



THE PULSE

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



Issue 5 – November 2021

From the desk of District Governor Patrick



Our 410E **“Making A Real Difference”** service journey continued in October with Diabetes Month, and it was really great to see all the screening and awareness projects done by the Clubs. My heartfelt thanks go to our District Chairperson for Health, Lion Niroshni Singh, for putting together a wonderful and professionally run Diabetes webinar. It included a well-informed selection of speakers covering the many aspects of the disease, and I encourage all Lions to listen to the webinar recording and share it with those who may benefit.

Dear Fellow Lions,

It has been so heartwarming to see Lionism returning to some sense of normalcy again, with in-person Zone meetings, Presidential Inductions, and Lions everywhere getting out there to do what we do best... **“We Serve”**. I've been fortunate to attend some these events, and it has been incredibly inspiring to meet Lions from across our District and experience first-hand the wonderful work they do in their communities.

The year is rapidly drawing to a close, and I'm sure that we're all looking forward to a well-deserved break. I leave you with a poem by Lloyd Taylor called "The Volunteers", which Council Chairman Brian gave in his Convention opening address and is worth repeating.

***“There are some special people that we know
Found in needy places across this land,
They're people that selflessly serve others
Always ready to lend a helping hand.
We may know them by their many titles
Chief bottle washer to soup kitchen cook;
They may be young or old, male or female,
In serving others each has found a nook.
Kind-hearted helpers, tireless volunteers
Who lend a hand in every capacity;
They seek no earthly reward, no fanfare,
Give help, no matter the adversity.
Here's to all of the wonderful people
Who unselfishly have chosen to serve,
May these words offer some recognition?
And give the praise, which they rightly deserve”***

Once again, I thank you all for **making a real difference in our communities**.

Warm regards,
Patrick

District Governor 410E
2021/2022





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Lions Clubs International Foundation

(DC LCIF, IPDG Jeff Smith)

Did you know that Campaign 100 is the largest fundraising effort in the history of Lions?



Finally, we as Lions belong to Lions Clubs International, but Lions Clubs International Foundation belongs to us. Please feel free to Contact me with any LCIF concerns or questions.”

Contact details for DC LCIF, IPDG Jeff Smith

Email: jeff@sheppieliions.co.za

Cell No.: 076 814 6023

“Fellow Lions, with just on seven months to go in Campaign 100, a truly a historical Campaign in the lives of all Lions, we are still short of the original Goal set globally at US\$300 million. There have been many challenges for everyone and once this target has been reached, it will change the lives of many communities for many years to come.

When we look at these number, the mind boggles, however no matter how small the contribution, it all helps towards the common end goal.

Many Clubs have taken part in Diabetes Awareness Month and should Clubs have identified a greater need for Diabetes awareness or prevention within their respective communities, remember that LCIF has a Diabetes Grant that could assist in expanding the disease awareness and prevention thereof within a specific community.

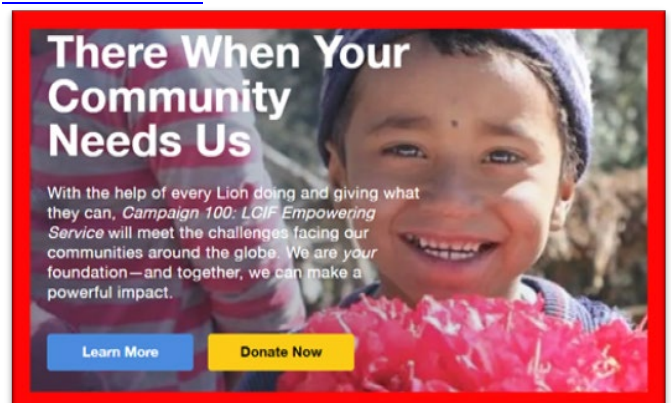
Thank you to those Clubs that pledged amounts at our recent District 410E Convention, which was very encouraging to see. **Once all the Clubs have paid their pledged amount across, we would have raised just over R52 000 for LCIF from District 410E.**

Remember to also recognise those stand-out Lion Members with a Melvin Jones Fellowship. An excellent way of saying thank you to those persons that have made a big difference within their communities.



