



THE LIONS VOICE

The official Newsletter of District 410E



Issue 3– September 2023

MONTHLY MESSAGE FROM DG LINDIE

Dear District 410E Lions,



I'm greeting you with happiness and pride for all the amazing work we are doing in our communities.



Serving our community is our main focus area and so far this year, we have served almost 109 000 people as a District. Our target for this year is to serve 800 000 people by the end of June 2024 so keep up the good work.



Continue setting ambitious goals for your Clubs and strive for excellence. Remember to diarise the 25th of November for a District Awareness Project. YOUR REGION AND ZONE CHAIRPERSONS WILL BE SUPPLYING FURTHER DETAILS IN THE NEAR FUTURE.



I'm happy to report that many Clubs, Zones, and Regions have reported their progress on arranging a Cancer Awareness Project for the 24th of February 2024. This initiative has also rolled over to District 410W. Let's show them what we can do.



As part of the Mission 1.5 initiative where Lions Clubs International has set a goal of reaching 1.5 Million members by the end of June 2027, all Clubs are working hard at strengthening our District in alignment with this initiative.



Thank you to those Clubs who send me their minutes where I can see that membership is on the agenda and seriously being addressed and considered to ensure that we can sustain the impactful community service that we do. Club Presidents were asked to replace all Lions who leave their Clubs as a bare minimum and to strengthen Club Members and inter-zone relationships.



Our District is currently standing at a net growth of -5. We inducted 44 new Lions, but sadly lost 49.

Thank you for your commitment and service and I'm looking forward to seeing you at the mid-year conference.



Lindie

District Governor
District 410E 2023-2024



THE LIONS VOICE

The official Newsletter of District 410E



DG "OUT & ABOUT" - SEPTEMBER

(As written by DG Lindie)



I visited Pretoria South Lions Club at their GBM on 5 September and at their 50th birthday party on 26 September. They will be celebrating their 50th Charter Anniversary at various events during the Lionistic year. Congratulations and well done on the great service to your community.



On 16 September PDG Patricia and I raided Midrand Lions after our GBM. We enjoyed a lovely Heritage day meal.



I was lucky to attend my own Zone 4, Zone Meeting on 9 September. ZC Yolandi chaired a very productive Zone Meeting with all Clubs in the Zone represented at Melrose House Museum in Pretoria. Region Chair Melinda attended the meeting, and we had a very interesting tour of Melrose House, unfortunately in quite a bad state and in need of repairs.



Centurion Lifestyle Lions club has an impressive 1 000 tree project this year in support of IP Patti's prioritisation of the Environment. I visited them at their GBM on 19 September.



Zone 4 is planning a Cancer walk for CANSA TLC Nicus Lodge, a Pediatric Cancer support facility, on 24 February 2024.



Thanks for your hospitality and for supporting Strengthen 410E by building inter-club relationships and networking with other Clubs in your Zone and Region.



TLC Tree at Nicus Lodge





THE LIONS VOICE

The official Newsletter of District 410E



SA Special Olympics has a very special place in my heart. SA Special Olympics receives funding through a partnership with Lions Clubs International Foundation that started more than 20 years ago. Not only do they provide training for men, women and children with intellectual disabilities, but they also support the families and parents of children with intellectual disabilities. I attended a family health forum hosted by them at Nokuthula Special School on 27 September.



Here they raised awareness of the support available to the parents and gave them the opportunity to attend an 8-week learning initiative to give them skills to work with their children through play-therapy and other initiatives. I addressed the parents and encouraged them to make use of this opportunity to obtain the skills they need and give hope to their children. Notice the Lions logo in the back of the room as they need to always display it as part of the partnership with LCIF.



On Saturday 30 September (morning), I assisted at the Woodlands Shopping Centre with Cupcakes of Hope with Lion Gizella from the Lions Club of Pretoria South. Here I am blowing up balloons-don't you love my new hairstyle? 😊



Well done to Pretoria South Lions. We celebrated their 50th Charter anniversary last night with great friends and many beautiful memories. Keep shining in your community and in our District. Thanks for inviting us to share.

SEPTEMBER MESSAGE FROM INTERNATIONAL PRESIDENT DR. PATTI HILL



Dear Lion,

When you give someone a drink of water, you can quench their thirst for a day. But by building a clean water system, you change their lives - and their community - for good. That is the kind of big, sustainable impact that our greatest partner, Lions Clubs International Foundation (LCIF), helps us make every single day.

Our foundation gives us the support we need to expand our service and support our growing membership. But just like every great partnership, that support works both ways. We support LCIF and LCIF supports us. So, let's keep serving, and let's keep supporting great service at home and around the world with LCIF.

Yours in service,
Dr. Patti Hill
International President

For the full Newsletter – see hyperlink:
<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1430798&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=aff860ae7f454db7a19eb6dbb6b0f961&elqaid=31219&elqat=1>



THE LIONS VOICE

The official Newsletter of District 410E



SEPTEMBER MESSAGE FROM IPP BRIAN SHEEHAN CHAIRMAN OF LCIF



Hello Lions, Leos and fellow humanitarians,

Where there is a need, there is a Lion. When a region is recovering from a natural disaster, a community is facing food insecurity, a family just learned their child has cancer, or any other humanitarian needs arise, Lions are poised to help, empowered by Lions Clubs International Foundation (LCIF). I am very happy to report that during the week of the August Board of Trustees Meeting, 85 grants were approved, totaling US\$9.4 million.



