



THE PULSE

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



Issue 3 – September 2021

From the desk of District Governor Patrick



Dear fellow Lions,

As they say, time flies when you're having fun! Reflecting on the first quarter of the 2021-2022 Lionistic year, a definite highlight has been joining Clubs at their meetings, projects and celebrations, and Bernice and I have been overwhelmed by the warm hospitality we've received.



September marked the launch of our 410E **"Making A Real Difference"** Service Campaigns with the first Environment Month. It has been wonderful to see all the environmental projects that Clubs have done, including establishing vegetables gardens, planting hundreds of trees, and the clean-up of beaches and urban areas. On behalf of mother nature and future generations **we thank you!**



The **"Making A Real Difference"** Service Campaigns continue in October with Sight Month in support of World Sight Day on 14th October and White Cane Day on 15th October. We encourage all clubs to participate in sight-related projects, and for White Cane Day we've teamed up with SA Guide Dogs to raise funds for assistive devices for the blind. Thanks to Lions Brightsight we have a comprehensive Vision Screening Toolbox for school screening projects.



Luckily for us Lions, we have the most amazing Foundation that assists Lions Clubs all over the world to help more people in need and create an even deeper long-lasting impact. Just in the last month, LCIF made a US\$100,000 major catastrophe grant to Lions to deliver relief in Haiti following a devastating earthquake. Our District also benefitted from an LCIF grant to the tune of over R400,000 for a school eye screening project. In partnership with the SA National Council for the Blind (SANCB) and the Tshwane Health Department, we will be providing screening and refraction services to an estimated 3,350 children in selected schools in the Tshwane.

Once again, I am blown away by the generosity of exceptionally kind donors. In September the Acorn Foundation donated 8 tons of maize (800 x 10kg bags) to District 410E for another Hunger Alleviation project. The distribution is being coordinated by Lion Sue Smit (also CEO of the Acorn Foundation) and the Zone Chairs to all Clubs in the District. Many thanks to the Acorn Foundation for the generous donation - we are well on our way to creating **#1MillionSmiles** 😊.





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With the current low levels of COVID-19, and the gradual lifting of lockdown restrictions, I truly look forward to all Clubs participating in our Sight Month in October, and a wonderful District Convention at the end of October. With our keynote speaker Gavin Sharples, a fun Mardi-Gras themed "Music Quiz" evening, and an Expo on our 5 Global Causes, this Convention promises to be truly memorable.

Lastly, my heartfelt thanks to every Lion for all the time and effort you spend assisting those in need - together we truly are *making a real difference in our communities*.

Warm regards,

Patrick

District Governor 410E
2021/2022

International Presidents latest Newsletter



To access the latest Newsletter of International President, **Douglas X. Alexander**, click on the link below.
<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=829286&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=295b15b140ac4c969ce5f042fe1595f7&elqaid=21117&elgat=1>
Herewith the hyperlink to the Latest Lions Magazine:
https://www.lionmagazine.org/#_ga=2.201437009.1327409799.1632471379-455648837.1617008805

LIONS CLUBS



The Pulse/Heartbeat of our District

Environmental



Looking after our Environment does only mean planting trees, there is so much more we can do and the Clubs of District 410E certainly made a huge impact with many varied projects.

DG Patrick and CS Bernice – Lions Club of Centurion

On 5 September, DG Patrick and CS Bernice joined the Friends of the Faerie Glen Nature Reserve for Arbor Day where they planted an indigenous tree, the jacket plum tree, at the entrance of the reserve.



The jacket plum is a long-life, hardy, evergreen, small to medium tree with a height of 2 - 8 metres. The red fruit of this tree is a tasty treat for humans and a firm favourite with birds and animals.



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A fine oil is extracted from the seeds. The jacket plum is related to the litchi and is a natural addition for the bird or wildlife garden.



Lions Club of Amanzimtoti



Lions Club of Alberton Host

A great morning out for Arbor day at the Germiston Lake planting spekboom.



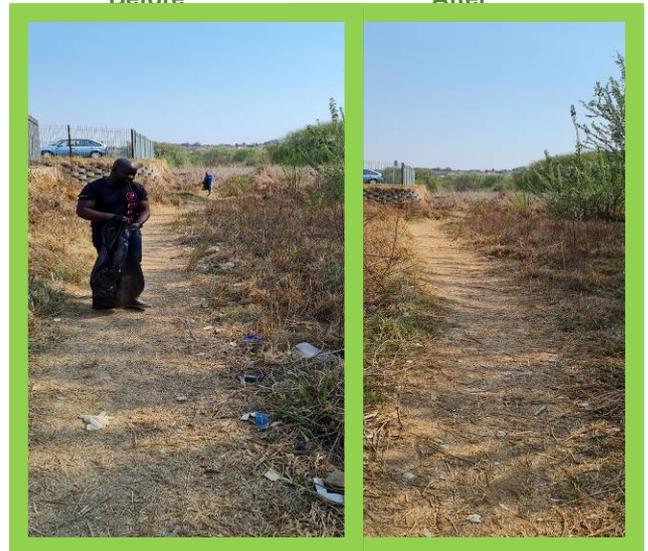
During April 2021, the Lions Club of Amanzimtoti planted a whole forest of trees at the Amanzimtoti Country Club and Conservancy. DG Patrick requested a tree to be planted in memory of the late 1st Vice District Governor Leslie Human of the Lions Club of East London Port Rex. The tree, which is Real Yellowwood, and on inspection during Arbor week it is a pleasure to see the tree growing well!