Visit the Campaign 100 page to view valuable resources and read impactful stories on our Campaign 100 global interactive map.

<https://www.lionsclubs.org/en/discover-our-foundation/mission>





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DIABETES AWARENESS MONTH




Over 463 million
people have diabetes; by 2045 this number will reach 700 million

lionsclubs.org/diabetes



Type 2 Diabetes Treatment?




WORLD DIABETES DAY
14 November

Type 2 diabetes treatment
Most people need medicine to control their type 2 diabetes. Medicine helps keep your blood sugar level as normal as possible to prevent health problems. You may have to take it for the rest of your life.


Diabetes usually gets worse over time, so your medicine or dose may need to change.

Adjusting your diet and being active is usually necessary to keep your blood sugar level down.

Source: NHS.uk (November 2020)



What is Diabetes?




WORLD DIABETES DAY
14 November

What is diabetes?
Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are 2 main types of diabetes:


Type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin

Type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin

Source: NHS.uk (November 2020)



Type 2 Diabetes Stay Health




WORLD DIABETES DAY
14 November

Type 2 – Staying healthy
A healthy diet and keeping active will help you manage your blood sugar level.


There's nothing you cannot eat if you have type 2 diabetes, but you'll have to limit certain foods. You should:

- o eat a wide range of foods – including fruit, vegetables and
- o some starchy foods like pasta
- o keep sugar, fat and salt to a minimum
- o eat breakfast, lunch and dinner every day (don't skip meals)
- o If you need to change your diet, it might be easier to make small changes every week.

Source: NHS.uk (November 2020)



Symptoms of Diabetes?




WORLD DIABETES DAY
14 November


Symptoms
Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- o feeling very thirsty
- o peeing more frequently than usual, particularly at night
- o feeling very tired
- o weight loss and loss of muscle bulk
- o itching around the penis or vagina, or frequent episodes of thrush
- o cuts or wounds that heal slowly
- o blurred vision

Source: NHS.uk (November 2020)



Type 2 Diabetes Keep Active




WORLD DIABETES DAY
14 November


Type 2 – Keeping active
Being more physically active goes hand in hand with eating healthier. It can help you manage your diabetes and also reduce your risk of heart problems. This is because it increases the amount of glucose used by your muscles and helps the body use insulin more efficiently.

Aim for at least a total of 150 minutes a week of any activity that raises your heart rate, makes you breathe faster and feel warmer. You should still be able to talk and only be slightly out of breath.

Source: NHS.uk (November 2020)



Type 1 Diabetes Treatment?




WORLD DIABETES DAY
14 November

Type 1 diabetes treatment
In type 1 diabetes your pancreas no longer makes insulin, so you have to inject it to control your blood glucose levels. There are different types of insulin, taken at different times.

Basal insulin or long-acting taken once or twice a day. It gives your body the insulin it needs whether you eat or not. Basal insulin should keep your blood glucose stable overnight and between meals

Bolus insulin or fast-acting. It helps reduce the rise in blood glucose caused by eating or drinking. You usually take it before a meal, snack or drink with carbohydrates in it.

Source: NHS.uk (November 2020)



Lions District 410E and Diabetes SA Joint Diabetes Webinar held on 6 November 2021



Diabetes
The Silent Killer

Please click on the link below to watch this and improve your knowledge of the "silent killer" Diabetes.
<https://www.youtube.com/watch?v=jKreMHN-r5A>



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LIONS CLUBS



The Pulse/Heartbeat of our District

Clubs in action in creating Diabetes Awareness



Lions Club of Vereeniging

On 14 November, as part of the Lions Club of Vereeniging's service to the community, they offered free screening at Vaal Mall. 85 people were tested: with a good 6 people with very high sugar levels. This was done in conjunction with book sales.



A Lesson Learnt: Whilst we all know that the 14th of November is World Diabetes Day, not many of us know that this day was chosen because it was the birthday of Dr Frederick Banting, who in conjunction with Dr Best first isolated the hormone insulin and used it in the treatment of Type 1 diabetes, in 1922. He saved many lives and may his memory always be treasured.

