

THE TEAM WORKS

The official Newsletter of District 410E
One Team, One Dream – We Serve



Issue 2 – August 2022

MESSAGE FROM DG SYDNEY



How time flies when you are having fun! We are already two months into the Lionistic year, and it's been incredible to see how much service so many of our Clubs have already achieved.



I held my first Exco (GAT) meeting on the 6th of August and hosted it in the peace and quiet of the bush at a family member's small private game lodge away from the busy city. A lot of groundwork for the coming year was discussed. The foundations have been laid and now it's up to all the Clubs to start building their clubs and Strengthening 410E.



It's been exciting to visit Clubs and to see that they are meeting face to face again and are planning and working towards an incredible Lionistic year ahead.

I am so excited about what we are going to achieve, and I hope that every Lion will join me on this journey. **One Team One Dream!**



I'm extremely excited about the Strengthen 410E initiative this year. The initiative is starting to go from a walk to a strong jog and 1st VDG Lindie is putting plans in place to start the rollout throughout the District and has a clear vision for the way forward. I'm confident that we will have success this year in growing our membership. The Region and Zone Chairpersons will be asked to play an important role and be involved in the implementation of this initiative.



Over the past year the Long-Range Planning Committee has laid a strong foundation on which to build. This Committee is vital to the long-term sustainability of Lions in our District and PCC Cliff and his Committee are well prepared to guide and advise the District, on short- and long-term strategies.



The GLT Chairperson, Lion Delphine, has some exciting training lined up for this year and has already kicked off with the Social Media workshop with 67 Lions attending. The social media platform is definitely the way forward to get your Clubs name out in the public domain and it's important that we do this in a professional manner and to this end I would like to personally give a huge vote of thanks to District Chairperson Public Relations Lion Meredith who did a sterling job presenting the training workshop.



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THE OBJECTIVE OF THE DISTRICT GLOBAL SERVICE TEAM (GST)
(DC GST, PDG Ian King)



This year we were able to obtain a grant from LCI for Zone and Region Chairperson training. The first training (face-to-face) of Zone and Region Chairpersons in the Eastern Cape will take place on the 27th of August in Port Alfred, followed by Zone and Region Chairperson training for Gauteng and KZN planned for September.

I have the privilege of serving on DG Sydney's Cabinet with the responsibility of being the District Chair for Global Services. I'd like to take this opportunity to share the Vision/Goals for this coming year as set in conjunction with our District Governor. Before I do though, I would like to clarify just **why it is so important that we report on the service we do.**

The first Cabinet Meeting of the Lionistic year took place on the 13th of August via Zoom and was very well attended with some tough talking taking place, but as always done in the spirit of Lionism and for the betterment of the District 410E. The first MD410 Council Meeting was held in Gordon's Bay on Saturday 20th of August in person.



MyLion



Online Activity Reporting (MyLion): non-negotiable:
By sharing our service efforts and the impact it has, we inspire people and grow our global legacy of service. Details give stories power. Saying you fed 80 families is more powerful than saying you organised a food drive. (A picture also speaks a thousand words).

Last but not least, I am very pleased that, after a few years of absence, we will be having a Midyear Conference again. The "Rockin the Maluti" Conference will be held at the Golden Gate Hotel in the beautiful Golden Gate National Park near Clarens in the Free State. I encourage all Lions to attend, it's going to be a great Conference, which will include work and play and there will still be some time to explore! Watch out for more info - It's going to be a good year - Lions Rock – you don't want to miss this one!



In the next issue of The Team Works we will be giving you some feedback of the District goals – after Quarter 1 where we are at!

Warm regards and keep doing what we do best "We Serve",

Sydney

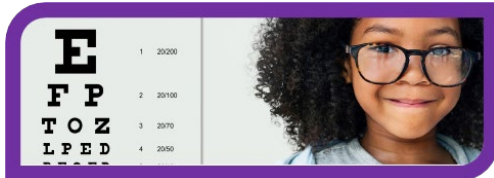


Saying your Club contributed 1,300 volunteer hours last year is more powerful than saying your Club serves the community. When your Club reports service, you collect the details needed to share powerful stories of your Club's impact in your respective communities. After all, we are really trying to inform the world what an amazing Organisation we are. It also provides opportunities for sharing success stories that we could all use.



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It provides much needed recognition for a job well done and allows us to effectively show just how much *We Serve*.

Objectives set for fiscal year 2022/2023:

As we are all part of the Global organisation, we set 7 objectives for the year in line with the 5 identified Service pillars and these are.....



- Coordinate a District-wide Service Campaign for **Sight** in **October 2022** and encourage clubs in the District to do a Sight project in that month.



- Coordinate a District-wide Service Campaign for **Hunger Alleviation** throughout the year and encourage Clubs in the District to do Hunger Alleviation projects. (**World Hunger Day/Month – May 2023**)



- Coordinate a District-wide Service Campaign for **Environment** in **September 2022, March 2023, and June 2023**, and encourage Clubs in the District to do an Environment project.



- Coordinate a District-wide Service Campaign for **Diabetes** in **November 2022** and encourage Clubs in the District to do a Diabetes project in that month.



- Coordinate a District-wide Service Campaign for **Childhood Cancer** in **September 2022 and February 2023** and encourage Clubs in the District to do a Childhood Cancer project in these months.



- Encourage Clubs in the same area/zone to work together to collaborate on their service projects to maximize the impact in their communities.



- Put out a regular newsletter to update all Clubs as to the current status of the District in terms of the Service Goals as well as upcoming Service events. This will also be included in the District 410E Newsletter, The Team Works.



As we see, there is a lot that can be done by Clubs to be involved in our **Pillars of Service** but certainly not restricted to only them. Remember, there is no limit to Service. As we get into the year, I will share ideas on how we can all be involved in the theme for that specific month.



Again, I would like to encourage ALL Clubs to effectively report on the wonderful **SERVICE** you do and by doing so, work hand in hand to help achieve the Goals.



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RAISING FUNDS FOR THE CLUB ADMIN ACCOUNT *(As per LCI & presentation circulated by DC GLT, Delphine Ferreira)*



As Clubs we all need funds to boost our admin accounts, however as per the Purposes: “We shall encourage service minded people to serve their community without personal financial reward.” Our Ethics: “We shall give freely of our time, labour and means.”



We Serve

However, please take note of the presentation circulated to all Clubs by DC Delphine. Herewith a summary:



Why have these rules in place?

- Assists Clubs to do the right thing.
- Ensures compliance within the regulations.
- Prevents any misunderstanding & protects the image of our brand (LIONS).
- Helps Clubs fund raise with confidence.



What we may not do?

- Donate or support projects that would benefit any Lion, Lions Club, District, Multiple District or International, financially, or materially.
- No monies raised from the general public may be utilised for administration purposes.



Now Begs the question – how do we legally raise funds for our admin account?

