



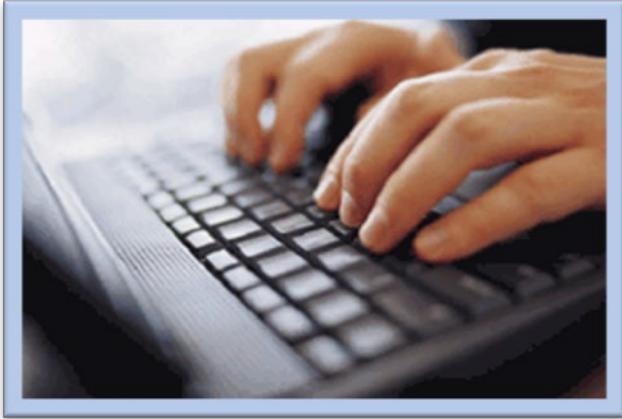
THE PULSE

The official Newsletter of District 410E
Making a real difference in our communities



Issue 1 - July 2021

From the desk of District Governor Patrick



Dear fellow Lions,

As we enter a new Lionistic Year, it is an opportune time to reflect on the year gone by, as well as gear up for the year ahead. On behalf of all the Lions in District 410E, I extend my heartfelt thanks to our outgoing District Governor Jeff Smith for the way you have led this District through a very challenging year. You've truly led with kindness, compassion, and a good dose of humour, always reminding us that if it is not fun it is not worth doing 😊

It is a unique and extraordinary privilege to lead a District such as ours, and as your District Governor I am so looking forward to together **making a real difference in our communities** over the next year, truly embodying our motto 'We Serve'. I am inspired by the Lions across our District who are making a real difference in their communities every single day.



My overall goal for this year is **to make a million smiles**, referring to the smiles of the people we've assisted, the smiles of the members who made it happen, and the smiles of the community knowing that Lions was there to help.



The theme of our new International President Douglas X Alexander is **Service from the heart**. Lions truly put their heart into their service, and the heart of a Lion is what makes our service great. He asks that we all serve with kindness, serve from the heart, and serve safely.



I congratulate all our newly elected Club Leaders and wish them everything of the best for the year ahead.



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I sincerely thank them for taking on their respective portfolios and look forward to working with them in **Strengthening 410E.**



It will no doubt be another challenging year due to the pandemic, but we need to focus on what we must do for the Lions and communities depending on us. This pandemic will be with us for a long while yet, and the health and safety of our fellow Lions is paramount, so it is up to us to find new creative ways to serve safely.



I look forward to meeting with you all, in person as soon as circumstances permit. Until then, keep safe, keep serving and keep smiling!

Best regards,

Patrick

Who is this Man?

Our incoming Global Service Team have put together an exciting programme of Service Campaigns for the 5 Global Causes of Lions Clubs International (being Sight, Hunger Alleviation, Diabetes, Childhood Cancer and the Environment), and I hope this programme will encourage and assist your club to conduct service projects that make a real difference in your community.



You have a wonderful, dedicated team of Cabinet Officers to assist your club in achieving your goals for the upcoming year.



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He is the newly elected (29 June 2021) Lions Clubs International President, Douglas X. Alexander appointed to the office of 1st Vice President by the Lions Clubs International Board of Directors on 9th January 2020.

This was following the very sad and untimely passing of the then 1st Vice President Haynes Townsend on 17 December 2019.

He hails from Brooklyn, New York, USA and is a retired Vice President for J.P. Morgan Chase Bank and an active member of **Brooklyn Bedford Stuyvesant Lions Club** since 1984.



Lions International President Douglas X. Alexander's Theme for 2021/2022



We serve with love and compassion in communities around the world. The selfless giving of our time and effort is precisely what makes Lions so special. When we give we expect nothing in return. Yet we gain so much. Our service offers hope and connection in the face of great need and also extends an invitation to the world to join us. We embrace the joy that comes with **"Service from the Heart"**

Who's Who?

Cabinet of District 410E 2021/2022

THE EXECUTIVE TEAM:

- District Governor - Lion Patrick Mills (*The Head*)



A dedicated Lion for over 22 years, and a Melvin Jones Fellow, Lion Patrick loves to serve, always seeking to make a real difference in the community. He incorporates his love of nature, playing saxophone and Blind Navigator Rallying into Lionism where-ever possible. Lion Patrick is a proud member of the **Lions Club of Centurion**, a diverse group of Lions who work hard and love what they do.

An engineer by profession, Lion Patrick works for Saab Grintek Defence as the Head of Technical Management for Avionics, developing Communications, Monitoring and Recording Systems for Aircraft. Lion Patrick is married to Lion Bernice, and they have a large loving family which includes 3 grandchildren and 1 great granddaughter.

Lion Patrick has a wealth of Lions leadership experience at both District and Club level, including Cabinet Secretary, Region Chairman, Zone Chairman, and has held most Club Officer positions, including that of Club President for 3 terms.

Email address: patrick.mills@za.saabgroup.com



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- **1st Vice District Governor Lion Sydney van Heerden (*The Right Eye*)**



Lion Sydney is a charter member of the **Lions Club of Wilro Park** since 5 April 1986. He has held all Board Portfolios within the Club, including President for two terms and served the District 410B and 410E as a Region Chairman, Zone Chairman and Cabinet Treasurer.

He has also served on the Multiple District Convention Committee twice as well as on the Committee for the Mid-Year Conference. As if that weren't enough he has served as the Guiding Lion in the formation of 3 Clubs. Lion Sydney is also a Melvin Jones Fellow.

Married to Lion Sandy for 45 years and together they have one adult daughter. Prior to his retirement, he was in the Banking Industry for 40 years with Standard Bank and spent 3 years in Taiwan and 1 year in the UK.