Giving to our foundation ensures that your generosity makes the most impact, both locally and globally, and in communities large and small. This month's newsletter highlights some of the ways donations to LCIF take our service to even greater heights. You will also discover new ways LCIF recognizes those gifts, and an example of how Lions are coming together to fundraise and gain even more support for the foundation that makes so much of our service possible. Thank you to everyone who continues to donate and share the stories of impact we create together.

Make a great day,
Brian E. Sheehan
Chairperson, Lions Clubs International Foundation

For the full Newsletter – see hyperlink:
<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1438060&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=05c2e78fa03c45dea3d3fbc8030e897e&elqaid=31477&elqat=1>



CLARITY RE: LIONS CLUBS INTERNATIONAL VS LIONS CLUBS INTERNATIONAL FOUNDATION

(Circulated by DC GST Sandy King)

Lions Clubs International VS **Lions Clubs International FOUNDATION**

From DC GST District 410E - Sandy King

Lions Clubs International (LCI) and the **Lions Clubs International Foundation (LCIF)** are two interconnected organizations that work together to serve communities and address various needs around the world. Together they form Lions International. While they share common goals, they have slightly different areas of focus and ways of operation.

Here's an explanation of the difference between Lions Clubs International's global causes and the focus areas of the Lions Clubs International Foundation ...

Lions Clubs International Global Causes

Lions Clubs International focuses on five global service areas, often referred to as "Global Causes." These areas are chosen because they encompass significant humanitarian challenges that Lions members work to address. The five global causes are:

- Eye Health:** **Vision:** This cause involves projects that aim to prevent blindness, restore sight, and improve eye care services. Lions are known for their commitment to providing eyeglasses, conducting vision screenings, and supporting eye health initiatives.
- Hunger:** Lions work to alleviate hunger and promote food security through various initiatives such as food banks, community gardens, and assistance programs for those in need.
- Environment:** Lions engage in projects that support environmental sustainability and promote a cleaner and healthier planet. This can include tree planting, waste reduction, and other eco-friendly initiatives.
- Childhood Cancer:** Lions are involved in raising awareness about childhood cancer, supporting young patients and their families, and funding research to improve the treatment and outcomes for children with cancer.
- Diabetes:** Lions focus on raising awareness about diabetes, supporting people with diabetes, and educating communities about prevention and management of this chronic condition.

Lions Clubs International Foundation (LCIF) focus areas

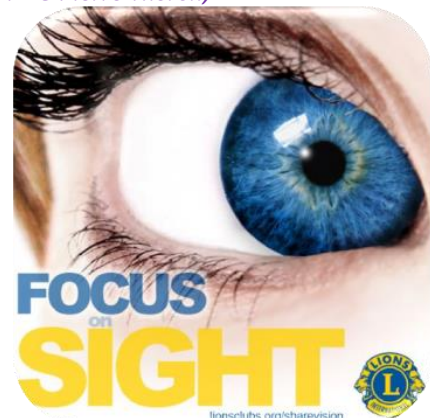
The Lions Clubs International Foundation is the charitable arm of Lions International. It provides grants and funding to support various humanitarian projects globally. While the focus areas of LCIF align with Lions International's global causes, they have specific projects and initiatives that aim to make a tangible impact in these areas:

- Disaster Relief:** LCIF provides aid during natural disasters and emergencies, offering immediate relief and assisting with long-term recovery efforts.
- Humanitarian Needs:** LCIF addresses broader humanitarian needs, such as providing access to clean water, supporting education, and improving healthcare infrastructure.
- Youth Empowerment:** LCIF invests in programs that empower young people through education, leadership development, and mentorship opportunities.

September 2023

LOVE YOUR EYES AT WORK

(DC Sight, PDG Pierre Theron)



Do you know that blinking is good for your eyes?



THE LIONS VOICE

The official Newsletter of District 410E



That's why this year for Eye Care Awareness Month which runs from 1 October to 31 October, we want you to blink more often – and show your eyes how much you love them! #LoveYourEyes at work!



No matter where your workplace is or what job you do, you'll never regret protecting your eyes at work. But you will deeply regret it if you don't and suffer vision loss as a result.

Start with these simple changes to reduce digital eye strain:



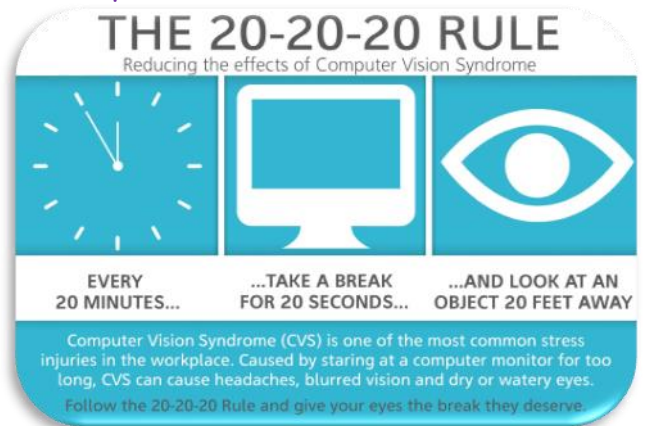
Bat your eyes at me! Train yourself to blink more often. Every blink you make spreads fresh tears across the surface of your eyes, cleaning and refreshing! Use lubricating eyedrops if necessary.



Make me more comfortable! Adjust screen settings like brightness, contrast, colour temperature and text size.



Don't glare at me! Use proper lighting and position your computer screen to avoid glare. Try antiglare screens or screen protectors to avoid discomfort.



Play by my rules! Follow the 20-20-20 rule. Every 20 minutes, look at something 20 feet away for at least 20 seconds.

More than one billion people on the planet don't have access to eye care services. With the support of Lions Clubs, we are working to improve this.