- Host “in-house” fundraising activities within Clubs.
- Friends and family who support Lions may be invited to support “in-house” fundraisers provided they have been advised as to where the funds raised are going i.e., Admin Account.
- Unsolicited donations to club administration may be accepted.
- Funds raised from Tail Twisting at meetings.
- Club Meeting Raffles.
- Rebates on Christmas Cakes is allowed.
- The proceeds from letting Lion’s facilities (Club Houses) and payment of services of members or Club may be used to credit the admin account provided that, the amenities and services were not publicly advertised and that those people renting the facilities and paying for services are fully aware that the proceeds will not benefit the community.



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- If members who legitimately undertake work at the Club e.g., Clubhouse repairs that would have been otherwise outsourced and paid and then voluntarily donate the remuneration back to the Club.

Always remember as Lions we are accountable and responsible for our actions as individuals and as Clubs.



Rare (Uncommon) Tree of the year: *Peltophorum Africanum*, African Wattle

National Arbor Week can also be utilized for greening projects such as planting veggie gardens in an economical and sustainable way by making use of Eco-Circle gardening.



The Eco-Circle gardening method not only saves on labour, but also provides a unique and simple way for growing large volumes of food in small spaces, using very little water. “Eco-circles” build soil fertility and help to prevent the unnecessary loss of soil to the erosive forces of wind and rain. This is achieved by digging a knee-deep hole 1 metre in diameter, and then placing a 2L plastic bottle with vertical holes along the side in the middle. The hole is then filled with alternate layers of compost and subsoil, watering each two layers thoroughly before adding the next.

By adding organic matter and watering each level in turn a sponge effect is created which will retain water below the surface so that plant roots are encouraged to grow deeper, resulting in stronger and better vegetables. Once you fill the bottle with water, it only needs to be refilled once a week if the bed is well mulched. This means that you are using only 2 litres of water per-bed-per-week. Detailed instructions to create an eco-circle will be uploaded on the Environment page of the District 4 IOE website.

LOOKING AFTER OUR ENVIRONMENT



[DC Environment LP Alna Jackson]

National Arbor Week – 29 August – 4 September 2022

South Africa celebrates Arbor Week in the first week of September annually. The Department of Forestry, Fisheries, and the Environment, as the custodian of forestry in South Africa, is responsible for the campaign.

September is also heritage month and as we celebrate Arbor Week, the department also focuses on the country’s champion trees which include some of the oldest, largest, and culturally significant trees. These include the Sophia Town Oak Tree and the Sagole Baobab Tree in Limpopo, which are part of our heritage.



Common Tree of the year: *Dais Continifolia*, Pompom Tree (NB: not to be confused with the pompom weed!)



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International Coastal Cleanup Day - 17 September 2022
 International Coastal Clean-up (ICC) Day 2022 is set for September 17 this year, as the world continues to grapple with the growing problem of marine and plastics pollution.

ICC has seen the mobilisation of people the world over to remove trash from beaches and waterways for more than 35 years. Since inception, more than 17 million volunteers from more than 150 countries have collected over 158 million kilograms of trash.



Marine litter and plastics pollution remain a clear and present danger, putting not only human health but also the health of the world's oceans and seas in jeopardy.

“Despite current initiatives and efforts, the amount of plastics in the oceans has been estimated to be around 75-199 million tons. Under a business-as-usual scenario and in the absence of necessary interventions, the amount of plastic waste entering aquatic ecosystems could nearly triple from some 9 -14 million tons per year in 2016 to a projected 23-37 million tons per year by 2040,” reveals the 2021 United Nations Environment Programme report, “*From Pollution to Solution: A Global Assessment of Marine Litter and Plastic Pollution*”.



Without interventions by Lions Clubs to do coastal and river clean-ups in conjunction with the plastics recycling companies, our country's waterways will remain clogged with litter, which is eventually washed downstream, ending up in the ocean.



(Lions Club of Ramsgate picture above)

COMMUNITY CLEANUP

We Serve

JOIN US FOR A COMMUNITY CLEAN UP AND FIXING UP THE SCOUT HALL.

WE'LL BE TAKING DONATIONS OF FOOD, CLOTHING, AND TOYS FOR THE NEEDY!

SOME OF THE FOLLOWING ITEMS WOULD BE A GREAT HELP.

• TEABAGS	• SUGAR
• TINNED FISH	• SAMP
• MIELLEAL	• COFFEE
• POWDERED MILK	• SOYA MINCE
• PACKETS OF SOUP	• PEANUT BUTTER
• TINNED VEGETABLES	• DRUGS & CAT FOOD
• TINNED BAKED BEANS	• OR ANY OTHER NON-PERISHABLES
• RICE	

17 SEPTEMBER (7AM -TO 1PM)
 1ST RANDBURG SCOUT HALL
 FOR MORE INFO
 CONTACT ELINDI ON 082 942 7161

BEVERAGES AND HOTDOGS
 AVAILABLE FOR PURCHASE ON
 THE DAY, AS WELL AS NUTS
 AND BEEHOTELES.
 FREE DIABETES AND BLOOD
 PRESSURE SCREENING.

The above “ad” was copied from the Lions Branch Club of Fourways Facebook Page. This takes place on 17th September.

Advertise your event, invite the public to join in the clean-up, arrange for recycling companies to collect the recyclable items, local council authorities to remove the rest.



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Environmental Photo Competition - 30 September 2022
It's that time of the year again! Time to sort through your favourite environment photos for the District 410E Environmental Photo Competition - entries close on 30 September 2022.



Two exciting new categories have been introduced, namely **Bird Life (BL)** and **Pollution (P)**. Another exciting development is that the winning entries of District 410E, to be voted on by the delegates to the Mid-Year Conference in Golden Gate at the end of October, will be entered into the MD410 competition. The winners of the Multiple District 410 Environmental Photo Competition will be announced at the MD410 Convention in Durban at the end of April 2023.



**Enter the
Lions Environmental Photo Contest.**

PROMOTION / IDEAS FOR HERITAGE DAY 24 September 2022

(DG Public Relations, Meredith Wilter-Sturges)



As a tribute to the diverse cultures and traditions that make up our nation, Heritage Day is an opportunity for South Africans to come together and celebrate all that's beautiful about our country's diversity. Heritage can include: culture, wildlife, monuments, artwork, literature, music, languages, and culinary traditions to name a few. So, before you light up that fire to celebrate National Braai Day, get out there and enjoy the abundance of natural heritage your country has on offer.

Here are many ways to enjoy Heritage Day other than by just pulling out the tongs and lighting the braai.



Go for a hike

No matter which part of the country you live in, there are plenty of walks and hikes to choose from in South Africa. Why not take some city bound under privileged teenagers on a hike? Not only is it a day in the fresh air, but it is also a way to destress and get in touch with yourself, being immersed in Mother Nature will remind you and your hiking crew why it's our responsibility as South Africans to take care of it. You can even pick up some litter if you come across it.