Email address: Sydney.vanheerden@gmail.com

- **2nd Vice District Governor Lion Lindie van Wyk & Region Chairperson – Region B (Zones 3 & 4 are in her care) (*The Left Eye & Mouth*)**



Lion Lindie is a member of the **Lions Club of Pretoria Jakaranda** where she has served in all Board Portfolios of the Club as well as Club President on numerous occasions. She is an extremely passionate Lion and amidst all of this holds down an extremely demanding job as one of the Senior Managers at BrightRock.

She has served on the District 410B & 410E Cabinet in the roles of Zone Chairperson and DC Global Leadership Team for 3 years.

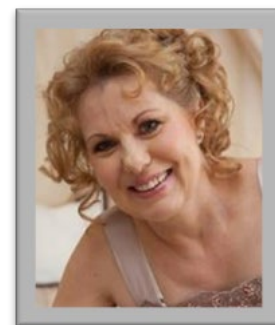
Her specialist leadership development was attendance at the Regional Lions Leadership Institute in Cape Town in 2017 and the Faculty Development Institute in Cairo, Egypt in 2020.

Lion Lindie is a Melvin Jones Fellow.

I believe that we should “Live our dream, enjoy every moment”. Life is short and beautiful, don't wait to do the things you love to do. That is Lion Lindie in a nutshell.

Email address: lindievw@brightrock.co.za

- **Cabinet Secretary – Lion Bernice Mills (*The Right Hand*)**



To quote Lion Bernice, “one of the best things I have done is joining the Lions International family.” Having moved to the East of Pretoria during December 2004 after selling her house, she relocated to a unit behind the Civil Engineering firm where she worked as a Bookkeeper for all the SA Branches for many years.



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Due to the fact that she had more time on her hands, she decided to join the nearest Lions Club and was inducted into the Lions Club of Pretoria Jakaranda by PDG George McDonald on World Induction Day in April 2005. Lion Bernice has served in several Board Portfolios, including President in both the Lions Club of Pretoria Jakaranda and her home Club, the **Lions Club of Centurion**.

At District level she served as Cabinet Secretary and Zone Chairperson. She is also a Melvin Jones Fellow.

Her passion is working with all ages in the community and preservation of life on our planet, hence her volunteering in the Faerie Glen Nature Reserve with the removal of invasive species especially the Cats Claw Creeper and Lantana.

She also volunteers at Sungardens Hospice in the admin and toy departments – loves tagging and sorting the toys for sale.

Lion Bernice met her husband, none other than DG Patrick, in 2007 at a Skills Development Workshop hosted by the Lions Club of Midrand. Lions Patrick and Bernice were married on the 17th August 2017, share three children, two grandchildren, a grandson Daveon and granddaughter Ané.

Her other hobbies are gardening, walking, hiking, sewing, house repairs and oil painting on canvas. One very busy lady!

Email address: secretary@lions410e.org.za

- **Cabinet Treasurer – PDG Lion Malcolm Johnston (*The Left Hand*)**



PDG Malcolm was born in Springs and attended school in Alberton. He then studied a BCom following the completion of which, he moved to Standerton and managed the Accounting Practice for Thornton Dibb & Partners for five years.

He then joined Nestle in Standerton as a Trainee Financial Supervisor and retired as their Financial Accountant following 32 years of service.

In April of 1974 he became a Charter Member of the **Lions Club of Standerton** and has served in the Club Portfolios of President, Secretary, Treasurer, Tail Twister and Lion Tamer.

In 2013 he was elected as District Governor for District 410B for the fiscal year 2013/2014. He has also served Districts 410B and 410E as a Region Chairperson, Cabinet Treasurer and DC LCIF. PDG Malcolm has also served on the Multiple District 410 Council as Council Treasurer and Finance Chairman.

PDG Malcolm is a Melvin Jones Fellow.

Email address: johnston25@telkomsa.net

THE GLOBAL ACTION TEAM:

- **DC Global Membership Team (GMT) – PDG Lion Ian King (*The Left Leg*)**



PDG Ian has been a member of the **Lions Club of Alberton** since October 1983 and has served his Club, District and Multiple District in numerous Portfolios.

At Club level he has served as President on five occasions and for District 410B and 410E as Zone Chairman, Region Chairman, Cabinet Secretary,



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DC Youth Outreach (Quest). MDC GMT for Multiple District 410, Lions Quest and LEOs.

The highlight of his Lionism was when he was elected as 2nd Vice District Governor and went on to be elected as District Governor for District 410B in 2017. PDG Ian is a Melvin Jones Fellow.

In his personal capacity, he is self-employed and is married to Lon Sandy and they have two children (Daughter: Nicole – a member of the Lions Club of Alberton and Son: James). They have a 9 year old grandson who is the apple of his Grandpa's eye.

"I'm proud to be a Lion dedicated to the service of those less fortunate than myself. As a Lion, I am living my dream".

Email address: ian@tilkpowertools.co.za

- **DC Global Leadership Team (GLT) – PDG Lion Alistair Tuckett (*The Right Leg*)**



PDG Alistair joined Lions in October 2002.

This was as a member of the Horizon New Century Club Branch of the Lions Club of Florida. He then transferred to the Lions Club of Magaliesburg in April 2010.

Thereafter in January 2011, he became the Charter President of the **Roodepoort Clearwater Cyber Lions Club**.

He is a registered Guiding Lion and attended the 2012 Johannesburg Regional Lions Leadership Institute (RLLI). He has served in various Club and District positions over the years and on multiple Club and District committees as well as

serving as the first District Governor for District 410E in 2019/2020.

In his personal capacity, he works for Cashan Environmental Services CC for over 25 years and is the current Operations Manager: Mogale's Gate Biodiversity Centre.

