



THE PULSE

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



Issue 4 – October 2021

From the desk of District Governor Patrick



Dear Fellow Lions,

The District 410E Berg MARDi Gras Convention, held at ATKV Drakensville Resort from 29-31 October 2021, was absolutely brilliant! I've received nothing but praise for a Convention that was well run, inspiring, informative as well as loads of fun. On behalf of all the delegates who attended, I extend my heartfelt thanks and congratulations to the Convention Committee, the Lions Club of Alberton, and all the Lions who made it happen.



We continued our District 410E **"Making A Real Difference"** Service Campaigns with Sight Month in October, and again it was wonderful to see all the sight-related projects done by Clubs. Thank you to those Clubs who are supporting our Lions BrightSight White Cane Day fundraising initiative, which is done in partnership with SA Guide Dogs to raise funds for assistive devices for the blind. Regarding the progress of the School Eye Screening project for which we received an LCIF grant.



As at the end of October a total of 1,179 learners had been screened, of which 212 were treated for minor ailments, 121 required refractions, and 9 were referred to hospital for further treatment. The project, because of exams, is on hold, but will resume as soon as possible until at least 3,300 learners have been tested, those requiring glasses are supplied by Lions BrightSight and those requiring specialist treatment are attend to by an ophthalmologist at a hospital. Once these learners have received their new glasses, I am certain that their lives will be irrevocably changed forever more. And all thanks to our amazing foundation LCIF!



I therefore appeal to all clubs to contribute to LCIF where you can. All contributions, big or small, will go towards assisting Lions Clubs and Districts all over the world to help more people in need and create an even deeper long-lasting impact.





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I look forward to our Diabetes month in November, in support of World Diabetes Day on the 14th November. This will be kicked off with a Diabetes Webinar to be held on 6th November, with a stellar line up of guest speakers that includes Professor Joel Dave, Head of the Division of Endocrinology in the Department of Medicine at Groote Schuur Hospital.



I'm elated to see on MyLion that as at the end of October, Clubs in District 410E had served over **250,000 people** in over 1,350 service activities. The service done by Clubs this year, considering the lockdown restrictions, has been incredible, and we are well on the way to meeting my goal of 1 million people served this year and **#1MillionSmiles** 😊.



Thank you to you all for *making a real difference in our communities*.

Warm regards,
Patrick

District Governor 410E
2021/2022

Happy Birthday to International President Lion Douglas X. Alexander





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LIONS CLUBS



The Pulse/Heartbeat of our District

OCTOBER – SIGHT MONTH

With October being Lions Sight Month, here are some of the many projects undertaken by the Clubs in District 410E.



Lions Club of Alberton

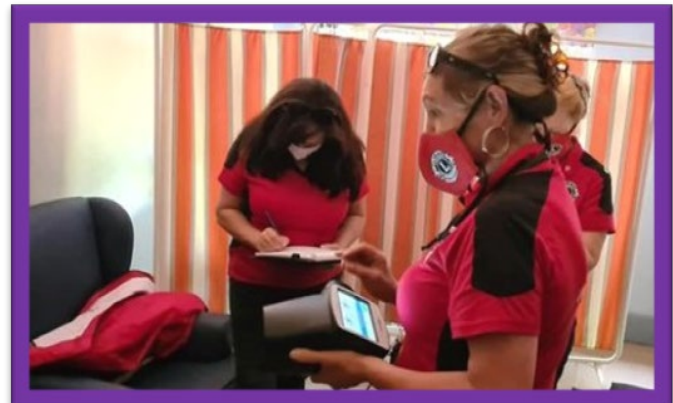


Eye screening was conducted at Alberton High on 25 & 26 October - 294 people served: Grade 8 and 9 learners, as well as some of the ground and cleaning staff members were tested.

