



THE TEAM WORKS

The official Newsletter of District 410E

One Team, One Dream – We Serve



Issue 4 – October 2022

MESSAGE FROM DG SYDNEY



The highlight of this month's newsletter is definitely the first District 410E Midyear Conference held in over three years. The "Rockin' the Maluti Conference" was held at the Golden Gate Hotel in the beautiful Golden Gate National Park on the 28/29 October 2022. Attendance exceeded our expectations with 160 Lions and 21 Partners in Service registered. We even had a guest, Lion Mine Unsal, who comes all the way from Turkey join us.



**Lions Clubs International
FOUNDATION**

Clubs attending Conference also pledged to donate R29,500 to LCIF and we sincerely thank them for their generous support. Congratulations to all Lions who received their Long Service Awards, 10 to 55 years of Service. PDG Patrick finally handed out his Club Excellence Awards for his term of office as our District Governor 2021/22. Congratulations to all the Clubs who received awards. We thank you for the work you do and the difference you make!



After Conference ended on Saturday afternoon and as part of our District Legacy Project in Clarens, 5 Lions International Roses were planted in the town square in the centre of Clarens, to represent the 5 Pillars of Service - Hunger, Vision, Childhood Cancer, Diabetes and Environment. Quite an historic event for District 410E and the Prospective Lions Club of Clarens!



Our guest speaker at the Conference was Paddy Gordon, Parks Manager whose enthusiasm and commitment to the National Park and love for the environment was wonderful to hear. He gave us all an insight into the environment and the workings and challenges and achievements of the Golden Gate National Park. PCC Cliff, FVDG Lindie, Lions Delphine and PDG Ian shared, with all our delegates, the District's 5-year strategy and our vision going forward in order to ensure that the organisation we all love can continue to grow and serve the needs of the communities. The positive messages regarding the future were very encouraging and inspiring.



The Rockin the Maluti Midyear Conference was a huge success and the interactions, friendships and fellowship that Lions enjoyed over the weekend was fantastic and we thank you all for attending. Lions Rock!
#oneteamonedream

Sydney

District Governor





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OUT AND ABOUT WITH DG SYDNEY & LION SANDY



Lions Club of Henley on Klip – 3 October 2022



Lions Club of Pretoria South – 4 October 2022



Lions Club of Manzini – 10 October 2022



Lions Club of Nelspruit – 12 October 2022



Lions Club of Letaba Tzaneen – 13 October 2022



Lions Club of Centurion Lifestyle-18 October 2022

HOW THE TEAM WORKS TO MAKE THE DREAM A REALITY

LIONS CLUB OF WILRO PARK



The Lions Club of Wilro Park hosted another successful annual CUPPA for CANSA fundraising event on Saturday 8th October.



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This is hosted each year in October, not only because October is Breast Cancer Awareness Month, but the 10th of October was always World Service Day. This was the twelfth year and is hosted in memory of two special ladies who were members of and Past Presidents of the Club – Marlene Lepley & Rajes Naidoo, both ladies sadly and bravely fought, but lost their battle with cancer. The day is also held to show support for everyone fighting cancer and in celebration of all survivors. 100 ladies attended making the event a success and raised R10000.00 for CANSA West Rand.



The guest speaker was Carina Crayton from Wild Heart Wildlife Foundation, and ther MC Lion President Deneera Singh from the Branch Club of Lenasia. Well done to Lion Niquila for convening the project and grateful thanks to all the sponsors, members, family and friends for making it such a beautiful afternoon.

LIONS CLUB OF VEREENIGING

In the words of Lion Nanette O'Raw, "all is well in Vereeniging as we go about honouring the Lions motto: we serve."



We have many projects on the go: we feed 250 folk every week at our soup kitchens in Leeuhof and Kissington.



We are staunch supporters of the Breast Clinic at Baragwanath, supplying an average of 60 KKs monthly, to say nothing of the bras we donate.



We support Lions BrightSight as required, and even have a waiting list of folk who need glasses. Hearing aids have also been supplied.



Our knitting group supplies baby jerseys to the relevant organizations on a regular basis. Our Heart in a Handbag project is also ongoing. When possible, we supply food parcels to the needy. We have donated furniture and household goods to folk in need. Lastly, we have handed out boxes and boxes and boxes (too many to count) of a wonderful donation of wet wipes to a clinic, an orphanage, and many other needy organizations in Vereeniging. And we are supporting the Vaal Mall in a drive for rag and knitted dolls."



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LIONS CLUB OF UITENHAGE



The Lions Club of Uitenhage Lions Club recently held a diabetes testing station at a car show in Despatch. A total of 115 people were tested and quite a few were found to have dangerously high blood sugar levels. The organisers of the event expressed their gratitude to Lions for providing this service which is non-existent in the area.



Well done to the Lions of Uitenhage!