Lions Branch Club of Fourways

On 4 September 2021, another great cleanup day was held in partnership with the Live Life Always team and Lions Branch Club of Fourways. Thank you to all for their hard work, including all the volunteers.

Before

After





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Lions Club of Port Shepstone



Lions Club of Gonubie



In celebration of Arbor Week, the Lions Club of Port Shepstone joined the Umtentweni Conservancy and Ratepayers on Saturday 4 September to plant indigenous trees along Commercial Road. The bush along the railway line had already been cleared of several invasive species which provided ample space for the planting of 92 trees including from Fluted Milkwood, Giant Pock Ironwood, Forest Mahogany, Forest Fever Berry and White Stinkwood. All the trees planted are indigenous to the Umtentweni area. Sheppie Lions sponsored 20 of the trees and planted several of these, during the morning.

On Saturday 4 September, the Lions Club of Gonubie celebrated Arbor Day by planting three fruit trees at Greensleeves which is their favourite Children's Home in East London. With the help of many happy little hands the holes were dug, and trees planted. One sweet child even served each Lion a super cup of Cappuccino.



President Nicky explained the importance of trees to all, where after their beloved Aunty Di thanked all and took everyone on a walk, showing them all the improvements since their last visit.





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Lions Club of Vereeniging

Digging, planting, watering, and selling books too: A Lion's life is never without incident! The Lions Club of Vereeniging setting up a community vegetable garden behind River Square.
(And that was after Friday's soup and bread delivery, as well as handing out much needed spectacles!)



Lions Club of Midrand



The Lions Club of Midrand has distributed over 150 Spekboom plants to various recipients and are also actively promoting the advantages of the Spekboom to the Environment. Each seedling has a sticker on them that talks to why it is essential to plant these hardy and versatile plants.

Lions Midrand
we serve

Support the Lions Club of Midrand & your environment by planting a spekboom

R20 each

Contact 082 330 1737 for more information or email midrandlions@gmail.com

This Spekboom (*Portulacaria afra*) is a miracle plant. Not only is it drought-resistant but it also helps fight air pollution. It acts as a carbon sponge by absorbing carbon from the atmosphere turning it into plant food via the soil. Excess carbon in the atmosphere is responsible for global warming, so the more carbon we remove from the air and return to the ground, the better.

All funds raised goes towards projects of the Lions Club of Midrand - supporting the environment and the fight against climate change

Lions Club of Clearwater Cyber

The Roodepoort Clearwater Cyber Club whilst not planting trees, certainly spread their service far and wide and sowed "seeds" of service.



A huge donation of vegetable and herb seedlings was received and delivered to **Goue Aar Old Age Home in Malmesbury** (70 residents). As a result of the interest by the residents in the new season's garden, they are about to start a garden club. The donation thus promises to serve the residents on many levels.

The remainder of the seedlings were delivered to **Sinethemba Swartland in Moorreesburg**, an NGO registered with the Department of Social Development as well as the Department of Health with 60 residents. They have recently prepared their vegetable garden thus the donation came at the right time, which will be used in their soup kitchen, especially valuable in providing food to their TB patients before taking their medication. In short – this donation of seedlings will really make a difference in many people's lives.



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Lions Club of Northcliff



The members of the Lions Club of Northcliff were privileged to participate in a spruit clean up arranged by the Friends of Alberts Farm Conservancy as part of World Clean Up Day on 18th September. Alberts Farm, located on the southern slopes of Northcliff Hill, is the second largest green lung in Johannesburg and is home to the only artesian spring in Gauteng. It is a very popular spot for picnics, dog walkers and cyclists. Unfortunately, it has also become a popular spot for illegal dumping.

Lions Club of Helderkruijn



Lion Rusty Hustler of the Lions Club of Helderkruijn celebrated World Rhino Day on 21 September with the children and staff from Burhmandrift School. They had over 250 learners painting their hands on Wallie the Rhino, where after the entire school did a turn to the music "Survivor" which was awesome and made a huge impact on all present. Creating awareness amongst the youth was invaluable and these learners will now speak to others and spread the message far and wide. Each child was presented with a Rhino Bangle and the seniors were presented with Rhino Pins.