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Visit a Heritage Site

With 10 UNESCO World Heritage sites and a myriad of cultural heritage sites across the country, use Heritage Day to share these treasures with a group of youngsters. Try visiting Maropeng or Sterkfontein Caves in the Magaliesburg, a rock art site in the Drakensburg, Constitutional Hill in Braamfontein or the Hector Pieterse Memorial in Soweto and earn more about the cultural history of the country in which you live,



Plant an indigenous tree

If you're looking for a way to add to South Africa's natural heritage, how about planting an indigenous tree? This year, the tree of the year in South Africa is the Dias Cotinifolia otherwise known as the Pom Pom tree. Exotic trees encroach on natural areas and deplete the water table for indigenous plants and trees. Planting local trees helps maintain healthy ecosystems and adds to the biodiversity of our country. You can also plant a hedge of spekbooms which act as a filter to clean our atmosphere. If you live in Limpopo why not take a group of visitors to the giant Sagole Baobab which is deeply rooted in the Venda nation's folklore. The tree is estimated to be over 3000 years old and 43m in diameter at the base of the trunk.



Visit a national park or nature reserve

Want to get to know the Big 5 up close and personal? South Africa is home to hundreds of national parks and nature reserves. There is no excuse not to enjoy what our country prides itself on its wildlife. Also, when you support national parks, you're contributing to wildlife conservation as a whole. So, get a small group together and start planning your Heritage Day trip to the bush!



Host a heritage function

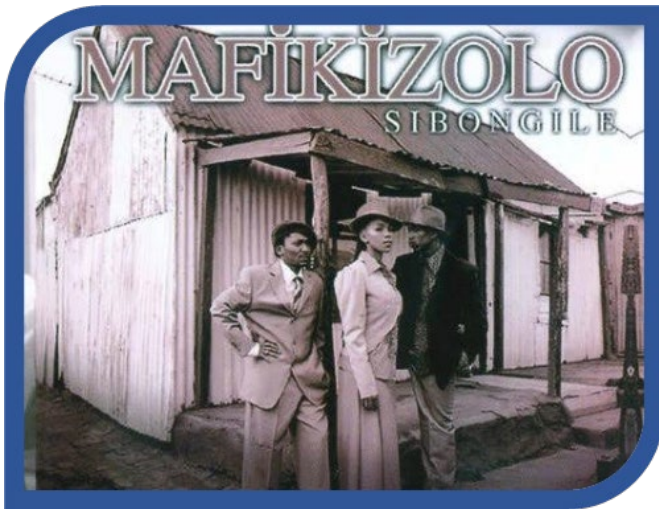
Invite people of other heritages over to your house for a braai or a meal and ask each person to bring a dish that represents their heritage. During the meal, have people share what the dish means to them and when/for what occasion they would typically make it. While you are about share a few basic phrases in a language that you don't know and use them in the right context. Also ask your guests to discuss a book, article, movie/documentary that other guests can explore to learn more about different cultures.





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Organise a sing-along

Learn the words of a South African song in a language you don't know. Research their meanings or background and get a friend to help with the pronunciation and then sing the new songs you have learnt together as a group.

Lions believe....

Diversity
Is having a seat at the table

Inclusion
Is having a voice

Belonging
Is having your voice heard

MIX 93.8 "THE LIONS ROAR" 10 August & 24 August 2022



On the 10th of the August the show focused on Women in Lions and featured input received from PDG Jeannie van Wulven, Cabinet Treasurer 410W Jules Flanagan, DC GST 410W Linda Anderson, DC Public Relations 410E Meredith Wilter-Sturges, District Office Administrator 410W Sandy Roman and PCC Jacqui Hocking.

It was so wonderful to hear their stories and special memories added to that some rather hilarious happenings and anecdotes during the years serving as Lions.



Then on the 24th of August the show hosted Lion President Johan Els of the Lions Club of Wilro Park (Home Club of DG Sydney). What an interesting discussion and for those that are not aware, Lion President Johan became a Lion after listening to the The Lions Roar during the Covid lock down and got in touch with the Lions Club of Wilro Park and as they say, the rest is history.

On behalf of The Lions Roar Team, if you want to promote an event, share news about a project regarding your Clubs, get in touch with PCC Cliff (chocking@mweb.co.za). This is a medium to promote Lions and get ourselves known to the public.

Remember to tune into 93.8 or Channel 823 (DSTV) on every alternate Wednesday from 20:00 – 21:00. The next show will be on Wednesday 7th of September 2022.





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WOOLWORTHS MYSCHOOL MYVILLAGE MYPLANET REWARDS CARD

(Message from DG Sydney van Heerden)



Sign up making Lions Clubs International District 410E a beneficiary! Every swipe counts and it does not cost a cent – all you do is swipe every time you shop at any Woolworths or one of their partners and District 410E will receive a donation from Woolworths which over time adds up. The more people who sign up and swipe, the more money we earn for our Projects.

The funds which our District previously received helped to sponsor the Lions / CHOC Back Packs for Comfort Kits for Kids with Cancer as well as the Lions blue draw string bags for Comfort and Care packs for children with Cancer or victims of abuse.

The latest District initiative will be launched at the Golden Gate Mid-Year Conference where Lions will be planting a garden around a tree in the centre of Clarens on the square. Four Lions International Roses will be planted together with other plants in our Lions' Garden. A plaque will be placed in the Garden showing LIONS CLUBS INTERNATIONAL, District 410E with the Lions logo and what we stand for... We Serve.

So, please register today, encourage your family and friends to sign up and start swiping – every swipe counts, and it's Free! Help us to raise funds for District 410E Projects. If you are already a Woolworths MySchool MyVillage MyPlanet Rewards Card Holder, you can change your beneficiaries online.

The Application Form is on the last page of this Newsletter for your easy reference, should you have mislaid the email.



MySchool MyVillage MyPlanet

Supporter Card Application

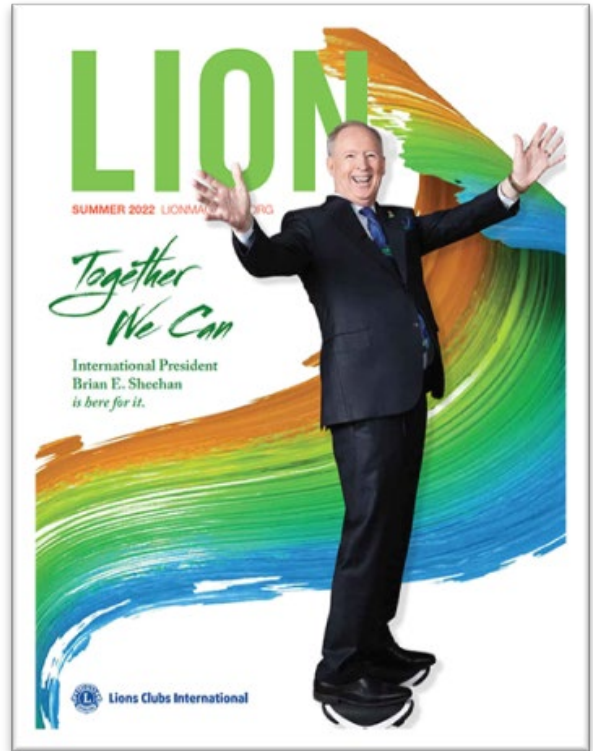
Apply online www.myschool.co.za OR e-mail cs@myschool.co.za OR call 0860 100 445 OR complete this form and fax to 0866 822 833.