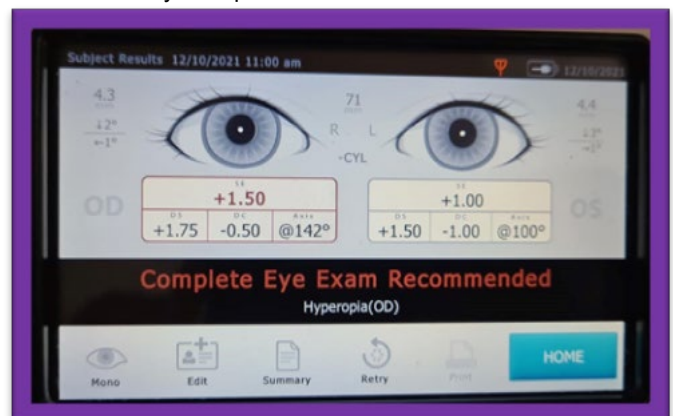


On 27 October, Eye screening was done at Silverkroon Retirement Home. 24 residents had eye screening done.

Lions Club of Centurion



On 12 October, Lion President Suzette and Lion Sue screened 175 staff and members of the community at Chilli Lane today and identified 37 individuals who need further eye examinations by an Optometrist.





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Lions Branch Club of Fourways

"We make a living by what we get but we make a life by what we give" (Churchill)



Lion President Natalie Laas and Lion Zelda William assisted Lion Ishmail Kauzani in conducting the free screening of 45 people on 22 October. In addition, 60 pairs of glasses were collected for recycling.

Lions Club of Letaba Tzaneen

The Lions, partners, friends and family all joined together on 15 October for a great fundraising initiative "Dine in the Dark" and no this was not by courtesy of Eskom but rather to show those of us who are blessed with the gift of sight what it is like to be sight impaired. Menus were in brail and all attendees had to eat and drink and make merry with blindfolds on.



All funds raised were donated to Lions BrightSight.

Lions Club of Nelspruit



Lion President Mike and Lion Val Graham dropped off a big consignment of 2nd hand spectacles and cases from Nelspruit optometrists at Lions Brightsight in Benoni. They said it was awesome to see Angie still working for Lions and stated, "what a well-organised set-up it is!"





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Lions Club of Port Shepstone

On 15th October, 11 needy individuals underwent cataract surgery at Hibiscus Private Hospital in Port Shepstone. These operations were made possible thanks to a wonderful and ongoing annual partnership between the Port Shepstone Lions, Ophthalmologist Dr Trevor Steyn, Hibiscus Private Hospital, Anesthesiologists Drs Louw & Basson, Right To Sight and JDJ Labs. Port Shepstone Lions provided funding.



Lions Club of Port Shepstone Acting President Jean Masson, Club PRO Denis Meyer and Lion Lady Anna Compion visited some of the patients at Hibiscus Day Hospital prior to their surgeries and were overwhelmed by the gratitude shown by these patients, many of whom have been severely sight impaired for many years.



Dr Trevor Steyn performed the surgeries at no charge. HPH provided the nursing staff and hospital beds at no Charge. Anesthetists Drs Louw & Basson also provided their services for free, the lenses and viscoelastic were sponsored by Right To Sight, Oculate and Envision and the Covid-19 testing was sponsored by JDJ Labs. Shelly Beach Spec Savers will be sponsoring reading glasses for all the patients.



One of the patients, Mr Stan Rogers was a Charter Member of the Port Shepstone Lions Club, 51 years ago!



This shows the importance of partnerships and networking which makes a small project a large one.



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Lions Club of Midrand

The Monthly Lions Club of Midrand Eye Clinic was held on 23 October in partnership with the University of Johannesburg Optometric Students and their Supervisors. 38 patients were tested with 11 requiring scripts which have been submitted to Lions Brightsight.



Blood pressure and Diabetes Testing were conducted at the Clinic as well thereby giving the gift of sight and general health and knowledge to many people.



Lions BrightSight / Macsteel Donation



Lions Brightsight was presented with a donation of R50 000 from Macsteel. Seen here are grateful Management Committee members PCC Cliff Hocking, 2nd VDG Lindie van Wyk, PDG Pierre Theron (Chairman), Office Administrator Angie Tshabalala, Manager Kirsty-Anne Mackenzie and RC Alana Mitchell, the initiator of the generous contribution from Macsteel.

LIONS AT WORK IN MANY VARIED PROJECTS

Whilst October may have been Sight Month, the Lions Clubs of District 410E served in many other ways, continuing to make a difference in the lives of so many people meeting different needs of their communities.

