

The official Newsletter of District 410E

One Team, One Dream – We Serve



Issue 1 - July 2022

MESSAGE FROM DG SYDNEY



Before we start the new Lionistic year it's an opportune time to thank IPDG Patrick for his leadership and dedication this past year. He has left District 410E in good standing and built a strong foundation on which we can build and grow the Lions organisation.



The International Convention in Montreal, Canada was really an experience that will stay with me forever. Unfortunately, only the District Governor from 410W, Charlie Flanagan and I, were able to attend the International Convention but we managed to keep the banner flying high for Multiple District 410.



The street parade was one of the highlights with almost 200 countries taking over the streets of downtown Montreal and the atmosphere with people lining the streets and cheering was amazing. Lions who have had an opportunity to participate in a street parade at an International Convention will vouch for this.



Without a doubt the biggest highlight for both District Governors Elect Charlie and I was the mass Induction which took place at the Bell Arena (a huge indoor ice hockey arena) and was done by International President Brian Sheehan, this is where we pulled off the elect banner and we officially became the District Governors.



I am truly honoured to lead our District and I look forward to working with all our Lions during this fiscal year. Each and every Lion is a vital link in the District, and without each one this District would not be able to serve the many people who need us most — ONE TEAM ONE DREAM!





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As we slowly move out of the Covid Pandemic, our Clubs need to get back to the business of serving our communities and I would urge each and every club to start meeting on a regular basis, face to face whenever possible, remembering that Fellowship is very important. It was wonderful to meet Fellow Lions at the Multiple District Convention in East London and again at my Welcome Home function. As Lions we need this interaction with our Fellow Lions - we are all connected and I'm sure each and every one of us has missed this.



One of my goals this year is to serve 800,000 people and with the support of all our clubs, we can achieve this huge goal. As IP Brian Sheehan says, "Together We Can".

I would like to congratulate the Club Presidents and their respective Boards and wish them everything of the best for their year in office as they take their clubs forward. As Lions, we are resourceful, and we know how to support each other during difficult times and to make the changes needed to operate and to make the difference even during challenging times.



We have a strong and experienced Cabinet, and we are there to support and to help Clubs to achieve their own goals.

The Strengthen 410E initiative under the leadership of 1st Vice District Governor Lindie has started to go from the walk to a very strong jog and I want to urge every Lion and Club in the District to embrace this initiative, as together we can grow the District, and with more members we can do even more service in our community.



Warm regards,



MEET LIONS INTERNATIONAL PRESIDENT BRIAN SHEEHAN



Lion Brian E. Sheehan, from Bird Island, Minnesota, USA, was elected to serve as international president of Lions Clubs International at the association's 104th International Convention, held from 22 June to 28 June, 2022.



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President Sheehan is the founder and CEO of Rural Computer Consultants, a software development company.

A member of the Bird Island Lions Club since 1991, he has held many offices within the association, including Council Chairperson, Long Range Planning Chairperson, Membership Chairperson, Retention Chairperson, Women's Initiative Chairperson, MD Convention Chairperson, GMT Liaison and GLT Area Leader and the list goes on. As we know first-hand, he has been a presenter at numerous Lions events, including many of the Global Forums and Conventions in various countries.

In recognition of his service to the association, he has received a myriad of awards at Club, Multiple District, and International level. He is also an Ambassador of Good Will Award, the highest honour the Association bestows upon its members as well as a Progressive Melvin Jones Fellow and Second Century Ambassador.



President Sheehan and his wife, Lori, also a Lion and Progressive Melvin Jones Fellow, have two sons and two daughters. And in their spare time, they have enjoyed raising many types of exotic animals.

Link to the IP Brian Sheehan's video: https://www.facebook.com/LionsPresident/videos/396491209 183851

CLOSURE OF THE 2021-2022 FISCAL YEAR

(IPDG Patrick Mills)

Herewith the status of Goals vs Targets as at 30 June 2022. A vote of thanks to IPDG Patrick and all the members of District 410E who managed to achieve such positive results in most cases. If not "green" an excellent effort and a sound foundation to build on.





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Potential leaders will	3 sessions were held in	
be identified and	Sept, Nov 2021, and Feb	
provided with	2022.	
leadership training –		
Lions Leadership		
Toolkit.		
10 Guiding Lions will	Online training sessions for	
be added to support	Guiding Lions were held in	
the development of	Sept 2021 and Feb 2022,	
new clubs or	and we now have 22	
struggling Clubs.	certified Guiding Lions.	
Identify qualified	The Train the Trainer	
candidates to apply	Certificate program	
for local and Lions	scheduled for Oct 2021 had	
Clubs International	to be cancelled due to too	
sponsored institutes,	few participants. 2	
as well as undertake	candidates were identified	
in-District Faculty	for the Lions Certified	
Development Institute	Instructors Program	
(FDI) type training.	(LCIP).	
Service		
Serve 1,000,000	People Served: 610,854	
people, supported by	Service Activities	
service campaigns for	Completed: 4,117	
each of the 5 Global	Volunteer Hours: 68,600	
Causes.	An excellent effort!	
100% of the Clubs	Clubs who are reporting	
will report their	their activities on MyLion:	
service projects	57 of 66 clubs (86%).	
every month via	, ,	
MyLion.		
Lions Alert Portfolio	Alert Portfolio promoted in	
will be promoted to	the Pulse and lock down	
all Clubs.	regulations circulated.	
LEO programme will	2 Leos Clubs chartered in	
be revived.	2021-2022: Tuks and	
be revived.	Waterford II.	
LCIF	Trateriora II.	
40% of the Clubs will	Clubs who have donated to	
demonstrate their	LCIF: 23 of 66 clubs (35%)	
support with a	[LON . 20 01 00 01003 (0070)	
donation to LCIF.		
Clubs to raise	LCIF Donations:	
US\$18,500 to	US\$16,726.54	
support Campaign	An excellent effort!	
100: LCIF	An excellent enort:	
Empowering Service All Clubs will be	Information on all grants	
	Information on all grants is available on the LCIF	
encouraged and made		
aware of the	website and shared in the	
different Grants	Pulse. Emergency Grant of	
available	US\$10,000 provided for the	
1	KZN flooding.	

START OF THE 2022-2023 FISCAL YEAR

(DG Sydney van Heerden)

As one year/chapter closes, another one opens with new goals and targets for us to all work towards. As ONE TEAM, we will work together to achieve the ONE DREAM.



Herewith an overview of DG Sydney's Goals. You will be kept informed on a quarterly basis as to where we are in terms of

meeting and achieving these targets/goals.