LIONS CLUB OF JOHANNESBURG THE WILDS



On the 18th of October, DG Sydney had the honour of attending Lion Dr Les Cooper of The Lions Club of Johannesburg The Wilds 101 birthday celebration at Parktown Boys High School, where he attended school from 1934-1938.

In the words of DG Sydney, "it was a wonderful occasion to witness and be part of." Lion Les was a Charter member of the Club 60 years ago, what an amazing man and Lion we thank him for everything he has done for our Lions organization in over a century.



LIONS CLUB OF SCOTTBURGH



The Lions Club of Scottburgh approached 9 schools to enter the Peace Poster Competition and amidst great excitement all 9 entered.

The schools were:

- Umzinto Primary
- Umzintovale
- Scottburgh Primary
- Pennington Primary
- Umkomaas Primary
- St Francis
- St Patricks
- Injobulo
- Scholarship Amoris (Special Needs School)



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Lion President Malcolm Caine, Lions Seija Wicker and Arlene Husselmann (Contest Chairperson) paid a surprise visit to the Umkomaas Primary school to hand out Certificates and prizes. This school managed to achieve 1st 2nd 3rd and joint fourth place. Congratulations to all the children who participated.

LIONS CLUB OF PRETORIA SOUTH



Once again the Lions of Pretoria South were out and about ensuring that Commuter Cyclists remain safe on the road.



On the 20th of October, the Lions of Scottburgh visited two homes for abandoned babies and little children where bags filled with baby clothes and blankets were handed over amidst a lot of fun during the visit.



C2R LIONS MTB FESTIVAL

CURRO SATURDAY 22 OCTOBER 2022
Academy Marwood

What an amazing Day was had by all on 22 October. Lions Club of Pretoria South held their Community Cycling Festival and a huge thank you to the sponsors and supporters.





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This project was a great success in promoting youth development, safe cycling and community fellowship.



A great fun-filled day enjoyed by all who attended.



As result of this fundraiser, R30 000.00 was handed over to the SA Guide Dog Association.

LIONS CLUB OF PRETORIA CITY

The Lions Club of Pretoria City hosted their 7th Annual Golf Day at Wingate Park Country Club on the 11th of October in aid of Sight Month.





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LIONS CLUB OF PORT SHEPSTONE



In support of World Sight Month, 13 needy individuals underwent cataract surgery at Hibiscus Private Hospital in Port Shepstone on the 13th of October.



These operations were made possible thanks to a wonderful and ongoing annual partnership between the Lions Club of Port Shepstone, Ophthalmologist Dr Trevor Steyn, Hibiscus Private Hospital, anaesthesiologists Drs Louw & Basson & Right To Sight. The Lions Club of Port Shepstone Lions provided all the funding. Thanks to Dr Trevor Steyn & Dr Frik de Jager who performed the surgeries at no charge. HPH provided the nursing staff and hospital beds also at no Charge. Anaesthetists Drs Louw & Basson also provided their services for free, the lenses and viscoelastic were sponsored by Oculute and Envision. Shelly Beach Spec Savers will be sponsoring reading glasses for all the patients. Lions Lady Anna Compion co-ordinated the project on behalf of the Club. On visiting some of the patients at Hibiscus Day Hospital prior to their surgeries, the Lions and Lions Lady's were overwhelmed by the gratitude shown as many of the patients have been severely sight impaired for many years.

THE GIFT OF SIGHT – Knights of the Blind (Helen Keller's challenge to Lions Clubs International).

LIONS CLUB OF PORT ALFRED

A busy month of service for the Lions Club of Port Alfred with a variety of projects supporting their community.



The Club sponsored a crime surveillance camera and it with great satisfaction that they report that this particular camera has assisted authorities in identifying and tracking down a number of criminals. A different and superb initiative to protect their community.



In support of Lion President Max's goal to work with fellow service organisations, the Lions Club of Port Alfred entered a team in the Round Table Potjie Competition. The Lions team produced a delectable pot and were judged to be the second best in the competition!



In keeping with one of the main pillars of service of Lions being Vision, the picture above shows Sight Project Convenor Lion Rob Brunette handing over a pair of spectacles to Mr Mike de Kock.



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Lion Rob packing used spectacles, which were donated by the Port Alfred community to Lions BrightSight.



The Lions Club of Port Alfred manned a refreshment table during the Pineapple Run covering a distance of 40 km.



LIONS CLUB OF MIDRAND



The Lions Club of Midrand in partnership with The Rays of Hope Alexandra, Leadership is Action Monthly Workshop took place on the 8th of October. The subject matter for this session was Teamwork, Group Dynamics and Networking.



The Lions Club of Midrand members, Lions Melanie, Barbara and Prospective Lion Megan developing future leaders within the Alexandra community. A steady and sustainable project developing youth leaders.