Lions Club of Alberton



On 23 October, the Lions Club of Alberton held their "Walk for Paws" Event where donations were collected and have made such a difference in the lives of the "fur babies" currently living at the SPCA.





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A donation of frozen vegetables received and distributed all in one morning on 23 October. The beneficiaries were delighted to receive the donation. Thanks to the Lions for their speedy delivery.

Lions Club of East Coast



SAHARA, a shelter in Phoenix, KZN for abused women and children needed essential food items to feed the residents. This home provides short term accommodation and food to the victims of domestic violence. The Lions Club of East Coast in partnership and sponsorship of Hollywood bets jumped into action and provided groceries, toiletries, vegetables, rice, oil, non-perishable canned foodstuffs, water, towels and sanitisers.

Lions Club of Centurion



Lions Wilma and Mary delivered 24 care bags and 10 packs of nappies to Choc to spoil the kiddies who are undergoing chemo and radiation.



A donation of 204 boxes of sweets were received from Premier Foods. These were shared with (We Care Mother Africa) and Chelmsford Heights and the Belvedere Community. To ensure that the recipients received healthy food as well, breyani from Food for Life and Bread were part of the "hampers".





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Lions Club of Howick



Without funds, Lions cannot do service, so on 31 October, the Lions Club of Howick sprang into action to do some much-needed fund raising. Whilst they didn't make a fortune, they were visible in their community making people aware of the work that they do. Everyone who attended on this glorious sunny and hot day, were very much in need of the cold drinks and waters on sale.

Lions Club of Krugersdorp



The Lions Club of Krugersdorp delivered the contents of their food cupboards to Grace House. Grace House is an upliftment centre in Krugersdorp looking after families who have no income. They really do phenomenal work - offering these people a bed, food, and a shower for R20 a night. They counsel the people who come through the doors and really try to help them get back on track showing them love.



Krugersdorp Lions knitting ladies have been knitting up a storm! A total of 60 beautifully knitted teddies were delivered to the Krugersdorp Teddybear Clinic this month. These special teddies provide abused children with comfort when they appear in court due to child abuse.



And the Lions Club of Krugersdorp delivered much-needed food, sanitary pads, and pre-loved board games to Mother Charlotte in Munsiville, Krugersdorp. This is an orphanage of 13 children. Mother Charlotte gives them a good upbringing and all her children go on to make a success of themselves.





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Lions Club of Cowies Hill

Members of the Lions Club of Cowies Hill and guests celebrated the club's 46th annual presidential induction with Immediate Past District Governor Jeff Smith officiating. With pride he also inducted four new club members. Lion President Bronwyn Pajmans, paid tribute to the work done by club members during the year. As a result of the pandemic, the Club has been forced to think differently about projects and fundraising.



A special award was given to Lion Elaine de Jager as Lion of the Year. This was to acknowledge the effort that she has made in many club projects. She has a team of people who knit fingerless mittens for the Seafarers Mission, beanies for babies and cardigans for young children. Lion Elaine also manages the club Vision Project; she co-ordinates the collection of old spectacle frames which are sent to Lions Brightsight.



Lions Club of North Durban



The members of the Lions Club of North Durban raised funds specially to assist those whose daily lives have been affected by the looting that took place in KZN during July. On 23 October a great day was spent packing 60 food hampers for families in need.

Lions Club of Port Shepstone



The Lions Ladies of the Lions Club of Port Shepstone were once again hard at work cooking and packing 150 frozen meals for the elderly in the area. These nutritious meals provide a great deal of relief during these tough economic times.





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Lions Club of Wilro Park



The Lions Club of Wilro Park gratefully received a generous donation of baby formula from the Acorn Foundation. This was distributed to the needy baby safe houses in the community.

Welcome on Cabinet PDG Bernd Gerhard



PDG Bernd has been brought on to the Cabinet of District 410E due to the splitting of the GMT portfolio and he has been charged to look after Extension under this portfolio.

