



# THE PULSE

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



Issue 9 – March 2022

## FROM THE DESK OF DISTRICT GOVERNOR PATRICK



Dear Fellow Lions,

As we end the 3<sup>rd</sup> quarter of this Lionistic Year, it is an opportune time to take stock of our progress in meeting our District goals for the year. Whilst we can all be proud of our accomplishments so far, especially in living up to our credo of community service, there is still much we can do in the remaining 3 months to ensure we finish the year on a high.



Well done to all those Clubs who participated in our Environment Month, raising awareness about conserving our natural resources, doing their bit for the environment, and helping to save our planet. Bernice and I assisted in planting fruit trees and 600 vegetable seedlings at a community centre north of Pretoria, and the lasting legacy that Lions have built there fills me with such pride.



In 1945, some 76 years ago, Lions and other representatives from 46 nations met to help establish the NGO section of the United Nations, underscoring Lions Clubs International's commitment to a "certain and lasting peace for the world". In March we as Lions commemorated our long-standing relationship in our annual Lions Day with the United Nations (LDUN). This commitment to peace is being clearly demonstrated as we speak, with many Lions Clubs providing humanitarian relief to people impacted by events in the Ukraine.



I look forward to our Lions Awareness Month in April, and I encourage all Clubs to highlight the incredible work that you do for your communities. Please like and share our District 410E social media awareness campaign posts, which will showcase clubs who excel in serving their community in specific fields. The campaign culminates with Lions Awareness Day on 23 April, where all clubs are encouraged to showcase their service projects to the public.



April is also when Clubs elect their new Club Officers for the upcoming Lionistic Year. This year we plan to conduct the Club Officers Training in-person and on a regional basis, so look out for the training schedule and ensure you attend.

Warm regards,

Patrick

District Governor 410E  
2021/2022

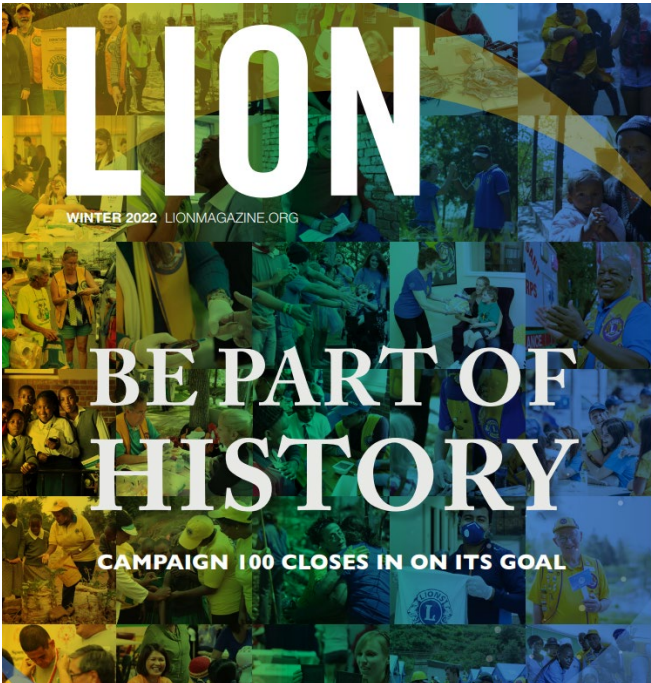


# THE PULSE

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



## LATEST ISSUE - INTERNATIONAL LIONS MAGAZINE



Herewith the hyperlink to the latest edition of the Lions Clubs International Magazine.

[https://lionmagazine.org/wp-content/uploads/2022/02/Winter2022\\_Magazine\\_web.pdf](https://lionmagazine.org/wp-content/uploads/2022/02/Winter2022_Magazine_web.pdf)

## TRACKING OF DISTRICT 410E GOALS (QUARTER 3) – JANUARY TO MARCH 2021

(By DG Patrick Mills)



We are almost on the home stretch for the 2021/2022 Fiscal Year – this is where we are at as at the end of Quarter 3.

District Goals	Status as at 24 <sup>th</sup> March 2022 (end of Quarter 3)	Status Flag
<b>Membership</b>		
<b>Grow Membership</b> to a minimum of <b>1,070 members</b>	Start of year: 941 Current Membership: 965 <b>Added Members: 104</b> <b>Net Gain: 24</b>	
Charter at least <b>2 new Clubs</b> and start <b>2 new Club Branches</b> .	<b>Several new club/club branch initiatives in progress.</b>	
Implement a Retention Programme to ensure <b>drops do not exceed 120 members</b> .	Dropped Members: <b>80</b>	
<b>100% of the Clubs</b> will report their membership ( <b>WMMR</b> ) every month via MyLCI.	Clubs who reported their WMMR in February: <b>64 of 66 clubs (97%)</b> . Still a tiny way to go – WE CAN DO IT!	
<b>Leadership</b>		
<b>100%</b> of the incoming Club Officers will <b>complete Club Officer training</b> .	In-person Club Officer training is being planned to take place on a regional basis in May 2022.	
<b>100%</b> of the incoming Cabinet Officers will <b>complete Cabinet Officer training</b> .	Cabinet Officer training was conducted in May via Zoom, with a follow up session for the Zone Chairpersons in October.	
A <b>long-term strategic initiative</b> to empower Clubs ("Strengthening 410E") will be further developed and <b>implemented on a regional basis</b> .	<b>On track.</b> This long-term initiative to improve the District <b>is being conducted on a regional basis</b> by the Region Chairs and coordinated by DGE Sydney.	
<b>Potential leaders</b> will be <b>identified and provided with leadership training</b> – Lions Leadership Toolkit.	3 sessions were held in <b>September, November 2021, and Feb 2022</b> .	
<b>10 Guiding Lions</b> will be added to support the development of new clubs or struggling Clubs.	Online training sessions for Guiding Lions <b>were held in September 2021 and February 2022</b> , and we now have <b>22 certified Guiding Lions</b> .	
<b>Identify qualified candidates</b> to apply for local and Lions Clubs International sponsored institutes, as well as undertake in-District Faculty Development Institute (FDI) type training.	The Train the Trainer Certificate programme scheduled for October 2021 had to be cancelled due to too few participants. <b>2 candidates were identified for the Lions Certified Instructors Program (LCIP)</b> .	
<b>Service</b>		
<b>Serve 1,000,000 people</b> , supported by service campaigns for each of the <b>5 Global Causes</b> .	<b>Lagging against goal.</b> People Served: <b>462,385</b> Service Activities Completed: <b>2,870</b> Volunteer Hours: <b>43,998</b>	