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Lions Club of Pretoria City



On the 18th of September, the Lions Club of Pretoria City spent an awesome morning planting 30 trees at Rietvlei Nature reserve. This will provide further shade for the Lions (the four-leg variety). Thanks to all involved as Rietvlei is a beautiful escape right on our doorstep!



Another project by the Lions Club of Pretoria City was the sponsorship, in partnership with CRC and Q20, of the transport crates used to take Thaba, part of the Endangered Wild Life Trust's Cheetah meta-population relocation programme which is focused on strengthening the Cheetah gene pool globally.



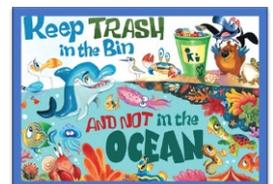
This handsome fellow, Thaba, was released at the Rietvlei Nature Reserve on 7th September.



Lions Club of Ramsgate



The members of the Lions Club of Ramsgate, joined by the DG Patrick and CS Bernice and many enthusiastic people from the Rovers, Scouts and Gcilima Primary School, did a major beach clean-up. They were astounded as to how much rubbish was collected.





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The weary and hungry clean-up crew were treated to an awesome braai amidst much laughter, fellowship and fun. The donations of braai packs, bread rolls, cold drinks, oranges and waters was much appreciated.



Over seven large bags of rubbish and a big disgusting plastic burnt garbage bin was collected. They really made a massive difference on the beach and thoroughly enjoyed interacting with people on the beach who also jumped in and did their bit.



In true Lion's spirit, fellowship over breakfast at the Ski-boat Club was enjoyed by all.

Lions Club of Shelly Beach



The Lions Club of Shelly Beach tackled the cleanup at the Shelly Beach Beachfront on 19th September, joined by DG Patrick and CS Bernice.





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Environmental Photo Competition



REMINDER: Entries need to be submitted by 30 September 2021.

By the time you read this, you have only a few more days left to get your entries in.

We will soon know who the Winner is as all entries will be displayed at the District 410E Convention in Drakensville and judged by the Convention delegates.

Look out for the winning pictures in next month's issue in the various categories.



Animal Life (AL)

Plant Life (PL)

Weather Phenomenon (WP)

Landscape (L)

Endangered Species (ES)

Service knows no Boundaries



Lions Club of Alberton Host – Mommy Care Bags



Twenty "mommy care bags" filled with toiletries and baby goodies as well as blankets, delivered to the new Moms at the South Rand Hospital.





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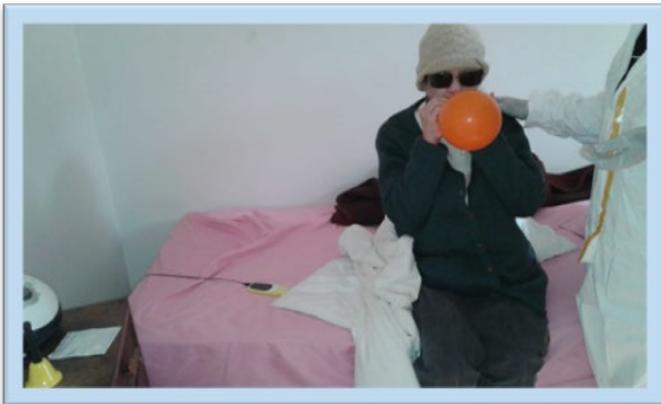


Lions Club of Durban Host – Home Based Care

Sixteen independent blind adults of the John Edward Palmer home and their Housemother tested positive for Covid -19. The department of Health instructed them to be hospitalised at the Clairwood hospital for isolation. Most of them had no symptoms, a few of them had mild symptoms. Most of them had been vaccinated. They were petrified of going to Clairwood hospital, they wanted to stay at “home” where they were independent, where they knew their way around their rooms, to the bathrooms and to the toilets.

Our stint of Home-Based care lasted until the 14th day from the day the residents tested positive. This was a project in a “crisis”, requiring quick thinking and quick action – thanks to IT and social media which linked the Club to all the appropriate generous people or organisations.

We are proud to be Lions and to have been able to be of SERVICE to our Community once again!



Lions Club of Durban Host – Recycling of toys



The Lions Club of Durban Host was approached for assistance. All attempts of finding a solution on a Friday afternoon failed. Eventually, led by the retired nurse in the club, isolation at Home with home-based care was set up and approved by the department of health. This meant:

- isolation of 16 blind adults in their familiar environment with
- close monitoring by onsite Enrolled Nurses and timeous intervention
- in collaboration of a doctor, a pharmacist and with the assistance of many organisations who donated critical items (such as PPE, monitoring equipment etc.) advice and current guidelines.
- this included appropriate waste management, appropriate traffic of people, continuous appropriate observations, breathing exercises and basic assistance ensuring the independence and (psychological) security of these blind adults.