Email address: Alistair.Tuckett@lions410e.org.za

- **DC Global Service Team (GST) – Lion Steven Lautenbach (*The Arms*)**



Lion Steven is a Business Development Professional for Siemens – Digital Industries.

His business experience is Audit, Financial & Management Accounting, Information Technology, Project and Service Delivery Management, Corporate Strategy and Sales & Business Development.

He is a member of the **Lions Club of Pretoria South** and with active involvement he wants to strengthen and grow the Club and the Lions organisation through synergies and partnerships build sustainability by way of providing a meaningful impact on the community via the medium of service.

Lion Steven says that the wellbeing of others is important and treating others as you would expect to be treated is key. He is a Father of three teenage daughters, caring, quite easy going with a positive attitude. He loves and enjoys spending time with family, friends and riding a bike.

Email address: steven.lautenbach@gmail.com



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REGION CHAIRPERSONS (The Mouth):



- **Region Chairperson- - Region A: Lion Alana Mitchell**
(Zones 1 & 2 are in her care)



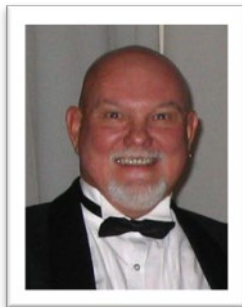
Lion Alana is the eldest child of 4 and was born in Delareyville in the Northwest Province and now resides in Rustenburg. In her professional capacity she is a Production Administrator for Macsteel VRN. Lion Alana is a qualified lay trauma counsellor.

In her words, she is “married to her best friend”, Lion Juan Mitchell and they joined **the Lions Club of Rustenburg** on the 6th of November 2013.

She has held numerous Portfolios at Club Level (President, Secretary, Membership/LCIF/Community Service Chairpersons) and at District level Zone Chairperson.

Email address: alanamitchell70@gmail.com

- **Region Chairperson – Region C: PDG Nick Maré**
(Zones 5 & 6 are in his care)



PDG Nick was born in Bulawayo, Rhodesia in 1958 and is happily married to Lion Beaulieu. They have 4 daughters and 4 grandchildren with 2 new bambino's on the way. He attended Hamilton High School in Bulawayo and after school qualified as an Electrician and Concrete

Technologist and also holds a Diploma in Operations Management. PDG Nick owns his own company, Eram Project Services which he started in 2003.

He has been a member of 3 Clubs within District 410B / 410E with his home Club being the **Lions Club of Benoni Lakes**, which he as a Guiding Lion was instrumental in chartering in 2011. PDG Nick has held every Club portfolio and is currently serving as Membership Chairperson for his Club. Added to that he has served on the Cabinet of both Districts 410B and 410E as a District Trainer, Zone Chairman, District Chairman, Region Chairman and as District Governor for the 2010/2011 fiscal year. As a trainer, he has conducted two RLLI's, Incoming Presidents Workshops and Incoming Cabinet Officers Workshops. PDG Nick has also served on the Multiple District 410 Council as Chairman for GLT, Chairman of the Management Committee of Lions Brightsight and MDC Christmas Cakes.

In his spare time, he enjoys a round of golf, however his “major hobby is Lionism”. He is a Melvin Jones Fellow.

Email address: nick@eram.co.za

- **Region Chairperson – Region D: Lion Perry Chetty**
(Zones 7 & 8 are in his care)



Lion Perry is married to Dr Kantha Chetty and they have three children and two grandchildren. He and his wife have lived in Westville, Durban for the past 35 years, having moved there from Johannesburg.

He joined the **Lions Club of East Coast** as a “friend of Lions” in 2012 and then officially became a Lion in 2013 and has served on the Board of Directors of the Club since then in numerous Portfolios (Fund Raising Chairman, Membership Chairman, Vice President and President). Lion



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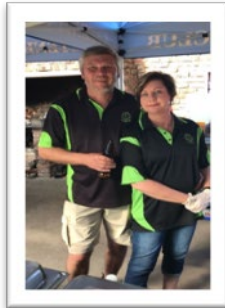


Perry served as Zone Chairperson on the District 410E Cabinet last year.

Being a dedicated Lion, he not only takes on the role of Region Chairperson for Region D during the coming fiscal year, but will serve his Club as President as well.

Email address: perryvns@yahoo.com

- **Region Chairperson – Region F: PDG Freddie Erasmus**
(Zones 11 & 12 are in his care)



PDG Freddie hails from a small town in the Eastern Cape called Uitenhage. A lot of you will in fact have a connection with the town, if you drive a VW as this is the Headquarters for Volkswagen in Africa, which means you have been in Uitenhage before!

His married to Tanja (in his words: “the clean shaven one in the picture) have both been members of the **Lions Club of Uitenhage** since 2012, which he describes as a vibrant and active Club and they have so much fun together. Through Lions they have had the opportunity of meeting people from across the country and the world with lifelong friendships being forged.

PDG Freddie has served in numerous Portfolios at both Club and District level and as District Governor of District 410D in 2018/2019 fiscal year.

He and Tanya look forward to making many more new friends in District 410E and to paraphrase, they are “At your Service”.

Email Address: freddie@hrg.co.za

ZONE CHAIRPERSONS (The Ears):



- **Zone Chairperson - Zone 1: Lion Rowan Tuckett**
(Clubs under his care: Helderkruijn, Krugersdorp, Northcliff, Roodepoort Clearwater Cyber, Roodepoort Host, Rustenburg, Weltevreden, Wilro Park)

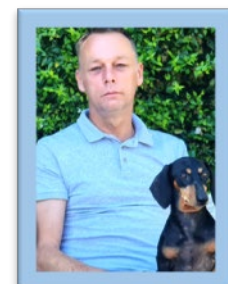


Lion Rowan works for iOCO Manage and Operate as an Operations Manager looking after software deployment and patching for various clients. He holds a number of IT certifications and most recently certified as an AWS Cloud Practitioner and is busy with his ITIL 4 Foundation Certification.