# THE PULSE

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



<b>100% of the Clubs</b> will report their <b>service projects</b> every month via <b>MyLion</b> .	Clubs who are reporting their activities on MyLion: <b>52 of 66 clubs (79%)</b> . If your Club is struggling to report, please inform your Zone Chairperson or DC GLT PDG Alistair Tuckett.	
<b>Lions Alert Portfolio</b> will be <b>promoted to all Clubs</b> .	Alert Portfolio promoted in the Pulse and lock down regulations circulated.	
<b>LEO programme</b> will be <b>revived</b> .	<b>The Tuks Leos Club was chartered in February 2022, and other initiatives are in progress.</b>	
<b>LCIF</b>		
<b>40% of the Clubs</b> will demonstrate their support with a <b>donation to LCIF</b> .	Clubs who have donated to LCIF: <b>16 of 66 clubs (24%)</b>	
<b>Clubs to raise US\$18,500 to support Campaign 100: LCIF Empowering Service</b>	<b>Lagging against goal. LCIF Donations: US\$7,685.51</b>	
All Clubs will be encouraged and made <b>aware of the different Grants available</b>	<b>Information on all grants is available on the LCIF website</b> and will be included in a future edition of the Pulse.	

## PEACE POSTER GRAND PRIZE WINNER

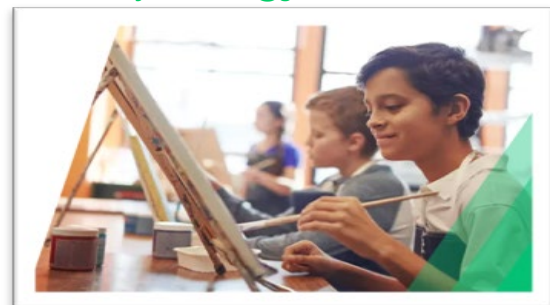
"We are all members of the Earth community, and we need each other to survive."



Congratulations to the Grand Prize Winner of the 2021-22 Lions Clubs International Peace Poster Contest: Anja Rožen, aged 13, sponsored by the Lions Club of Slovenj Gradec, Slovenia.

## ORDER YOUR PEACE POSTER KITS TODAY - LEAD WITH COMPASSION

**CONTACT: DC Public Relations & Peace Posters/Essay, LP Sandy van Heerden**  
**WhatsApp / Cell No.: 083 564 6388**  
**Email: [sandyvheerden@gmail.com](mailto:sandyvheerden@gmail.com)**



*Children know how powerful compassion can be. They're often able to express this feeling more openly than adults. This year, Lions Clubs International invites young people to explore and virtually express the peaceful future that compassionate leadership brings.*

TOGETHER.....



WE CAN DO IT.....





# THE PULSE

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



## DISTRICT 410E PRESIDENT ELECT TRAINING



### SAVE THE DATES:

**Club President Elect. It's your time to shine**  
It's time to continue to Strengthen your club, to continue to Strengthen your community and thereby Strengthen 410E.

The Lions Club President Elect training will take place via zoom on the mornings of  
Part 1: 21 May 2022,  
Part 2: 22 May 2022,  
Part 3: 28 May 2022, and  
Part 4: 29 May 2022.

Save the Date and make sure that you do not miss out on this world class training.

*"Leadership is an action, not a position." - Donald McGannon*  
*"Nothing will work unless you do." - Maria Montessori*  
*"Whatever you are, be a good one." - Abraham Lincoln*  
*"Leadership and learning are indispensable to each other." - John Fitzgerald Kennedy*  
*"Don't be afraid to give up the good to go for the great." - John D. Rockefeller*  
*"Successful leaders see the opportunities in every difficulty rather than the difficulty in every opportunity." - Reed Markham*

### Part 1: 21 May 2022 @ 08:30 – 13:30

- The Roles and Responsibilities of a Club President.
- Pre-workshop Assignment Feedback – What are your goals for the year ahead?
- District Governor-Elect Goals and Introduction.
- Strengthen 410E – Introduction.

### Part 2: 22 May 2022 @ 08:30 – 13:00

- How to Run Successful Meetings.
- Planning YOUR Year ahead.
- Networking – Within Lions and with other organisations.
- Fund Raising – Success Stories.

### Part 3: 28 May 2022 @ 08:30 – 13:00

- Membership – Success Stories.
- Group Dynamics & Teamwork.
- District Chairpersons – Introductions.
- Leadership Development, Succession Planning and Mentorship.

### Part 4: 29 May 2022 @ 08:30 – 12:45

- Membership – Success Stories.
- Group Dynamics & Teamwork.
- District Chairpersons – Introductions.
- Leadership Development, Success Planning and Mentorship.

### Participation is via ZOOM

If you have any queries, please contact DC GLT, PDG Alistair Tuckett (email: [Alistair.Tuckett@lions410e.org.za](mailto:Alistair.Tuckett@lions410e.org.za))



## LINK TO NPO/PBO PRESENTATION

(Sent by DC GLT, PDG Alistair Tuckett)



Herewith the recording link to NPO/PBO presentation hosted by District 410W and presented on the 10 February 2022 by Lion David McCullough (Lions Club of Pretoria South).

<https://www.dropbox.com/s/h57qm5g1x8lzk5v/NPO%20and%20PBO%20Training.mp4?dl=0>

Please note that you will either have to create a Dropbox Account or sign in if you already have one.

## ANNUAL MD410 LIONS AWARENESS DAY – 23 APRIL 2022

(DC Public Relations, LP Sandy van Heerden)

April 2022 is Lions Awareness Month in District 410E culminating in

**Lions Awareness Day on Saturday 23 April 2022**

This year, the focus is all about

**community Service**

This is a perfect opportunity to showcase one of your club's projects to the general public. So start planning your project now.

Please join in by supporting the social media campaign that the district will be running for three weeks prior to 23 April. We need your project success stories to share and boost right across South Africa on social media.

Please send your brief project synopsis and photos to DC Sandy van Heerden at [sandyvheerden@gmail.com](mailto:sandyvheerden@gmail.com) as soon as possible.







