you don't have a small business, **like** the page and support your fellow Lions this festive season!

Kind regards,  
*Ashley Stander*

LP Krugersdorp Lions Club

(Received)



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## **Benoni Van Rhyn Lions Club;**

**Red Cross Home** for the elderly in Brakpan were In need of a washing Machine as theirs had given in due to the pressure of constant use. **Where there's a need there's a Lion.** Benoni Van Rhyn responded to their need and purchased an LG top loader 18 kg with a four year warranty. They were very appreciative for the much needed gift.

**Below left; Photo;** The house keeper Thelma with Lions Atholl and Janis receiving the machine.

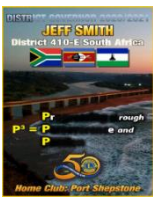
**Below right;** Lion Corinne delivering the goodies pictures here with the Maintenance Manager from Angel Wings.



**Angel Wings** is a Care Home for destitute families and the elderly in Pomona who are in much need of renovations to be done to their haven. They have the maintenance man, they just needed the goods. **Once again where there's a need, there's a Lion.** Benoni Van Rhy Lions came up with an affordable budget for the house repairs and **Lion Corinne**, the coordinator and the most knowledgeable of the members, did the costing and purchasing of some of the more desperate items needed. Paint for the inside and most important the waterproofing for outside especially as we have had all this rain. Taps, shower heads, and all sorts of things were purchased.

The photo is of **Lion Corinne** delivering the goodies and a very happy chappy receiving them. (And of course having such a pretty lady delivering them made it extra special!)

**BENONI VAN RHYN LIONS CLUB;** As Christmas approaches, **Lion President Sandra and Lion Kathy** delivered two **Santa Shoe boxes** to the organization doing it. One for a 14 year old boy and a 13 year old girl. (Received 17/11/2020)



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**Benoni Van Rhyn Lions Club ;** deliver food to **Sizulu school** every two months to the value of R2000. Right through the lock down the school principal and staff have been feeding the children. Daily. During school months they feed 1300 children daily. For some of these children this is their only meal. They come from an informal settlement and most parents are unemployed. Meat, chicken, soup mix, rice, samp, mielie meal, and lentils are donated to the school. We also started a library for them and donate books as often as possible. This is one of our signature projects. The children are also learning by using Six Bricks which is learning with Lego. This is supplied by Care for Education.

*(Received 17/11/2020)*

(1) **2nd Vice District Governor Sydney Van Heerden**, Lion President Sandy Van Heerden, Lion Shirley Gerhard and Past District Governor Bernd Gerhard from the Wilro Park Lions Club visited the **Port Shepstone Lions** November Board of Directors meeting on Thursday 12th November.

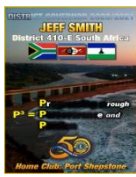
(2) Sheppie **Club President Mike Heathcote** presented his counterpart with a Sheppie Lions friendship banner in recognition of their support and friendship. The meeting was followed by some really enjoyable fellowship and a braai.

**Wilro Park are the first Lions Club** to officially visit Sheppie Lions' new clubhouse facility at Port Shepstone Country Club.

*(Received 17/11/2020)*







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On 14<sup>th</sup> November, **Centurion Lions** brought some Christmas cheer to **Irene Homes** (a home in Centurion for people with intellectual disabilities). Lions provided live musical entertainment for the 80 residents and their carers, and served **Lions Christmas Cake** for tea. They were such an appreciative audience, singing along and cheering every song! A truly memorable and joyful day for all!



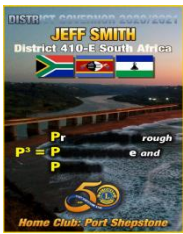
### ALBERTON LIONS CLUB:

**(Right)** One of the service projects we have been able to continue to support, **Eagle Excellence Hospice** in Eden Park, Alberton Lions donate adult nappies to them on a monthly basis. *(Received 17/11/2020)*



**(Left)** Our continued support to the local feeding projects, we received a donation of Mielie meal from one of your beneficiaries that had extra supplies so we were able to increase our service and make a difference by sharing it with others in need.