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District Goals	Status as at 1 July 2022
Membership	
Grow Membership to a	Start of year: 982
minimum of 1,100	
members	
Charter 3 new Clubs	Already made a start with chartering
and start 2 new Club	of the Lions Club of Lenasia on Sunday
Branches.	31 July.
Implement a Retention	
Programme to ensure	
drops do not exceed	
120 members.	
Reporting	
100% of the Clubs to	
report their	
membership (WMMR)	
every month by the	
25 th of each month via	
MyLCI.	
100% of the Clubs to	
report their Activities	
by the 25 th of each	
month via MyLion.	
Service	
District 410E via our	
Clubs to serve	
800,000 people during	
the fiscal year	
2022/2023 covering	
the service campaigns	
and five pillars of Lions.	







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Month



In support of/date

Training	
A long-term strategic	
initiative to empower	
and strengthen clubs in	
District 410E	
("Strengthen 410E")	
will be further	
developed and	
implemented on a	
regional basis.	
10 Guiding Lions to be	
trained this year and	
used to build old clubs	
in need of assistance	
and start new clubs	
LCIF	
40% of clubs to	
support LCIF.	
Clubs to contribute	
USD 18,000 to LCIF.	

November	Diabetes	Screening (the whole month)
January	Melvin Jones	Birthday (13 ^{th)}
February	World Cancer	Adults & Children (the whole month)
March	Environment	World Wildlife Day (3 rd) Earth Hour (25 th)
April	Autism	World Autism Day (2 nd)
April	Membership	Lions Worldwide Induction Day (29 th) Awareness Month
May	Hunger	World Hunger Day (28 th) Whole month
June	Environment	World Environment Day (5 th)

Campaign





SERVICE CAMPAIGNS FOR THE YEAR











Month	Campaign	In support of/date
August	Women	Women's Day (9th)
		Gender based violence
September	Environment	Arbor Week (1st -7th)
		International Coastal
		Clean Up (17 th)
September	Pediatric Cancer	Children (whole
		month)
September	Diversity	Heritage Day (24th)
October	Vision	White Cane (date tbc)
		World Sight Day (12th)

START THE YEAR WITH ENERGY & FUN

On 8th July, the Lions Club of Wilro Park hosted the District Governor Welcome Home Function. After 2 years of virtual hibernation, it was wonderful to catch up with fellow Lions in District 410E.





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DISTRICT 410E TEAM LEADERS

It was decided to have a bit of fun and find out a little bit more about our District 410E Cabinet Members for the fiscal year 2022/2023. We all know what their respective portfolio's entail, but what makes them tick as individuals.



District Governor Sydney van Heerden Email: Sydney.vanheerden@gmail.com



Preferred Name to	Sydney
be known by:	
Hobbies:	All kinds of sport, my favourite being
	soccer. (watching of course – too old to
	play now).
	I guess you can include Lions in this
	category.
Type of Music I like	All types of music.
and my favourite	My favourite band is The Beatles and
song of all time:	one of my favourite songs is 'Imagine'
	by John Lennon
Type of Movies I	I enjoy most types of movies with Drama
like and my	and Comedy. Can't do SciFi
favourite movie of	Movies.
all time:	Can't say I have a favourite movie as
F	there are many that I really enjoyed.
Favourite	Again, no specific one, but drama and
Programme on TV:	comedy make my top list. Only a few
Motto in Life:	Reality TV shows that I enjoy. Don't stress the small stuff.
	2 - 11 - 2 - 11 - 2 - 11 - 2 - 11 - 11
What do I enjoy the	Love to travel, local and overseas
most?	D
What do I hate the	People that are too sensitive and
most?	negative. Their glass is always half empty
What do I do Con o	and not half full.
What do I do for a	Yepretired now, so I would guess that
living?	Lions is part of my life.





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Immediate Past District Governor & DC LCIF Patrick Mills

Email: patrick.mills@za.saabgroup.com



Preferred Name to be	Patrick
known by:	
Hobbies:	Playing saxophone, member of
	Pretoria Bach Choir, Lantana hacks,
	Blind Navigator Rallying
Type of Music I like	Eighties (Alphaville's Forever Young)
and my favourite song	and Classical (Beethoven's Pastoral
of all time:	Symphony)
Type of Movies I like	Action thrillers (any James Bond).
and my favourite	
movie of all time:	
Favourite Programme	Blacklist (Netflix)
on TV:	
Motto in Life:	It is so easy to break down and
	destroy. The heroes are those who
	make peace and build (Nelson
	Mandela)
What do I enjoy the	Pasta
most?	
What do I hate the	Negativity
most?	
What do I do for a	Head of Technical Management,
living?	Avionics Product Area, Saab Grintek
	Defence

1st Vice District Governor & DC Strengthen 410E Lindie van Wyk Email: lindievw@brightrock.co.za



Preferred Name to be	Lindie
known by:	
Hobbies:	Yoga
	Reading
	Crafting
	Gardening
Type of Music I like and	Classical, Ballads, Golden oldies
my favourite song of all	"Imagine" by John Lennon
time:	
Type of Movies I like and	Fantasy, Musicals and Horror
my favourite movie of all	"Practical Magic"
time:	
Favourite Programme on	"The walking dead"
TV:	
Motto in Life:	Live your dream, enjoy every
	moment.
What do I enjoy the	Pizza
most?	
What do I hate the most?	When someone tells me they are
	bored
What do I do for a	Head of enterprise architecture at a
living?	life insurance company.

2nd Vice District Governor & RC Region D (Zones 7,8 and 9) Perry Chetty Email: perryvns@yahoo.com



Name:	Perumal Chetty
Preferred Name to be	Perry
known by:	
Hobbies:	Golf, reading
Type of Music I like and	Jazz
my favourite song of all	
time:	
Type of Movies I like and	Dead poet society
my favourite movie of all	Court room, and action
time:	
Favourite Programme on	Carte Blanche
TV:	
Motto in Life:	IF IT IS TO BE IT IS UP TO ME
What do I enjoy the most?	A good steak
What do I hate the most?	Dishonesty
What do I do for a living?	(As little as possible) Own a
	packaging and chemical business



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Cabinet Secretary Rowan Tuckett Email: rowan.tuckett@lions41e.org.za



Name:	Rowan Tuckett
Preferred Name to be	Rowan
known by:	
Hobbies:	Electronics, PC Gaming, Reading,
	Model Building
Type of Music I like	Music – Rock but I will listen to
and my favourite song	pretty much anything.
of all time:	Favourite Song – Hard to pick just
	one, but I would go with We Built
	This City by Starship
Type of Movies I like	Sci-Fi, Fantasy, Action and Comedy
and my favourite	
movie of all time:	Star Wars Episode IV A New Hope
Favourite Programme	I watch quite a few different shows
on TV:	but don't really have a favourite.
Motto in Life:	You can get through it no matter how
	hard it is.
What do I enjoy the	Finding a good PC game that can keep
most?	my attention so that I can relax.
What do I hate the	Being expected to do things at the last
most?	minute and work miracles.
What do I do for a	IT Server Configuration Management.
living?	