On the 19th of October, Lion Cosmas visited the Hope Early Childhood Development Centre in Ivory Park to hand over toys on behalf of the Lions Club of Midrand.



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LIONS CLUB OF LETABA TZANEEN



The Lions Club of Letaba Tzaneen held their “Dine in the Dark” event in support of Sight Month on the 14th of October.



Thanks to Eskom, they even managed to get through loadshedding, which was a lesson to attendees as to what it would be like to live in a world of permanent darkness.



To kickstart the evening, they brought the child out in all who participated with “Pin the Tail on the Lion”.



LIONS CLUB OF KRUGERSDORP



One of the many dedicated members of the Lions Club of Krugersdorp, Lion Phumzile Nxumalo used her only day off in the week (10th of October) to deliver sanitary pads



On the 15th of October, the Lions Club of Krugersdorp celebrated its 60th Charter Anniversary and what a celebration it was, enjoyed by all who attended.



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After 3 long years, the Khosa Night Race was back and held on the 26th of October amidst great excitement.



Congratulations to Lions Brett & Ashley on being awarded Melvin Jones Fellowships (well-deserved).



Thank you to the Lions of Krugersdorp who on the 22nd of October delivered delicious curry and rice to the elderly folk at Jack Cotton. Whilst the weather was not ideal, pouring with rain, the Lions were bright eyed and bushy tailed.



This awesome project is hosted by the Khosa Club running section and the Lions Club of Krugersdorp.





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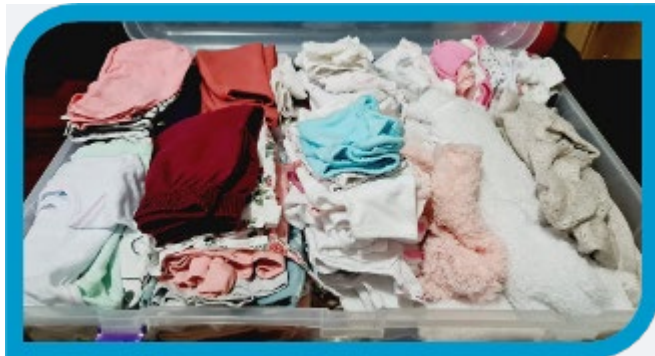


LIONS CLUB OF KLERKSDORP



The Lions Club of Klerksdorp recently held a very successful Golf Day with NTT Nissan. At their Club Meeting, Lion President Riaan Wilken handed over an Appreciation Trophy to the Manager, André Pretorius from Klerksdorp NTT Nissan.

As can be seen from the picture, this day will remain in this young man's memory forever – his face says it all and the excitement in his voice, when he called out "I'm a winner" as he was first over the line in the Disabled Race.



A huge thank you to Bianca Braun for her donation of baby goodies on the 23rd of October. The Lions Club of Krugersdorp is most grateful to be able to make up packs to give to the many families in need.



On the 9th of October, 12 members of the Lions Club of Klerksdorp were extremely busy packing Bowls of Hope for the zone project. Each bowl packed can feed 4 people. These Bowls of Hope will be distributed to a local school to support their food parcel scheme. As Lions do, the hard work was followed by a social and loads of fellowship.





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Two of the Lions Club of Klerksdorp members received long service awards at the Mid-Year Conference. DG Sydney handed over a 40-year service Chevron to Lion Shane Papé and Lion President Riaan presented a 25-year service chevron to Lion Jean van der Merwe.



On the 8th of October, the Lions Club of Pretoria Jakaranda enjoyed a lovely fundraising event at Phyllis Robertson Home where a high tea was served with wonderful entertainment and making new friends.

LIONS CLUB OF PRETORIA JAKARANDA



The 1st Meeting of the prospective Lions Branch Club of Sandton was held on Friday the 7th of October. It was an extremely successful breakfast meeting.....watch this space!



LIONS CLUB OF HENLEY ON KLIP

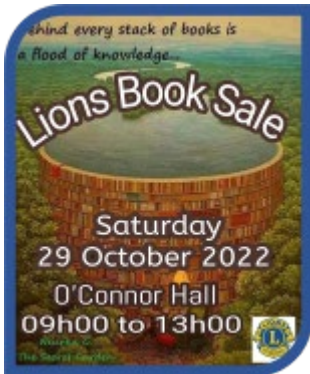


It has been a busy 3 months for the Lions Club of Henley on Klip. The Lions BrightSight Eye Clinic held in Meyerton, has assisted 111 patients.



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The various book sales have thus far sold more than 265 books, and at their regular Blood Drives, 50 pints of blood were collected.

Lion Grant Neve has cheered up residents of Henley Retirement Village and the Randvaal Home with his special humour at Bingo, leaving smiles and laughter on everybody's faces.