He has been a member of Lions for 19 years in various Clubs and is a Charter Member of the **Lions Club of Roodepoort Clearwater Cyber**, his home Club. Lion Rowan has held numerous Club Portfolios including that of President on 4 occasions. He has also served on the District Cabinet as the District Chairman for IT and as Zone Chairman. Furthermore, he attended the Regional Lions Leadership Institute that was held in Cape Town in 2017.

Email address: rowan@clearwatercyberlions.co.za

- **Zone Chairperson - Zone 2: Lion Nico Mostert**
(Clubs under his care: Bloemfontein, Kimberley, Klerksdorp, Potchefstroom, Stilfontein)





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Lion Nico is a man of few words but has a heart of gold and when he says he is going to do something, have no fear, he will.

He is a Charter Member of the **Lions Club of Potchefstroom** and then took a break and rejoined again in 2018.

He is a Specialist at ETDP at SITA SOC Ltd and is instrumental in facilitating training courses to SANDF personnel.

Lion Nico is an animal lover of note and his furbabies are the loves of his life (particularly Dachshunds).

Email address: nico.mostert000@gmail.com

- **Zone Chairperson - Zone 3: Lion Tammy du Plooy**
(Clubs under her care: Alberton, Bedfordview, Edenvale, Henley On Klip, Kensington, The Wilds, Vereeniging)



Lion Tammy is married to Lion Marc and is a proud Mom of two (Jessica aged 30 and Tyron aged 24) and grandmother to her "sunshine granddaughter Riley".

Being President of the **Lions Club of Alberton** has been her Lionistic highlight over a period of two years. She has been a member for of Lions for 5 years and she strongly upholds the Lions motto of "We Serve" as this is where her passion in life lies.

Lion Tammy has always had a passion for people, serving and making a difference wherever she is able. She is a volunteer coordinator the Alberton SAPS Victim Support Centre and has been for the past 14 years and qualified with UNISA as a Counsellor and has her own trauma counselling practice. Added to that she is part of the Ward 37 Committee for Health and Social Development and assists with awareness campaigns as well as input at a Council level. As if that isn't enough to keep her busy, Lion Tammy is the Chairperson for

the Alberton H.E.L.P. Forum for the past 6 years. The Forum encourages social and welfare organisations in the Alberton area to work together. In her words "this has been awesome over the past year - the teamwork has allowed us to make a difference in so many lives. The Alberton Lions are members of the Forum".

She is a committed, dedicated, and passionate Lion.

Email address: tammydp@mweb.co.za

- **Zone Chairperson - Zone 4: Lion Mark van Heerden**
(Clubs under his care: Centurion, Centurion Lifestyle, Midrand, Pretoria City, Pretoria Jakaranda, Pretoria South)



Lion Mark is married to Colleen and they have one daughter. He is a self-employed Director of a company which specialises in corporate relocations of household and personal effects worldwide.

He joined the **Lions Club of Pretoria South** in 2013 and has served a Secretary and President.

His hobbies are cycling, fly fishing and golf.

Email address: mark.vanheerden@telkomsa.net

- **Zone Chairperson - Zone 5: Lion Lauryn Talbot**
(Clubs under her care: Benoni Host, Benoni Lakes, Benoni van Rhyn, Standerton)



Lion Lauryn is a passionate Lion and is a member of the **Lions Club of Benoni Lakes**. She has



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held various positions at Club level and is grateful that she is able to put into practice the skills she has learnt to assist Clubs within the Zone where possible.

This will be her second year serving on the District 410E Cabinet.

Lion Lauryn has always had a passion for service through her school and university days and becoming a member of the Lions family meant that she could continue with her passion and be a part of an incredible organisation.

Email address: lauryn.talbot03@gmail.com

- **Zone Chairperson - Zone 6: Lion Mel Boswell (Clubs under his care: Letaba Tzaneen, Manzini, Nelspruit, Pietersburg)**



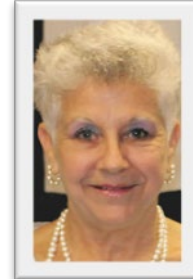
Lion Mel joined the **Lions Club of Nelspruit** in 2004. He has served as Club Treasurer many times during the past 16 years and was Club President when the Club won the coveted title of Club of the Year in 2007/2008.

He has convened numerous hugely successful fund raisers i.e. InniBos, Bed Race and Christmas Cakes to name the top 3. Added to that he co-convened the 2009 District 410B Mid-Year Conference at Ingwenyama Resort and then in 2018 the District 410B Mid-Year Conference at Sudwala Lodge.

Lion Mel is a kind, compassionate and caring man and you can be assured that he will give of his best to the Clubs in his Zone.

Email address: npw@mwebbiz.co.za

- **Zone Chairperson - Zone 8: Lion Avril Hobbs (Clubs under her care: Ballito, Durban Host, East Coast, North Durban)**



Lion Avril was born in Springs, educated and brought up in uMhlanga. She qualified as a Radiographer and is currently working as a Personal Assistant. She is wife to Lion Trevor and a Mom of 3 (one of whom is also a Lion). They reside in Durban North and are members of the **Lions Club of North Durban**.

She has been exposed to service and community volunteering her entire life with her Mother being involved with various fund raisers for a multitude of causes and her Father being a Lion of North Durban. It was inevitable that she became a Charter Member of the North Durban LEOs in 1975 and went on to become the LEO Club President and then LEO District Chairman of District 410C in 1979/80. One of her highlights as a LEO was co-convening the LEO MD410 Conference celebrating the 25th Anniversary.