Cabinet Secretary Malcolm Johnston Email: johnston25@telkomsa.net



What can we say – a man of few words. Clearly Lions is his hobby with time for little else other than his children and grandchildren. Finance is his favourite. He may be retired from Nestle for many years, but busier than he ever was.

Finance Chairperson Mike Newlands Email: mikenewlands@border.co.za



Another man of few words.....ja right! We all know Mike as a man of integrity. Apart from a very busy Lionistic life, he enjoys fishing and BEER!

District Chairperson Global Leadership Team (GLT)
Delphine Ferreira

Email: glt@lions410e.org.za



Name:	Delphine Ferreira
Preferred Name to be	Delphine
known by:	
Hobbies:	Gardening, Birdwatching, Reading Lions!
Type of Music I like and my favourite song of all time:	I like any music that gets my attention. Of all time — don't have one. Right now: Rise by Callum Scott
Type of Movies I like and my favourite movie of all time:	Not much of a movie person
Favourite Programme on TV:	Carte Blanche — although it can be very depressing at time. And DEVI — love her!
Motto in Life:	Look for the sunshine in the day.
What do I enjoy the most?	Seeing the looks of joy and gratitude on the faces of beneficiaries at the eye clinic.
What do I hate the most?	The faces of the unemployed — so without hope
What do I do for a living?	I have run my own consultancy business as an Education Training and Development Practitioner since 2008. Been in education and development my entire professional life and I love my job.



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District Chairperson Global Membership Team Extension (GMT) Bernd Gerhard

Email: bernd.gerhard@za.sedgwick.com



Name:	Bernd Gerhard
Preferred Name to be	Bernd
known by:	
Hobbies:	Cooking
Type of Music I like	Contemporary rock
and my favourite song	
of all time:	
Type of Movies I like	Action: Skop, skiet en donner
and my favourite	
movie of all time:	
Favourite Programme	News, reality shows, series
on TV:	
Motto in Life:	Try and try again
What do I enjoy the	Travel
most?	
What do I hate the	Insincerity
most?	
What do I do for a	Business Development Manager for
living??	global loss adjusting firm

District Chairperson Global Membership Team Retention (GMT) Alistair Tuckett

Email: alistair.tuckett@lions410e.org.za



Name:	Alistair Tuckett
Preferred Name to be	Alistair
known by:	

Hobbies:	Cooking, music, reading, computers,
	Formula 1
Type of Music I like	Serious mix of likes but lean towards
	Rock / Alternative
and my favourite song	110011111111111111111111111111111111111
of all time:	Favourite song: So many, difficult to
	narrow done, but if I must choose
	probably The Calling – Wherever You
	Will Go
Type of Movies I like	Fantasy/Sci-fi/Espionage/Comedy
and my favourite	Hobbit / Lord of the Rings
,	Flodbit / Lord of the Kings
movie of all time:	
Favourite Programme	Any of the NCIS franchise and Sport
on TV:	
Motto in Life:	Smile, it makes the rest of the world
	wonder what you up to.
What do I enjoy the	Quiet time
most?	Quiet unic
	B. I. I. I.
What do I hate the	People who say they can do
most?	something, and they have no idea how
	to do it, and do not try to learn how.
What do I do for a	Game Farm Operations Manager
living?	Tames and a parametric remarks
1141115.	

District Chairperson Global Service Team (GST) Ian King Email: ian@tilkpowertools.co.za



Name:	lan King
Preferred Name to be	lan
known by:	
Hobbies:	Motorbike rides
	Golf
	Woodwork and steelwork
Type of Music I like and	Old style Rock 'n Roll
my favourite song of all	ACDC - Thunderstruck
time:	
Type of Movies I like and	Action type
my favourite movie of all	Dances with Wolves – Kevin
time:	Kostner
Favourite Programme on	Chicago PD
TV:	
Motto in Life:	Live life to the fullest
What do I enjoy the	Travelling to different countries
most?	



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What do I hate the most?	People who are only in it for themselves and will do anything at the expense of others.
What do I do for a living?	Business Development Manager for Africa for a Canadian based Engineering firm

District Chairperson Alert Sphiwe Ngobozana Email: sphiwe@joeltransport.co.za



Sphiwe Ngobozana
Sphiwe
Sport (mostly soccer)
Socialising
I listen to different types of music
depending on the mood and
occasion. Genre's I normally listen
to are: gospel, SA love songs, zulu
traditional music, soul, r&B and
local house music. I don't have any
specific favourite song.
I am not into movies so I don't
have any favourite.
I am into sport and current affairs
channels
Life is a journey
Good company and sharing of ideas
Judgmental, disrespectful, and
arrogant people.
Part owner and managing a
furniture removal company.

District Chairperson Christmas Cakes Teresa Pantoleon Email: teresapatela@icloud.com



Name:	Teresa Pantoleon
Preferred Name to be	Teresa
known by:	
Hobbies:	?
Type of Music I like and	?
my favourite song of all	
time:	
Type of Movies I like	Rom-Com's — Me Before You
and my favourite movie	Action – Die Hard
of all time:	Suspense Thrillers – Hush or
	Invisible Man
Favourite Programme on	Survivor
TV:	
Motto in Life:	Smile and Wave
What do I enjoy the	Laughter
most?	
What do I hate the	Liars
most?	
What do I do for a	Work in the Alcohol Trade
living?	