SIGN UP

SIGN UP

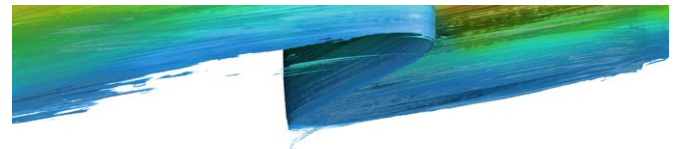
CURRENT EDITION OF THE LION MAGAZINE



To access the Adobe Version, simply click on the below hyperlink.

https://lionmagazine.org/wp-content/uploads/2022/07/Summer2022_LCIMagazine_OO.pdf

MESSAGE FROM INTERNATIONAL PRESIDENT BRIAN SHEEHAN



To access the You Tube video please click on the hyperlink.
<https://www.youtube.com/watch?v=wBVLjpsigHM>



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THE TEAM AND THEIR WORKS



LIONS CLUB OF WILRO PARK

August is an important month for Lions to stand up and show support for women and children and so the Lions Club of Wilro Park encouraged their Corporate Sponsors and their Community to stand with them and to join them in saying ENOUGH IS ENOUGH!

Their Lions Dignity Bags and Comfort Kits are always in great demand and make a real difference to the victims of gender-based violence, rape, and abuse. The handbags and comfort kits for kids are filled with much needed items which help bring some comfort to those in need and show that there are people out there who care!



A sincere thank you to Ken MacLean CEO of SEDGWICK and the wonderful staff of Sedgwick Johannesburg who generously sponsored and handed over 50 Dignity Handbags and contents for 20 Lions Comfort Kits for Kids - young victims of rape or abuse to President Johan Els. Cases like these should never happen and we must stand together to support the victims!



In addition, Sedgwick Durban joined this drive and Dignity Handbags were filled with the necessary items and handed over to PDG Lyn Botha of the Lions Club of Cowies Hill...so good to see the support and kindness spreading!



The Lions Club of Wilro Park is a vital link in their Community in the valley and once again they participated in a special Networking/PR Event organised to raise awareness and to show support for women and to let them know who the key players are and who they can contact for help in times of need. The Police and Emergency Services, Paramedics, Security Companies, Neighbourhood Watch and Patrollers and the Lions Club of Wilro Park were all present and available on Saturday 13 August at Helderkruijn Primary School to not only meet and greet but also network, to raise awareness and to gain support.



Wilro Park Lions Club

Ladies Handbag Dignity Project

Please donate a new or previously loved handbag or items to fill the bags

Items to fill these handbags:

- Bottle of water
- Biscuits
- Hand sanitizer
- Facecloth
- Body wash or soap
- Body lotion
- Deodorant
- Pack of tissues
- Sanitary Products
- Small gift



Include a small message of hope

These dignity bags will be given to women who are victims of rape & abuse.

For any donations towards this project please contact
Christine 083 785 4050 | Niquita 084 603 4187

Their Dignity Handbags and Comfort Kits are well known in the Community and are much appreciated by the recipients, the police, the chaplain and the GBV organisations they work with.



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Sensory Lane at the EARTH CENTRE...
(Written by IPP Sandy van Heerden)



“Once upon a time there was a place where horses roam and children play but it was old and needed some tender loving care and so the Lions Club of Wilro Park got to work turning it into a bright and beautiful place with lots of things to do and see – things that would stimulate the imagination and all the senses – this special place is EARTH CENTRE! Their Therapy Riding Programmes cater for people with disabilities such as Cerebral Palsy, Downs Syndrome, Autism, ADD / ADHD and the Deaf – Creating Hope through Horses!

11 special needs schools in Gauteng benefit from the essential therapeutic services to their students and they reach out further into the most vulnerable communities in Soweto & Zandspruit and by partnering with various other organisations, providing physical and social relief, and building capacity in these communities. Helen Thompson once said, “In riding a horse we borrow freedom” and this is so true! The Lions Club of Wilro Park has previously been involved by sponsoring Hay for Day and our Amazing Race but this time was different and much bigger! It was truly ONE TEAM ONE DREAM! Each member got involved in some way – with their creative juices flowing the grounds became a whole Sensory experience right out of the pages of a Fairy Tale!



A walk through the Sensory Lane will take you through the Pool Noodle Forest, past the Wishing Well and Fairy Garden, Benny Bookworm stands proudly, cats, dogs, a duck pond, a giraffe, a



comical penguin, Shaun the Sheep, a huge ladybug, a beautiful butterfly and dragonfly, number and word games, sensory boards and much more are there to enjoy and to bring much love and laughter and hope for happily ever after!”



Well done to the Lions Club of Wilro Park – this is a sustainable and “wow” project benefiting so many children-congratulations!



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LIONS CLUB OF VEREENIGING



On the 3rd of August another 12 people will be able to see better because of the Lions Club of Vereeniging and Lions BrightSight.



Supporting a great cause on 9 August – “Fifty Shades of Spay Fundraiser”. The Lions Club of Vereeniging donated 20 blankets, 7.5 kg mealie meal and 2.5 kg macaroni.



The mission of this NGO is to combat the biggest problem in animal welfare – the lack of sterilization. Their aim is to better the quality of life in their community’s animals by educating and supporting animal owners in order to assist them in caring for their furry friends. This organization relies on fundraising events as well as donations from the community to help sterilize animals and feed unwanted strays.

TUKS LEO CLUB

On the 31st of July the TUKS LEOs were up bright and early assisting the Lions Club of Centurion and Pretoria South in setting up for the Cars In The Park. They even popped around to the Lions Club of Midrand stand offering their assistance. ☺



LIONS CLUB OF RUSTENBURG

A Nelson Mandela/Arbor Day project was held on Friday, 29th of July. JD Mosiah Primary School and the Lions Club of Rustenburg joined hands and celebrated Madiba (who would have been 104 on the 18th of July) by planting 104 Spekboom/Porkbush/Elephant Tree at the school.



All the learners were brought together at the assembly point at the school and were given a short talk on why it is important for all of us to look after the environment, what we can do to reduce our carbon footprint and introduced the learners to the wonderful indigenous plant called the Spekboom.