Albeit that being a woman, she was unable to join Lions at the time, she continued to serve as a Lioness in both Secunda and North Durban until July 2015 when she became a Lion. Lion Avril has served as Secretary and President at Club level and as DC GST for District 410C as well as New Voices Co-ordinator and DC Health for District 410E. She is humbled to have received two International Presidents Certificates of Appreciation and a Certificate of Recognition for Service as a New Voice as well as an International Presidents Leadership Award.

Her motto is that through serving together, sharing our knowledge, enthusiasm, and passion for service we can make the world a better place.

Email address: print.image@intekom.co.za



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- **Zone Chairperson - Zone 9: Lion Bronwyn Paijmans**
(Clubs under her care: **Amanzimtoti, Cowies Hill, Durban South, Kingsburgh**)



Lion Bronwyn describes herself as “a lazy pensioner with time now for my many interests after retiring 8 years ago from a position as HR Manager in a national organisation”.

Apart from her service in Lions she is a volunteer at the local SPCA and enjoys baking, reading, travelling, and gardening. She HATES housework which is regarded as necessary evil!

She initially became a LEO many years ago and whilst aware of Lions Clubs International she didn't know too much about the organisation. This all changed when on an overseas trip she met a South African girl on a tour who had contacted a local Lions Club in Nice and Lion Bronwyn became very interested in finding out more about this international service organisation. Upon returning to South Africa she moved from Durban to Dundee where there was an extremely active LEO Club and she was invited to a meeting and as they say the rest is history. Unfortunately at the age of 28 she had to leave LEOs and at that time Lions was still an “all male” organisation. However, never keep a good service minded woman down, she served as a Lions Lady with the Lions Club of Dundee. Sadly after moving from Dundee her involvement with Lions ended for many years until her retirement.

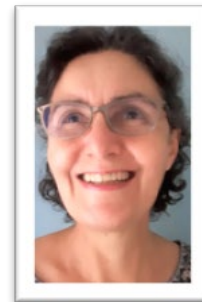
She is now a member of the **Lions Club of Cowies Hill** where she has served three times as President.

Service has always been a part of her life and as a child and teenager growing up in Pietermaritzburg, she was a Brownie and a Girl Guide and became a Founders Guide for a short while a Ranger which is where she learnt a lot about leadership and decision making.

She has a daughter and son who both live in Australia with their partners and her grandchildren and is looking forward to visiting Clubs again in Australia when she is able to travel again. Lion Bronwyn says, “it's wonderful that we all have the ethics and beliefs of Lions International in common although we're living all over the world”.

Email address: brnp54@gmail.com

- **Zone Chairperson - Zone 10: Lion Vanessa Richardson**
(Clubs under her care: **Hibberdene, Port Shepstone, Ramsgate, Scottburgh, Shelly Beach**)



Lion Vanessa relocated from Gauteng in December 1997 to Margate and worked at Margate Private Hospital before becoming a Medical Practice Receptionist/Administrator for an Orthopaedic Surgeon and currently works for a Specialist Surgeon.

Following her attendance at an “open evening” at the Lions Club of Ramsgate, she was inducted on the 24th August 2017 and went on to serve as President where she served for two consecutive years. This year added to her duties as Zone Chairperson she will serve as her Club's Treasurer.

Lion Vanessa looks forward to serving on the District 410E Cabinet and assures the Clubs that she is a phone call / email away.

Email address: vanessar@axxess.co.za

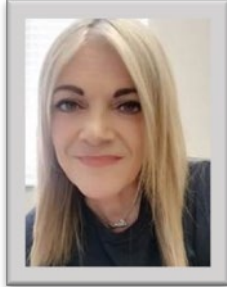


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- **Zone Chairperson - Zone 11: Lion Sanet Emmerick**
(Clubs under her care: Kouga, Port Alfred, PE Cape Recife, PE Host, PE St. Croix, Uitenhage)



Lion Sanet is a lady of few words, however a lot can be said in a few words!

She works in the Financial Industry, is the Mother of two children (a son aged 28 and a daughter aged 27).

She became a member of the Lions Club of Port Elizabeth St. Croix in 2012 and she loves spending her free time with her family, friends and working in the community.

Email address: admin@definefs.co.za

- **Zone Chairperson - Zone 12: Lion Jeanette le Roux**
(Clubs under her care: EL Beacon Bay, EL Port Rex, Fort Beaufort, Gonubie, King William's Town, Komga)



Lion Jeanette is the eldest of five children and born in Pretoria. Her siblings are two set of twins and she has one sister and three brothers. They grew up in Meintjieskop which is situated close to the Union Buildings and she attended Pretoria Girls High School. She says she were all blessed to enjoy a carefree and happy childhood all of them participating in various sports as well as Girl Guide and Scouting movement from the age of 8.

She is the proud Mother of one precious daughter, Jackie who lives in Pretoria. Jackie's late Father, Albert Rens and Lion Jeanette became involved in the Lions Club of Arcadia in 1984 and she was a Lions Lady for obvious reasons! However, they all worked side by side in service to the community.

Lion Jeanette was officially inducted as a Lion on the 14th of September 1992 and she has never looked back. Over the past 29 years, she has served as a Club Secretary more times than she can remember, and she was so proud to have received the District 410B Secretary of the Year Award for the 1997/1998 fiscal year. She has served three times as a Club President (twice in District 410B and once in District 410D). Bravely she has done the job of Club Treasurer and has held virtually all Club Portfolios over the years. She has also attended numerous Leadership Development courses. At District level she has served as Zone Chairperson and Region Chairperson. She was humbled and honoured to receive a Melvin Jones Fellow in February 2007.