# THE PULSE

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



EXCITING NEWS... it's time for our Annual Lions Awareness Day again! **Lions Awareness Day is on Saturday 23 April 2022**, and the Lions of District 410E would like to highlight to the general public the incredible work that our Clubs undertake in and for their communities and most importantly the impact and contribution of Lions Clubs in South Africa.

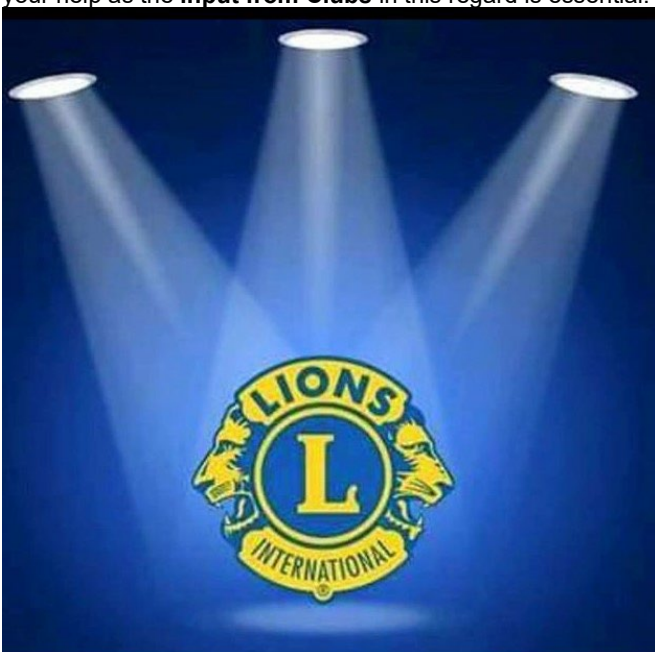


This day is an opportunity for Clubs to meet their communities and to get their message out into the public domain. The objective once again will be to raise awareness of Lions amongst the general public with the aim of increasing understanding of Lionism, membership, participation and funds donated. The target market is the community-minded members of the public who have the financial means, the time, and the inclination to get involved in Lionism in South Africa.

## PUBLIC RELATIONS



To assist Clubs, achieve these objectives, the District will again be running a **social media awareness campaign** to run for the first three weeks of April 2022. This year the **focus** of the campaign will be on **service**, and we will need your help as the **input from Clubs** in this regard is essential.



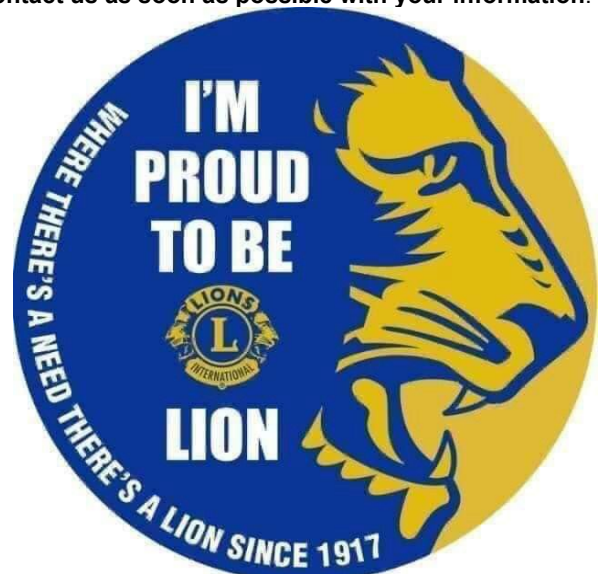
The plan is to spotlight a specific Club per post that has excelled in serving their community in a specific field.



The **categories that we would like to feature** are the following:

1. Hunger Relief
2. Vision/Sight
3. Childhood Cancer
4. Environmental issues e.g., enviro clean-ups, beautification, tree planting, recycling, etc.
5. Animal Welfare
6. Poverty Relief/Assistance.
7. Diabetes
8. Health
9. Small Children/Babies/Orphans.
10. Teenagers/Young Adults
11. Senior Citizens
12. Disaster Relief
13. Education/Literacy
14. Women/Child Abuse
15. People living with disabilities
16. Poverty Alleviation

If your Club has completed a successful project in one or more of these categories, we would love to hear from you. All that is needed is a short write-up and a few excellent photographs of your project. If you don't have time, you can give us a ring and tell us about the project or you can also WhatsApp the write up and photos to us. We will also be chatting to the District Governor and if he makes some suggestions about exciting projects that he has witnessed, we could be contacting you. Your Club's post/write-up will then be boosted right across the country on Facebook, not just on Lions pages but as a sponsored post sent to likeminded individuals. **There are only 16 spots so please contact us as soon as possible with your information.**



The next step is to **plan your Awareness Day activity on Saturday 23 April 2022** to showcase one of your service projects.



# THE PULSE

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



We are encouraging you to plan your activity so that it is fun, innovative, interactive, and in an area where there is high foot traffic.



## Locate a Lions Club

Here are some suggestions:

1. Organise an awareness activity within your community by performing a highly visible and impactful service project or promoting a particular service programme.
2. Get permission to set up an information stall outside your local supermarket or Shopping Centre.
3. Pin your Lions Awareness Day location to the map and advertise on Social Media a few weeks prior to the event.
4. Set up your Stall with your branded gazebos and banners and get your members to put their best foot forward in your branded Club gear.
5. Provide a free snack/refreshment to draw in the crowds.
6. Invite members of the community to view and learn about one of your recent community projects or to attend an upcoming project/event.
7. Take loads of photographs with the public and upload to your Social Media pages, tag and create a buzz with a clever pertinent message.

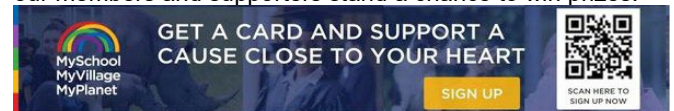
Please contact DC PR, Sandy van Heerden via mobile number: 083 564 6388

## WOOLWORTHS / DISTRICT 410E

(DC Public Relations, LP Sandy van Heerden)



Not only is it LIONS AWARENESS Month in April but also some more exciting news - Woolworths **launched one of their biggest competitions** on the 1st of April 2022 (and no it is not an April Fool's joke), whereby our **District 410E** and our members and supporters stand a chance to win prizes.