Sadly, one 84-year-old resident died in his sleep the day before the Lions got involved making finding a solution urgent. Two residents were admitted to hospital (escorted by a Lion member) for a couple of days for antibiotics and oxygen during the isolation period.

Recycling of toys has become one of the regular activities of the Lions Club of Durban Host. Their involvement includes weekly “office hours” and many hours at home.





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Toys are collected by the Knights of de Gamma and the Lions Club 3 members do the magic for our group called "Toys for Happiness".

Second-hand toys are sorted, cleaned, repaired, restored to their beauty and packed in see-through plastic packets and in boxes according to ages and gender for distribution at the end of the year. We receive many lists from pre-schools, creches and children's homes requesting for toys. Most of these are "institutions" that have children from poverty-stricken areas.



Their recycling includes gifts to children and another chance for a toy to be loved and played with again.



They also find and pass on many interesting things as they sort through boxes of "stuff" viz.

- sports equipment to schools (e.g., hockey sticks, tennis rackets).
- puzzles to old age homes and children's homes,
- chess sets to schools teaching this game as an extra curriculum activity.
- beads and odd items for sewing/beadwork classes for the unemployed in Sydenham.
- large toys are donated to preschools, children's homes or even CHOC for use by the children while they are there.

This is a labour of love, dedication and commitment. In the words of their Club Secretary, "one can actually say it allows us to relive childhood, to use our hands and minds in creativity, in recycling items towards giving joy and new meaning to life to many people old and young as WE SERVE as Lions".

Lions Club of Kingsburgh

When the looting occurred in KZN, the Lions Club of Kingsburgh was notified by a member of the Lions of North Durban that one of the victims was a family who had stored goods in Storage City, Amanzimtoti.

The Club communicated with other NPO's in the area to assist in collecting items for this family who had all their household goods stored there and had lost everything except their clothes.

The Club handed over 10 boxes of items towards rebuilding their lives.



Pictured above are all the items boxed ready for collection.





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In this picture, Neil and Wendy Freimond with Lion Moira Rigby with boxes loaded in their trailer on route to deliver.

Lions Club of Port Shepstone



When news of the looting and unrest throughout the province broke, Lions Clubs all over KZN sprang into action and started to organise relief for those affected within their respective communities. PCC Denis Meyer from the Lions Club of Port Shepstone was appointed as "Lions Relief Coordinator" for the South Coast region. Pleas for support and assistance were sent out via social media and almost immediately donations started to come in from several Lions Clubs throughout South Africa as well as other individuals and organisations. In an extraordinary act of generosity, Johannesburg based charity, Ubuntu Flight Acorn Foundation and the Lions Club of Centurion organised corporate and NGO donations and purchased critical supplies for communities affected by the KZN violence. Large consignments of non-perishable foodstuffs, nappies and other essential items were flown to various airports by Cemair, including Margate Airport. These donations were specifically designated for local Lions Clubs to assist with their community relief efforts.



Members of the Lions Club of Port Shepstone transported the consignments from Margate Airport to their Clubhouse which was utilised as a storage depot. From there, all donations were then sorted and distributed accordingly by Lion Gary Vogt and his Committee. Donations were shared with other Lions Clubs in the area and literally hundreds of food parcels were packed for distribution to needy families and various other community help organisations. Non-perishable food items were also donated to Mr Raj Mahabeer who runs the Hibiscus Food For Life project which is regularly supported by the Lions Club of Port Shepstone. Funding raised by the Club was also shared with the other Lions Clubs on the South Coast to assist with their relief efforts.



The Lions Ladies of Port Shepstone cooked and packed hundreds of frozen meals which were delivered to various local families, the elderly and to South Coast Hospice. An additional consignment of two pallets of peanut butter sachets was also donated by the Garden Route Food Pantry and delivered free of charge by Tritan Transport. These sachets help to combat malnutrition and are incorporated into the food parcels. This massive and ongoing community relief project was run entirely by Lions volunteers and all requests for support were first thoroughly investigated to ensure that relief was being provided to those who were desperately in need.





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The Lions Club of Port Shepstone once again manned a watering point at the annual Spar Virtual Challenge Run/Walk which was held on Saturday, 4 September at the beautiful Royston Hall estate in Umtentweni.

Lions Club of Port Shepstone



The Lions Club of Port Shepstone recently donated 60 x 30kg bags of dog food to the Lower South Coast SPCA. A delighted SPCA Chairman Scott Kvalsvig personally collected the consignment which was loaded onto their truck by PCC Denis Meyer and Lions Justin Hincliff and Kevin Rowlands. This valuable and much needed donation was made possible through the generosity of the Lions Club of Centurion, Lion Sue Smit, and the Acorn Foundation. The transportation of the consignment from Gauteng was generously sponsored by Mike Adams of Speedy's Transport and Zultrans. An additional 15 bags of dog food was also donated to Harmony Hill Animal Shelter in Southport.