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Every grade in the school was given the opportunity to plant 8 Spekboom at the perimeter fence of the school and in so doing giving them pride that they helped plant these small plants that one day will become a beautiful hedge and teaching them the skill of being able to plant their own plants at home.

The plan is to make this hedge part of JD Mosiah primary school's 50th year anniversary as the school first opened its gates back in 1972. Each year the existing hedge will be pruned, and the cutting taken to be used to extend the hedge until it eventually extends around the complete perimeter of the school. Further Spekboom seedlings were planted in the assembly area of the school to further beautify the school.

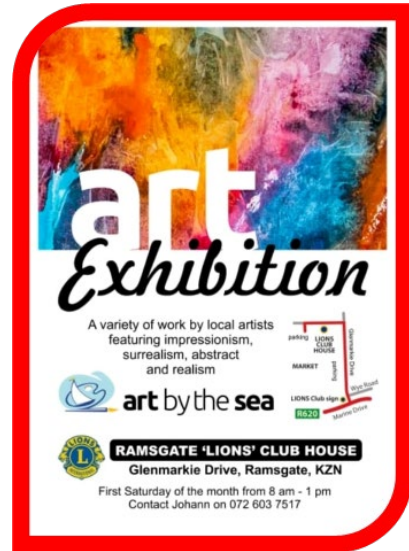


On Wednesday, the 3rd of August, a successful tree planting day was held at Rustenburg High School. This event was organized by the South African Dendrological Society (Pilansberg branch) to commemorate the school's 100 years of existence. Members of the Lions Club of Rustenburg, Rustenburg business owners, Fields College, the Voortrekker movement, and members of Dendrological Society were present to plant trees in the schools ARBNET, level 1 international accredited arboretum.

All the trees planted in this arboretum are expected to grow at least a 100 years old. Some of the trees planted were baobab, rooi stinkhout, haardekool, bosvlies, kaapse kastaiing and red-ivory.



LIONS CLUB OF RAMSGATE



Such an amazing day at the Lion's Hall of the Lions Club of Ramsgate was had on the 6th of August. The art exhibition was an astounding success with local artists showcasing their talent. Added to that the Car Boot Sale and Crafter's Market also had a very successful trading day.





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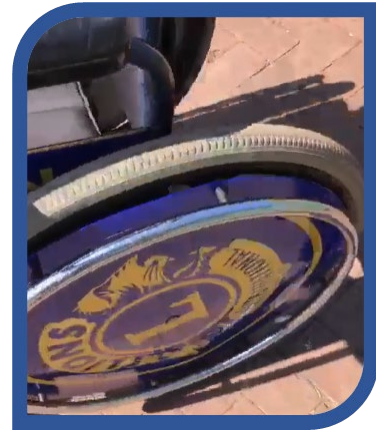


On the 21st of August the Ramsgate Tidy Town and Lions Club of Ramsgate held a beach cleanup and lovely walk from Noel Quarry tidal pool to Ski boat beach. A variety of ages joined and despite the beach looking clean they picked up about 6 bags of rubbish as well as a piece of car and a deck chair. A lot of rubbish had blown into the bushes and amongst the rocks.

LIONS CLUB OF PRETORIA SOUTH



Early start, late finish, but so much fun at Cars In The Park on 31 July 2022.



The newly branded Wheelchair which will be located at the Pretoria Boeremark to assist those in need. One of the members had noticed that some visitors to the Boeremark had trouble navigating the pathways with their walkers, so as Lions do, the Lions Club of Pretoria South made a plan and had one of their spare wheelchair's dolled up, branded and now ready for use.

LIONS CLUB OF PRETORIA JAKARANDA



Collecting donations for people affected by the floods in KZN at Woodlands Boulevard on 30 July 2022.



On the 27th of August, saw the Lions of Pretoria Jakaranda conducting free diabetes screening at Woodlands Boulevard – approximately 30 people tested of which 2 were referred for further consultation with their doctor.



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LIONS CLUB OF POTCHEFSTROOM



On 26th of August the Bowls of Hope packed by the Lions Club of Potchefstroom were distributed by Bafenyi Trust to the indigent.



Bafenyi is the Tswana word for "winners" and their vision is to see people win, regardless of their circumstances. Bafenyi focuses on community development through different projects in the communities in and around Ikageng, Potchefstroom.

LIONS CLUB OF PORT SHEPSTONE



Well done to the wonderful Lions Ladies who managed to collect several blankets for our Winter Warmth Blanket Drive project. The blankets were handed over to South Coast Hospice CEO, Di Van Dyk and Fundraising Coordinator, BT King at the Port Shepstone Lions Club House on 1 August 2022. These blankets will be distributed by Hospice to needy families within the community.



Port Shepstone Lion Ladies Estelle O'Neill and Ann Compion visited Turton hospital maternity ward and delivered baby parcels to the new mothers on 6th of August 2022.



On the 9th of August several valuable items of assorted medical equipment were donated to South Coast Hospice. Equipment included walkers, foot spas, foot massagers, an oxygen cylinder, blood pressure monitoring equipment, porta-loos, several pairs of crutches, body braces, moon boots and other items. Many of these items were kindly donated by the Lions Club of Port Shepstone's partners in service, Southport Swop Shop who very kindly serviced some of the items ensuring that they were in good working order. The Hospice will ensure that the equipment is distributed to various community help organisations in the area.

LIONS CLUB OF NORTH DURBAN



The Absolute Asphalt South African National Koi Show was held at Durban Shongweni Club on the weekend of 30-31 July 2022.



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This Koi Show attracts some of the very best koi in South Africa giving members of the public an opportunity to see the highest quality koi during the show. Apart from the Koi on show there were many stalls selling koi, koi food, pond accessories, nguni skins, bonsai, and something for the gardeners as well. The Lions Club of North Durban assisted the organisation again this year by manning the gate after two years of closure due to Covid. Early morning, they were setup and ready to welcome visitors to the Koi Show in Shongweni.



Added to the busy schedule on the weekend, the Lions Club of North Durban, had a most enjoyable morning at Glenashley Junior Primary School making and selling candy floss and popcorn on the 30th of July.



On the 13th of August, Supa Mamas Savages Race got underway and the members of the Lions Club of North Durban along with Chelsea Preparatory School were ready to serve the runners. It was an amazing day and so good to be out in the community raising funds to help the community.



LIONS CLUB OF MIDRAND



Fun in the sun, catering at Cars in the Park at Zwartkop Raceway on 31 July.



Whilst extremely hard work an extremely worthwhile fund raiser which adds to the Projects Account to enable the Lions Club of Midrand to the service required by the community that they serve.



Thanks to our "Onion" fryer, 1st VDG Lindie van Wyk from the Lions Club of Pretoria Jakaranda – yes, they got their share of the profits! 😊



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The Monthly Eye Screening Clinic and Diabetes Testing took place at the Lions Club of Midrand's Community Centre on the 27th of August with 10 members and our 2 prospective members. An interesting observation was that they had "patients" from Berea, Johannesburg and Soweto travel all the way to Midrand.