Here are some tips:

- Increase our MySchool/MyVillage/MyPlanet cards within Lions – the last page of this Newsletter is our own Lions District 410E branded Woolworths application form to share with all your members!
- Activate your new MySchool/MyVillage/MyPlanet cards or call DC PR Sandy van Heerden to find out how.
- Swipe/Swipe/Swipe at WOOLWORTHS and their regional and national partners too like Engen, Builders Warehouse, Loot and loads more.
- Please hand out our Lions Branded Forms or email it to all your Members, so that we can get started and make sure we get a card in the hand of every Lion, family, and friend...in fact anyone who wishes to add Lions District 410E as their beneficiary!
- And it doesn't cost a cent - It's FREE! So, if you or your members have not yet signed up, please do so and make Lions District 410E your beneficiary.

This request is for a:  New Card  Replacement Card  Change Beneficiary  Link to Woolworths

If you are a current MySchool supporter, please provide your card number:  
Your card no:

1. BENEFICIARY DETAILS: (YOU MAY CHOOSE TO SUPPORT UP TO 3 BENEFICIARIES)

Beneficiary name	City / Region
1. Lions Clubs International 410E [12082]	C/o District Governor, 584 Baslat Close, Heiderkuin
2.	
3.	







# THE PULSE

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



## LIONS CLUBS

### The Pulse/Heartbeat of our District



The Focus for the Month of March was on Environmental Projects and most of our District 410E Clubs participated in this pillar of service. Regrettably far too many to feature each in the Newsletter.

### Lions Club of Centurion



On 21<sup>st</sup> March (Human Rights Day), the Lions Club of Centurion (DG Patrick's Home Club) planted fruit trees and 600 vegetable seedlings as part of their sustainable food solutions and economic empowerment goals for the community of Thembaletu Centre in Mpumalanga Kwamhlanga.



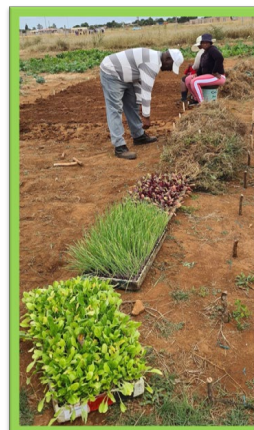
In keeping with "Human Rights Day", every human deserves the right to free or affordable food and nutrition.



In addition to catching up with Ernest and the community goggos who run the Centre and food gardens like a well-oiled machine, there was the added motivation of a delicious meal prepared by the ladies of the Centre for the Lions.



Thembaletu Community Centre practise gardening "God's Way" using their own compost, manure and water harvested from rain and, if need be, from their borehole.



Spinach, beetroot, and onions were planted, as well as avocado, mango, guava trees.

They were thrilled to see that the saplings that were planted previously have borne small fruit following the installation of the borehole.







# THE PULSE

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



## Lions Club of Krugersdorp



The Lions Club of Krugersdorp were up bright eyed, and bushy tailed on the morning of 12<sup>th</sup> March and got to work cleaning up the Krugersdorp dam playing their part in creating a clean environment for all to enjoy. Whilst a tough job, the result was well worth the effort.



## Lions Club of Gonubie



In celebration of Environmental month, members of the Lions Club of Gonubie decided to visit the Nahoon Estuary Nature Reserve on Saturday 5<sup>th</sup> March and enjoy the surroundings of this beautiful piece of property, which is over 25 hectares of uniquely preserved coastal land. It is situated in the heart of East London and there are boardwalks, mangrove swamps, freshwater wetlands, and forest walks with plenty of picnic tables, benches and bins that make it a lovely venue for nature lovers. For the bird lovers, there are bird hides where a lovely variety of birds can be observed surrounded by indigenous trees which are labelled for the tree enthusiasts. Furthermore, this reserve is also home to tree dassies, tortoise, monkeys, and our smallest antelope the endangered Blue Duiker. This was a true appreciation of a clean and natural environment.

## Lions Branch Club of Fourways



On the 8<sup>th</sup> of March, the Lions Branch Club of Fourways participated in The Bryanfern River Clean Up and Community Day.





# THE PULSE

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



On the day, Dr. Janine Horton assisted with Diabetes screening. Not only keeping our environment clean but creating awareness when it comes to the silent killer, diabetes.

They have to date successfully established a large vegetable garden in Hillview school in Reservoir Hills, established a proper system for recycling with the appropriate bins and donated books as prizes to the learners and to the library.



They are also currently supplying sandwiches to 100 learners every Tuesday. This incredibly active team has also been involved with collaboration and co-operation of important organisations such as the Municipal Waste Department Services, Umgeni Water Services and the Wetlands Action for People and Nature.



On 20<sup>th</sup> March, Lions joined a Sunday morning clean up with Lovemore and friends. Sad, but true that no less than 50 bags of garbage was collected off William Nicol Road.



On 3<sup>rd</sup> March they attended a World Wildlife Day event at one of the schools.

## Lions Club of Durban Host



The Youth, Hunger and Environment team of the Lions Club of Durban Host have expanded their involvement with schools and are now involved with 3 schools in Chatsworth /Phoenix; the main aim being to set up vegetable gardens, recycling, planting trees and encouraging reading.



On 26<sup>th</sup> February their Clean-up Team organised an event in Westville and around the M-19.



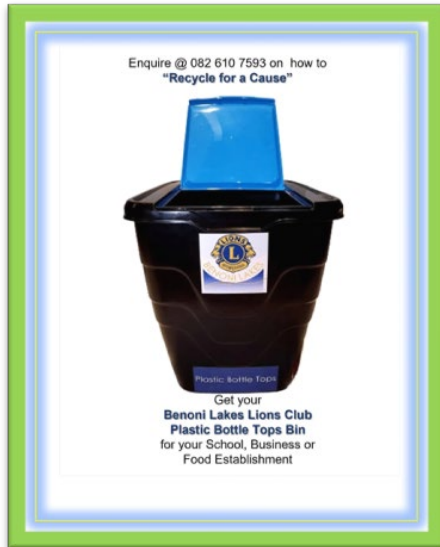


# THE PULSE

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



## Lions Club of Benoni Lakes



Plastic bottle tops, used printer cartridges, old spectacles and other recycling materials were the order of the day during the Lions Club of Benoni Lakes Eco-friendly Awareness Campaign which was held at Lakeside Mall on 19<sup>th</sup> March.