Did you know that Lions Clubs within our District provide eye screening and testing to hundreds of deserving people a year: in schools, and retirement villages and Lions BrightSight distributes several thousand prescription glasses annually at vastly reduced prices to deserving cases.



THE LIONS VOICE

The official Newsletter of District 410E



LIONS BRIGHTSIGHT

A Multiple District 410 Project

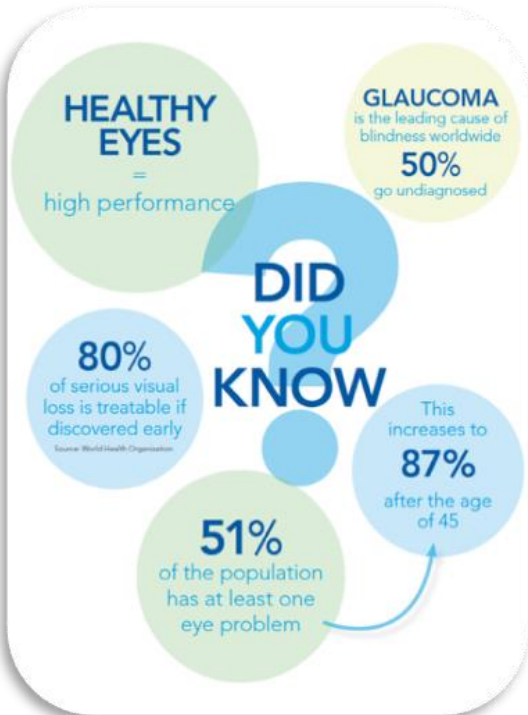


Is your club involved in our Vision programme? If not, check the Lions BrightSight website via www.lionsbrightsight.co.za to find out how to get involved.

SOME IDEAS FOR VISION PROJECTS

(DC GST, Lion Sandy King)

By now we all know that **October is Vision Awareness Month** and I urge all Clubs to plan and implement sight related projects - helping the visually impaired in any way you can.



World Sight Day is Thursday 12 October



White Cane Day is Sunday 15 October

Eye health doesn't just affect one's eyes. It impacts many areas of life and wellbeing, including employment, quality of life, poverty, and education.



So don't forget to #LoveYoureyesatwork. Starting Now! and support Lions BrightSight.



- 🕒 Get involved in a Blind Bowlers event.
- 🕒 Find out about arranging a Blind Navigators' Rally.
- 🕒 Contact a local society for the visually impaired to see how your Club can assist them.
- 🕒 Sponsor a Guide Dog, contact the SA Guide Dog Association to find out how you can help.
- 🕒 Arrange eye screening at a local school, community centre or old age home.
- 🕒 Contact some ophthalmologists to see if they would do pro bono consultations for State pensioners suffering with cataracts – there is such a need out there!
- 🕒 Sponsor a World Sight Day event.
- 🕒 Host a fundraiser to purchase and donate white canes for those who are blind.
- 🕒 Develop a discount voucher program with optometrists for the underprivileged.
- 🕒 Design a transportation program for those who are blind or have low vision.
- 🕒 Create a sensory garden that engages the senses of touch, smell, hearing & taste. Provide braille or audio recordings of signage.
- 🕒 Partner with and support a school for the blind.



THE LIONS VOICE

The official Newsletter of District 410E



HUNGER ALLEVIATION DAY

16 OCTOBER 2023

(DC GST, Lion Sandy King)



While our focus is on Vision Awareness Month, I'd like to bring to your attention the following statistics about **hunger in our country**:

According to data from Stats SA for January 2023, food inflation has hit a 14-year high at 13.4%, while a study from the University of Witwatersrand's School of Physiology determined that 1 in 5 South African households **don't have enough food to eat**.

Over 20.6% of the South Africans in the sample were socially vulnerable, and 20.4% food insecure. This amounts to about 7.8 million people out of their sample of 39.6 million people. But the prevalence varied widely across the provinces. The Eastern Cape Province was the most affected (32% of households there were food insecure).

Irene Labuschagne, principal dietitian at the Nutrition Information Centre at Stellenbosch University, wrote that "one in 10 South Africans go hungry every day".



Malnutrition is not only stunting, but it can also lead to people being overweight and obese. Malnutrition continues to be a problem in the Republic of South Africa, 15% of infants are born with a low birth weight.



This is scary and very concerning. No-one should have to go to bed feeling hungry, especially our children!

Here are some ways we as Lions can help alleviate hunger in our country:

-  Organise a programme at a local school to provide healthy, nutritious meals.
-  Prepare food baskets for families in need.
-  Organise a food packing day and partner with a social workers group (eg. Tutela) to provide food parcels to needy families.
-  Volunteer at a soup kitchen or homeless shelter.
-  Organise an event to benefit a food bank in your community; use cans of food for admission.
-  Hold a hunger walk and use the proceeds to buy food for a children's centre or a homeless shelter.
-  Create healthy snack packages to be distributed to children in need.
-  Partner with local restaurants or food markets to deliver donations to a shelter.
-  Collect infant formula and baby food for an organization serving young mothers at risk.
-  Provide fruits and vegetables as a healthy snack for children in childcare facilities.
-  Teach children to bake a loaf of bread they can take home to their family.
-  Provide needy children with backpacks supplied with food for when school is not in session.
-  Establish a community vegetable garden where residents can grow their own food.



And please don't forget to post and share your projects – *be proud of the service you do.*

Enjoy your service!