LIONS CLUB OF LETABA TZANEEN



On the 30th of July, the Lions Club of Letaba Tzaneen were able to serve Childhood Cancer and assist in creating awareness at the Vegas Games Night.

At extremely short notice (one day prior), the Lions Club of Midrand was contacted to provide service on 2 August 2022. Thanks to Lions Cliff, Trevor (Midrand) and LP Ivan (Krugersdorp) who jumped in as "braai masters" on request from Mix 93.8 at the handover of the refurbished House of Nehemia in Krugersdorp. This was undertaken by the One Wingz of Change which was a Mandela Day initiative. The home was rebuilt and refurbished in less than 2 weeks.



On the 9th of August, the Youth Leader Development Session with Rays of Hope and facilitated by the Lions Club of Midrand was extremely successful with the focus of this session being "Communication".



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LIONS BRANCH CLUB OF LENASIA



The end of July (31st) 2022 dawned with much excitement as the induction brunch of the Lions Club of Lenasia Branch Club of the Lions Club of Wilro Park. All Lions of District 410E wish Lion President Deneera Singh the very best as she leads the Club to reach the community of Lenasia and surrounds.



LIONS CLUB OF KRUGERSDORP



Well done to the newest members of the Lions Club of Krugersdorp, Lions Roxanne Clements, Norman, Linda, and Dylan for organising the soup kitchen at Jack Cotton on the 30th of July. The smiles on the faces were priceless.



On the 31st of July the clothes and baby goodies for a sweet little newborn born into extremely difficult circumstances was delivered.



Lion Phumzile Nxumalo from the Lions Club of Krugersdorp and her beautiful little helpers packed 25 rice meals on the 22nd of August for the struggling elderly in their vicinity. Not only did they have fun doing it, but they also made sure that many members in the community go to sleep on a full stomach!



The Lions Club of Krugersdorp painted the golf course red again with its golf day fundraiser held on the 25th of August!



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LIONS CLUB OF KLERKSDORP



The members of the Lions Club of Klerksdorp took part in the Zone 2 project where they packed 100 Bowls of Hope which went towards the feeding scheme at Unie Primary School.

LIONS CLUB OF HELDERKRUIN



The Lions Club of Helderkruiin together with the Lions Clubs of Krugersdorp and Alberton held a successful and fun Red Shirts Golf Day on the 25th of August. Members of the Lions Club of Helderkruiin were at the 1st Hole serving shooters to those, who wanted to put a bit more "oomph" into their game.

LIONS CLUB OF GONUBIE



On Friday 29 July, the members of the Lions Club of Gonubie enjoyed yet another super visit to the Carel du Toit Centre, which is a pre-school where deaf children learn to speak. A Lions friend who has supported the Club for many years knitted beautiful teddies for us to distribute. So much fun was had sharing cupcakes with the precious little ones before spending time with them playing games.



The Lions Club of Gonubie's Craft Market at Kingsmall in Gonubie are now being held twice a month (held on 6th and 12th August). Profit generated on the first Saturday of a month are always in aid of a specific chosen charity i.e., July's chosen charity was for the Bonubie Protect Neighbourhood, and they were pleased to be able to donate R1,500.00 towards the volunteer's petrol account.



The August market was in aid of the Furry Godmother, a lady who takes care of many helpless, stray, neglected and abused animals within the impoverished communities of East London. She runs a feeding programme for dogs and cats and goes into the communities on a daily basis. The Lions Club of Gonubie were thrilled that, with the help of two volunteers, we managed to collect two trolleys full of pet food for this very worthy NPO. The September market will be held in aid of the Carel du Toit Centre for deaf children.





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LIONS BRANCH CLUB OF FOURWAYS



Thank you to Debonairs Woodmead for “dough-nating” bread rolls to one of the beneficiaries (Hearts of Hope SA) of the Lions Branch Club of Fourways. Hearts of Hope SA provide a safe home for 52 vulnerable children. This is a weekly “dough-nation” that will provide the children with fresh warm rolls made from pizza dough and will assist the homes to provide a wonderful lunch every Friday. By way of this initiative, Debonairs ensures that no dough is wasted and rather used to the benefit of those in need. The first handover was done by members of the Lions Branch Club of Fourways on the 23rd of August.



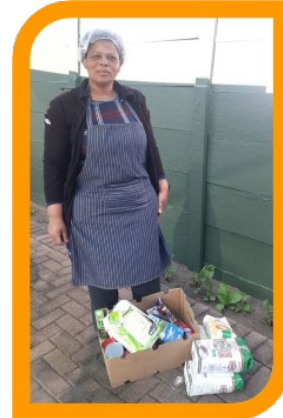
A good day out in the sun, climbing rocks along the river, followed by a road trip with three and so many laughs had on the 27th of August. This was not just a fun day out, as 100 bags of rubbish was collected at the River Cleanup with team of Lions and Grace Point Church in Lonehill.



LIONS CLUB OF EDENVALE



The Lions Club of Edenvale held their monthly food collection at Pick ‘n Pay on Nicol on the 30th of July and received loads of donations to assist the Club in the making up and distribution of the food parcels designated for needy families and organisations.



Edenvale Hospice received a donation from the Lions Club of Edenvale of mealie meal and other food items for the staff who do so much unconditionally for their patients. This was delivered on the 15th of August.



On Saturday the 20th of August, the Elandsvallei Home for the Aged enjoyed a lovely afternoon of Bingo hosted and run by the Lions Club of Edenvale.



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LIONS CLUB OF EAST COAST



After a covid induced hiatus, the Lions Club of East Coast held their annual fundraising golf day on the 29th of July and made a roaring return. 120 golfers took to the greens at the Papwa Sewgolum Golf Course. A huge thank you to all the sponsors for donating so generously thereby ensuring that the Lions Club of East Coast can continue to serve their community.



The Service Team of the Lions Club of East Coast (named the Outreach Team) visited the La Mercy and Phulani Settlement on Sunday, the 21st of August. The community was treated to a hot meal, cold-drinks, and ice cream. A bit of sunshine in an otherwise tough day-to-day life.

LIONS CLUB OF DURBAN SOUTH



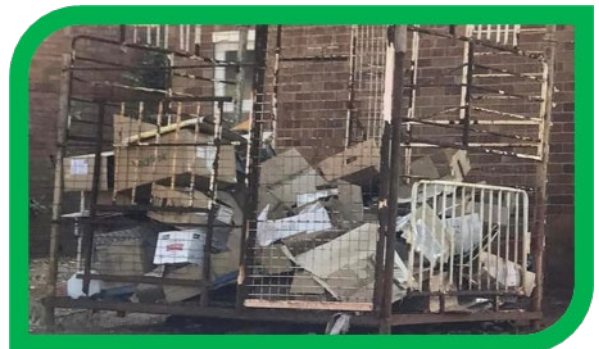
A recent fire at the Quarry Road Informal Settlement in Reservoir Hills saw many destitute families lose the little that they have. Never fear when a Lion is near, the Lions Club of East Coast in partnership with the Lions Club of North Durban were able to provide clothing and food to this community.