Encouraging shoppers to become active recyclers, the Club partnered with Lakeside Mall, Desco Electronic Recyclers, Don't Waste, Biobin, Enviroman Cartridges, Atlasville Organisation, Tops and Tags for wheelchairs and various organisations in the recycling industry.



The purpose of the day was to make people aware of the importance of recycling and reducing wastage for a good cause.



This initiative has kickstarted phase one, which is the awareness launch of the recycling. For phase two, they are intending to link it with World Environmental Day where they will invite green-conscious companies who will again extend the awareness.



Lions Operation Brightsight, part of Multiple District 410, provides many people with the opportunity to see clearly by assisting them in obtaining spectacles.

## Lions Club of Alberton



The Lions Club of Alberton is collecting loads of bottle tops thereby making a difference in our environment. This initiative has a dual purpose as these bottle tops are going towards a project where a wheelchair will be donated once the required weight in bottle tops has been reached.





# THE PULSE

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

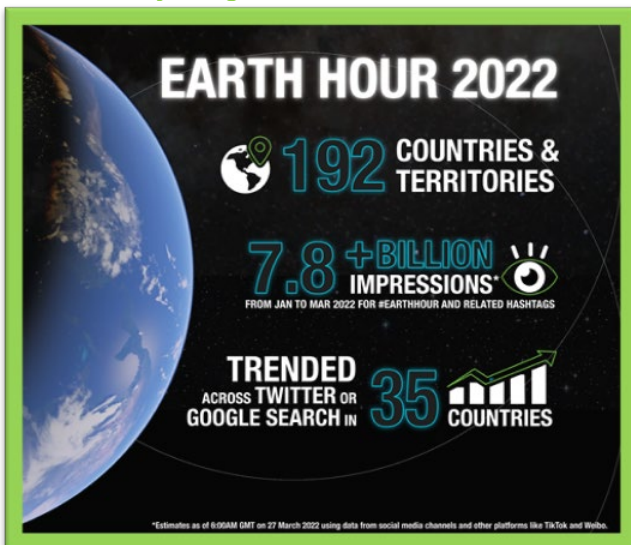


## Lions Club of Midrand

The members of the Lions Club of Midrand celebrated Earth Hour, each in their individual homes on 26<sup>th</sup> March and collectively switched off lights between 20:30 – 21:30 in their homes. Each posted their “proof” on the Club’s WhatsApp Group...of course, some couldn’t resist leaving the television on to watch the Formula 1, others were in complete darkness and some even took care of dinner via candlelight!



As recorded by Google Earth on 27<sup>th</sup> March 2022:



## And then of course, service didn’t stop at Environmental Projects.

### Lions Club of Alberton



The Lions Club of Alberton conducted numerous **Eye Screening Clinics** during the month of March. On 16<sup>th</sup> March they screened 130 Learners and staff members, 35 of which require further consultation.



On 15<sup>th</sup> March, the “screening team” were at Queenshaven where 45 people were screened with 38 requiring further consultation.

From 1<sup>st</sup> March to 15<sup>th</sup> March, a total of 495 people from schools and retirement villages were screened. Well done!



On 27<sup>th</sup> March the members of the Lions Club of Alberton were at Bracken City conducting **Diabetes Screening** and holding a non-perishable **Food Collection** for both human’s and furry friends.





# THE PULSE

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



On 26<sup>th</sup> March they hosted a tea party with the Alberton Methodist Church to mark Social Workers Awareness Month and to say thank you for the Social Workers from various organisations in Alberton who make a huge difference in the community.

## Lions Club of Durban Host



Following the devastating floods in Ladysmith which left many people destitute, the **Lions Club of Durban Host mobilized** and provided much needed food and other supplies.



The Folweni Care Centre has been under the wings of the Lions Club of Durban host since its inception. At least 25 matriculants of 2020 made their entry to school from here.



The area is still very rural with many families living in poverty but, through the collaboration with the Lions Club of Durban Host, they have been able to secure assistance. They receive monthly biryani, **the children frequently receive donations** such as **fruit and groceries** and members also give generously e.g., toys, etc.



## Lions Club of East Coast

An amazing project of the Lions Club of East Coast entitled "Project Happy Feet" **donated 361 pairs of shoes** across KZN and Mpumalanga Provinces, bringing many smiles to little faces as well as their family members. The children were also encouraged via this project to give back to those around them by donating their gently used school shoes once they have outgrown them to family friends or neighbours.







# THE PULSE

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



The organisations/schools that were assisted included

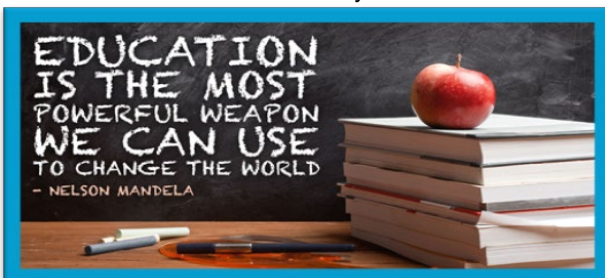
- Timbavati Foundation – Mpumalanga
- Crystal Springs School – Midlands KZN
- Fairbreeze Primary School – Tongaat KZN
- Allingham Primary School – Phoenix
- Avoca Primary School – Avoca KZN
- Effingham Primary School – Effingham KZN
- Love In Action – Chatsworth KZN



Funds raised via the Lions Club of East Coast contributed R5000 towards this project. They also received an anonymous donation of R15950. Various other donations were made by various sponsors and a total of R39212.95 was raised for this project.



The “Learner Support Programme” run by the Lions Club of East Coast in conjunction with various tutors, are providing Maths and Physical Science tuition for 650 learners in Grades 11 and 12. Each Saturday, they host two hours of core Maths and two hours of Physical Science to students who require additional support. The sessions are held at Wingen Heights and Westcliff Secondary as well as at Palmview Secondary at no cost to the students. The Lions Club of East Coast has raised and sponsored R150000 to cover the tuition for the academic year.



## Lions Branch Club of Fourways

Another busy day held on 17<sup>th</sup> March by the Lions Branch Club of Fourways. They collected some donations and then delivered two lots of **Bowls of Hope, nutritional supplements, peanut butter**, toys, and food to Diepsloot.