THE LIONS VOICE

The official Newsletter of District 410E



PEACE POSTER & ESSAY COMPETITION DEADLINE DATE FOR SUBMISSION 3 NOVEMBER 2023

(DC Peace Poster & Essay PDG Patricia van Wyk)



2022-23 Peace Poster Grand Prize Winner
"Lead With Compassion"
Emma Andreea Paveliuc
13 years old
Romania

Herewith a reminder that the deadline for the submission of your Club's Peace Poster and/or Essay for this year's competition is **Friday 3 November 2023**.

Clubs can deliver to PDG Patricia at **20B BLACK-CAP STREET, CENTURION**, prior to Thursday 2 November 2023, or make arrangements with her via mobile number: 0829242814 or via email: patriciavwyk@gmail.com. Posters and Essays can also be delivered to her at the District 410E Midyear Conference by no later than 17:00 on the Friday.

Please note that unfortunately later entries will not be accepted.



The 2022-2023 Essay Winner
"Lead With Compassion"
Keaton Hamilton
11 years old
Canada

Looking forward to receiving your entries soon!'

GLOBAL LEADERSHIP TEAM

(DC GLT, 2nd VDG Avril Hobbs)



Yes, EVERY Club has a GLOBAL ACTION TEAM, led by your GAT Leader who is YOUR CLUB PRESIDENT! In turn your Club Leadership Team Leader (GLT) is usually your Vice President.



The same at District level, and your Global Leadership Team leader is 2nd VDG Avril.

Together we are going to get potential leaders to come on board, have fun and get to learn a few skills to enable and encourage them to lead a Service Project, a Fundraiser or a Social; or even take on the role of Club President!



While not everyone imagines they may one day be THEIR Lions Club President, it is certainly a possibility, so get on board and EMBRACE the many opportunities to learn how.



THE LIONS VOICE

The official Newsletter of District 410E



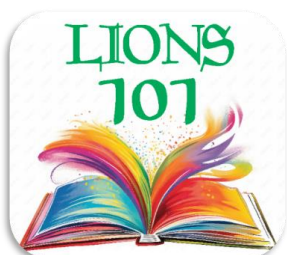
By working with the entire Global Action team Lions can move to grow existing members (in number and individual strength) and inspire the formation of new Clubs by ensuring that from the start they have all the Lions knowledge to have a successful and blooming Club.



How many Lions have heard of the LLJ, or RLLI, or even the LLC? What do these even mean: **Lions Learning Journey**, **Regional Lions Leadership Institute**, and **Lions Learning Centre**.

A multitude of short courses, on various topics from: How to delegate, Responsibilities of the President, Effective communication, Conflict resolution etc., etc., etc., are available to EVERY LION in the world. You can access and take these online courses that will develop your skills for both your role as a Lion and in your chosen career.

With the Strengthen 410E thinking firmly in place, Clubs will be active in their communities and in turn introducing new Lions. To get our newly inducted Lions (and any other Lions) to learn a bit more about where we, as individual Clubs, fit into the big picture of Lions International, **an online event entitled Lions 101** will be coming soon to your big and little screens. This will be fun, informative and with plenty of opportunity to ask questions.

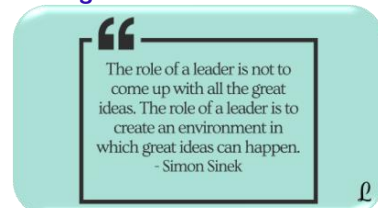


LIONS 101
Monday 16 October 2023
at 19:00

Save the Date and the Zoom link will follow.



PLAN FOR THE YEAR: Please see the attached schedule planned for the year (Page 32)32). I am excited that more workshop type training will take place that will inspire Lions to think out the box and implement **CHANGE** in their Clubs, not for changes sake but to attract the caliber of Lions to take our District into the future. Invitations will be distributed to Club presidents, Zone and Region Chairpersons with frequent communications encouraging Lions to get involved where they believe they could benefit, both as Lions and for their personal growth.



The **Lions Leadership Journey** continues with the assistance of Lion Delphine Ferreira at the helm encouraging the participants. They should have completed the courses by end of October 2023. Congratulations to those amazing Lions who have been on this journey. Lion Delphine has truly encouraged each and every one to be the best they can be. A big **THANK YOU** Delphine. Once this has finished, more Lions will be invited to embark on the next Journey.



The **Regional Lions Leadership Institute** will take place before Multiple District Convention next year in the Wilderness. Save the date and if you see yourself as a District leader why not apply to attend. Application forms and costs will be available shortly.



THE LIONS VOICE

The official Newsletter of District 410E



NEW MEMBERS for SEPTEMBER

(As per the September WMMRs)



LION TONDERAI RUKATO
Sponsor: Lion Sally Ann Fitzgerald
Lions Club of Cowies Hill

LION LORRAINE NAUDÉ
Sponsor: Lion Marion Chapman
Lions Club of Howick Umngeni

LION ADELL NAUDE
Sponsor: Lion Steven Armstrong
Lions Club of Komga

LION RIAAN IAN NAUDE
Sponsor: Lion Steven Armstrong
Lions Club of Komga

LION MALEHU SERANKWANA
Sponsor: Lion Yolandi van der Schyf
Lions Club of Midrand

LION GREG BEZUIDENHOUT
Sponsor: Lion Clint Guthrie
Lions Club of Pretoria South

LION CYRIL DUPOUY
Sponsor: Lion Steven McCarroll
Lions Club of Port Shepstone



DISTRICT 410E CLUBS "CHANGING THE WORLD"

Zone 6 Meeting



A very successful Zone 6 Meeting held in Nelspruit on 2 September 2023 chaired by Zone Chairperson Patrick Gamedze

Zone Chairperson – Zone 5 Visit



Zone Chairperson Diane Townsend had a wonderful and engaging visit to the Lions Club of Standerton. In her words, "it was great to meet all the Club Members".