(Courtesy of Lion Nanette O'Raw)

Lions Club of Letaba Tzaneen

Free screening was conducted on the 14th of November at Checkers Lifestyle Centre, where 224 people were tested. The Lions Club of Tzaneen extends thanks to their sponsors, and all the people that assisted on the day.



Lions Club of Ramsgate

The 14th of November 2021 is Internationally recognised as World Diabetes Awareness Day. With this in mind, the Lions Club of Ramsgate hosted a diabetes testing point in the Hibiscus Mall on Saturday 20th November 2021 from 09h00 to 12h00.



Lions Club of Pretoria Jakaranda

A Diabetic and Membership Drive was held at Woodlands Shopping Centre on 14th of November and Sister Louise Pywell a friend of the Club, made the morning a great success.



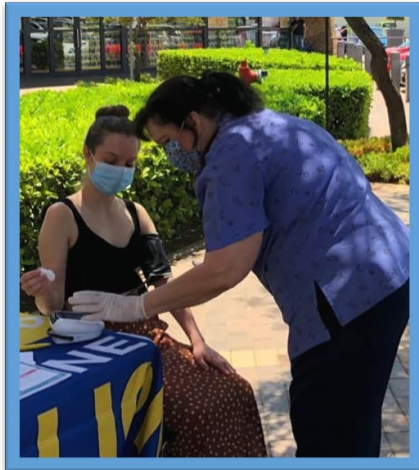


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Whilst 48 adults waited to be tested the Lions of Pretoria Jakaranda explained the joy of joining Lions. A very successful and enjoyable morning was had by all.



Lions Club of Centurion Lifestyle

A Diabetic awareness event was held by the Lions Club of Centurion Lifestyle at the Blu Valley Shopping Centre on Saturday 13th November. It was very well attended by the public and proved to be extremely informative and an eye opener for some!



Lions Club of Alberton



Diabetes awareness screening members of the public was held on 6th of November at Bracken City. In conjunction a food collection, selling of delicious pancakes and a breast cancer awareness collection of bras and awareness for the knitted knocker Project. Christmas cakes were also on sale.

Lions Club of Port Alfred

On the 20th of November, the Lions Club of Port Alfred provided Diabetes Screening in conjunction with selling Christmas Cakes.



Lions Club of Benoni Lakes

The Lions Club of Benoni Lakes held a Diabetes Screening on 27th November 2021. Everyone who tested received a free coffee.





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These are few of the Diabetes Awareness projects done by Lions by the Clubs in District 410E, however some are only happening as we go to publication of this Newsletter – so well done to all!

Where there is a need there is a Lion

Lions Club of Benoni Lakes



A bathroom renovation project was undertaken by the Lions Club of Benoni Lakes at Robmen House which is situated in Northmead, Benoni and is part of the Manger Care Centre in Brentwood Park and currently shelters 15 people who are elderly and/or disabled.



They went to work removing the linen cupboard to make room for a new shower and toilet installation and replaced the cracked and leaking bath.



A hamper containing a new waste bin, bathmats, loo brush and cleaning materials completed the room.



To add the final touch each resident received a gift of a personalized embroidered towel and toiletries.

Lions Club of Centurion



The Lions Club of Centurion delivered 3 boxes of Baby Formula to the Previous Blessings Home in Wilgers, Pretoria. Heidi and her husband run this home for vulnerable babies who are up for adoption at no or minimal cost.

There are currently 6 babies being cared for 24/7. Their focus is to bring up these precious babies with the hope of finding adoptive parents for them.

Thanks to the lady who donated the cot which Heidi will ensure goes to a single mother who is in need.



Whilst heart breaking, the good news was that on the day that Lion Bernice made the delivery there was a loving couple playing with a baby boy who will soon be going home with them once the adoption is finalised.



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Lions Club of Durban Host



The Lions Club of Durban Host installed two JoJo Tanks at a school with 1700 Learners. The need was identified as the school must close regularly due to water cuts, this in addition to the need to close the school because of the pandemic.



Thanks to this installation, the functioning of the toilets and school routine will not be disrupted by regional water supply issues. In addition, the school is also able to assist community members in the near vicinity of the school with water supply.