District Chairperson Constitutions & Resolutions Brian von der Decken

Email: decken@border.co.za



Name:	Brian von der Decken
Preferred Name to be	Brian
known by:	
Hobbies:	Reading
Type of Music I like and	Light classical
my favourite song of all	Favourite song is "G'day, g'day,
time:	how ya doin''' – the DGs "theme"
	song at the 2010 International
	Convention in Sydney
Type of Movies I like and	Crime and musicals
my favourite movie of all	Sound of Music
time:	
Favourite Programme on	NCIS
TV:	
Motto in Life:	Do unto others as you would
	have them do unto you.
What do I enjoy the most?	Sleep
What do I hate the most?	Unkindness
What do I do for a living?	Practise being a legal person



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District Chairperson Environment Alna Jackson

Email: alnajackson@telkomsa.net



E/Marc	
Name:	Alna Jackson
Preferred Name to be	Alna
known by:	
Hobbies:	Nature walks, birdwatching,
	cooking, reading
Type of Music I like and	Classical music, Italian music, any
my favourite song of all	harmonious music - I have too
time:	many favourites to pick one
Type of Movies I like and	Clever dramas - I don't have a
my favourite movie of all	favourite
time:	
Favourite Programme on	Rugby on Saturdays – at a pub
TV:	with great atmosphere
Motto in Life:	Kindness Matters: to yourself, your
	family & friends, everyone you
	come across, and especially to our
	planet
What do I enjoy the	Stoepsit (i.e., sitting on the porch,
most?	preferably around sundowner time,
	with a glass of Boplaas Stoepsit - a
	Sauvignon Blanc wine), 'kuiering'
	with friends or watching the
	wildlife stroll past
What do I hate the most?	Rude & abusive people, and at
	present: the extreme winter cold!
What do I do for a	Records management, business
living?	administration, pottering around
	on the internet

District Chairperson Health & Zone Chairperson Zone 8 Avril Hobbs

Email: avvyanny@gmail.com or print.image@intekom.co.za



Name:	Avril Hobbs
Preferred Name to be	Avril or Avvy
know by:	
Hobbies:	Crazy about service. Helping others
	gives me a buzz.
	Enjoy sewing, gardening, and
	readingwhen there is time!
Type of Music I like and	Rock n Roll (is there anything else).
my favourite song of all	Fav singer Neil Diamond and best
time:	songs Sweet Caroline and What a
	Beautiful Noise.
	Elvis singing anything
Type of Movies I like and	Romantic, girly and family fun type
my favourite movie of all	movies. Without a doubt Dirty
time:	Dancingwe all dream of being
F D	Baby!
Favourite Programme on	Love Chicago Fireand keep saying
TV:	I want to drive their fire engine.
	Medical series are my type of entertainment as I am a
	radiographer.
Motto in Life:	"Nothing is Impossible to
Motto III Life.	Overcome!"
	How do you eat an elephantone
	toenail at a time.
What do I enjoy the	Relaxing in the outdoors, preferably
most?	in the mountains or lonely beach.
most.	Enjoy Cadburys or Lindt chocolate.
What do I hate the most?	Hate is not a word in my
	headguess I am not too crazy
	about folk with high opinions of
	themselves. We are all just equal, no
	matter our perceived station in life.
What do I do for a	Should be retired; work 3 part time
living?	jobs. PA to the manager at a large
	retirement complex; run a small
	print brokerage; Mom to many 2
	and 4 legged kids.

District Chairperson Information Technology Kim van Wyk

Email: vanwykk@gmail.com





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Name:	Kim van Wyk
Preferred Name to be	Kim
known by:	
Hobbies:	Occasionally doing as little as
	possible, tinkering with electronics,
	writing software, reading at the
	expense of enough sleep.
Type of Music I like and	Most things with a guitar in them,
my favourite song of all	preferably distorted. I'm partial to
time:	too many artists and bands to have
	a favourite.
Type of Movies I like and	Can't pick a favourite from a fairly
my favourite movie of all	broad range of movies I've liked.
time:	
Favourite Programme on	Also can't pick a favourite from a
TV:	fairly broad range of TV shows I've
	liked.
Motto in Life:	Be curious about everything —
	everything can be interesting or
	entertaining if you unpick it.
What do I enjoy the	Time relaxing with Vicki, at home
most?	or otherwise.
What do I hate the most?	Nothing comes to mind.
What do I do for a	Moved in to software development
living?	from an electronic engineering
	career.

District Chairperson LEOs Sue Smit

Email: sue.smit@acornfoundation.org.za



Name:	Sue Smit
Preferred Name to be	Sue
known by:	
Hobbies:	Entertaining, coordinating events,
	travel, reading, all things Lions
Type of Music I like	I like everything except death metal or
and my favourite song	real heavy metal
of all time:	
Type of Movies I like	I love movies
and my favourite	The Green Mile
movie of all time:	
Favourite Programme	Anything uplifting and creative —
on TV:	Home makeovers, cooking shows, arty
	farty stuff.

Motto in Life:	If you can't do it, you have not tried hard enough.
What do I enjoy the most?	To see and experience love and gratitude.
What do I hate the most?	Lies and deceit.
What do I do for a living?	Run a nonprofit company

District Chairperson Long Range Planning Cliff Hocking Email: chocking@mweb.co.za



Name:	Clifford John Hocking
Preferred Name to be	Cliff
known by:	
Hobbies:	My Lions Club, District, Multiple District and International.
	Community activities.
	Radio Show host and presenter.
	Sport (spectator)
	Leadership development
Type of Music I like and	Jazz; Pop; Rock; Heavy Metal –
my favourite song of all	happy with the Beatles in the
time:	background anytime!
	FAVOURITE SONG: My Way
Type of Movies I like and	Comedy
my favourite movie of all	FAVOURITE MOVIE: The Devil
time:	Wears Prada
Favourite Programme on TV:	Channels 201 to 215
Motto in Life:	I shall pass through this world but
	once. Any good therefore that I
	can do let me do it now for I shall
	not pass this way again.
What do I enjoy the most?	A good steak (rare) with fries
	washed down with a good Shiraz.
What do I hate the most?	Unethical, dishonest, and corrupt
	behaviour and actions.
What do I do for a living?	Management Consultant,
	specialising in the infrastructure,
	built environment and real estate
	sectors.



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District Chairperson Peace Posters & Essay Contest Peggy du Plooy

Email: peggy@dubar.co.za



Name:	Peggy du Plooy
Preferred Name to be	Peggy
known by:	
Hobbies:	Reading and Art
Type of Music I like and	I love all music.
my favourite song of all	
time:	
Type of Movies I like and	I love adventure and documentary
my favourite movie of all	movies I have many.
time:	
Favourite Programme on	No favourite as such there are
TV:	many.
Motto in Life:	Live and let live.
What do I enjoy the most?	Peaceful place preferably at the sea
	and cheesecake.
What do I hate the most?	Insincerity and a narcistic person.
What do I do for a living?	Retired.