Zone 4 Meeting



Must have been a serious topic by the look on the faces
A constructive, interactive, and productive meeting held at Melrose House (Heritage Site) on 9 September chaired by ZC Yolandi van der Schyf. All Clubs in Zone 4 were represented. Thank you to Region Chairperson Melinda Strydom for her attendance. Note: the DG was present in her capacity as a member of the Lions Club of Pretoria Jakaranda! 😊





THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Benoni



Packing of Santa Shoe Boxes for a teen boy and girl - packed on 1 September 2023.



Another one of the Club's on-going projects. Care packs made up of toys and snacks for the abused children that spend their time in the courts. These were delivered as well as some clothing to Lifeline on 5 September by Lion Sandra.



Following an appeal from Angel Wings in Bredell after their cooking pots were stolen, Lions James and Kathy sourced, purchased, and delivered 2 new 20 litre pots to the Angel Wings kitchen on 1 September 2023.



The Club decided to get a few children to carry out the Lions Arbor Week Tree Scavenger Hunt Awareness Campaign on 11 September.



Kwanele from the Daveyton Association for the Disabled collected the chest freezer on 2 September 2023.





THE LIONS VOICE

The official Newsletter of District 410E



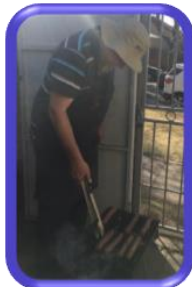
There were a total of 14 children participating amidst much fun whilst learning. The “prizes” were Spekboom Plants.



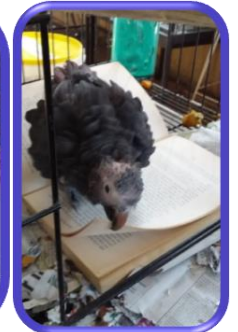
Seedlings for the vegetable garden were delivered by the Lions Club of Benoni to Angel Wings on 13 September 2023.



An afternoon of Bingo and Boerie Rolls was held on 16 September for some of the residents at the Lions Old People's Home. Lion Ahtoll Selkirk was a wonderful Bingo Caller, imparting lots of his useful and useless knowledge which resulted in a lot of laughter and good banter. A happy afternoon and, hopefully, the start of many more.



Lions Club of Benoni Lakes



The Club donated some badly damaged books to Brainy Birds Sanctuary on 28 August, to help with stimulating the parrots. Apparently, they are enjoying most of the authors. 😊



Benoni Lakes Lions Club attended the Krugersdorp Lions Club Leeuloop Fun Walk, with their Club members and their friends and family.



A great day of exercise with an 8 kilometre walk and then a wonderful braai and social on the day. Thank you to Krugersdorp for a great event.





THE LIONS VOICE

The official Newsletter of District 410E



Benoni Lakes Lions Club visited the Lambino Palliative Care Centre on Saturday 16 September 2023. Lambino Palliative Care Centre cares for up to 20 children with life threatening conditions such as cancer, this facility is for end-of-life care or step-down services. The Club donated 6 x tins of baby formula, 6 x packs of nappies, various hygiene products, 10 x bowls of hope and 5 x toys. It was heart-warming to spend some time with the amazing staff and children under their care. This Centre is very well run but needs support on an ongoing basis of these basic products. Benoni Lakes Lions is proud to support whenever they can.



The International Coastal Clean Up Day takes place annually on 16 September. Lions Pat and Ronald are avid supporters and participants of this cause and flew the Lions Club of East Coast's flag high.

Lions Club of East Coast



The East Coast Lions celebrated spring day as well as arbor week on the 1 September at their General Business Meeting with Horticulturist, Rosemary gave an educational talk to the members educating them on the importance of trees and plants.



As part of the Hunger Alleviation pillar, the Lions Club of East Coast assisted in keeping hungry tummies full during the month of September. Lions Ronald and Saroj were out and about assisting in their local communities.

Lions Club of Edenvale



September is Childhood Cancer awareness month. The committed Lions Club of East Coast team bring many smiles to the children at Inkosi Albert Luthuli Central Hospital. Children battling cancer are proof that superheroes do exist, not in capes but in hospital gowns.



On 26 and 27 August – following their food collection, the members packed the food parcels for distribution to the Lions Club of Edenvale's identified beneficiaries.



THE LIONS VOICE

The official Newsletter of District 410E



Zone Chairperson Diane Townsend visited the Lions Club of Edenvale's Monthly GBM on 9 September. Seen in the picture receiving a friendship banner from Lion President Evelyn Herzfeld.



On 25 September the members of the Lions Club of Edenvale were busy packing Bowls of Hope, which will be distributed to the homeless.



The Lions Club of Edenvale held their first social event since the onset of Covid in 2020 on 10 September.



Food Collection. Karaglen Spar. Sept 2023

The Lions Club of Edenvale held a food collection at Karaglen Spar on 30 September and thanks to the generosity of the public with their donations, more food parcels can be packaged for those in need.



Social. September 2023

They all had a wonderful time sharing delicious food in excellent company amidst much laughter and fun.

Lions Club of Howick Umngeni



The "A" team

Future Lions Men @ Work

The Lions Club of Howick held a fundraiser making pancakes at WESSA (The Wildlife and Environment Society of South Africa) on 28 August 2023.



THE LIONS VOICE

The official Newsletter of District 410E



On 1 September the Club hosted a tea for the elderly at Greendale Retirement Home in Howick to celebrate the onset of Spring.