Recently a resident from the Bluff donated some clothes and shoes that had belonged to his deceased Mother and these beautiful items were delivered to John Dunn House in Wentworth on the 1st of August by the Lions Club of Durban South.



As part of their Women's Month Outreach programme, the Lions Club of East Coast partnered with Dischem. They purchased and donated 225 packs of sanitary pads towards the Million Comforts Initiative.



One of the five global causes is the environment. As such, the Lions Club of Durban South takes recycling very seriously and the bonus is it assists in raising funds. Cardboard is collected and dropped off once a month.



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Due to Covid, the Lions Club of Durban South had lost contact with all many of their friends in the different organisations where they had done projects previously. Lion Vanessa Wilesmith, is seen here on the 6th of August, handing over many envelopes collected to John Dunn House in Wentworth as these used envelopes are utilised for internal mail to reduce stationary costs.



The Club has 6 senior citizens who knit various items that are donated to different projects done in the community. On the 6th of August members handed over wool to Salome so that the ladies can continue to make items the Club requires for upcoming projects.



Once again making connections after some two years, the gorgeous, knitted items done by the “knitters” and the YWP Wi members were handed over on the 8th of August to the very hard-working social workers at the Wentworth Child Welfare Offices for distribution.

LIONS CLUB OF COWIES HILL



The Lions Club of Cowies Hill does regular food collections at Westville Superspar. The collection done on the 30th of July was delivered to the Sisters Claire and Matilda at Mariannhill Convent, to the Mariannridge Community and Shap Shap - 5 trolley loads in total. 4 trolley loads collected on the 27th of August.



On the 10th of August, the Lions of Cowies Hill delivered the first batch of Kitchen Supplies to Shap Shap Cinemas, Hammarsdale. The items included 50 Chairs, 3 large pots for cooking, gas stove, 2 gas bottles, knives, spoons, and cutting boards.



There was great excitement regarding the chairs as normally the residents must stand waiting for their meals. All the items will be utilized to cook for the surrounding community, and they will shortly start giving cooking lessons. Feedback received on the 27th of August from Shap Shap in Hammarsdale was that they are now fully up and running in their Community Centre and are currently assisting 25 families with food.



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On the 18th of August, bicycles were donated to the Lions Club of Cowies Hill by Mukesh Maharaj. These were handed over to Jason Harris from Cycle Science in Westville, who will do the necessary repairs and service them and in turn donate them to children in Chesterville.



On the 24th of August the members of the Lions Club of Cowies Hill delivered gift bags donated by Sedgwick Durban to Osindisweni Orphanage in Hammarsdale, which is a home for abused, neglected, abandoned, and orphaned children.

LIONS CLUB OF CENTURION



Lions and volunteers got together on the 20th of August to sort out clothing, toys and baby car seats donated by Mukesh Maharaj and his family. These will be delivered to Kloof/Highway SPCA, Mariannridge Community, Molweni Soup Kitchen, Hospice, Voices of Pietermaritzburg, Robin Hood Foundation and Mariannhill Convent and Orphanage.



Cars In The Park held on the 31st of July was a huge success for the Lions Club of Centurion, ably supported by the hard-working members of the Club, as well as TUKS Leo Club. Things were crazy starting at 05:00 and loads of hard work, however critical funds were raised and loads of fun had by all in attendance.

LIONS CLUB OF BEDFORDVIEW



Foam mattresses were dropped off at Osindisweni Orphanage in Hammarsdale on the 27th of August. The mattresses were donated to the Lions Club of Cowies Hill by the Lions Club of East Coast. Gogo and children were extremely grateful as most of their mattresses were damaged in KZN Floods during April 2022.



The Lions Club of Bedfordview collaborated with Mobile Barber Co to arrange haircutting at Juno Aurora Haven. The children were given a special treat.



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LIONS CLUB OF BEACON BAY



The Lions Club of Beacon Bay and Laerskool Nahoon delivered toiletry hampers to the residents of Silver Crown Old Age Home on the 6th of August. A big thank you is extended to all the parents of Laerskool Nahoon that contributed.

LIONS CLUB OF AMANZIMTOTI



The morning of the 9th of August, found the members of Lions Club of Amanzimtotti delivering 148 cupcakes to all woman on duty at Netcare Kingsway Hospital in Amanzimtotti, Kzn.



LIONS CLUB OF ALBERTON



The month of August started off with the Lions Club of Alberton showing love and care to fur babies in the community, with the delivery of pet food on the 1st of August from the food collection done at Bracken City.



Then on the 2nd of August, 25 mommy care bags, a signature project of the Lions Club of Alberton were packed and delivered to the South Rand Hospital.



Also on the 2nd of August, over 300 Learners had their vision screened at Palm Ridge Primary school.



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A delivery of non-perishable food to the nursery schools supported by the Lions Club of Alberton was undertaken on the 5th of August.



A huge thank you from the Lions Club of Alberton to the ladies of the WA and members of the community for the beautifully knitted and crocheted teddies, blankets, beanies, and vests. There is such love and care that goes into making these items.



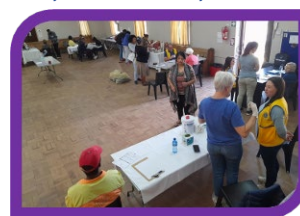
On the 6th of August and 16th of August, celebrating Woman's month, members visited the Alberton SAP, Ligstad, Alberton SPCA, Alberton Record, Doxa Deo and the Alberton Clinic to give the ladies cupcakes in appreciation for everything that they do in the community.



On the 18th of August, an elderly resident was taken to have her cataract operation and then the next day for her checkup, courtesy of Lion Sandy.



To show that kindness matters members distributed clothes and care packs to the recyclers in the area on the 12th of August.



Saturday the 27th of August was the first Eye Clinic held by the Lions Club of Alberton held in Alberton North in conjunction with the UJ students. 43 people from the community had diabetes screening as well as eye testing, scripts ready to be sent away for spectacles to be made up.