District Chairperson Public Relations Meredith Wilter-Sturges Email: midrandlions@gmail.com



Name:	Meredith Wilter-Sturges
Preferred Name to be	Meredith
known by:	
Hobbies:	Wildlife photography, graphic design, creative writing, walking, auction hunting, environmental issues - member of Greenpeace

Type of Music I like and my favourite song of all time:	Late 60s, 70s, classic rock, contemporary classics, classical music Piece of my heart - Janis Joplin
Type of Movies I like and my favourite movie of all time:	Really good dramas, period movies and spy thrillers. Gladiator
Favourite Programme on TV: Motto in Life:	Game of Thrones British detective series
What do I enjoy the most?	Preserve your peace Going on a wildlife photographic holiday.
What do I hate the most?	Artificial anything especially singleuse plastic
What do I do for a living?	Social Media Manager/Content Creator and Online English Teacher.

District Chairperson Sight Pierre Theron

Email: pdgpierre@gmail.com



Name:	Pierre Theron
Preferred Name to be	Pierre
known by:	
Hobbies:	Watching Sport and Wine Tasting
Type of Music I like and	Rock 'n Roll
my favourite song of all	"Mustang Sally"
time:	
Type of Movies I like and	Action Movies.
my favourite movie of all	"The Great Escape"
time:	
Favourite Programme on	Geo Wild
TV:	
Motto in Life:	"Never do today what I can do
	tomorrow"
What do I enjoy the most?	Grilled King Prawns
What do I hate the most?	People who are strangers to the
	truth
What do I do for a living?	Life Right Sales
-	·



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District Newsletter Editor Jacqui Hocking

Email: <u>Jacqui.hocking@bmw.co.za</u>



Name:	Jacqueline Hocking
Preferred Name to be	Jacqui
known by:	
Hobbies:	Lions, Reading, Jigsaw Puzzles – my
	therapy, Baking — my calming
	remedy
Type of Music I like and	A huge variety other than heavy
my favourite song of all	metal
time:	Power of Love — our wedding song
Type of Movies I like and	Anything other than SciFi
my favourite movie of all	All time favourite-Dirty Dancing
time:	
Favourite Programme on	Anything other than reality shows
TV:	
Motto in Life:	You are master of your own
	destiny
What do I enjoy the	Spending time with my family, my
most?	furbabies, travelling and Cheesecake
What do I hate the most?	People who think the world owes
	them – get off your butt and do
	something about it
What do I do for a	Executive Assistant to CEO (6
living?	months to go) then retired and of
	course Lions

Region Chairperson Region A (Zones 1 & 2) Shirley Gerhard

Email: shirley@rentalwarehouse.co.za



Name: Shirley Gerhard Preferred Name to be known by: Hobbies: Lions, Watching TV, Sleeping Repeat — Lions, Watching TV, Sleeping	
known by: Hobbies: Lions, Watching TV, Sleeping Repeat — Lions, Watching TV,	
Hobbies: Lions, Watching TV, Sleeping Repeat — Lions, Watching TV,	
Repeat – Lions, Watching TV,	
Clooping	
Sleeping	
Type of Music I like	9
and my favourite song too.	
of all time: It's raining men, hallelujah	
Type of Movies I like Soppy love stories	
and my favourite movie Dirty Dancing - Patrick Swayze's	
of all time: moves	
Favourite Programme A million little things	
on TV:	
Motto in Life: Live, laugh, love	
What do I enjoy the Getting into a bed with the electric	c
most? blanket on	
What do I hate the Getting out of the bed with an	
most? electric blanket on	
What do I do for a Sit in my office and sort out other	
living? peoples' problems or problems	
caused by other people.	

Region Chairperson Region B (Zones 3 & 4) Mark van Heerden

Email: mark.vanheerden@telkomsa.net



RC Mark must be under cover, because we cannot find any information on him! (a)

Region Chairperson Region C (Zones 5 & 6) Donovan Henri

Email: donovan.henri@gmail.com





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Name:	Donovan Henri
Preferred Name to be	Mr D
known by:	
Hobbies:	Knife Collecting, Cartooning প্র
	Drawing, Graphic Design, Watching
	intelligent people on YouTube!,
	TikTok!
Type of Music I like and	Alternative Rock - Linkin Park the
my favourite song of all	best!
time:	Final Masquerade - the guitars!!
	Legend
	And Queen! Never forget Queen!
Type of Movies I like and	War - based on true events
my favourite movie of all	Band of Brothers!
time:	
Favourite Programme on	Don't watch TV YouTube
TV:	yeah!
Motto in Life:	Nie ma Tygrysa!
	Polish for "There is no tiger!"
What do I enjoy the	A nice long winding road and a
most?	powerful motorcycle to blow away
	all the cobwebs!
What do I hate the most?	A nice long winding road covered
	in oil and diesel!!!! Recipe for
	disaster! Oh, and fake people!
What do I do for a	Bookkeeper, HR ध IT for Pharmacy
living?	Group

Region Chairperson Region E (Zones 10 & 11) Sanet Emmerick

Email: admin@definefs.co.za



Name:	Sanet Emmerick
Preferred Name to be	Sanet
known by:	
Hobbies:	Hiking, running, reading
Type of Music I like and	I like any type of music, but 80's
my favourite song of all	is a favourite and I am also a
time:	Afrikaans song lady 🚱
	Favourite song : Queen Bohemian
	Rhapsody and Theuns Jordaan By
	Jou

Type of Movies I like and	Romcoms, Action and Horrors
my favourite movie of all	The Notebook
time:	
Favourite Programme on	Not big on TV, Voetspore
TV:	
Motto in Life:	Dream Big, Work Hard, Make it
	Happen!
What do I enjoy the most?	Spending time with loved ones +
	making a difference somewhere
What do I hate the most?	Negativity andddddddd olives 🔞
What do I do for a living?	Financial Industry

Zone Chairperson (Zone 1) Juan Mitchell Email: <u>juanmitchell97@gmail.com</u>



Name:	Juan Mitchell
Preferred Name to be	Juan
known by:	
Hobbies:	Collecting Diecast model cars,
	Metal detecting, South African
	History, Member of SANBS Doner
	Committee (Rustenburg branch),
	Making jewelery.
Type of Music I like and	50's, 60's and 70's music.
my favourite song of all	Bohemian Rapsody - Queen
time:	
Type of Movies I like and	Action, comedy, sci-fi and
my favourite movie of all	documentaries.
time:	Back to the future.
Favourite Programme on	Curse of Oak Island
TV:	
Motto in Life:	Do unto others what you would
	want to be done to you.
What do I enjoy the	Seafood, Travel
most?	
What do I hate the most?	Hurtful people
What do I do for a	Working on Impala Platinum mine
living?	in Rustenburg as a winding engine
	driver



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Zone Chairperson (Zone 2) Nico Mostert Email: nico.mostert000@gmail.com

Another man of very few words, however we do know that he is a passionate Lion, a great lover of Dachshunds and is an Educator.