Lions Club of Wilro Park



ABSOLUT SECURITY Charity Golf Day in association with the LIONS CLUB OF WILRO PARK took place on 2 September 2021 at the Eagle Canyon Golf Club.



It was a beautiful day – the weather was perfect; the venue was beautiful, and the golfers were extremely generous as they helped the Lions to raise much needed funds for their very worthwhile Wilro Lions Community Service Projects.





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All the money raised is designated to go towards the funding of the Five Pillars of Service projects which include VISION, DIABETES, HUNGER, CHILDHOOD CANCER AND ENVIRONMENT. In addition to these five pillars the Lions Club of Wilro Park are very involved with YOUTH related and GENDER BASED VIOLENCE issues and all these projects will greatly benefit from the funds raised at this event.

CHOC was also present at the Golf Day and visible at the 16th Hole as September is Childhood Cancer Awareness month and was an ideal opportunity to help raise both awareness and Keep Hope Alive for many children who sadly fight cancer and need all the help and support.



A very lively auction was held during the evening prize giving



As the saying goes, "give a person a fish and feed them for a day, teach them how to fish and feed them for a lifetime.

Fifteen lovely ladies from the Sophiatown community attended the Lions Club of Wilro Park's Blanket Making Class at Sophiatown Community Centre on Wednesday 25th September. Each attendee received a Blanket Making Kit and were very excited to hear that once they had completed their beautiful blankets, they would be taking them home with them as a gift from the Lions Club of Wilro Park.

The team of teachers headed up by Lion Roleen and assisted by Lions Irene and Susan and Lion President Sandy also took along cakes to enjoy with them at Tea-time – a morning thoroughly enjoyed by all.

Peace Poster Competition

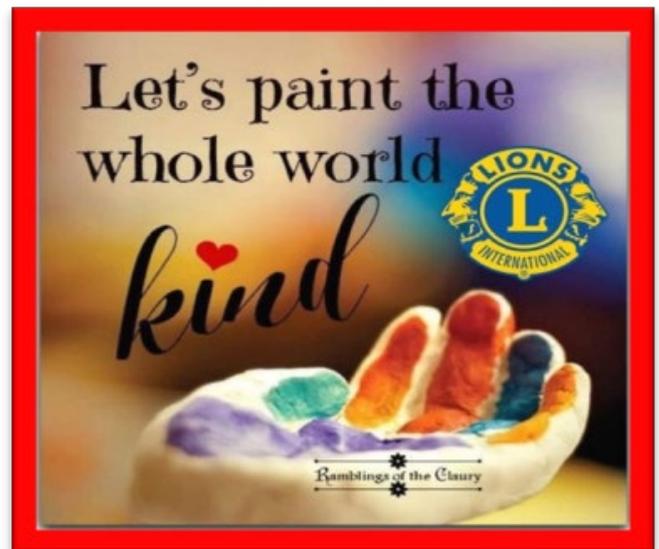
(A gentle reminder by DC Sandy van Heerden)



2021/2022 PEACE POSTER & ESSAY CONTEST
"WE ARE ALL CONNECTED"

While overcoming new challenges brought on by an unprecedented global pandemic, we are celebrating the things that keep us connected to each other & to our communities, all together and all around the world. This year, we invite young people to envision, explore & visually express these connections.

IMAGINE 600 000 children sharing their vision
INSPIRE Youth to showcase their talent
CREATE Stronger ties in your community!



The Lions Peace Poster Contest gives children in our schools and communities a creative way to express their visions of Peace. "We are all Connected" is the Theme for the 33rd Annual Lions 2020/2021 Peace Poster Contest. Clubs can play a key role in engaging young people and promoting peace around the world.

The Peace Posters will be exhibited at the District 410E Mardi Gras Convention where the Panel of Judges, made up of Artists and Graphic Designers, will select the winners.



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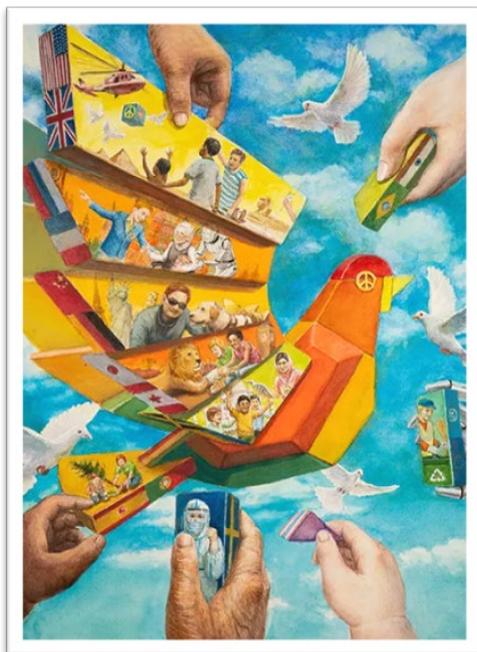
Visit the Lions Clubs International website and search Peace Posters for more details, deadlines, tips and rules.