The first place of delivery was to an ECD called Groom Bridge Day Care Centre. The members were so impressed with what little they have, how they have **made their own posters, colourful and decorative to teach the children**. They proudly display their children who have graduated on the graduation wall too. The children sang for the members in appreciation. Many happy smiles and laughs, although we had to blur them in our photo for their privacy.



The second delivery was to Thuli Buthelezi **who feeds more than 120 children in her section of Diepsloot weekly**. We chatted about how the mental health of the community has deteriorated recently and hope to find ways to uplift one another by working together and brainstorming with the community.



# THE PULSE

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



## Lions Club of Gonubie



The Lions Club of Gonubie delivered boxes of sanitary pads to two local schools being Gonubie Primary School and Gonubie High School.



On the 11<sup>th</sup> of March, the Lions Club of Gonubie delivered the last batch of the donation sanitary pads to Greensleeves Children's Home which is a home for abandoned, abused, and orphaned children and Helping Those in Need which is a safe home for young, abused girls.



They extend their thanks to Lion Sue Smit of the Acorn Foundation for the blessing of this donation that enabled them to make a difference by helping keep young Learners at school.

## Lions Club of Kensington



Another heartfelt Project was done by the Lions Club of Kensington, who donated Choc bags to Choc House for children undergoing their Cancer journey. Included in the bags were lovely items to keep children busy so their journey is filled with some happiness and as well as essential items.



On a hill in Observatory is a very caring home for children of all races, and where the Lions of Kensington hearts lie deeply, Maria Kloppers Campus of Abraham Kriel Bambanani Childrens Home. 25 600 grams of Rice Krispies were donated by the Lions Club of Kensington to assist these sweet children.





# THE PULSE

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



## Lions Club of Krugersdorp



On the 2<sup>nd</sup> of March, members of the Lions Club of Krugersdorp jumped into action and pulled together in record time to get this beautiful little girl the **clothes, food, nappies, soft toys** she requires to get by while she is at Mother Charlottes Orphanage.

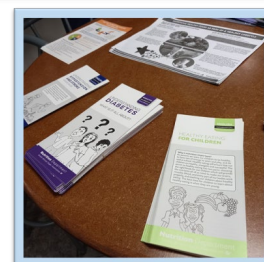
## Lions Club of Midrand



The **monthly Eye screening**, blood pressure and **diabetes testing** Clinic was held by the Lions Club of Midrand on 26<sup>th</sup> March at the Lions Club of Midrand Community Centre. Sister Ingrid conducted the blood pressure and diabetes tests, and the University of Johannesburg Optometry Faculty did the eye tests. 35 people attended the Clinic with 14 Scripts required and to be filled by Lions BrightSight.



**100 teddies** were delivered on 17<sup>th</sup> March to the Teddybear Clinic. All these teddies go to children who must endure the trauma of testifying in court. They provide comfort during very stressful moments for these children.







# THE PULSE

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



## Lions Club of Port Alfred



The Lions Club of Port Alfred held a **Diabetes Screening** on 20<sup>th</sup> March with 83 tests conducted.



On 26<sup>th</sup> March the members of the Lions Club of Port Alfred catered at the Nite Bowls. A great evening was held, and all sold out just in time.



## Lions Club of Port Shepstone



The utmost gratitude is extended by the Lions Club of Port Shepstone to Louis Barnard and Southport Swop Shop for their very generous donation of several wheelchairs, walkers, crutches, and other medical supplies. Most of the medical supplies will be donated to South Coast Hospice, and the Lions Club will retain the wheelchairs and walkers to assist those in need within the community



The Lions Club of Port Shepstone hosted another afternoon of fun and games for the senior folk at the Sheppie Lions' Den on Saturday 26<sup>th</sup> March. For over 3 decades, Port Shepstone Lions have hosted monthly games afternoons for senior citizens.



Their Lion Ladies (the stalwarts of the Club) provided the guests with delicious snacks and cakes and the Lions served the guests with refreshments.





# THE PULSE

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



Lion Kenny Rolfe ran the afternoon's games with the able assistance of young Sienna Gallagher and kept guests entertained throughout. Lion Pete Stoppel provided entertaining music for everyone. Several Lions and friends remained behind afterwards and enjoyed great fellowship.

## Lions Club of Scottburgh



The Lions Club of Scottburgh has restarted **diabetes testing** at the Scottburgh Mall. Due to the lockdown, this vital service had to be stopped.

However, thankfully they are now once again doing this project on the first Tuesday of each month from 09:00 – 11:00. All testing is done by trained staff.

## Lions Club of Johannesburg The Wilds

The Lions Club of Johannesburg The Wilds members were extremely active conducting 3 **food collections** for the needy over the weekend of 26<sup>th</sup> – 27<sup>th</sup> March 2022.



Their ongoing food alleviation projects are something to be proud of. You will note from the picture that they have extremely young members! 😊







# THE PULSE

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



## Lions Club of Vereeniging



The Lions Club of Vereeniging delivered **much needed nappies, a camp cot, baby clothes and care bags** for both Mum and baby in Leeuhof on 2<sup>nd</sup> March. This little one was very premature.

## Lions Club of Vryheid



The Lions Club of Vryheid delivered **sanitary pads** to Child Welfare who sincerely appreciate this donation for their **school going teenagers** and the consideration given to these young ladies, which now enables them to attend school regularly.

## Of course, what is a Lion without having Fund Raisers and Fun?

### Zone 3 Chicken Braai

The annual Zone 3 Chicken Braai Competition and Social was held on 19<sup>th</sup> March, hosted by the Lions Club of Edenvale. Each Club had to choose a country as their theme. Fun was the key word and that was certainly in abundance amidst some serious cooking, fellowship and loads of laughs.

### Lions Club of Alberton

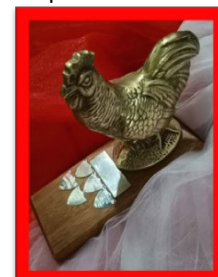


As with anything there is a winner, however in this case there was two - Lions Club of Alberton won the overall trophy for décor, food, team spirit and fun with their Hawaiian theme.

### Lions Branch Club of Fourways



The Lions Branch Club of Fourways (Italy) won the food trophy (Roaster of Roasters). In the words of DG Patrick (one of the judges), this was not surprising as the Lions Branch Club of Fourways had a secret weapon in Lion Mauritz, a highly skilled pasta and bread chef.