Instead of maize meal the **Lions Club of Durban Host** managed to get instant porridge at a discounted rate for these children who mostly come from informal settlements (real tin shacks with no electricity) – they extend their thanks to DG Patrick and the Acorn Foundation.

One of their monthly projects is serving a biryani lunch to about 300 people in different areas (Umbilo, Wentworth, Quarry road, Sherwood, Sydenham and Folweni).

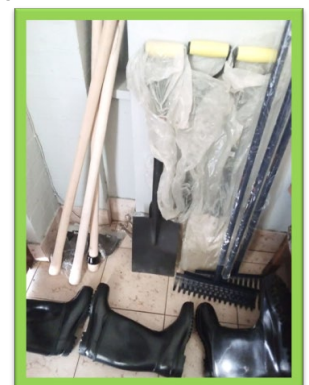
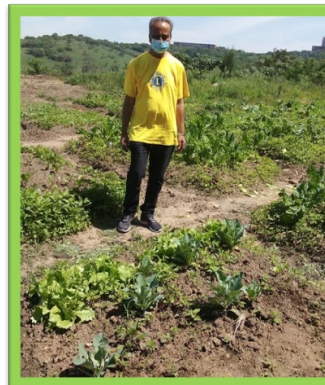
Their Wentworth team always add something extra for the senior citizens at Malibongwe Centre.



And added to this busy Clubs schedule, they attended a formal assembly in closing of the **Arbor week initiative**. Prior to this assembly, the Educators had emphasised saving the Environment and the learners participated in the form of a competition of artwork, poems, and essays on the topic; books as prizes were donated by the Lions Club of Durban Host. This event also included poems, lyrics, and dances on the topic of environmental preservation.



The Lions have also been instrumental in starting a vegetable garden and have donated 3 sets of garden tools for the purpose of maintaining the garden. The morning ended with a practical lesson on tree planting and 13 trees were planted.





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Lions Club of East Coast

100 Diwali Hampers were ordered and distributed to the needy. Thank you to the rapid response of the members and the distribution thereof enabling the recipients to celebrate this important day.



On a monthly basis, the Lions Club of East Coast donates R1200 to the **SPCA Durban and Coast**.

In the words of thanks from the SPCA, "Every donation takes us another step in the right direction of reaching our dream – a world where no animals are neglected, abused or abandoned. Friends like you are at the very heart of our organisation! Your support will continue to help us to supply food, shelter and veterinary care for thousands of lost and stray animals through the year and gives our adoption team the opportunity to re-unite or re-home as many of these animals as they can. It also enables us to educate and teach young people to treat all living creatures with compassion."



Lions Branch Club of Fourways



Two eye screening projects were held during the week of 6 November in Diepsloot. This was arranged by members of the KEA Foundation, who assist their community in Diepsloot Extension 6 by helping with donations of food, toys and all other necessary items for those who are in need.



9 out of 30 people were recommended for further eye testing. It was noticed that the older folk had better eyes than the youth who make regular use of screens i.e. computers and phones. A further group of 20 students were screened at Shylock's Extra Lessons Centre in Diepsloot Extension 6. Shylock provides a safe study environment to students in the area. Only two learners out of the 20 were referred for further testing.

Lions Club of Helderkruin



The Lions Club of Helderkruin handed out gifts of appreciation to all the staff and volunteers that work at the Covid Vaccination Centres.



Just something small to thank you all for your courageous work.



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Lions Club of Johannesburg The Wilds



The members of the Lions Club of Johannesburg The Wilds held their Food Drive collection outside Pick 'n Pay, Benmore Shopping Centre on the morning of 20 November. The food collected will be delivered to Frida Harley Shelter for Women and Children in Yeoville.



Lions Club of Pretoria South

On the 9th of November the Lions Club of Pretoria South collected loads of fresh vegetables (red cabbage, beans, spinach, tomatoes and gem squash) for distribution to their respective beneficiaries.



Lions Club of Nelspruit

On Saturday the 20th of November, the Lions Club of Nelspruit held their orphans Christmas Party.



Each child was handed a full school uniform for next year including shoes and a jersey. Congratulations to the Lions and Lions Ladies of the Lions Club of Nelspruit in making a huge difference in many children's lives.