Zone Chairperson (Zone 3) Tammy du Plooy Email: tammydp@mweb.co.za



Name:	Tammy Rene Du Plooy
Preferred Name to be	Tammy
known by:	

I am married to fellow Lion Marc du Plooy, a proud mom of 2 (Jessica 31 and Tyron 25), and a grandmother to my sunshine granddaughter Riley. I have always had a passion for people, serving, and making a difference where I can. Networking is one of my strengths and I give back to the community in many ways.

I am the volunteer coordinator for the Alberton SAPS Victim support centre for the past 14 years, with the assistance of an amazing team of volunteers we support members of the community with emotional support. I qualified with UNISA as a counsellor and have my own trauma counselling practice.

I am the Chairperson of the Alberton H.E.L.P. Forum for the past 7 years. The Forum encourages social and welfare organizations in the Alberton area to work together, which has been awesome over the past year - the teamwork has allowed us to make a difference in so many lives. The Alberton Lions are members of the Forum. I have been a member of the Lions for almost 7 years. I strongly uphold the Lions motto "we serve" and that is where my passion lies.

I am a Director of two Social Welfare organisations, AMCARE and Tutela, which has allowed me to broaden my network in helping others.

Zone Chairperson (Zone 4) Steven Lautenbach Email: steven.lautenbach@gmail.com



Name:	Steven Lautenbach
Preferred Name to be	Steven
known by:	
Hobbies:	Being a Dad, spending quality time
	with family and friends, being a
	Lion & cycling
Type of Music I like and	Alphaville - Forever Young is a
my favourite song of all	great song but all music genres
time:	have their place, many favourites
	including Dire Straits, Petula Clarke,
	Fleetwood Mac and Toby Keith
Type of Movies I like and	Kelly's Heroes and anything that is
my favourite movie of all	not science fiction
time:	
Favourite Programme on	Ontbytsake
TV:	
Motto in Life:	Live and let live.
What do I enjoy the	Seeing a happy smile on someone's
most?	face
What do I hate the most?	Unfairness and selfishness
What do I do for a	Business Development for Industrial
living?	Multinational

Zone Chairperson (Zone 5) Leslie Young Email: lesleegee48@gmail.com



Name:	Leslie Jean Young
Preferred Name to be	Leslie
known by:	



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Hobbies:	Apart from enjoying time with my family, I enjoy walking and casual baking. I'm not someone who can throw a good meal together willynilly, but I do enjoy trying new recipes.
Type of Music I like and my favourite song of all time:	I enjoy most genres of music. From popular classic through to rock n roll. From 1950's through to 2020's. Not too happy with 'screaming songs' that don't make sense, though. My favorite song of all time is Queen's Bohemian Rhapsody.
Type of Movies I like and my favourite movie of all time:	I like animated movies. Always love the innuendo and lessons that can be learnt. I also like movies about wars. 1st, 2nd or Vietnam. Saving Private Ryan and the original Snow White are among my all-time favorites.
Favourite Programme on TV:	Voetspore. SABC 2
Motto in Life:	A smile can go a long way. Music makes everything better. I tie your tie, you tie my tie.
What do I enjoy the most?	Anything Old School Jelly and custard Cats
What do I hate the most?	Litter Lies The obsession with artificial intelligence
What do I do for a living?	I work as a personal short term insurance broker at Sela Brokers in Houghton

Zone Chairperson (Zone 6) Rodney Sabatier Email: Rodney.ccd@gmail.com



Name:	Rodney Sabatier
Preferred Name to be known by:	Rodney

Hobbies:	Birdwatching
Type of Music I like and	Classics to Trash metal depending
my favourite song of all	on my mood
time:	How do you pick just one?
	Meatloaf- Do anything for love
Type of Movies I like and	Crime, action, war
my favourite movie of all	Blackhawk down
time:	
Favourite Programme on	Sport
TV:	
Motto in Life:	When you think you are in a bad
	place, look around and you will find
	lots of people where who are worse
	off. Help them and you will find
	your own problems are trivial.
What do I enjoy the	Time in the bush
most?	
What do I hate the most?	Negative people
What do I do for a	Manufacture wood and steel
living?	creations

Zone Chairperson (Zone 7) Laurette Schoeman Email: <u>lauretteschoeman1@gmail.com</u>



Laurette Schoeman
e Laurette
Walking, pilates, reading, watching movies and other programmes,
keeping informed about news and events.
and Rock, pop, classical, opera, musicals
all
e and Dramas, comedies, musicals, some
of all action movies like James Bond.
Can't really name 1 favourite for I have quite a few, e.g., Dirty Dancing, Bohemian Rhapsody, Shakespeare movies like Othello and Romeo and Juliet, Pride and Prejudice etc.



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Favourite Programme on	I like Investigation Discovery, CBS
TV:	BBC Brit, BBC Earth, sport.
	Definitely no 'reality' programmes,
	which are not reality at all.
Motto in Life:	Keep my mind and body active.
	Have an interest in things. Be kind
	and compassionate.
What do I enjoy the	Going to a coffee shop with
most?	friends, reading, having good
	conversations.
What do I hate the most?	Cruelty to the vulnerable, especially
	animals.
What do I do for a	I am a retired teacher. I give pilates
living?	classes twice a week, and give extra
_	school subject lessons if required.

Zone Chairperson (Zone 9) Vanessa Richardson Email: vanessaramsgatelions@gmail.com



Name:	Vanessa Richards
Preferred Name to be	Vanessa
known by:	
Hobbies:	Reading, Walking, Listening to
	music
Type of Music I like and	Golden oldies, light classical
my favourite song of all	Knights in white satin and sailing
time:	
Type of Movies I like and	_
my favourite movie of all	
time:	
Favourite Programme on	Gave TV up 5 years ago and don't
TV:	miss it one bit.
Motto in Life:	Make it happen
What do I enjoy the	Watching the sunrise over the
most?	ocean and how the scene changes
	day to day and season to season.
What do I hate the most?	People who don't keep a
	commitment
What do I do for a	Medical practice administrator
living?	