# THE PULSE

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



## Lions Club of Edenvale (Gracious Hosts)



## Lions Club of East Coast

A Team Building Event was held at the Beachwood Mangroves Nature Reserve by the Lions Club of East Coast.



## Lions Club of Johannesburg The Wilds



Activities for the day included a motivational speaker, a guided walk through the mangroves, volleyball musical chairs (there is always a little bit of "child" in each of us) and karaoke. Again, as Lions this was a great social event where the team had loads of fun and laughs and really appreciated the time to re-connect and reenergize



## Lions Club of Kensington



## Lions Club of Gonubie

As Lions, we are often asked how we manage to raise much needed funds to serve our local community. The only way we do is through very hard work!



## And the Winner/s are.....



On Friday night the 11<sup>th</sup> of March, two teams each prepared 4 buckets of pancake batter and then bright eyed and bushy tailed on Saturday 12<sup>th</sup> March the "pancake team" set up and cooked and sold pancakes culminating in a profit or R1648.00.





# THE PULSE

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



## Lions Club of Letaba Tzaneen



On Sunday, 27<sup>th</sup> February, the Lions Club of Letaba Tzaneen set up their "boerie" stall at the Car Boot Sale, supplying the community with much needed sustenance to build up strength to carry all their shopping!

## Lions Club of Midrand



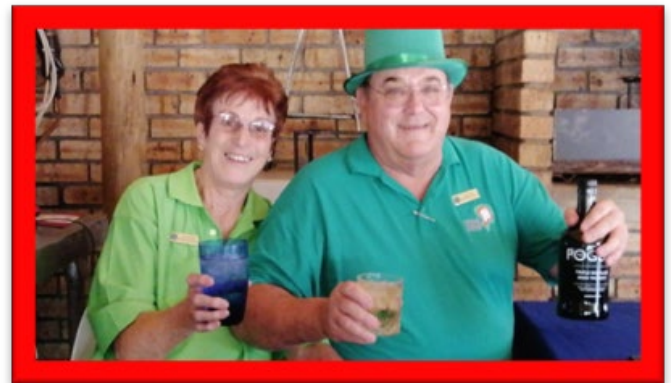
The Lions Club of Midrand held a Quiz Evening attended by members and family and friends on 5<sup>th</sup> March. Loads of fun, fellowship, some dancing and hysterical laughs at some of the answers – what were you thinking? All funds raised are designated for the Monthly Eye Clinics.



## Lions Club of Rustenburg



When Rustenburg Lions celebrate St Patrick's day on 12<sup>th</sup> March (early but hey who cares when you are having fun)!



## MD410 CONVENTION! 28-30 APRIL

(By MD410 Convention Convenor, PDG Ivan Piater)



A big thank you to all those who have registered for the Emonti Convention in East London. **The closing date for registrations is 3<sup>rd</sup> April – so you have one more day!**



The Convention promises to a fun filled three days from the Meet & Greet (Welcome Evening) through to the Theme Evening (Razzle Dazzle, Night of the Stars) where everyone, as the saying goes, "lets their hair down".





# THE PULSE

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



There will be a guest speaker, Rod Taylor at the Multiple Convention, giving a very interesting presentation which should not be missed.



The registration fee of R1100.00 includes:

- ★ Meet & Greet (Welcome evening)
- ★ Banquet (Black Tie)
- ★ Conventions
- ★ Theme evening (Theme – Razzle Dazzle/Night of the Stars)
- ★ All teas and meals inclusive
- ★ There will be music, dancing and partying each evening
- ★ Partners in service outing on Saturday morning and back for lunch
- ★ Transport will be available to and from the venue within close proximity

## Registration statistics for District 410E As at 2<sup>nd</sup> April 2022

Lions Club Name	No. of Registered Lions
Letaba Tzaneen	9
East London Port Rex	9
Wilro Park	9
Uitenhage	9
Centurion	6
Port Alfred	6
Pretoria South	6
Rustenburg	5
East Coast	4
King William's Town	3
Cowies Hill	2
Midrand	2
Kouga	2
Gonubie	2
Pretoria Jakaranda	1
Durban South	1
Roodepoort Clearwater Cyber	1
Standerton	1
North Durban	1
Port Elizabeth St. Croix	1
East London Beacon Bay	1
Fourways Branch	1
<b>TOTAL</b>	<b>82</b>



Log onto the Lions Multiple District Website and register for the much-awaited IN-PERSON MD410 Convention. Or click on the below hyperlink:  
<https://lionsconvention.co.za/>

## WHY DO WE HAVE A CONSTITUTIONS PORTFOLIO?

(By CC Brian von der Decken, DC Constitution, Resolutions, By-laws, and Protocol)



It is a standing joke at Conventions that the Report of the Constitution, Resolutions, By-laws, and Protocol Committee is the most exciting part of the Convention, even more exciting than the Financial Reports. **This is because not many people have sufficient interest in constitutional – or financial – matters and yet, both are vital to an efficient operation of an organisation such as ours.**



### How is the Committee appointed?

The **District Governor appoints the Chairperson** of the District Constitution, Resolutions, By-laws and Protocol Committee and the Chairperson then selects a further two to five other Lions who are members in good standing in Clubs within the District. **Their appointment to the Committee is subject to the approval of the District Governor.** The Chairperson reports to and attends all Cabinet Meetings and the Convention of the District and serves as a member of the Multiple District Constitution Committee.