Fundraising has also been hard at work, and started on the coldest, wettest day this last winter, with Lions Kerry Palmer and Anton de Bruin sitting on a tree platform, refusing to seek terrestrial shelter until our target had been reached. After a bladder bursting 8 hours, the target was surpassed, and a bedraggled pair of Lions climbed down to safety. The public could assist in getting them down by throwing an egg for R10.00 or purchasing a R10.00 Lions BrightSight Badge in support of the purchase of a Guide Dog.



They also gave up Sunday time to be car guards at a market at a local restaurant, where our community generously donated.



Another awesome project was the Pet Parade, where families brought their pets to be judged for closest owner replica, most exotic, and best dressed. Included in the winners were a Bearded Dragon, a Tenrec (small Hedgehog) and a Ball Python.



35 beanies were knitted and distributed to children in Siculo Township. We had a youth evening in Daleside to weave plastic bag mattresses for the homeless, and animal shelters, this is an ongoing project.



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LIONS CLUB OF HELDERKRUIN



Together with our friends from the Roodepoort Clearwater Cyber Lions Club, the Lions Club of Helderkruiin entertained some Leo's and their friends from UJ to a morning social visit to Mohales Gate, a private game reserve in Hekpoort. Although a social visit/project, they all learned a huge amount about the Environment in that area from PDG Alistair who is the Reserve's Environmental Manager.



After a lunch provided by the Lions Club of Helderkruiin, 5 indigenous trees were planted in the growing Indigenous Forest, where visiting groups are encouraged to plant a tree or 2 - the forest, even though still very young, promises to be most impressive in years to come. The Lions of Helderkruiin thank Roodepoort Clearwater Cyber Club for the opportunity to join them in their Youth/environmental project.



A quick update on the Lions Club of Helderkruiin's Vegetable garden project at Ebenhaeser Laerskool. The seedlings are growing beautifully. Huge thanks go to Lion Sue from the Acorn Foundation for the recent donation of 1000 more seedlings as well as 30 bags of excellent compost!! This is a Heritage and sustainable project indeed.!



On the 22nd of October, the Lions Club of Helderkruiin joined the Lions Club of Alberton for their Musical Fun Quiz Fundraiser - what a fun time they had! As the theme was Disney, they chose 101 Dalmatians. After persuading the Judges in the good old South African way, we managed to have the scores adjusted a tad, and ultimately won! Loadshedding kicked in just as we were finishing up but as Lions are very resilient this did not spoil the evening for anyone.





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LIONS CLUB OF GONUBIE



The Lions Club of Gonubie held their monthly charity craft market on Saturday the 1st of October with their chosen charity being Spay A Stray who focus on sterilizing cats & dogs in impoverished areas in an effort to curtail unnecessary breeding. At the end of the day, thanks to the generosity of the public, they managed to collect R750.00 as well as wonderful donations of dog and cat food adding to this, the takings from the market this should go a long way in helping this very worthy cause.



As October is also Cancer Awareness Month we hosted a stall for Reach for Recovery (R4R) to promote breast cancer awareness, these ladies did a sterling job with their pink stall enhancing the whole market.

LIONS BRANCH CLUB OF FOURWAYS



On the 26th of October, a great General Business Meeting was held. Lots of enthusiasm and excitement for upcoming projects. Prospective Lions and guests also enjoyed the meeting as well as the fellowship afterwards. Come on guys and gals let's see you chartered as a full Lions Club before the end of the fiscal year 2022/2023!

LIONS CLUB OF EAST COAST



Nine Lions from the Lions Club of East Coast participated in the five-kilometer annual Eye Can Walk fundraising event hosted by KZN Blind and Deaf Society on the 9th of October. Each Lion donated R80.00 in our personal capacity and received a t-shirt promoting the Society. There was a total of 705 entrants and the atmosphere was excellent. The Lions Club of East Coast members used this opportunity to further bond with each other and to share the work of Lions with others. At the end of the event we were each awarded a medal for our efforts.





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The Lions Club of East Coast in partnership with Rotary delivered Hippo Rollers as well as some much-needed gardening equipment to the value of R30 000.00 to the community of the Valley of 1000s Hills on Tuesday, 18th October. The community members were extremely grateful and danced and sang in appreciation.



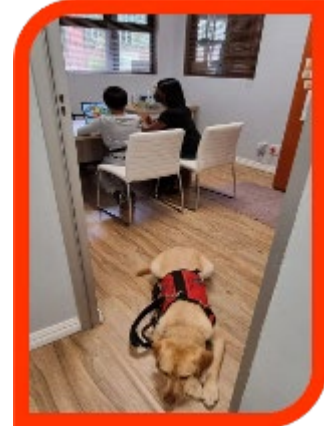
In the spirit of giving, the Lions Club of East Coast embarked on our annual Diwali Hamper Drive this October. A total of 100 hampers to the value of R250.00 each were distributed to the communities of Tongaat, Phoenix and Motala Farm.