Whilst passionate about serving, she is also an avid "birder" and a member of the local garden club, attends a book club and thoroughly enjoys spending time trying to be creative doing glass and mosaic work.

She loves living in the beautiful little town of Gonubie and her precious dog Shadow and her share daily walks around the coastline, along the river and sometimes on the beach.

Lion Jeanette is an active member of the **Lions Club of Gonubie**.

Email address: jeanettele Roux@hotmail.com

DISTRICT CHAIRPERSONS for SERVICE & ADMINISTRATION (The Lungs):



These Portfolios assist the Clubs in "breathing life" into what we do best "WE SERVE" and ensuring sound administration.



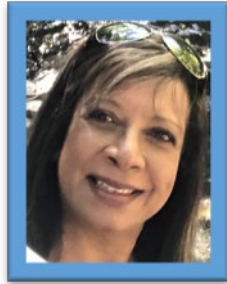


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- **District Chairperson - Health: Lion Niroshni Singh (Diabetes & Childhood Cancer)**



Lion Niroshni was a High School Teacher for over 30 years, specialising in English and Drama. She is passionate about developing young people and committed to inspiring the youth to triumph over hurdles, disadvantages and lack of opportunity by building self confidence and encouraging them to be the best that they can be.

She is personally invested in the pillar of Childhood Cancer as her son suffered cancer as a child. As a member of the **Lions Club of East Coast**, she found her niche in holding the position of Project Director for Childhood Cancer and leads a team of Lions in partnership with Choc, running a weekly educational interactive programme for the Childhood Cancer patients at Albert Luthuli Hospital in KZN. She also serves on Choc's KZN Committee as a Lions member/Parent/volunteer, offering support from all these perspectives and is also made aware of all the developments and needs in Childhood Cancer in the region specifically and country in general.

Lion Niroshni has contributed to global planning sessions held over the past year, to refine the LCI website for this pillar and was also invited to share our work in cancer as a South African success story at the Lions International Childhood Cancer webinar in February 2021. She feels privileged to serve on the District Cabinet looking after both the Diabetes and Childhood Cancer Project Pillars and this will result in the reach being wider the impact greater and offer huge opportunities to make a real difference. In the current climate, health has become a priority and knowledge and awareness is key to prompt swift action to address what is within ones control.

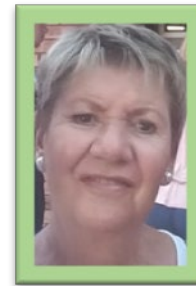
She lives life with gusto and passion, loves the arts and the creative expression music, art and drama affords. Finding creative and

positive solutions to the ever changing circumstances life throws at us is what sparks her interest.

Lon Niroshni's family of four remains her priority and she considers herself extremely lucky to enjoy being part of a loving, close knit family, all of whom, in their respective fields are committed to making a positive impact on the lives of others.

Email address: niroshni200@gmail.com

- **District Chairperson - Environment: Lion Alna Jackson**



Lion Alna is married to James for 43 years and has been involved with Lions for the same number of years. Shortly after getting married, James joined the Lions Club of Arcadia long before woman could become Lions, but nonetheless as a Lions Lady served the community along side her spouse. Serving the community whilst having lots of fun became a way of life and she cannot imagine not being busy improving the lives of others.

Shortly after her husband resigned from Lions due to work pressure, she joined the **Lions Club of Pretoria Jakaranda** where she is still a member. They have two adult sons and since retiring from Telkom in 2011, she assists her husband with the administration of his accounting practice as well as providing records management and company secretarial services to selected clients on an ad hoc basis.

Lion Alna is passionate about nature and the outdoors and is therefore extremely happy to be living on a small holding in the countryside on the outskirts of Pretoria East, with a small number of game and an abundance of bird life.



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She admits that she is happiest though when they can escape to their bush home on the southern border of the Kruger National Park, where the stars feel closer, and one can listen to lions roar at night, and the call of the fish eagles in the morning.

Email address: alnajackson@telkomsa.net

- **District Chairperson - Sight: PDG Pierre Theron**



PDG Pierre joined the Lions Club of Amanzimtoti in 1983 and served as President in 1986. Thereafter he served as Zone and Region Chairpersons as well as PRO and District LEO Advisor for District 410C. In 1992/1993 he served as District Governor for District 410C.

In 1994 he and his wife PDG Moira relocated to District 410A and transferred to the Lions Club of Fish Hoek where he served two years as President as well as serving on the Cabinet of District 410A and the Multiple District 410 as Chairman for Membership. At that point they transferred to the Lions Club of Tokai which was about to close and served 3 years as President. He also served on the District 410A Cabinet as the District Chairman for Sight.

Circumstances from a work perspective were such that he and PDG Moira transferred to District 410B, now District 410E in 2016 and joined the **Lions Club of Midrand** which is his home Club.

PDG Pierre is passionate about the Sight portfolio and holds this chairmanship at Club and District level as well as being the Chairman of Lions Brightsight. PDG Pierre is a Melvin Jones Fellow.

Email address: pdgpierre@gmail.com

- **District Chairperson - Hunger: Lion Carol Browne**



When asked who Lion Carol is, her answer was that she is one of the fortunate people who made the right career choice when she left school. She loves that her professional field of practice, nutrition, can also play a role in her personal social responsibility actions.

A spin off of working to assist people to optimize their health through their food choices is that the healthiest eating plans are also best for the planet. They assist in preventing or at least delaying the onset of diabetes, some cancers and promote the health of the eyes.

Although she was born and grew up in Johannesburg, she has lived in Pinetown for 30 years and has been fortunate to have had many opportunities to travel both locally and internationally, for work and pleasure.

However, last year with lock down prevented her following Marco Polo's Silk Road in the 5 Stans, so she took up sewing instead and now has dolls clothes to sell to raise funds for the projects account of the **Lions Club of Cowies Hill** where she is a member.