He joined the Lions organisation as a Charter member of the LEO Club of Horizon in May 1977 and served as MD LEO President during 1980/1981 fiscal year. He then became Charter President of the Lions Club of Wilro Park in 1986 and served as District Governor during 2016/2017. He is well equipped for this portfolio as he has been the Guiding Lion over the years chartering three new Lions Clubs. He is a Progressive Melvin Jones Fellow and is currently the Area Leader for LCIF and MDC for MD410.

Lucky for him he is married to the one and only Lion Shirley Gerhard. 😊

Should you need to get hold of PDG Bernd, herewith his email address and mobile number.

Email: bernd.gerhard@za.sedgwick.com
Mobile: 0833071793

A Day in the Life of Andrea Da Silva LEO Advisor (St. Ursula's LEO Club)



ALPHA



OMEGA

Thinking of starting up a Leos Club? Here's some solid advice and insights from Andrea



As the person who started the Krugersdorp Leos Club and steered it all these years as the LEO Advisor, what would you say made you want to start a club in the first place?

I work with kids and teenagers. It's very easy for adults to not see their spiritual needs. I saw the need in them to feel valued and spiritually fulfilled so I worked with some of them and showed them what "giving back" meant to me and the value it added to my life. Then I left it to the kids. And the rest is, as they say, history.



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Was it difficult to start the club?

I think it was more difficult to identify the right kids to ignite a spark in them. The kids must be in control, and they must have the drive. I only steer and advise where it is needed.

In your opinion, what type of person is best suited to advising a LEO Club?

A person that can inspire young minds, a person that has a good relationship with kids and a person that is in touch with what the kids want, where they belong in society.

What would you say is the best part of advising a LEO Club?

Seeing kids grow into the best version of themselves and listening to the sometimes-crazy ideas and making it a reality.



Do you see a difference in your LEOs from when they join and when they leave?

Most definitely! They start as kids with a vision and leave as adults ready to change the world. They make me so proud.



In your time as a LEO Advisor, what project has touched you and your LEOs the most?

There have been so many, and I think each LEO will have a different answer to this question. For me, it is the various families we provide food or essentials for. These families are identified within their own communities. One such family is where the father abuses the kids and mother and literally takes everything away...he burnt their house down one evening and the family didn't even have basic toiletries, only the pj's they ran out of the house with.



How much of your time does it take (hours a week or month) to run a LEO Club properly? How are those hours made up more or less?

It really is continuous. With the COVID-pandemic it runs more like a hybrid club where kids are encouraged to do something for someone at least once a month (it can be a lunch, a cleanup, clothes, anything really). I think most of my time goes into kids asking questions to join, parents taking kids out due to COVID/finances and members bringing me new ideas and solutions. The rest I leave up to each member.

If you could give any Lion who is thinking of becoming a LEO Advisor and opening a LEO Club some very good advice, what would it be?

Be patient and try and see the world through the eyes of a teenager. These Clubs don't just happen overnight. You must have the flame inside yourself before you can ignite a spark within a teenager. And be open to some crazy ideas and go with it - the kids have the ability to run with a project if you give them the freedom and the right tools.

If you have any questions or need help with your Leos club – or are thinking of starting a club, contact DC LEOs Ashley Stander on 0833802332.





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Lions Alert

(As per DC Alert Sphiwe Ngobozana)



Mission

The mission of the Lions ALERT programme is to provide Lions with a standardised structure and network to deliver needed services to people in emergency situations.

What is Lions Alert?

A common framework and a degree of guidance for Clubs to better utilise their resources and ability to assist their community and others in the event of an emergency or disastrous event.



What is Disaster Relief?

According LCIF whenever and wherever disaster strikes, Lions are often among the first to offer aid. LCIF is ready to support their efforts with funding assistance through the Global Relief Programmes.

DISASTER RELIEF
Natural Disaster Knows No Borders

When natural disasters strike, Lions are among the first to offer help. With a disaster grant, they can do even more for communities devastated by hurricanes, floods, fires and other major events.

- 25.3 million people are displaced by disaster each year
- 90% of all disasters are water related
- 250-300 billion (US funds) annual economic losses

What will a Lions Club be expected to do as part of a Lions ALERT team?