The Lions Club of East Coast were called on to plan and assist with the Reach for Recovery Cancer Golf Day on the 12th of October. 2nd VDG Lion Perry Chetty along with Vice President Daya Moodley sponsored R2 800.00 and prizes. A total of 9 golfers represented the Lions Club of East Coast at the Golf Day. All proceeds go towards Breast Cancer Screening for those who cannot afford to pay for this vital screening process.



The Club hosted the SA Guide Dog Association at their recent General Business Meeting on the 7th of October. Anne Roux, Vishnu Padyachee and Mayashree Chinsamy presented to membership on the benefits of an Autism Support Dog. They advocated for the overall acceptance and general awareness of the community at large regarding autism support as well as autism support dogs. The primary role of an autism support dog is to help decrease an autistic child's tendency to run off.



However, this amazing support dog can also provide companionship for children who are often lonely due to their autism as well as assisting with speech therapy, general lessons and tactile issues, improved confidence and provide physical pressure and regulation in times of anxiety.





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LIONS CLUB OF DURBAN SOUTH



Much needed items from the Wish List provided by CROW (Centre for Rehabilitation of Wildlife) were handed over on the 11th of October. (towels, knife, gumboots and overalls).

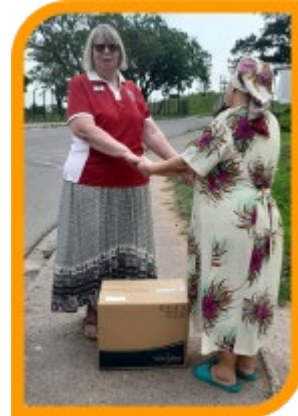


The members of the Lions Club of Durban South spent an afternoon of fun and games with Arcadia Senior Citizens on the 23rd of October.



On the occasions of the games afternoon, a resident of the Arcadia Senior Citizens Home received glasses made up via Lions BrightSight.

LIONS CLUB OF COWIES HILL



On the 11th of October, the Lions Club of Cowies Hill delivered food parcels and Checkers gift cards to 7 families. The need out there is huge!



Feedback from the Lions that helped assist at the White Cane Day Collection on the 14th of October, was that they spent time chatting to people from all walks of life, young, old, rich, and poor. It was so rewarding to see how people were willing to donate and the Club raised R1584.00 which will be used for Sight related projects.



The Lions Club of Cowies Hill entertained the residents at Pinehaven Retirement Home with a Fun Games Evening on the 14th of October.



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International Day of Rural Women is celebrated on 15 October every year, and this day is dedicated to the millions of women who live in remote, rural areas. It is to celebrate and highlight their achievements and contributions towards rural development and agriculture. International Day of Rural Women focuses on gender equality and women empowerment in rural areas. The Lions Club of Cowies Hill played a small part in empowering rural women by donating 2 kitchens to Shap Shap Cinemas in Hammarisdale and Kwanuyswa.

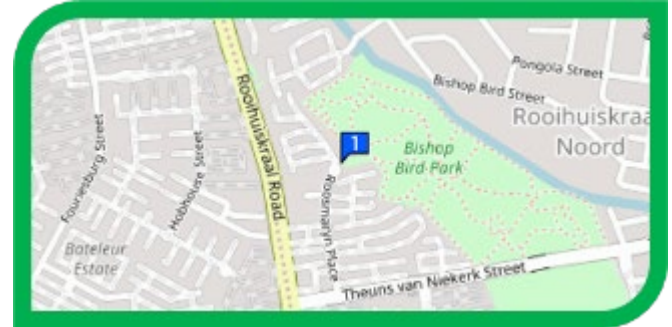


A lovely morning was spent at Cheshire Homes entertaining the residents with fun board games on the 22nd of October.



Lion Carol Browne selling dolls clothes at Durban Girls College Christmas Market on 25th October. All proceeds earned are utilised for child related projects.

LIONS CLUB OF CENTURION LIFESTYLE



The Lions Club Centurion Lifestyle has a long-standing relationship with the management team at the Tshwane Municipality owned Bishop Bird Park Wildlife Park in Rooihuiskraal.



A raised wooden deck in the park that was built many years ago was in serious disrepair and needed the old and broken wooden deck replaced with something that was longer lasting and better looking. The City of Tshwane was unable to fund or undertake the necessary repair work that was needed for this raised viewing deck.



Eva-Last (Eva-Last.com) is a composite decking importer and fitment company based in Gauteng and they agreed to assist the Lions Club by repairing and replacing the deck flooring and the supports at no cost. They used the opportunity as a team building exercise for their sales team and after a hard day's work and lots of sweat their support for Lions and Bishop Bird Park and the whole community of birders and walkers that use this amazing wildlife park was clearly evident.



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The Eva-Last sales team had removed all the old rotting boards and the supporting beams and replaced them with their own long lasting new composite boards. It is estimated that the cost of the repair work was in the order of about R35 000.00. A sustainable service project which will benefit all who visit the park.