### Purpose of the Committee?

The purpose of the Committee is **to assist Clubs in drafting their own Club Constitutions and to give guidance to Clubs and individual Lions regarding the understanding, interpreting, and implementing of the various constitutions that apply within our Organisation.**





# THE PULSE

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

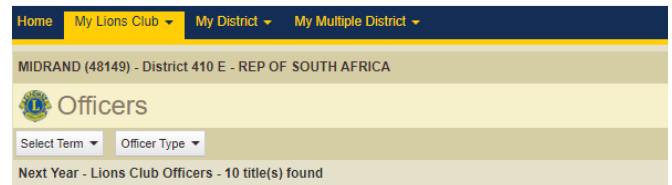


## REMINDER:

Club Officers for the 2022/2023 Fiscal Year are due for uploading on MyLCI by no later than 15 May 2022



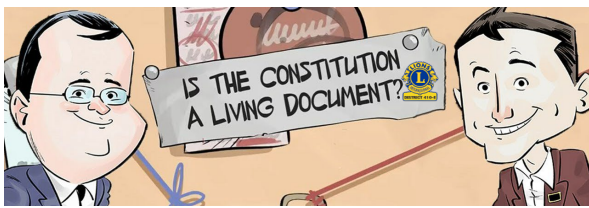
MyLCI



## FOOD FOR THOUGHT

### What is a Constitution?

A constitution can be considered to be a **manual or rule book** for the efficient and legal operation of a Club, District or Multiple District, **providing for the rights of members, the organisation of the District and the duties of the various District Officers and Committees, the various funds held by the District and the District Convention**, and, while a most important tool, it is often only considered when a challenge arises within the Club, District or Multiple District.



Because a **Constitution is a "living document"** it is constantly reviewed by the Committee and, if circumstances within the Organisation require it, the Committee proposes Motions for Resolution to a District or Multiple District Convention for the amendment of the relevant Constitution. Before a District or Multiple District Convention, Clubs are invited to submit their own Motions for amendment of the Constitution or other Resolutions, and these are considered by the Committee and submitted to the relevant Convention to be voted on by the delegates.

**ARE YOU ARE YOU ARE YOU ARE YOU  
ELIGIBLE ELIGIBLE ELIGIBLE ELIGIBLE  
TO VOTE TO VOTE TO VOTE TO VOTE**

### Who can Vote?

At a Convention **registered delegates in attendance** who have been mandated by their respective Clubs **are entitled to vote on behalf of their Clubs** on Motions for Resolution.

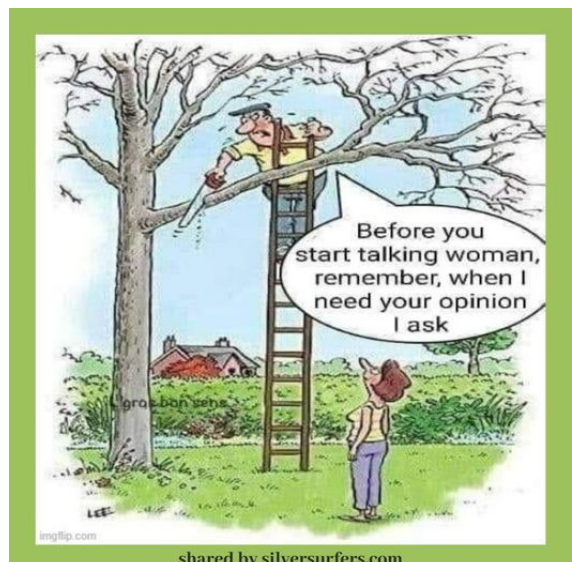
- The number of eligible votes per Club is determined by the **number of members in the Club as at the 1<sup>st</sup> day of the month preceding the Convention and must have been a member for 1 year and 1 day.**
- Both Club and Member must be in good standing.**
- Motions for Resolution on **amendments to a Constitution require a two third majority vote to be carried.**
- Ordinary Resolutions, such as the various dues and levies for the following year, a simple majority vote.

### If no Constitution?

Without a Constitution and the implementation and enforcement of it, **there would be chaos** and it is, therefore, **very important that all Lions know and understand** the Constitutions that affect them as members and their Clubs.



## ON A LIGHT NOTE







**PLACE STICKER FROM CARD HERE**  
Place sticker from card here,  
or insert card number on web application

MySchool MyVillage MyPlanet

# Supporter Card Application

Apply online [www.myschool.co.za](http://www.myschool.co.za) OR e-mail [cs@myschool.co.za](mailto:cs@myschool.co.za) OR call 0860 100 445 OR complete this form and fax to 0866 822 833.



This request is for a: New Card  Replacement Card  Change Beneficiary  Link to Woolworths

If you are a current MySchool supporter, please provide your card number.

Your card no:

## 1. BENEFICIARY DETAILS: (YOU MAY CHOOSE TO SUPPORT UP TO 3 BENEFICIARIES)



Beneficiary name	City / Region
1. Lions Clubs International 410E [12082]	C/o District Governor, 584 Baslat Close, Helderkruin
2.	
3.	

## 2. CREATE YOUR PROFILE:

\*Title:

\*First Name:

\*Surname:

\*ID or Passport Number:

\*Your ID or Passport number is compulsory in order for us to process your application

\*Date of birth:

\*Postal Address:

(For card delivery)

Postal Code:

\*E-mail:

Telephone (H):

Cellphone:

## 3. STAY INFORMED:

Want to know how your contribution makes a difference? MySchool MyVillage MyPlanet will send you all the latest news on our schools and charities plus information on exciting competitions. You may choose not to receive this information:

I DO NOT WANT to receive promotional information from MySchool MyVillage MyPlanet.

Your MySchool MyVillage MyPlanet card gives you automatic membership to Woolworths WRewards loyalty programme. By swiping your MySchool MyVillage MyPlanet card at Woolworths you automatically enjoy WRewards instant savings. The more you shop the more Woolworths will reward you with special vouchers, let you know first about exclusive sale previews, and other loyalty rewards. We'll add you automatically unless you ask us not to by ticking the box below.

I DO NOT WANT to join WRewards

If you've just joined WRewards, welcome to the family! In addition to your loyalty rewards we're going to send you information about new products, great savings and exciting competitions. Not interested? You can unsubscribe from promotional information that does not relate to your exclusive WRewards benefits by updating your profile online at [www.woolworths.co.za](http://www.woolworths.co.za) or by calling 0861 50 20 50. Or you can optout here:

I DO NOT WANT to receive promotional information from:

Woolworths

Woolworths Financial Services

If you're already a Woolworths cardholder or WRewards member contact the Woolworths call centre or update your Woolworths profile at [www.woolworths.co.za](http://www.woolworths.co.za) to manage what information you receive.

## 4. AGREEING TO THE TERMS AND CONDITIONS

By signing this application form you accept the MySchool Terms and Conditions (available at [www.myschool.co.za](http://www.myschool.co.za)).

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Terms and Conditions apply. For full details about MySchool MyVillage MyPlanet card usage T&C's - visit [www.myschool.co.za](http://www.myschool.co.za).

**EVERY SWIPE COUNTS!**