Lions Club of Kingsburgh



As part of the Lions Club of Kingsburgh fund raising initiations, they have taken to social media to sell donated items. All monies raised are for the Projects Account to ensure that they can continue serving their community. During the past month, they sold a donated toolbox for R200 and a small animal carrier for R100.



On 9 September, the Lions Club of Howick's "Pancake Team" were hard at work making pancakes and raising funds for the Hospice Colour Run.



The Lions Club of Kingsburgh held a successful Diabetes and Blood pressure screening. 39 people were tested, with 3 people referred: 1 unknown diabetic with a reading of 13.2 and 1 female and 1 male with high blood pressure.



The Induction of the Club's new member, Lion Lorraine Naudé, took place on 20 September 2023.



As part of the ongoing Environmental Projects of the Lions Club of Kingsburgh, Lion Pam donated and planted trees in the garden of her complex to mark Arbor Week on behalf of the Club.



THE LIONS VOICE

The official Newsletter of District 410E



At the Zone Meeting, Lion Dave handed over bread tags and bottle tops collected by the Club. These are sold for recycling and the money used to buy disability equipment.



The Club were delighted to hand over the September food collection to the amazing people doing so much good work in the community (Wanderers Haven) on 11 September.



Two trolley loads of groceries estimated at R3000.00 were collected on Saturday 9 September by members of the Lions Club of Kingsburgh. In addition R546.30 was received in donations to spent on supplementing the groceries collected.



The Lions Club of Kingsburgh are extremely proud of their Vision Team. The Club has to date screened two schools in their community. In total 740 Learners. The last school visited is home to 115 Learners, 16 of which required a visit to an Optometrist. Their partner on this occasion was Pro Eye Care Optometrist in Amanzimtoti. With the assistance of Usizo-Lomndeni.org they transported the first batch of Learners to Benita, the Optometrist on Friday 8 September.



Lion President Tony assisted with delivering food donated by an anonymous donor to New Beginnings Care Home in Amanzimtoti. The pictures show some happy residents tucking in (pictures used with their permission).



A huge vote of thanks to the Kingsburgh community who supported the Lions Club of Kingsburgh Bingo & Burger fundraiser held on 9 September. Whilst the members worked hard, the fun had by all in attendance was just reward.



THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Klerksdorp

The Lions Club of Klerksdorp had a busy day on 16 September 2023

They handed out awards to their donors who support them with their Vision Programme.



Depicted on the photograph is Lion Gordon Lamont, Mr Hennie Joubert Optometrist, Lion Shane Papé, Lion Margaret Lamont, Lion Mina van Biljon, Lion Riana Papé, Lion Marie Wilken and Lion President Riaan Wilken handing over the Certificate of Appreciation for all the work he does in testing patients for the Lions Club of Klerksdorp Vision Programmes.



Marietjie Meyer also received an Appreciation Award for her constant support to clients at Hennie Joubert Optometrist. With her is Lion Riana Papé.



Klerksdorp Lions packing vegetable packets to supplement the Bowls of Hope.



Some of the food parcels that were delivered by the Lions Club of Klerksdorp to Daphne Lee Home for Mentally Disadvantaged residents.



The residents of Daphne Lee Home for the Mentally Disadvantaged give the Lions Club of Klerksdorp their famous "Ons sê baie, baie dankie" thank you song in their own unique way.





THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Kouga

On 18 September, the Kouga Lions took advantage of the free entrance to SanParks and invited 20 residents and the Manager of Ons Tuiste Home for the Aged in Humansdorp to an outing at Addo Elephant Park (125km away).



Lion Gloria "the Food Lady" – in her words!

Having just experienced two days of gale force winds they awoke to a perfect day. Muffins and snacks were served on route.



Lions Len and Francis getting the braaiing underway

At lunchtime, Lions Len and Francis prepared perfectly braai'd hamburger patties.



The ladies assisted Lion Gloria buttering rolls and preparing tomatoes, lettuce etc., to build a burger. Jelly and custard followed with fruit juice, tea, and coffee.



Game viewing was at its best with elephants drinking from and swimming in the various waterholes.



Manager of Ons Tuiste Home for the Aged thanking Lions



Lion Len ensuring that nothing went to waste especially dessert

Afternoon tea with chocolate cake and custard slices was served before the long drive home. Two combis and a couple of cars of residents eventually arrived home after a great day in the open air and sunshine and plenty to tell the other residents.



THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Ladysmith

(if the descriptions are incorrect, please accept the Editors apologies as the submission was just a whole lot of photographs which she tried to piece together with the respective events)



Clean up and maintenance done on a Home – ensuring the safety of the residents.



Refreshments served to the residents





THE LIONS VOICE

The official Newsletter of District 410E



Lions Club Branch of Lenasia



The Lions Club Branch of Lenasia's members and volunteers, together with an expert from Kadipore Farm ignited some excitement in the learners of 2 schools in Lenasia when they got to plant their own seedlings – Swiss chard – and nurtured it daily. They were thrilled to take their harvest home after a few weeks for their family to make a scrumptious meal.



They learnt how to plant from the expert himself, creating their own compost site and how to recycle 2-litre plastic bottles to use as humidity domes enabling the plants to be self-nurturing and being protected from the elements of nature. Some children walked away with laminated process flows of how to plant and a vegetable calendar.



The kids in extension 4 Lenasia enjoyed some fun with the Lenasia Lions Club Branch and volunteers where they got to decorate their recycled containers, which otherwise would have made it to the landfill, with stickers and then got to plant their own seeds or seedlings as they were taken through the step-by-step process in the "Your Backyard Garden".