First, they will meet with local Emergency Preparedness Authorities and Disaster Management Centres. Then, the Club can develop a separate Lions ALERT plan that meets their needs and the capabilities of Club members.

OUR ROLE is defined as

"Preparedness response, recovery and relief" in relation to a disaster, which means measures are taken during or immediately after a disaster to bring relief to people and communities affected by the disaster. Developing local partnerships with other service-minded organisations in your communities is a great way to increase the visibility reach and quality of your service projects.

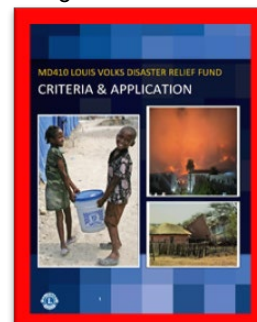


Develop a list of resources

Resource list from among Lions, e.g., a building that can serve as a shelter, members who are experienced in preparing meals for many people, medical experience, access to a warehouse, the availability of a large truck, childcare expertise, etc. Start a bank of necessities like, non-perishable food, blankets, clothing and other useful supplies.

Objective of MD 410 Louis Volk Disaster Relief fund

The objective of the MD410 Louis Volks Disaster Relief Fund is to provide immediate emergency relief assistance to victims of natural or man-made disasters. This is done via the Multiple District 410 and assistance is available from your DC Alert. This assistance is available for relief aid in the aftermath of earthquakes, hailstorms, fires, flooding, drought caused by either natural disasters or as a consequence of man-made disasters e.g. arson.



For further information, contact DC Sphiwe Ngobozana via Mobile No.: 0833976697



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Diabetes Month – November World Diabetes Day – 14 November (As per DC Niroshni Singh)



A scary fact is that 4.6 million of our adult population (20 – 79 years of age) in South Africa suffer from Diabetes.

LIONS AND DIABETES

OUR STRATEGIC OBJECTIVE

Reduce the prevalence of diabetes and improve the quality of life for those diagnosed.

LIMIT YOUR CONSUMPTION OF
ALCOHOL

ENSURE 8 HOURS OF SLEEP EVERY NIGHT

COOK WITH OLIVE OIL INSTEAD OF BUTTER

EXERCISE 30 MIN A DAY, 5 DAYS A WEEK

CUT SUGAR OUT OF YOUR FAMILY'S DIET

CRAVING FOR A SNACK? GO NUTS

DON'T SIT GET UP AND GET MOVING

GET RID OF SUGARY DRINKS

EAT 3 DAILY SERVINGS OF VEGETABLES

TAKE THE STAIRS INSTEAD OF THE ELEVATOR

EAT HEALTHY LIKE THIS

NOT LIKE THIS

For assistance and more information please email DC Niroshni Singh via niroshni200@gmail.com

District 410E Convention

To quote many of the 170 attendees at the District 410E “well done to the Convention Committee (Lions Club of Alberton) on a well-run, fun and stimulating Convention. Thanks to the Lions Clubs of Fourways Branch and Centurion for all their assistance as well”. Everyone enjoyed “seeing” long standing friends, making new friends and the sharing of ideas. CONGRATULATIONS



One of the highlights of any Convention is finding out the Winners of the Club Excellence Awards and Recipients of various Awards. This year was no different and congratulations to each Club and individual recipient.



Lions Clubs International Diabetes Fact Sheet 2019-2021 EDITION

Africa

Number of clubs in this region:

1,269

Average no. of adults with diabetes in each club's community:

25,770

Area overview		Highest adult (20-79 years) diabetes cases	
Adult population 612.0 million	Adults with diabetes 32.7 million	1 Egypt 8.9 million	2 South Africa 4.6 million
Regional prevalence 5.34%	Undiagnosed diabetes cases 19.0 million	3 Nigeria 2.7 million	4 Algeria 1.9 million
Diabetes-related deaths 466,707	Children with type 1 diabetes (0-19 years) 103,000	5 Democratic Republic of the Congo 1.8 million	