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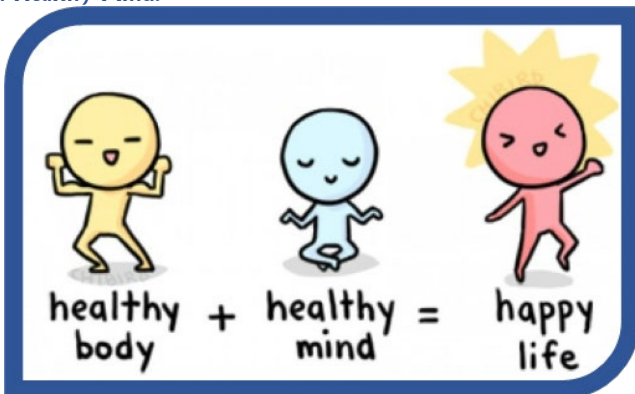
DISTRICT 410E HEALTH PORTFOLIO

(DC Health, Avril Hobbs)



The Health Portfolio encompasses all aspects of Health (except for the Sight Portfolio)

It should be remembered that whilst we focus on the expected, the body is a whole and not little parts. As such Clubs are encouraged to undertake projects leading to a healthy Body and a Healthy Mind.



- **Body:** diabetes, hunger relief & nutrition, childhood cancer, women's & men's health.
- **Mind:** hearing, dementia, mental health awareness

CHILDHOOD CANCER AWARENESS MONTH is in **September**. Here are various ways in which a Club can serve. Remember to research your community for organisations / support groups that Clubs can assist e.g., CHOC (national), Butterfly Palliative care (Northern Natal), Umduduzi (Durban based) to name a few.

By joining campaigns already planned by other organisations, Lions get exposure and ensure efforts become more collaborative and visible.



CANSA SHAVATHON, actively run an event, great fun for members. Shave your HAIR! Or just cut and donate long hair to make wigs.



CUPCAKES OF HOPE OR CUPCAKES FOR CANCER, and idea would be to hold a fundraising High Tea.



HATS ON FOR PALLIATIVE CARE: <https://patchsa.org/hats-on-4-childrens-palliative-care-day/>

Wear a hat to work (the more fun the better), post on social media using the #



PACK CARE PACKS FOR KIDS when they go into hospital for treatment. Assist with groceries for the families when the kids go home



SUPPORT THEIR FLIP FLOP DAY, wear slops to work to socials or wherever you happen to be on the day.



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SUPPLY DRIP BAG COVERS FOR KIDS HAVING CHEMO.

Could just be a cloth cover with a Lion picture and a Lions logo, or even a Superhero image. Or as shown a “soft toy” bag. These covers need to be washable and each one belongs to the child to make having chemo less intimidating.



CONTINUE TO ENCOURAGE BLOOD, PLASMA AND BONE MARROW and stem cell donation



WEAR A RIBBON If we all wear a gold ribbon, we have the opportunity every day to say why, and explain why Lions support Childhood Cancer Awareness.



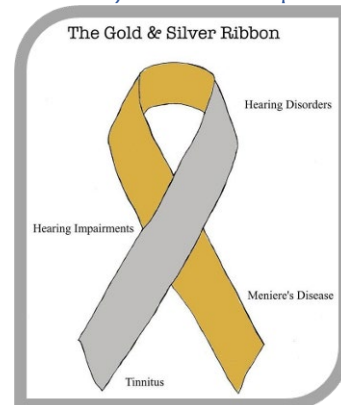
WOMENS HEALTH:

- Develop a 1st period package (sani pads, panties, soap, facecloth, sweets in a small bag), in addition to continued efforts to donate sanitary pads to keep girls in school and encourage them to maintain personal healthcare.
- Celebrate Women’s Day (8 March international Women’s Day and 9 August in South Africa).
- Hand out and wear pink ribbons for breast cancer awareness and support events like Pink Drive Walks.
- Get knitted knockers made and donated to your local breast cancer clinic, together with gently used bras.



MENS HEALTH:

- Like the breast cancer awareness campaigns, join those promoting awareness of testicular cancers e.g., November.
- Remind men that they too can develop breast cancer.



HEARING:

- Continue to support folk with hearing loss by assisting getting them tested. The District has many hearing aids but not all programmable.
- Ask retirement homes, funeral parlours to collect aids from folk no longer needing them. These are more likely to be usable.
- Forge a relationship with one or more audiologists in your area.



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Club	No. of Attendees
Bedfordview	1
Benoni Lakes	2
Centurion	3
Cowies Hill	5
King William's Town	2
Klerksdorp	6
Midrand	3
North Durban	3
Port Shepstone	15
Pretoria Jakaranda	3
Pretoria South	2
Roodepoort Clearwater Cyber	3
Scottburgh	4
Johannesburg The Wilds	1
Wilro Park	14
Other Club (???)	1



MENTAL HEALTH:

- Make fidget blankets or cuffs for dementia patients.
- Make fidget boards for folk with autism.

While many of the goals/ideas are not concrete, DC Avril wishes to encourage Clubs to be part of their community with the health projects they undertake and look for different and unique projects, as well as publicizing them as this not only creates awareness of Lions but also lends a voice to Health Issues.

DISTRICT 410E MID-YEAR CONFERENCE "ROCKIN' THE MALUTI"



As the saying goes, "you snooze, you lose". So best you get registered and book your accommodation. Closing date is 30 September 2022 and with just a month to go, herewith who is definitely going to be there.

Club	No. of Attendees
Alberton	6
Fourways Branch	1

Register via this hyperlink: <https://midyear.lions410e.org.za/>

WELCOME TO OUR NEW MEMBERS OF DISTRICT 410E

(As reflected on the WMRRs/Period: 25 July to 25 August)



LION CARCELLE STIEMMIE

Sponsor: Lion Sandra Human
 Lions Club of Alberton

LION SEUN STIEMMIE

Sponsor: Lion Sandra Human
 Lions Club of Alberton

LION WENDY TENNANT

Sponsor: Lion Sandra Human
 Lions Club of Alberton



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LION CECILE KATHAN
Sponsor: ?
Lions Club of Durban Host

LION CANZIUS VON BLOMMESTEIN
Sponsor: Lion Max Stander
Lions Club of Port Alfred

LION VERNON VAN DER MERWE
Sponsor: ?
Lions Club of Port Elizabeth Host

LION COLILE MDLULI GAMEDZE
Sponsor: Lion Patrick Gamedze
Lions Club of Manzini

LION VUMA MYENI
Sponsor: Lion Heleny Heenan
Lions Club of Manzini

BREAKING NEWS-NAME CHANGE CLUB IN DISTRICT 410E



THE LIONS CLUB OF POLOKWANE, no longer the Lions Club of Pietersburg, has been officially registered with Lions Clubs International.

AN APT DESCRIPTION OF LIONISM



REMINDER – CLUB EXCELLENCE AWARD ENTRIES 2021/2022



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

AND ANOTHER REMINDER CLUB & DISTRICT INPUT THE TEAM WORKS (Official Newsletter for District 410E)



The Editor appeals to Clubs and Cabinet Officers to please have their submissions in by the deadline date of 24 September for Issue 3. Please also pay attention to the photographs you post on Facebook and send as some are blurry, out of focus and whilst the projects are brilliant, we cannot depict them due to the poor quality of photographs.