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### ALBERTON LIONS CLUB.

On the 14th November (Diabetes day) **Alberton Lions** did a food collection as well as **Diabetes screening** at the **Bracken City Mall, Diabetes SA** assisted us with the literature and a qualified nursing sister did the screening for us.

**The food collection** went extremely well and we were blessed with 6 trolley loads of food that included 2 trolleys with pet food. The service project was well attended by 15 Lion members, 4 friends of the Lion and 2 prospective Lions.

**A great way to spend a Saturday morning.**



(Received 17/11/2020)



(left) **Alberton Lions** are working together with knitting groups in the community that donate and provide us with baby knitted products that we deliver to the South Rand Hospital on a regular basis to the new moms that have just had their babies.

We also work together with the **Baby Box project**, in supplying maternity items to underprivileged moms. Support from local organizations has been amazing and allows us to keep on making a difference.

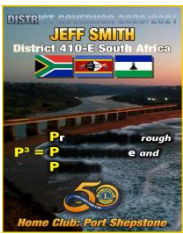




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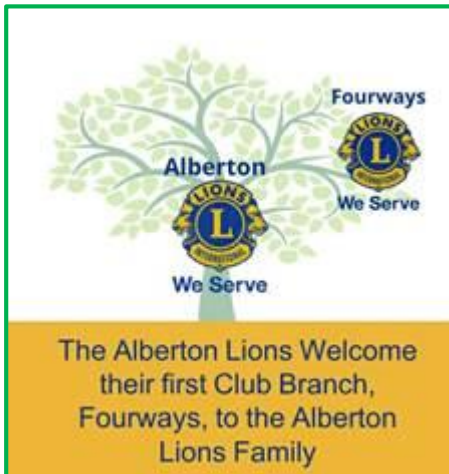


## *Progressing through Perseverance and Passion*

### ALBERTON LIONS CLUB;

**(Below)** We are so happy to be branching out. Welcome to the family, **Fourways Lions, club branch of Alberton.** Together we will increase service through networking.

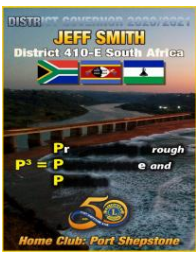
**Alberton Lions** are very happy to announce that as of the 12th October 2019 we will be twinning/partnering with **Tokai Lions from district 410W.** We are looking forward to sharing, learning and building relationships with fellow Lions. **(Below right)**



*(Received 17/11/2020)*



**(Left) Alberton Lions** delivered much needed pet food to the SPCA in Alberton, helping where we can to make it a little bit easier for those who cannot speak, the fur babies.

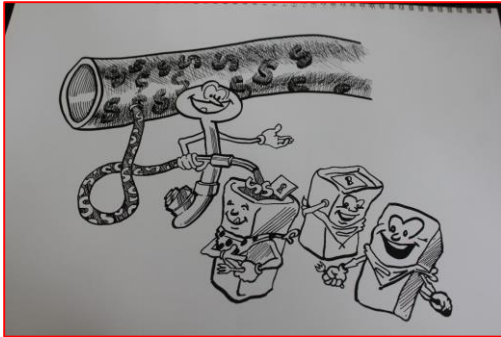


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### WORLD DIABETES DAY.

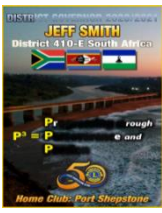
World Diabetes Day is celebrated on the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. **Lion Carol Browne** met with staff from the **Open Door Crisis Centre** to have a discussion on “**Understanding Diabetes**”.

The aim was to give them knowledge to be able to motivate people they meet with diabetes, so as to encourage them to manage their health. People with diabetes should not have to ‘suffer’ from it.