Through contacts with the Carstens' family the organisers put together a 2022 Innit2Winnit event with the proceeds being dedicated to the Lions Club of Centurion Lifestyle for their ongoing community service projects. Initially the event was targeted at raising enough funds for a suitably appropriate wheelchair for a young immobile man referred to the Club by the "Clothes to Good" NGO. This young man in his late teens suffers from autism and muscular dystrophy. The only way he can move around his home is to sit on an upturned plastic pool chemical bucket and push it around with his legs. Certainly not an ideal solution indoors and definitely impossible outdoors.



The Innit2Winnit event was held on the 17th of September with 9 teams of 8 players each. It was wild, it was crazy and it certainly was a whole lot of noisy fun which raised just over R15000.00. All the hard work and preparations really paid off although another 4 or 5 teams would certainly have been a bonus.



Through a Lions contact it was found, just after the fundraising event, that he could possibly obtain a special wheelchair and other assistance from the State in a reasonably short period of time.



INNIT2WINNIT

17 SEPTEMBER

16:00

DO YOU HAVE WHAT IT TAKES?

POLSTLAG HALL, GLOVER AVE. CENTURION

R2,000 FOR A TABLE OF 8

This year's edition will be hosted by:

SUE

082 498 1388



Centurion Lifestyle

HTTP://INNIT2WINNIT.YOLASITE.COM

DO YOU HAVE WHAT IT TAKES?

It took a lot of hard work and serious effort for the seasoned team to put together another crazy team game Innit2Winnit event. The previous Innit2Winnit event in 2019 was cancelled due to Covid.



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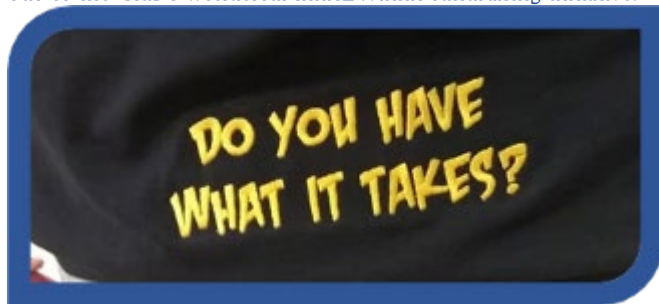
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An assessment of his special needs was undertaken at Hillbrow Hospital and it seems as though he will be able to receive a special wheelchair. He will also be able to receive additional support for his condition from the medical specialists there. This is an amazing and quite unexpected win-win situation for everyone - especially for the intended recipient of the Innit2Winnit event as he can now get real and more meaningful long-term support from a new-found team of caring and dedicated medical experts.



At the time of writing this article, the Lions Club of Centurion Lifestyle is following up on his assessment progress and with the funds raised from the Innit2Winnit event will be able to assist him in meeting his other material needs if a wheelchair can be obtained through the kind medical team at the Hillbrow Hospital. Overall, there were many quite unexpected positives that came out of the Club's wonderful Innit2Winnit fundraising initiative.



It just goes to show how important partnerships and networking are in order for Lions to uphold their motto of "WE SERVE".



LIONS CLUB OF BENONI VAN RHYN



On the 1st of October, members of the Lions Club of Benoni van Rhyn attended the official opening of a new creche in an informal settlement outside Ruimsig. Members of the community built the classroom with ecobricks and used polystyrene to fill the gaps. It was amazingly cool inside the room and the Club was so pleased to see this construction, having had a "thing" about ecobricks for some years now. Thanks go to members of the Start Smart NPO too for this sustainable initiative.



The members of the Lions Club of Benoni van Rhyn joined some volunteers in a work-party on the 15th of October to get things moving for the Children of Promise School Library at The Almond Tree on Saturday.



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A lively bunch, we got stuck into painting bookshelves and sorting through hundreds of children's books.

LIONS CLUB OF BENONI LAKES



On Sunday the 9th of October, a fun time was spent with the 1st Benoni Meerkat Scout group learning about protecting the environment and planting spekboom plants.





GBM 11 October 2022

Wear a Funky Hat to GBM

Banking Details
 Benoni Lakes Lions
 FNB
 Service Account
 62776281581



INFO 117-187 FBO 930051019

Donation of R10 to Benoni Lakes Lions and the club will match it for Childhood Cancer Month to support children in need of palliative care in childhood cancer. If you don't wear a hat it's R 20 fine.

The General Business Meeting held on the 13th of October was not just about business. Wearing their funky hats gave them lots of chuckles... And the best was that they raised money for Childhood Cancer!



LIONS CLUB OF BALLITO



The Lions Club of Ballito purchased and donated an additional sewing machine to a sewing room in the Nkobongo Township.