Herewith the hyperlink for easy reference:

<https://www.lionsclubs.org/en/start-our-approach/youth/peace-poster>



"We are not afraid to face darkness. The forces of justice will break through darkness and peace will come." The Peace Poster Contest Grand Prize Winner for 2019-2020 Zhuo Zhang, aged 12, sponsored by Shaanxi Datang Lions Club (China).



"Reach out your selfless hands. Let us build peace through service and spread joy to every corner of the world." The Grand Prize Winner 2021-2021 "Peace through Service", Yue Zheng, aged 13, sponsored by Dalian De Long Lions Club (China).

LEO Programme

(By DC LEOs, Lion Ashley Stander)



Leos – the future of Lions

"That's where the future lies, in the youth of today."

Willie Stargell



Covid-19 has taken its toll on the LEO Clubs in District 410E. The youth have been under severe pressure to perform under extremely challenging circumstances. Parents have been financially and emotionally strained. Teachers and Principals have been forced to find different ways to teach, without falling behind on the curriculum. However, Leos are the future of our Lions Clubs. And as a result, we need to find ways to maintain the Clubs we have and start new Clubs where and when the opportunity arises. Here is a quick summary of the steps you'll need to follow to sponsor your own LEO Club.



Step 1: Identify potential Leos

Speak to your members at a meeting and see if they have any connection to a school, university, college, house of worship or youth group. If you have 21 potential Leos – you are ready for the next step.

Step 2: Identify a potential Lion to be the Leo Club Adviser

This person must have a love for our youth. The adviser attends meetings and guides the Leos on how to run their meetings, projects, finances and other club activities.



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Step 3: Establish a framework

At this stage you'll know if your club will be community-based or school-based, Alpha or Omega. Omega Leos are in the 18- to 30-year-old age group, whilst Alpha Leos are from 12 to 18 years old.



Step 4: Invite your prospective Leos to an information session

This is where you give the prospective Leos a breakdown of what it means to be a Leo and what they will do as Leos. You'll need application forms at the meeting (Leo50-A or Leo50-O) for them to complete. It would be great to have an ex-Leo give them an inspirational talk on what being a Leo meant to them.



Step 5: Host a formation meeting

Organise a Leo Club Formation Meeting to elect Leo Club officers, discuss potential projects, accept the Leo Club Constitution and Bylaws and determine the place and time for Club Meetings.

Step 6: Complete the paperwork

Complete the *Leo Club Organization Report (Leo-51)* with proper signatures. Attach a list with the names of the Club's founding members and return it to the Leo Club Programme Department. The entire certification process can take four to six weeks.

Step 7: Plan an installation ceremony

Once the *Leo Club Organization Report* form has been approved, the sponsoring Lions Club should organise a meeting to present the *Certificate of Organization* and install Leo Club Officers. Launch the Leo Club with an installation Ceremony. Let this be a special occasion for all Leos – a day to remember!



If you are thinking of starting a Leos club or need help with an existing Leos club, please contact DC for Leos: Ashley Stander, 083 380 2332 or ashstan73@gmail.com

Childhood Cancer Month-September

(By DC Health, Lion Niroshni Singh)



Cancer is the leading cause of death for children and adolescents throughout the world.

About 300 000 children between the ages of 0-19 years are diagnosed with cancer throughout the world each year. In South Africa, between 800-1000 children are diagnosed annually, however, half of the children are never diagnosed.

While childhood cancer cannot be prevented or screened, the survival rate (in optimal circumstances) is high. Sadly, the survival rates in well-resourced countries and those in developing countries differ markedly and in Africa, 80% of children die of this dreaded disease.

For those of you who were unable to attend the Choc Training Webinar held on 21st August, herewith the hyperlink to the recording:

<https://wetransfer.com/downloads/cdbf9a5ed449aa24aac026fb29e3e34a20210921082300/874a6248b89fe9fdecfbcf735d54efa20210921082341/a6b919>



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SAINT

S **SEEK**
 Medical help early for persistent symptoms.

I **EYE**
 White spot in the eye, new squint, new blindness, bulging eyeball.

L **LUMP**
 Abdomen and pelvis, head and neck, limbs, testes and glands.

U **UNEXPLAINED**
 Prolonged fever over two weeks, loss of weight, pallor, fatigue, easy bruising or bleeding.

A **ACHING**
 Bones, joints, back and easy fractures.