Zone Chairperson (Zone 10) Freddie Erasmus Email: freddie@hrg.co.za



Name:	Freddie Erasmus
Preferred Name to be	Freddie
known by:	
Hobbies:	Reading, reading, reading. Have
	around 2500 books in my
	collection.
Type of Music I like and my	All music. Favourite song:
favourite song of all time:	Romeo and Juliet by Dire Straits
Type of Movies I like and	A movie should be inspirational.
my favourite movie of all	Favourite movie Platoon.
time:	
Favourite Programme on	Any documentary.
TV:	
Motto in Life:	A mind is like a parachute. It
	only works when its open.
What do I enjoy the most?	Beer.
What do I hate the most?	Pretentions.
What do I do for a living?	Business owner.

Zone Chairperson (Zone 11) Keith Thomson Email: keithgreythomson@gmail.com



Name:	Keith Thomson
Preferred Name to be	Keith
known by:	
Hobbies:	Tinkering around with computer operating systems and in particular Linux distributions and their desktop environments. I find building a puzzle very relaxing when time allows.



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Type of Music I like and my	80's Rock and Pop is my
favourite song of all time:	favourite genre. What am I
	listening right now? I Just Can't
	Get Enough by Depeche Mode.
Type of Movies I like and	Comedies - The Carry On series
my favourite movie of all	was always good for a laugh.
time:	
Favourite Programme on	The A - Team
TV:	
Motto in Life:	Remain steadfast and resolute in
	whatever you undertake in life
	no matter the hindrances that
	cross your path.
What do I enjoy the most?	Good old-fashioned Fish and
	Chips with friends and family.
What do I hate the most?	Washing the car or mowing the
	lawn on a Saturday morning is
	the most mind-numbing chore
	out there.
What do I do for a living?	I work for the local Municipality
	in a middle management position
	in the Parks Department

THE TEAM AND THEIR WORKS



The members of the various Lions Clubs of District 410E continued with community service during the month of July and herewith a few of the many projects undertaken by the respective Clubs.

MORE HANDS ENSURE MORE SERVICE



It is always such a joy to welcome new members into our Lions Family and for the month of July a huge warm WELCOME to the District 410E Team.

LION NOMOYA SANGWENI Sponsor Lion Deneera Singh Lions Club of Wilro Park

LION GRACE DUARTE Sponsor Lion Lindalee Visser Lions Club of Shelly Beach

LIONS CLUB OF ALBERTON HOST



The Lions Club of Alberton Host say thank you friends of the Lions Adele and Angela for packing 25 mommy care bags and delivering them to the new moms at the South Rand Hospital on Mandela Day $-18^{\rm th}$ July







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Another Mandela Day project undertaken on 23rd July by 30 members of the Club with friends and prospective Lions included was the Christmas in July with 10 children from each of 13 schools in attendance. Activity stalls were set up to entertain the children with prizes won at some of the stalls. Hot dogs were served for lunch and a gift goody bag given to each of the 130 children to take home.

LIONS CLUB OF BENONI LAKES



An amazing couple of hours was spent by members of the Lions Club of Benoni Lakes on 4th July in Atlasville resulting in a car full of plastic bottle tops, half a bakkie load of printer cartridges, 5 bags of books, 2 bags of spectacles as well as loads of spekbpom plants being sold by Hayley Fekete Farah for the Owl Rescue Centre all made for a hugely successful environmental project. Saving the planet - that's what the Lions Club of Benoni Lakes does!

LIONS CLUBS OF CENTURION, TUKS LEOS & BRANCH CLUB OF FOURWAYS





On 17th July the 3 above-mentioned Clubs joined hands with the Acorn Foundation, Air Bus Southern Africa Staff and Citrum Chef Khumalo in a cookoff preparing 67 meals in 67 minutes which were delivered to an informal settlement in Midrand. As they honed their knife skills, we are glad to hear that all still have their fingers on both hands!



A delivery of baby formula and fruit juices to Bakwena Day Care Olievenhoutbosch as well as fresh vegetables that were donated were sorted and packaged for delivery to 8 families on 16th July.



IPDG Patrick and Lion Bernice spent the day hacking away invasive species for Mandela day at Faerie Glen Nature Reserve on 17th July- A lasting legacy for future generations.



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Well-done to Driver IPDG Patrick and his Blind Navigator Jessica on winning the Blind Navigators Rally at the Austin Healey 100-mile tour on 24th July.



LIONS CLUB OF COWIES HILL



During the week of 4th July, the Lions Club of Cowies Hill delivered bread, fruit, and vegetables to Mariannridge as well as a double bed and mattress to a lady whose whole home was filled with mud emanating her losing everything during the recent floods. They have managed to clean out the mud and tiled some of the floors and the Lions Club of Cowies Hill is assisting to get home refurnished.



Great fun was had on 16th July when members of the Lions Club of Cowies Hill entertained the residents of Queensburgh Cheshire Home playing Bingo for the first time in 2 years.



Those members that were involved with the Bingo event conducted a Diabetes Screening and testing at Kloof Fields Centre. On the day 25 tests were done.





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LIONS CLUB OF KRUGERSDORP





A Christmas in July function was held on 23rd July for House lade which is a home for children that were abandoned at birth. They received bikes, clothes, and groceries from the Lions Club of Krugersdorp.



LIONS CLUB OF LETABA TZANEEN



On 2nd of July the Lions Club of Lebata Tzaneen had "Come and Meet the Lions" stall at the Highgrove Market where they showcased some of the projects, both service and fund raising that the Club undertakes. It was also a great opportunity for the community of Tzaneen to find out as to how they could support the events of the Lions Club of Letaba Tzaneen.









LIONS CLUB OF MIDRAND



The new fiscal year kicked off on 9th July with Session 3 of the Leadership in Action Journey with the Youth Leaders of Rays of Hope facilitated by the Lions Club of Midrand. The focus of this session was on putting together a CV, attending job interviews. A wonderfully participative workshop with the 2 x young members of the Club + 1 x Prospective, who are the Facilitators.





On 23rd July the Bric-A-Brac and Jumble Sale was held where some much-needed funds were raised, and some happy shoppers parted with their money!



On 30th July the Monthly Eye Clinic was held in partnership with the University of Johannesburg Optometric Students and the scripts going to Lions BrightSight. A very busy morning.



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LIONS CLUB OF NELSPRUIT



In honour of Mandela Bay, the Lions Club of Nelspruit pledged 25 litres of soup and delivered 50 litres — the residents to whom the soup was delivered were most grateful. They certainly outdid themselves on the cooking front.

LIONS CLUB OF NORTH DURBAN





A Meet the Lions with a purpose was held on 9^{th} July where the community were invited to assist with the packing of hospital care packs for Mandela Day.



These care packs were delivered on Mandela Day (18th July) to the moms at two of the local hospitals.