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LIONS CLUB OF ALBERTON



What a great day for service at the Lions Club of Alberton Eye Clinic on Saturday 15th of October. 67 people were tested with the help of Lion Kelly from the Lions Club of Henley on Klip and the UJ students and the South African Optometric Association.



On the 17th of October, vision screening was conducted in partnership with Rotary JHB South. 57 people were screened which included children.



A big thank you Lions Seun, Shané and Lana for preparing and delivering lunch to the children at the nursery school in Alberton North on the 21st of October. Some extra food supplies as well as stationery to keep the little minds active.



Thanks to all for the generous donations towards the Lions Club of Alberton's Mommy Care Bag Project. 25 Care Bags were packed and delivered to the new Moms at the South Rand Hospital on the 21st of October.



Saturday the 22nd of October saw the Lions Club of Alberton host their well-known music quiz. An awesome night spent with family, friends and fellow Lions. The night was filled with music, laughter and brilliant entertainment. Thank you to ALDKT Quizzes, Tony and his team for definitely putting the FUN into fundraising.



Eye screening took place on the 25th of October at Resthaven in partnership with Rotary JHB South. 31 residents: pensioners, children and staff were screened on this occasion.



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A food collection drive at Bracken City was held.



The Lions Club of Alberton thanks Fyreworx for donating and preparing the delicious lunch for the children at Ligstad which was delivered to Ligstad on 27th of October by members of the Lions Club of Alberton.

NEW MEMBERS MAKE THE TEAM OF DISTRICT 410E STRONGER

(As reflected on the October WMMRs)



LION SHANE' BINEDELL

Sponsor: Lion Sandra Human
Lions Club of Alberton

LION PRISCILLA MOODLEY

Sponsor: Lion Melinda Strydom
Lions Club of Alberton

LION LAUREN BARROW

Sponsor: Lion Louis van Zyl
Lions Club of Centurion

LION JASON TAYLOR

Sponsor: Lion Louis van Zyl
Lions Club of Centurion

LION MARIA LUISA VOLGENAU

Lions Club of East London Port Rex

LION RILANA LEEUWNER

Sponsor: Lions Kerry Palmer
Lions Club of Henley on Klip

LION COURTNEY KIM PRESTON

Sponsor: Lion Anton de Bruin
Lions Club of Henley on Klip

LION GEOFFREY HOWARD PRESTON

Sponsor: Lion Anton de Bruin
Lions Club of Henley on Klip

LION ANGUS GARDNER BROWN

Sponsor: Lion Roland Lemmer
Lions Club of Ramsgate

LION DEBBIE BROWN

Sponsor: Lion Debbie van Rensburg
Lions Club of Ramsgate

LION ROBERT JACK PETZER

Sponsor: Lion Rob Henry
Lions Club of Ramsgate

LION SAMANTHA PETZER

Sponsor: Lion Sandra Lemmer
Lions Club of Ramsgate

LION ANTHONY RORY VAN DYK

Sponsor: DG Lion Sydney van Heerden
Lions Club of Roodepoort Wilro Park

LION MCDAVID RANGANAI

Sponsor: Lion Jestos Majoni
Lions Club of Roodepoort Wilro Park

LION MARCELLE FRANCINA VAN DYK

Sponsor: Lion Sandy van Heerden
Lions Club of Wilro Park





THE TEAM WORKS

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



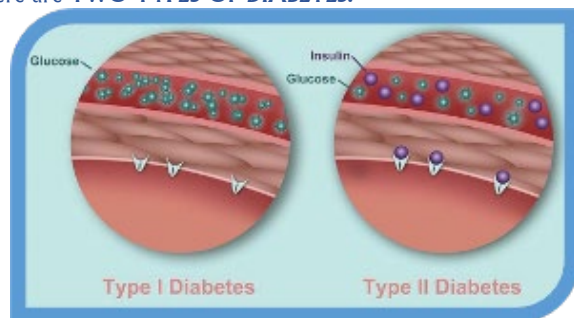
DIABETES AWARENESS MONTH – NOVEMBER 2022

(DC Health, Lion Avril Hobbs)



FACT: South Africa has the 2nd Highest incidence of Diabetes in Africa. This is the very reason why Lions need to create **AWARENESS** around **DIABETES** and the prevention thereof.

There are **TWO TYPES OF DIABETES:**



Type 1: Once called insulin-dependent or juvenile diabetes. It usually develops in children, teens, and young adults, but it can happen at any age. Type 1 diabetes is less common than Type 2 - about 5-10% of people with diabetes have Type 1. Currently, no one knows how to prevent type 1 diabetes, but it can be treated successfully by:

- Following your Doctor's recommendations for living a healthy lifestyle.
- Managing your blood sugar.
- Getting regular health check-ups.