N **NEUROLOGICAL SIGNS**
 Change or deterioration in walk, balance or speech, regression of milestones, headache for more than a week with or without vomiting, enlarging head.

Lions Club of Durban South



Beanies and Jerseys for little cancer patients as well as Trauma Care Packs for Bobbi Bear by the Lions Club of Durban South



Sight Month – October 2021

World Sight Day – 14 October

White Cane Day – 15 October

(By DC Sight, PDG Pierre Theron)



It is tragic that a lack of knowledge of early warning signs results in children being diagnosed too late, greatly diminishing their chances of survival.

Cancer stigma and myths are also factors preventing parents in some communities from seeking medical help. Once diagnosed, lack of access to medical care for lengthy treatment protocols remains a huge issue.



Why is the Childhood Cancer Ribbon Gold?

In 1997, a group of parents picked gold as the official colour for the childhood cancer awareness ribbon. The color gold symbolises how precious children are and the resiliency of childhood cancer heroes.



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Buy a badge, change a life!

White Cane Day

LIONS BRIGHTSIGHT
A Multiple District 410 Project

LIONS BRIGHTSIGHT WHITE CANE DAY

Suggested retail price - R10.00 ea.

South African Guide-Dogs Association
Orientation & Mobility for the Blind

www.lionsbrightsight.co.za Tel: 011 705 3512 Email: info@guldedog.org.za

District 410E Convention

This is a reminder to register for The MARDI GRAS District 410E Convention to be held from 29 to 31 October 2021 at the fantastic ATKV Drakensville Resort.

The Berg MARDI Gras
Making A Real Difference

CONVENTION DATES: 29 TO 31 OCTOBER 2021
NEWS FLASH

KEYNOTE ADDRESS BY THE RENOWNED GAVIN SHARPLES

He has been called: a maverick, crazy, intense, outspoken, creative, a nice guy, not quite normal, naughty, an agitator, a disrupter, disturbing, a holy cow slayer, passionate, irreverent, and a few other words, that we cannot repeat here.

After the convention on Saturday join us for a Service Pillar Expo. During the Expo a grab-and-go lunch is now included in the convention fee

Registrations Close 4 October 2021
(20 days left to register)

- Please register as soon as possible, as after the closing date for registration, reservations are open to the public.
- Please bring any old reading glasses with you to be donated to Bright Sight.

To note:

- **The deadline for registration is 4th October 2021**
- The block booking on the accommodation will be open to the public from 1 October, so you may not get your preferred accommodation if you book late.
- You will need your Lions member number to register.
- Accommodation information and registration options are all on the landing page, after you have clicked the above link, with no obligation to continue or submit your registration.
- Accommodation prices are **per night per unit** and must be booked with the resort directly.
- Dinners and Saturday lunch are included, other meals and refreshments are for your own account.
- Your Company server may stop the automated email confirming your registration – if you do not receive your confirmation email please send an email to marcdp@mweb.co.za or check your junk/spam email folder.

Be sure not to miss this exciting Convention! Register today @ <https://www.albertonlionsclub.co.za/registration/>



See Pages 19 and 20 of the Newsletter, which gives all the information relevant to the collaboration with the SA Guide Dog Association and Lions Brightsight White Cane Day.
Note: Whilst these are the designated days – the whole of October is Sight Month



A picture speaks a thousand words!



THE PULSE

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



**LIONS
BRIGHTSIGHT**
A Multiple District 410 Project



**South African
Guide-Dogs
Association**

Orientation
& Mobility
for the Blind



WHITE CANE DAY

In a collaboration between Lions BrightSight and the South African Guide-Dogs Association, we would like to introduce an exciting project in celebration of international White Cane Day ...

The SA Guide-Dogs Association are well known for their work with Guide Dogs, but they also provide additional services to visually impaired people. They employ a team of six qualified Orientation and Mobility Practitioners who provide white cane and skills of daily living training. When someone loses their sight and they do not want a guide dog, they still need to be able to move around independently.

Giving someone a white cane is useless unless they know how to use it to interpret their environment. This is a specialised skill and takes training and practice to master.

The annual Lions BrightSight project of selling badges for White Cane Day during October, is a wonderful way to raise awareness and funds.

The funds raised will be donated to SA Guide-Dogs Association who will purchase folding canes. These canes and the training needed to use them safely, will be donated to our clients in the communities around Gauteng.

This project will then directly impact the lives of visually impaired people, by providing them with mobility and a white cane.





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When people lose their sight they often need to adapt to be able to continue to be independent. Cooking, cleaning, identifying money, making hot drinks, using the washing machine and microwave, so many other daily tasks need to be adapted.

This means that the person can continue to live a productive life without relying on anyone else.

We provide two other devices to our clients. One is to identify monetary denominations based on size and is called a money-stick.