Email address: carol@kiteco.co.za



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- **District Chairperson – Peace Poster/Essay & Public Relations: Lion Sandy van Heerden**

- **District Chairperson LEOs: Lion Ashley Stander**



Lion Sandy was inducted as a member of the **Lions Club of Wilro Park** in 1987 shortly after the Constitution changes allowing women to become Lions and she is still a member of this Club.

She has held the office of President on four occasions over the past 35 years and has also served as Chairperson of most of the Club Portfolios. She was honoured to become a Melvin Jones Fellow in 2007.

At District level she has served as the DC for Public Relations for the past 5 years as well as that of Peace Posters and Essay.

Lion Sandy loves working with people and building relationships and started her career in Personnel and Human Resources as a Consultant at Kelly Personnel in 1979 and then opened her own Personnel Consultancy a few years later. She ran her own business until her and her husband 1st VDG Sydney moved to Taiwan where they lived for three years and were fortunate to have the opportunity to travel extensively.

Email address: sandyvheerden@gmail.com



Lion Ashley has been a member of the Lions Club of Krugersdorp for almost eight years, fulfilling the positions of Secretary, Chairperson Community Services, Chairperson Membership.

At District level, Lion Ashley served as a Cabinet Secretary to PDG Peggy (her Mother).

She is married to Lion Brett, also a member of the Lions Club of Krugersdorp and they have a son who is the apple of her eye.

The Lions Club of Krugersdorp is one of the few Clubs in District 410E with a strong and active LEO Club. With the LEO Advisor, Andrea Da Silva they will be a formidable team working to revive the LEO organisation in District 410E this fiscal year.

Email address: ashstan73@gmail.com

- **District Chairperson Alert: Lion Sphiwe Ngobozana**



Lion Sphiwe was born in Johannesburg on the 8th of October 1979 and grew up in Rust De Winter. He moved to Pretoria in 1992. He the 4th child of a family of 6.



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He is currently engaged and has 2 daughters aged 19 and 5 years old. Lion Sphiwe works as Operations Manager and a Partner for Joel Transport.

In 2003 he joined the **Lions Club of Centurion** where he has served as Secretary, Treasurer and President. At District level he has also served as a Zone Chairman.

Apart from Lions where his passion is serving those less fortunate, his hobbies are soccer and travel.

Email address: sphiwe@joeltransport.co.za

- District Chairperson Christmas Cakes: Lion Teresa Pantoleon**



Lion Teresa was born and raised in Vereeniging and is Mother to two beautiful young ladies.

In 1998, she started working in the retail business and in 2006 decided to give the big corporate world a try. Moving from working for family to working for a "boss" was a huge adjustment. She started at the bottom of the so-called corporate ladder as a Document Controller for a large engineering company and within six months was promoted to the Finance Department. She continued to apply herself and climbed the ladder and in 2010 was promoted to Personal Assistant to the Managing Director as well as assisting 6 other Directors. In 2014 her corporate journey came to an end when she decided to move back to the retail business.

Lion Teresa was Chairperson of VODS (Vereeniging Operatic and Dramatic Society) which is when she furthered her involvement with the **Lions Club of Vereeniging** as a friend of the

Lions and in 2012 was inducted as a Lion and has never looked back. She has served as Club Membership Chairperson and President serving two terms concluding in June 2020.

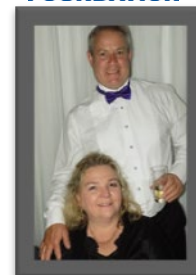
At District level she served the District 410E Cabinet as Zone Chairperson. As she says "this journey has been far from boring, and has had many trials, but all in the name of becoming a better and stronger person. It definitely satiates my hunger and desire to assist the community wherever possible".

Email address: teresap@vodamail.co.za

- District Chairperson LCIF & Immediate Past District Governor: Lion Jeff Smith**



Lions Clubs International
FOUNDATION



IPDG Jeff joined the **Lions Club of Port Shepstone** in May 2012. He felt quite comfortable as he already knew around 60% of the members having dealt with them throughout my time with Standard Bank.

After resigning from Standard Bank in 2009, joining the Lions Club of Port Shepstone was just what he needed as he really missed the interaction with people.

In 2013, IPDG Jeff ran the Community Services portfolio in the Club and was honoured at the end of that year to receive the Lion of the Year Award.

He was elected as Club President in July 2015 and proceeded to do two consecutive years at the helm of the Club. During 2016 through to 2018 he served as Zone Chairperson for District 410C. In 2018 he was elected as 1st Vice District Governor for District 410C and a further year a 1st Vice District Governor for the newly formed District 410E. It was a dream come true for him when he was elected a District Governor at the Drakensville District 410E Convention.



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Prior to the pandemic hitting with full force, IPDG Jeff was fortunate to attend the the District Governor Elect Training in Chicago with his “partner in crime”, IPDG Pieter Nel from District 410W.

A highlight for him was being presented with a Melvin Jones Fellow by his Club in July 2018.

IPDG Jeff strongly believes in having fun and surrounding himself with positive people.

Email address: jeff@sheppieliions.co.za

- **District Chairperson Constitutions: CC Brian von der Decken**



Council Chairman Brian hails from King William’s Town in the Eastern Cape and has been a member of the **Lions Club of King William’s Town** for 29 years having served in most portfolios of the Club (in some cases several times). At District level he has served on the Cabinet for the former District 410D and now District 410E for 24 consecutive years and had the honour of being District Governor for District 410D for 2010/2011 and will be the Council Chairman for Multiple District 410 for the fiscal year 2021/2022.