Type 2: Also known as Type 2 Diabetes Mellitus, develops when your blood sugar (blood glucose) levels are elevated for an extended period of time. In Type 2 diabetes, your pancreas may not be able to make enough insulin - the hormone that regulates blood glucose - or your body's cells cannot properly use insulin to take in glucose. This is called insulin resistance. As a result, blood sugar levels stay high, eventually leading to symptoms that affect the entire body.



Now that you know what **DIABETES** is, our service to the community as Lions, is to make the community aware of their status by holding regular glucose testing screenings, encourage people to be active and exercise and make healthy food choices by eating plenty of vegetables, fruit, legumes and whole grains; achieve a healthy body weight & maintain it!

LIONS PROGRAMS:

Get your club involved in a handful of ongoing diabetes service programs.

STRIDES FOR DIABETES

Strides events involve fun physical activity to help promote diabetes awareness and management.

TYPE 2 DIABETES SCREENING

Type 2 diabetes screening events are an important way to help your community understand their diabetes risk and take steps toward prevention.

DIABETES PEER SUPPORT GROUPS

Diabetes peer support groups encourage the exchange of support of all types among community members living with diabetes.

DIABETES CAMPS

Diabetes camps are designed to help enhance the quality of life for young people living with diabetes by providing

CHECK OUT THE VARIOUS RESOURCES AVAILABLE ON:



<https://www.lionsclubs.org/en/start-our-global-causes/diabetes>
https://cdn2.webdamdb.com/md_cVlc1QtNFB18.jpg.pdf



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WHAT CAN WE, AS LIONS, DO IN PRACTICE to build diabetes awareness:



1. Seek **ASSISTANCE** such as sponsorships for, posters, brochures from Diabetes SA, FOR A, local endocrinologists, pharmaceutical companies. Partnerships with “experts” gives more credibility. Remember we as Lions are not diabetes medical professionals.



2. Hold **DIABETES SCREENINGS** within your community with the relevant information on hand. Always have a qualified person on site to offer medical advice.



3. Hold an **EVENT** to make your community aware of the fact that Lions support Diabetes Month, ideally on or around the 14th of November – World Diabetes Day.

Ideas for an event could include:

- A Strides Walk and Wellness Day



- A screening
- A cooking demonstration utilizing correct food, products, recipes and methods of cooking suitable for diabetics.



4. Start a **WEEKLY 2km WALK** within the community that you serve. Similar to Park Runs but more localized.



5. Hold a **DIABETES CAMP** for children. These could take the form of a fun and educational day or a weekend sleepover.





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ENVIRONMENTAL NEWS

(DC Environment, Lion Alna Jackson)



Interesting fact:

Migratory birds shed their old feathers in order to make their flight easy and on the other hand, they tend to change their attitudes as well. They fly at higher altitudes for a speedy and fast journey. Sometimes those birds who used to fly in the day, during migration fly at night. Sometimes they also fly in a V pattern or in a group by following a leader, which makes the journey that much easier.



Most Lions are familiar with the team building example of the geese. Still incredibly interesting, herewith a hyperlink for your enjoyment.

https://www.youtube.com/watch?v=B_srebiBueM

ENVIRONMENT CALENDER FOR NOVEMBER AND DECEMBER 2022



21 November: World Fisheries Day
04 December: Wildlife Conservation Day
World Soil Day

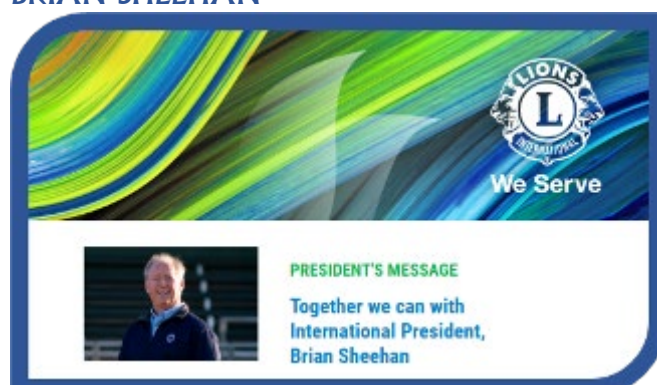
NEWS FROM LCIF CHAIRPERSON IPIP DOUGLAS X. ALEXANDER



Herewith a link to the latest electronic Newsletter received on 31 October 2022.

<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1194000&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=2cc5458922a84a9c927ddbd8e3e4c5d1&elqaid=26939&elqat=1>

NEWS FROM INTERNATIONAL PRESIDENT BRIAN SHEEHAN



Herewith a link to the latest electronic Newsletter received on 13 October 2022.

<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1182345&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=9999f67b52244fb1a86a0ec47a7f1588&elqaid=26606&elqat=1>

SUBMISSIONS FOR DISTRICT 410E ISSUE 5

Please let "The Editor" have your submissions by the deadline date of 21st of NOVEMBER 2022 for ISSUE 5 VIA EMAIL: jacqui.hocking@bmw.co.za

THE END