On 23rd July, the members of the Lions Club of North Durban were back at their Clubhouse packing and sorting items for the victims of the fire at Effingham during the past week. Once packed these donations were delivered to the Disaster Management Team at Virginia Airport

LIONS CLUB OF PORT ALFRED



A Diabetes Screening was held on 23rd July at the Namanto Spar. Of the 82 tests conducted, 6 patrons were referred to their doctor's or alternatively to the Clinic.

LIONS CLUB OF PRETORIA JAKARANDA



On Saturday 30th July, the Lions Club of Pretoria Jakaranda set up their gazebo and banners to collect donations for those people affected by the floods in KZN — there is still a huge need for these victims. "Service knows no Boundaries".



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LIONS CLUB OF PRETORIA SOUTH



The 18th of July (Mandela Day) had the Lions of Pretoria South hard at work uplifting the community in Mamelodi by planting trees and painting walkways.





A soup and blanket handout was held on 22^{nd} July ensuring that in this bitter cold that there were many people who had full stomachs and could warm bodies. The blankets were collected by Southdowns College and donated to the Lions Club of Pretoria South for this project.





An extremely and cold start at 03:30 on 23rd July for some of the members of the Lions Club of Pretoria South as they arrived in Diepsloot Township and handed out 300 reflective bibs and 100 bicycle lights to Commuter Cyclists travelling to work in the Suburbs. These will make a huge difference in the lives of these vulnerable road users.



A successful Golf Day was held on 8th July as one of the major fund raisers of the Club. All funds raised on the day are to be utilized to the Vision projects providing eye tests, screening, and spectacles to the community. MixFM did a live broadcast, and the great music was enjoyed by all.



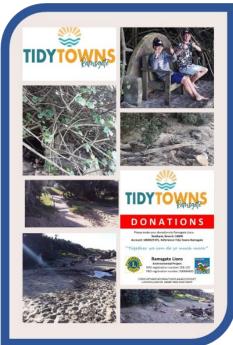


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LIONS CLUB OF RAMSGATE



The Lions Club of Ramsgate have taken on the Tidy Towns project in Ramsgate as an environmental initiative. The face-lift for Ramsgate main beach has already begun. With the approvals from the Municipality, they are planning several projects and donations have already come in so that they have been able to paint and tidy up the main beach area ahead of the holiday season that is upon us.

The next project is to stabilize the dune at the Whale Deck. Naturally they will need experts to guide them, and the Municipality has been very helpful in advising them as to how to go about doing this. The Ratepayers Association, KZN Wildlife, The Green Net and WESSA, amongst many other people, are all part of the planning process and have pledged their knowledge, expertise, and muscle to turn Ramsgate into the most beautiful place on the South Coast.



The Club extends a huge thank you to the volunteers who helped clean up and fix holes and storm damages on Ramsgate Beach and free a bench from overgrowth in Tanglewood forest.



On 22nd July as part of the Mandela Day initiative, 67 little children of The Young Eagles Crèche in Ramsgate benefited from the results of the Club's blanket run. Every single child received their own personalized blanket with their names stitched on to them by lovely ladies from Margate Retirement Village. 120 cupcakes were baked for the little ones.

LIONS CLUB OF SCOTTBURGH



One of the projects of the Lions Club of Scottburgh is the provision of trauma bags to the G J Crookes Hospital. These bags contain toiletries as well as chips, sweets, and soft toys. Scottburgh Lions provide trauma bags to G J Crookes Hospital













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LIONS CLUB OF WILRO PARK





The first project for the Lionistic year 2022/2023 held on 9th July was the revamping of the Sensory Trail at the Earth Centre in Ruimsig. On this day, the eco-bricks were sorted. On 21st July the work began at the Sensory Trail.





In preparation of Mandela Day, on Saturday 16th July the Lions of Wilro Park involved the Protea Ridge Scouts and Community members and spent the morning making Jars of Hope, Snugglers and then made-up packs of a Snuggler, a Jar of Hope, a scarf, a pair of socks and a beanie for their Winter Gift Pack for the homeless folk who otherwise would be left out in the cold and hungry. This was done at their Clubhouse followed by socializing and getting to know each other.





One of the deliveries was 67 Jars of Hope, Beanies and Scarves to CLAW. These were distributed to families living in the informal areas around CLAW.





Another of the many projects of the Lions Club of Wilro Park is the support of the SA Guide Dog Association and Pieter van Niekerk of SA Guide Dogs and Puppy Raiser and Trainer Cayla Driver visited the Club at their July Business Meeting where they presented a Certificate of Appreciation to the Lions Club of Wilro Park honouring their sponsorship towards a Service Dog for a child with Autism.



As part of the campaign to keep a girl child in school every day the Lions Club of Wilro Park deliver Sanitary Pads for 80 girls each month to the Princess High School — this ensures that the young ladies don't have to miss out on school and lessons and furthermore restores their dignity. No girl should have to miss school because she can't afford sanitary products.

This month they also provided school shoes to those learners in need — these two boys were especially pleased with their new shoes and grateful that they would no longer be literally walking on the soles of their feet!





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PROSPECTIVE LIONS CLUB OF CLARENS



Yes, Clarens will soon have a Lions Club and Lions Irene and Hilton wasted no time in getting started and serving their community! One of their very worthwhile Environmental Projects is the exciting environmental educational walks in the Conservatory with the Rangers leading the Grade 3 learners and teaching them that the difference we make today will be seen tomorrow! The objectives of the Environmental Education Programme are Awareness, Knowledge, Attitudes, Skills and Capacity building and as Lion Irene says, "today's learners are tomorrow's custodians".



For Mandela Day on the 18^{th of} July, Lions Irene and Hilton and the prospective Lions of Clarens organised and set up a Soup Kitchen at Tshepong serving soup and rolls for 260 hungry residents in one day. The children of Tshepong also enjoyed the newly repaired bicycles and had a lot of fun too!

ROCKIN' THE MALUTI - 28 TO 30 OCTOBER 2022



Watch this space for further news and keep your eyes peeled for any emails coming from Midyear Conference Convenor.

SOMETHING TO THINK ABOUT......

Do more than belong: Participate
Do more than care: Help
Do more than believe: Practice
Do more than be fair: Be kind
Do more than forgive: Forget
Do more than dream: Work

REMINDER: GET THOSE ENTRIES IN FOR THE CLUB EXCELLENCE AWARDS 2021/2022

All Club entries to be submitted to IPDG Patrick Mills by 30^{th} September 2022



REMINDER: YOUR SUBMISSIONS FOR ISSUE 2 OF THE TEAM WORKS ARE DUE BY 22ND AUGUST 2022