Global statistics

- ▶ 1 in 11 adults has diabetes
- ▶ 1 in 2 adults with diabetes is undiagnosed (52 million), and at a higher risk of developing complications
- ▶ Over 1.1 million children are living with type 1 diabetes
- ▶ 87% of diabetes-related deaths occur in low- and middle-income countries
- ▶ 1 in 6 live births (20 million) are affected by diabetes during pregnancy
- ▶ Over 463 million people have diabetes, by 2045 this number will reach 700 million
- ▶ 374 million people are at risk of developing type 2 diabetes
- ▶ 4 million deaths were caused by diabetes in 2019
- ▶ 35% of diabetes-related health expenditure is spent on low- and middle-income countries
- ▶ 760 billion is spent diabetes-related health expenditure

IN PARTNERSHIP WITH

NEED MORE INFORMATION?

For more ways to serve for this global cause, please visit lionclubs.org/diabetes

Data source: International Diabetes Federation (IDF) Diabetes Atlas 9th Edition 2019. Visit diabetesatlas.org for more information. Lions Clubs International expresses its gratitude to IDF for its leadership in the global diabetes community. *Lions regions are indicated using data from the IDF Diabetes Atlas 9th Edition 2019.





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Club Excellence Award Winners – 2020/2021



-  Social Media Award – Lions Club of Alberton
-  Promotion of Growth – Lions Club of Alberton
-  Lions Service Project of the Year – Lions Club of Wilro Park for their Health Day Project
-  Lions Fundraising Project of the Year – Lions Club of Wilro Park for their Amazing Race
-  We Serve Award – Lions Club of Vereeniging
-  Knights of the Blind Award – Lions Club of Vereeniging
-  Diabetes Awareness – Lions Club of Letaba Tzaneen
-  Childhood Cancer Award – Lions Club of Wilro Park
-  Protecting our Environment Award – Lions Club of Alberton
-  Hunger Alleviation Award – Lions Club of Alberton
-  Lions Club of the Year – Lions Club of Alberton
-  Lions Leader of the Year – Lion Freddie Erasmus (Lions Club of Uitenhage)
-  Secretary of the Year – Lion Jiri (Lions Club of Alberton)
-  Membership Growth – Lions Club of Port Shepstone with a 29% growth for the fiscal year
-  Christmas Cake Awards (Greatest Cake Sales / Improved Cake Sales / Greatest Pro-rata to Membership Cake Sales) – Lions Club of Benoni Lakes

A Melvin Jones Fellowship was awarded to Past District Governor Freddie Erasmus with the following motivation given by DG Patrick - "PDG Freddie has served with distinction at District level as Zone Chair, 2nd VDG, 1st VDG and District Governor of what was then District 410D, and more recently as DC GST and Region Chair in District 410E. As District Governor, I am indebted to him for managing the Eastern Cape region with such passion and enthusiasm."

New Voices Certificates of Recognition



The New Voices initiative of Lions Club International seeks to increase the number of diverse new voices in our association. New Voices is about hearing the story of the unheard and is a platform for sharing new ideas and learning from each other. It hopes to encourage clubs to be dynamic and innovative by trying something new, while helping individual lions to grow personally and professionally. DG Patrick had the privilege of nominating New Voices in the areas of Service, Membership, Leadership and Marketing. He chose to select new Lions who have made an incredible impact in their respective Clubs and communities since joining the organisation.

-  **Service:** Lion Mbulelo Hermanus (Lions Club of Pretoria South). Since joining Lions in June 2020, Mbu has been instrumental in creating sustainable solutions at their Mamelodi Lions Den and has ensured the success of the development of the cycling programme in that area with around 30 active kids participating in various cycling events around the country in Lions regalia. He is a state advocate by profession.
-  **Leadership:** Lion Natalie Laas (President of the Lions Club of Fourways Branch Club). A Lion since 2019, Natalie has taken up the reigns as President with remarkable energy and enthusiasm. Under Natalie's leadership the Club Branch has grown to 10 members since its inception in November 2020, and are active nearly every weekend doing incredible service work in their community.
-  **Membership:** Lion Pinky Serobatse (Lions Club of Rustenburg). A Lion since 2020, Pinky is instrumental in starting the Branch Club of Lichtenburg.