Being as dedicated as he is, he is looking forward to working with a tremendous team of Lions on the Constitutions, Resolutions and Protocol Committee for District 410E in assisting Clubs and their members to understand and follow the “rules” of our great organisation. This year’s goal is to assist Clubs to ensure that they have their own working Club Constitutions and to assist members in resolving any challenges that they may have in making use of it.

By adhering to the Constitution, all members within their respective Clubs will be proud to be members and provide the necessary service to their communities.

Email address: decken@border.co.za

- **District Chairperson Long Range Planning: PCC Cliff Hocking**



PCC Cliff was born in Worcester in the Western Cape.

At the tender age of 21 years, he was inducted in the Lions Club of Kuils River (District 410A) and served as President in 1975/1976. Thereafter he transferred to the Lions Club of Bellville and also served as President in 1981/1982.

For his sins he left Cape Town and travelled to Johannesburg and became a member of the Lions Club of Highpoint (District 410B) and took on the Presidency in 1986/1987 until he became the Charter President of the **Lions Club of Midrand** in 1987/1988, when he and the family bought a house in Midrand and decided there was a need for a Lions Club.

Apart from his tenure as President on multiple occasions, he has held virtually all Club Offices and has served as a Zone Chairman, Cabinet Secretary, District Chairman (some 24 times), a Lieutenant Governor and District Governor for District 410B in 1992/1993.

At Multiple District level he has also served as a Multiple District Chairman for various Portfolios and in 2003/2004, served as Council Chairman.

PCC Cliff has been involved in Leadership Development and Training at District, Multiple District and International levels for 30 years and is



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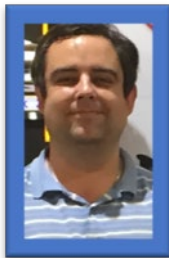


one of two Lions Certified Instructor Programme (LCIP) graduates in the country. He is a Progressive Melvin Jones Fellow and the recipient of 2 International Leadership awards and 11 International Presidents Awards.

PCC Cliff is married to PCC Jacqui and they have a son aged 41 and daughter aged 32 (who is also a member of the Lions Club of Midrand).

Email address: chocking@mweb.co.za

- **District Chairperson IT: PDG Kim van Wyk**



PDG Kim is an Electronic Engineer working as a Software Developer for SA Homeloans in Durban. He also worked for 13 years developing software for satellite decoders for DSTV and other customers around the world.

He joined the **Lions Club of North Durban** in 2007 where has served as President on four occasions as well as Treasurer, Secretary and Fund Raising Chairman.

In District 410C he served as a Zone Chairman, District Chairman for Food Security as well as Constitutions. For Multiple District 410 he was the Multiple District Chairman for Health and did a stint as MDC Finance. PDG Kim was Council Secretary and has been instrumental in compiling the Multiple District Directories for several years.

In 2016/2017, he was privileged to serve as District Governor for District 410C.

He is married to Lion Vicki who is also a member of the Lions Club of North Durban and has served on both District Cabinet and Multiple District Council.

PDG Kim was the driver of both the 2019/2020 and 2020/2021 Multiple District 410 Virtual Conventions.

- **District Chairperson Finance: PCC Mike Newlands**



PCC Mike's first taste of Lionism came when he was inducted as a Charter Member of the Queenstown LEO Club in 1972. He then became a Lion of the Lions Club of Empangeni in 1974. Following his move to Durban, he joined the Lions Club of North Durban and served as President.

He has served on the District Cabinets of three Districts holding numerous portfolios culminating in being elected as District Governor for District 410B in 2003/2004.

At Multiple District level he has also served in numerous Portfolios and was elected as Council Chairman and served in the 2013/2014 fiscal year. By then he had moved to Port Alfred (the then District 410D) and in 2010 he was instrumental in the chartering of the **Lions Club of Port Alfred** where he is still an active member. His attendance at Multiple District Conventions and District Conventions equates to 46.

His dedicated service to Lions has been recognized by the receipt of a number of Awards both International, Multiple District and District. PCC Mike is also a Melvin Jones Fellow.

On a personal note he worked for CGU Insurance Company for 37 years retiring from a senior management position. He is an extremely keen sportsman, having played rugby, cricket, hockey, basketball and if that weren't enough participated in scuba diving and deep-sea fishing. His love of classic cars is well known, and he has participated in many classic car rallies in his 1975 Alfa Romeo Spider.



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THE LIONS CLUBS OF DISTRICT 410E ***(The Pulse/Heartbeat of our District)***



Our Clubs is what makes this amazing organisation of ours tick, hence the name the **International Association of LIONS CLUBS**.

Please send your news and photographs to The Editor via email (jacqui.hocking@bmw.co.za) by the below-noted deadline dates for the various publications as in this way we can learn and get ideas from each other.

Publication Number	Deadline Date
Issue 2 (August 2021) News: July/August	21 August 2021
Issue 3 (September 2021) News: September	18 September 2021
Issue 4 (October 2021) News: October	23 October 2021
Issue 5 (November 2021) News: November	21 November 2021
Issue 6 (December 2021) News: December	12 December 2021
Issue 7 (January 2022) News: January 2022	22 January 2022
Issue 8 (February 2022) News: February 2022	20 February 2022
Issue 9 (March 2022) News: March 2022	20 March 2022
Issue 10 (April 2022) News: April 2022	17 April 2022
Issue 11 (May 2022) News: May 2022	22 May 2022
Issue 12 (June 2022) News: June 2022	19 June 2022

Hyperlink to the online publication of LCI



https://www.lionmagazine.org/#_ga=2.41032484.747535860.1624698960-455648837.1617008805

Congratulations to: **District Governor Patrick Mills**

Our District Governor Patrick took his oath of office on 29 June 2021 at the Lions Clubs International Convention.



103RD LIONS CLUBS INTERNATIONAL CONVENTION