This booklet was created to teach children and others what to consider when planting, some handy tips, a vegetable calendar to know when to plant and the nutritional value of the vegetables.



It was an action-packed Saturday afternoon and such a wonderful way to celebrate Arbor week which was extended to Arbor month as the members meet the children on Fridays to go through more detail in the booklet. It is a great learning experience for all involved and lots of engagement and enthusiasm from the kids.

Tomatoes and chillis were the favorite choice of the day, but unfortunately the crop would not be ready for Heritage Day, however the Lions will be having a "lekker" tomato and chili chutney with some braaied chops in a few weeks to come. 😊

An very kind offer from the Lions Club Branch of Lenasia to any Club in District 410E - if you would like a copy of the booklet please contact them on 0631839834 as they are happy to make it available to share this beautiful journey with many more people.



THE LIONS VOICE

The official Newsletter of District 410E



As part of the Lions Club Branch of Lenasia's Literacy Programme, they have introduced a mobile library for children in Ext. 4. Reading and Knowledge are key to a child's development.



Following the meeting they celebrated the Heritage and Diversity of their members, with a luncheon reflecting Swiss, British, Greek, South African, Dutch, Indian and Zimbabwean. It was awesome to have DG Lindie van Wyk and LP Patricia van Wyk (Lions Club of Pretoria Jakaranda) raiding them and joining in for fellowship and the sharing of an awesome meal amidst much laughter and a few drinks!

Please join us for Story Time in Ext 4
Where we read with the children and have some fun and at the same time we all learn so much more
Friday's
Time: 3 - 4:30pm
Venue: 23 Cypress Ave, Ext 6



Following a massive fire that destroyed Cemetery View Informal Settlement near Woodhill on Saturday 24 September, an appeal was put out by DC LCIF & Disaster Relief, Lion Mark van Heerden to the Clubs in Zone 4. It was with sadness that we learnt of some fatalities as well as many people being displaced. As such the Lewende Woord Tent Church set up a facility to feed and provide clothing to those that required it. They appealed for donations of food and clothing. The Lions Club of Midrand, donated food which was delivered by Lion Willie on Monday 25 September and who also assisted in the preparation and feeding of the victims.

Lions Club of Midrand



At the monthly General Business Meeting held on 16 September, PDG Roy Michas inducted and welcomed Lion Malehu - thank you to Lion President Yolandi for introducing such a special person to our family.





THE LIONS VOICE

The official Newsletter of District 410E



The Lions Club of Midrand were excited to serve up more than just cupcakes! Teaming up with Cupcakes for Hope, they baked a difference for kids with cancer, for Childhood Cancer Awareness month.



The Monthly Eye Clinic and Diabetes Screening took place on Saturday 30 September with the Vision Team at the Lions Club of Midrand Community Centre.



Lions Melanie and Barbara were at Lonehill Shopping Centre on Saturday 30 September, assisting with the sale of 100's of Cupcakes raising funds for this special cause being Childhood Cancer, one of the pillars of Lions International.



Fortunate the Optometrist made some very nervous attendees feel totally comfortable and at ease.



Grateful thanks to Sister Louise who did the Diabetes Screening and Blood Pressure Testing giving sound advice to attendees regarding correct eating and living a healthy lifestyle.



In an effort to raise some funds for the various projects undertaken by the Club, Lions Cosmas and Emmanuel were busy selling Fruit Cakes to customers to enjoy with their favourite beverage on Saturday 30 September.



The members also entertained the children while they waited for their Mums to have their eyes tested. (Photo published with permission of the parents).



THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Newcastle



Newcastle Lions Club hosted the Bras & Bras Charity Golf Day on 9 September 2023 at the Newcastle Golf Club, to raise awareness of breast cancer, also extending focus to childhood cancer. When one of their own members found out that she had breast cancer, it became a very personal project for them.



With 110 golfers on the day and it was very well supported by players and the public. The Newcastle Lions are very grateful to all the sponsors, the golf club, to the companies that manned the water holes, and everyone who contributed to making the day such a success. With East Coast Radio's Dave Gueselli as the master of ceremonies, guests enjoyed their time on the fairway.



All funds raised will go towards the Newcastle Lions Club's continued efforts to make a difference and serve our community. No-one fights alone.

Lions Club of North Durban



The members of the Lions Club of North Durban were at Gateway Umhlanga on Saturday 30 September selling Cupcakes of Hope in support of children with cancer. Prior to that they baked up a storm!



For those that don't know, Lion Grant is an "Ace" baker. The Editor can vouch for his cupcakes as well as the most divine muffins on the planet!



While vacationing in Knysna, four members of the Lions Club of North Durban had the pleasure of encountering the Sedgefield Lions passionately selling cupcakes for a noble cause - Cancer awareness. They couldn't resist showing their support, and the delightful cupcakes were a delicious treat! Service knows no geographical boundaries.



THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Port Alfred

The Lions Club of Port Alfred and the Ski Boat Club held a combined steak evening on 1 September 2023 at the Ski Boat Club.



Chantel from the Ski Boat Club and Lion Alec McKerrow



Lion President Lorenda de Klerk and Lion Ilana de Klerk

The Club donated fifteen readymade Jars of Hope to the Port Alfred Ladies Circle and Round Table 177 Combined project on 8 September. The jars are filled with soup mix, soup powder, rice, and beef cubes.