Lions Club of Wilro Park



The Lions Club of Wilro Park visited CHOC House in Saxonwold to deliver Comfort Kits for children with cancer and gifts for the Caregivers and Staff.

In addition, they also sponsored R2500 towards the Tiling Project at the CHOC HOUSE in Soweto.





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Lions Club of Vereeniging



Another delivery by the Lions Club of Vereeniging to Baragwanath Breast Clinic of silicone prostheses and bras.



FUND RAISING WITH A PURPOSE INITIATIVES

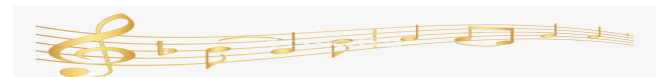
Lions Club of Centurion Lifestyle



The Lions Club of Centurion held a Music Quiz on the 13th November run by quiz masters Warren & Chantelle in aid of their projects supporting CHOC (Childhood Cancer Foundation). A great evening filled with fun and laughter.

Lions Club of Alberton & Lions Branch Club of Fourways

The Lions Clubs of Alberton and Fourways attended a World Preemie Day function at the Nelson Mandela Children's Hospital and helped hand over some of the donated knitted items to the moms of premature babies.





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Lions Club of Midrand



The Lions Club of Midrand held a Trivia Evening on 20th November 2021 attended by 60 people to raise funds to sponsor those patients who attend their Monthly Eye Testing Clinics and are unable to afford their spectacles.

Lions Club of Alberton



The Lions Club of Alberton held their 9 Holes for Vision Golf Day fundraiser. All funds raised will go towards the Clubs Vision Projects. A most enjoyable day was held by all who attended.



Lions Club of Nelspruit

The Lions Club of Nelspruit were extremely busy selling Christmas Cakes on 13th November at the Crossing Christmas Fair. Raising funds to serve their community!



Lions Club of Pretoria South

The Lions Club of Pretoria South has started a Wine Appreciation Club and their first event was held on the 11th of November at Loft at Nine and hosted by The Secret Sommelier.



They had a great turn out and thank all for their support.





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Lions Christmas Cakes were on sale as well!

Lions Club of Midrand

The Lions Club of Midrand were open and ready for business at the Midrand Circles Market in Midrand selling Lions Christmas Cakes and creating awareness on both the 20th and 27th of November.



Congratulations to PDGs Pierre and Moira who celebrated their 56th Wedding Anniversary on the 27th November

MULTIPLE DISTRICT 410 PEACE POSTER WINNER

(A message from DC Peace Posters, Lion Sandy van Heerden)

"It was a tough year for everyone and no less so than for our Teachers and Pupils around the country!

Our sincere congratulations go to the Winning Entry from District 410W and the Groote Schuur Lions Club entry - Thea van Zyl, aged 13 from Micklefield School Rondebosch Cape Town and to our 2nd Place winner from District 410E, from the Kingsburgh Lions Club - Sunaina Pillay, aged 12, Athlone Park Primary Athlone Park KZN – very well done.



Many thanks for the beautiful Peace Posters to all participating Clubs, Schools and Pupils –I think they are all winners, especially in these difficult and challenging times!



LEOS – FREQUENTLY ASKED QUESTIONS AND ANSWERS

(By DC LEOs, Lion President Ashley Stander)



Here is a list of those regular questions and the answers for the benefit of all Lions.

What is the difference between an Alpha and an Omega Leos club?

- ✓ Alpha clubs are youth aged between 12 and 18, Omega clubs have youth aged between 18 and 30.

What does it cost to sponsor a Leos Club?

- ✓ \$100 (around R1500) for the starter kit (one-time fee) and then another \$100 per year.

What does the starter kit include?

- ✓ The costs involved in processing the Leo Club Organisation Report
- ✓ A Certificate of Organisation
- ✓ A LEO Club Officers' kit
- ✓ A LEO Club Sponsor kit
- ✓ LEO lapel pins for each charter Leo club member

How many Leos do you need to charter a club?

- ✓ 21

What are the different types of LEOs clubs?