Melvin Jones Fellowship





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2020 District 410E Convention



IPDG Jeff Smith was able to physically present the Melvin Jones Fellowship to PDG Alistair Tuckett which he received “virtually” at the 2020 District 410E Convention.

Environmental Photo Competition Winners



The District Annual Environmental Photo Competition proved to be very popular with District 410E Lions and a whopping 114 entries were received from 19 Clubs this year. A huge thank you from DC Environment Lion Alna Jackson to the participating Clubs for their over-whelming support.

First prize for the most entries received per Club goes to the Lions Club of East Coast, who submitted an astounding 30 entries.

Entries were judged by the delegates attending the District 410E 2021 Mardi Gras Convention and had a hard time choosing between the many beautiful photographs.

Animal Life – Lion Jim Wilson (Lions Club of Alberton)



Plant Life – Lion Meredith Wilter-Sturges (Lions Club of Midrand)



International Presidents Award – 2020/2021



Presented to DG Patrick Mills for 2020/2021 fiscal year. Congratulations and well-deserved.





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Endangered Species – Lion Roland Lemmer (Lions Club of Ramsgate)






Best of Show – Lion Meredith Wilter-Sturges (Lions Club of Midrand) & Lion Roland Lemmer (Lions Club of Ramsgate)

This was a dead tie between two outstanding photographs.



Elections (District Governor / 1st Vice District Governor / 2nd Vice District Governor)

Congratulations for the 2022/2023 fiscal year.

-  District Governor – Lion Sydney van Heerden
-  1st Vice District Governor – Lion Lindie van Wyk
-  2nd Vice District Governor – Lion Perry Chetty

Landscape – Lion Jonquille Bands (Lions Club of Helderkruijn)



Peace Poster Competition - WE ARE ALL CONNECTED



Congratulations to the Winners of our PEACE POSTER CONTEST, sadly there were no entries for the Essay Contest. However, we fully understand that the past two years have been difficult for both students and teachers and so the Contest was a challenge. We sincerely thank those who did enter – your support was much appreciated!

Thanks go to the three Judges – Artist & PDG Peggy du Plooy, Artist & CS Bernice Mills and Principal and Art Teacher, Lion Christine van der Pijl.

-  **1st Prize: Sunaina Pillay**, Athlone Park Primary School (Lions Club of Kingsburgh)
-  **2nd Prize: Neo Mack**, Bosmont Primary School (Lions Club of Helderkruijn)
-  **3rd Prize: Bryan Gasland**, Bosmont Primary School (Lions Club of Helderkruijn)

Weather Phenomenon – Lion Meredith Wilter-Sturges (Lions Club of Midrand)





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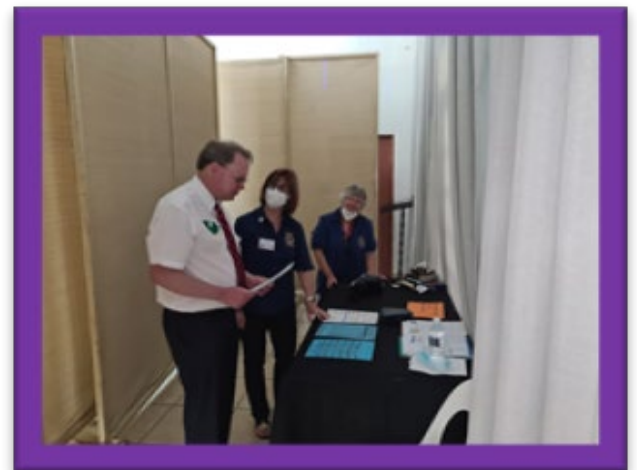


Service Expo



On the Saturday afternoon (30 October) of the Convention, a Service Expo was held, highlighting the 5 Global Causes of Lions Clubs International: Vision, Hunger Alleviation, Environment, Diabetes and Childhood Cancer.

A huge thank you to the Lions Clubs of Alberton, Fourways Branch and Centurion for putting this together.





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LET THE FUN BEGIN!!

With the business out of the way, time to PARTY!
As they say, a picture paints a thousand words, so "see" for yourselves if you weren't there.....

Check out the various Club Pages on Facebook as well.





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UNTIL WE MEET AGAIN....
in East London ☺