Modern medication and lifestyle adaptation make it possible for people with diabetes to lead full and productive lives. However failure to manage the condition results in fluctuating blood sugar levels, and this can result in complications such as loss of sight, kidney failure or amputation of limbs, due to gangrene. People with diabetes are more prone to infectious diseases including TB and Covid.

People at risk of developing diabetes include those with family history of diabetes, people who are overweight, who have poor eating patterns and who are not physically active. The lifestyle to prevent or delay the onset of diabetes is the same as the one to treat it. It is better to start healthy practices sooner, rather than wait for complications to develop.

The illustration attached shows how insulin acts as the key to open cell doors, so that sugar can move from the blood stream to the cells, to provide energy. Understanding the physiology of the condition helps people to understand management of diabetes through lifestyle and medication.



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### CENTURION LIONS CLUB;

#### Baseball club in Alexander township;

Louis and his wife run a baseball club in **Alexander township**. They have around 100 registered players and officials. The club has produced 4 players with Protea Colours. Their main focus is to keep the kids off the street. The **challenges are transportation costs and food**. All equipment is donated. Food distribution is done via their senior players. They are looking to get a lock-up container to store their equipment. Our club has donated rice, soya and dehydrated vegetable meals and masks to Louis for this good cause.

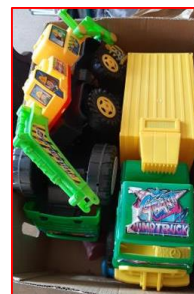
Any club who can assist them or who like to also get involved can please get in contact with **LP Wilma**. (Received 17/11/2020)



Saxophone morning at Kiepersol  
*(Left)* Lion Patrick entertained the folks with his saxophone at Kiepersol Hall from 10-11am, supported by Lions Wilma, Mary and Ben. Everyone thoroughly enjoyed the morning. Patrick received a thank you gift and card.

Distribution of rice, soya and dehydrated vegetable meals (~2000 meals) and 50 kg of maize  
**L Daniel, L Given, L Isaac, L Vincent, L Sue & L Suzette** donated food parcels to 2 x Creches and 5 Families. **L Vusi** donated to **Rainbow Kids** in Danville.

**L Liezel** delivered to **Eleos**, toys, a child's bike and shoes donated by L Bernice. Also 1 and a half bag of soups and half a box of soya meals. She also collected some baby equipment which was donated to them.

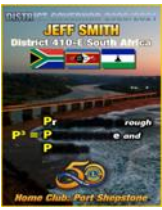




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### CENTURION LIONS CLUB (Continued...)

**L Liezel** delivered also 1 bag of soups and 1 and a half box of soya meals to a social worker at **Laerskool Danie Malan**. Half a bag of soups and half a bag of soya meals was delivered to various families in need in and around Centurion.



### (Left) Our Soccer Team

The boys are back and play matches every weekend now and they keep **Lion Isaac** very busy. They play in the Under 13 division.

### Maize meal donation and distribution:

30 bags of 5kg maize meal donation from **Prince**, who works for **Pick 'n Pay**. It was distributed to needy families in Olievenhoutbosch.

### Jumble sales fundraising:

Who said you cannot have fun while working...? Our club had lots of fun while assisting customers who shopped to their heart content. After all happy customers mean happy Lions. 😊



(Left) Ready and waiting for our customers to arrive...

### (Right) Lion Ben, LP Wilma and IPP Mary

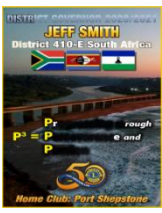
are hard at work, unpacking the merchandise. If only the merchandise could unpack itself... 😊



(Above) **Lions Stella, Liezel, Vincent ad LP Wilma** catching up between the work while keeping social distance in mind.



(Left) No project can be without some fun and laughter. **LP Wilma and Lion Sue** showing L Ben how you do it...



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*“ Well, that’s all for now, Folks ”*



***Note from the Editor; There is still quite a lot more news and photos to come from our busy, busy Clubs!***

***So please look out for the November 2020, Issue B, appearing on your laptop soon!!***