- ✓ School-based: usually Alpha clubs
- ✓ Campus-based: usually Omega clubs
- ✓ Community-based: either Alpha or Omega
- ✓ Specialty-based: either Alpha or Omega



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What do you need to charter a LEO Club?

- ✓ A chain of office, t-shirts
- ✓ A President, Secretary and Treasurer
- ✓ A bank account
- ✓ A venue to host meetings
- ✓ A Leo Adviser to guide and do all the reporting



DONATION OF SPECTACLE FRAMES TO LIONS BRIGHTSIGHT



A wonderful donation of 1000 Children's Spectacle Frames from Johnson & Johnson Vision Singapore arrived safely in South Africa.



Meet LEO President Esther Chibona who says that being a LEO has many personal benefits.

"Being in a LEO Club gives you the opportunity to interact with so many different people. My LEO Club is based at school so most of our members are in school. I've been able to create the most beautiful relationships with people I never thought I would.

Being in a LEO Club is more than being willing to help the unfortunate or the environment. It is about being willing to be part of a family that has a common interest in the welfare of the community. It is about seeing the needs in your community and trying to help. It's about seeing that doing the small things makes a big difference.



A big "thank you" to all concerned, especially to Johnson & Johnson Vision and all those young enthusiastic people who packed them so well. These excellent, modern frames are going to make so many children so happy!



Seen in the photograph above, is Ms Angie Tshabalala who has been employed by District 410E (formerly District 410B) and for many years by Lions Brightsight, totalling 30 years of service. Angie is responsible for the sorting and cataloguing of all frames and is the general assistant to the Manager, Kirsty-Ann MacKenzie. Also, in the photograph is PDG Pierre Theron, Chairman of the Management Committee of Lions Brightsight.



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In the words of PDG Pierre, “we look forward to building bridges with LCIF, in the interests of being able to offer a well needed improved service to the underprivileged communities of South Africa.”

NEWS FROM LIONS CLUBS INTERNATIONAL BOARD MEETING



Message from Lions Clubs International President Lion Douglas X. Alexander:

The coronavirus (COVID-19) pandemic continues to impact the work of Lions and communities around the world, creating challenges for our clubs and the people we care for.

Throughout this global crisis, Lions have continued to safely serve because the needs have been so great. To help ensure that clubs can meet the growing needs in our communities, the International Board of Directors passed another resolution to make it easier to invite new members to serve with us.

Here is an overview of the new resolution approved by the Board of Directors:

- **Charter and entrance fees waiver** – We have waived all charter and entrance fees from January 1 through June 30, 2022. Charter and entrance fees are also currently waived through December 31, 2021.

Please note that clubs should pay any outstanding balances right away to stay in good standing and avoid being placed on financial suspension on November 15.

We know that every member matters to our clubs, to our communities and to the lives we touch as Lions. For more than a century, Lions have taken on the greatest challenges facing humanity, and together, we will overcome this. Thank you for sharing the joy of being a Lion, and for your outstanding service and commitment to our communities and the world.

Yours in Service,
Douglas X. Alexander
International President

SHUTDOWN PERIOD FOR LIONS BRIGHTSIGHT

ON THE BRIGHT SIDE MEMO
Nov 2021

LIONS BRIGHTSIGHT
A Multiple District 410 Project

**THE FESTIVE SEASON IS COMING!
GET READY FOR OUR SHUT DOWN!**

Our offices will **close** on **15 Dec 2021** and **reopen** on **3 Jan 2022** ...

Last day that script orders will be accepted for fulfilment before closing will be **Friday, 3 Dec 2021.**

Get your last orders in!

We thank you all for your valued support throughout the year!

Telephone: 011 422 5577
Address: 110 Wolburn Avenue, Benoni, 1501
Email: manager@lionsbrightsight.co.za

Business Hours
Monday to Thursday: 08:00 - 16:00
Friday: 08:00 - 14:00
Closed on Weekends & Public Holidays

DEADLINE DATE FOR SUBMISSIONS FOR THE PULSE ISSUE 6

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Please let The Editor have all your submissions for The Pulse **by no later than 26 December 2021**. This edition will be circulated on 31 December.

Send your submissions to:
Jacqui.hocking@bmw.co.za