Notches on the stick indicate the size differences of notes, so that a R10 note can be distinguished from a R50, and so on. The money-stick costs us R40 and we issue them to clients free of charge with training.



The second device is a liquid level indicator which helps to indicate when a cup is full. It beeps when the water makes contact with the first set of prongs, then when adding milk, it beeps again to indicate the cup is full. This prevents overfilling and possible injury. This device costs R 350 and is issued free to clients with training.



The folding canes we provide are imported from Ambutech in Canada and are the best quality canes available. There are no locally manufactured canes and those imported from China are of poor quality. Folding Ambutech canes cost R500 per cane.



For more information and availability of the White Cane Day badges, please contact our office on 011 705 3512 or email us at info@guidedog.org.za



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www.lionsbrightsight.co.za



Suggested retail price
R10.00 each



South African Guide-Dogs Association

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Tracking of District 410E Goals (Quarter 1) – July to September 2021

(By DG Patrick Mills)



Note: Full District Status = 1250

District Goals	Status as at 25 th Sept 2021 (Quarter 1))	Status Flag
Membership		
Grow Membership to a minimum of 1,070 members-36p/Quarter	Start of Year: 928 Membership: 965 Added Members: 37	
Charter at least 2 new Clubs and start 2 new Club Branches .	Progress is slow due to lockdown. A new portfolio GMT Extension has been introduced to specifically focus on Club Extension opportunities.	
Implement a Retention Programme to ensure drops do not exceed 120 members .	Dropped Members: 13	
100% of the Clubs will report their membership (WMMR) every month via MyLCI.	Clubs who reported their WMMR in August: 64 of 66 clubs (97%).	
Leadership		
100% of the incoming Club Officers will complete Club Officer training .	Club Officer training was conducted in May via Zoom, although not all could attend. Should any follow up training be required, please inform your Zone Chair or DC GLT Alistair.	
100% of the incoming Cabinet Officers will complete Cabinet Officer training .	Cabinet Officer training was conducted in May via Zoom. An additional session for Zone Chairs is being planned.	
A long-term strategic initiative to empower Clubs ("Strengthening 410E") will be further developed and implemented on a regional basis .	On track. This long-term initiative to improve the District is being conducted on a regional basis by the Region Chairs and coordinated by 1 st VDG Sydney.	

Potential leaders will be identified and provided with leadership training – Lions Leadership Toolkit.	On track. The first of 3 sessions was held on 18th September 2021 .	
10 Guiding Lions will be added to support the development of new clubs or struggling Clubs.	On track. The first online training session for Guiding Lions will be held on 28th – 29th September 2021 .	
Identify qualified candidates to apply for local and Lions Clubs International sponsored institutes , as well as undertake in-District Faculty Development Institute (FDI) type training .	On track. An online Train the Trainer Certificate program is scheduled for 9th – 10th October 2021 .	
Service		
Serve 1,000,000 people , supported by service campaigns for each of the 5 Global Causes .	On track. People Served: 160,920 Service Activities Completed: 920 Volunteer Hours: 12,710	
100% of the Clubs will report their service projects every month via MyLion .	Clubs who reported their activities on MyLion in August: 44 of 66 clubs (66%). If your club is struggling to report, please inform your Zone Chair or DC GLT Alistair.	
Lions Alert Portfolio will be promoted to all Clubs .	DC Sphiwe requested contact details of the Club Alert & Safety Officers , but to date has only received responses from a few clubs .	
LEO programme will be revived .	Progress is slow due to lockdown. We have signed a partnership MOU with an NGO, The President's Award for Youth Empowerment, and plan to run a pilot project with one LEO Club .	
LCIF		
40% of the Clubs will demonstrate their support with a donation to LCIF .	Clubs who have donated to LCIF: 2 of 66 clubs (3%)	
Clubs to raise US\$18,500 to support Campaign 100: LCIF Empowering Service	LCIF Donations: US\$3,071	
All Clubs will be encouraged and made aware of the different Grants available	Information on all grants is available on the LCIF website and will be included in a future edition of the Pulse.	



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A very special Happy Birthday



Lion President Mark Meltzer, Lions Richard Marchant and David Griffith visited Lion Dr Les Cooper on 21st September who celebrated his 100th birthday.



He told them about his rugby playing days at Parktown Boys High school and curtain raiser played at Ellis Park Rugby stadium.

With 100 years of priceless moments, you are wished blessings of good health, happiness and peace.

Laughter is good for the soul

We are surrounded by so much negativity that we need to take time to laugh, so herewith a few little excerpts which I hope will do the trick.



The moment you realize you speak 14 languages



NEXT TIME A STRANGER TALKS TO YOU WHEN YOU'RE ALONE, JUST LOOK AT THEM SHOCKED AND WHISPER, "You can see me?"

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