Standing: Ladies Circle representative Monique von Wielligh holding Mélia, Lions President Lorenda de Klerk, Lion Francois de Klerk, Lion Iain Macrae, Round Table 177 Vice Chairman Hardus van Heerden holding Hannah-Jo, Lion Alec McKerrow. In the front: Lion Ilana de klerk, Melissa and jazz

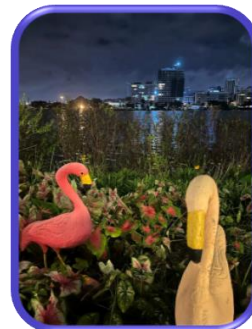
Lions Club of Pretoria South



The Lions Club of Pretoria South held a Charter picnic at Rietvlei Nature Reserve on 2 September.



A great day outdoors and fantastic fellowship was had by all in attendance.



Club Member and DC for LCIF & Disaster Relief, Lion Mark van Heerden travelled to Abidjan (Ivory Coast) for training and a "little bit" of fellowship.





THE LIONS VOICE

The official Newsletter of District 410E



On 5 September, Lions Kevin and Theo did some bee keeping at the Clubs hives. All three of the feeders are full again and all the hives are very active. This is a brilliant sign, and the plan is to add another three feeders for summer.



At the meeting, Lions Carien, Kristin & Noni came up with a wonderful “carb” filled idea to celebrate the partners in service and all the amazing “women” in our Club. They respect and salute the “support” that they receive, from all of those behind the scenes that allows the Lions to continue serving in the community. “We **DONUT** know what we would do without **WOMAN** like you”



On 5 September, the Club was honoured to have DG Lindie van Wyk attend the GBM.



Boeremark duty handled by Lions Kristin & Carien on 9 September with a visit from Lion Kevin.



LP (PDG) Patricia van Wyk of the Lions Club of Pretoria Jakaranda “raid” our meeting (actually she came to “retrieve” their appropriated property). As can be seen, KittyKat actually quite enjoyed life at the Lions Club of Pretoria South and is a tad resistant to returning!



The Lions Ladies of the Lions Club of Pretoria South hosted a “tea” for the residents of Lions Haven on 9 September. Thank you to Lions Ladies Shelly, Sheila, Ilne, Colleen and Louise who ensured that there were lovely eats and fellowship with the residents, who thoroughly enjoyed being spoilt. (I spy Lion Phil photobombing?)





THE LIONS VOICE

The official Newsletter of District 410E



The Lions Club of Pretoria South assisted with preparing and serving of 2 lambs on the spit plus sides for the Jacaranda Social Club for the blind, following their AGM on 9 September.



Lions from Pretoria South with friends of the Club and Partners in Service joined the CANSA TLC NICUS LODGE fundraising event, supporting this important cause during September and beyond.



The Lions Cycling Academy finished 2nd overall in the 2023 Boys High 24-hour MTB challenge completing 24 laps in 24 hours on 9 September. This is a phenomenal achievement by these young athletes. WOW WOW WOW!!!! 5 of the best plus 1 reserve rider were invited to compete in the 2023 South African Schools Cycling Nationals on 30 September.



The Club purchased 2 tables at the event and donated a further R10,000 towards Nicus Lodge playroom area (funds raised at their annual Golf Day)



On 10 September, Lions Riaan and Billy (on a visit from The Netherlands) spent some quality time with the residents at In His Honour Outreach Foundation and spoiled them with FUN SOCKS!



The Lions Club of Pretoria South's primary school cyclists took part in Gauteng School Cycling – Primary Schools Event 4 at Prime View Adventure and Leisure on 16 September and did them super proud with 2 top 10 positions.





THE LIONS VOICE

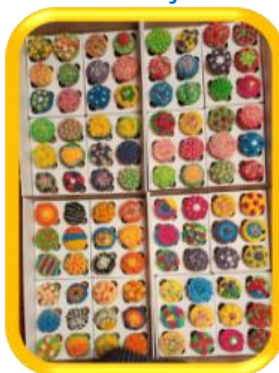
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A fun-filled two days (23-24 September) was held at In His Honour Outreach Foundation, celebrating Heritage Day. Lion Riaan supplied cheese grillers and cheese rolls together with some coleslaw. This was an absolute hit with the kids! While the braai was going on some games were played and lots of fun was had by all. Each boy under 14 received a remote car and the boys were super excited about the gifts. The older boys received branded sunglasses! The boys were in 7th heaven having branded sunglasses and they wore them all afternoon and the next day.



Lion Riaan's mom made Cremora Tart for pudding, which was also very much appreciated and enjoyed by all. The children enjoyed their Heritage Day long weekend tremendously!



"Cupcakes for Cancer" is a heart-warming initiative that combines the love of baking with the noble cause of raising funds and awareness for cancer research and support. On 30 September, Lion Gizella and her team baked and iced 102 cupcakes to perfection!



The Lions Club of Pretoria South's Academy Riders competed in the Cycle Lab High School Series National Finals MTB at Wagpos HS over the weekend of 30 September – 1 October. Two of their riders ended the event in overall 14th & 20th positions - That's 14 and 20th positions **in the country!**



The Lions Club of Pretoria South Lions Club celebrated its 50th Charter Anniversary in grand style with a black-tie dinner on 30 September, commemorating half a century of service, dedication, and community impact.



The evening began with a warm welcome from the Lion President Graeme, highlighting the Club's achievements and contributions over the past 50 years.



They also celebrated the induction of a new member, Lion Greg Bezuidenhout.



THE LIONS VOICE

The official Newsletter of District 410E



Lions Club of Ramsgate



The Lions Club of Ramsgate celebrated Arbor Week with other NGOs on 2 September 2023.



On Saturday 2 September, a Lions Club of Ramsgate Team were at the Hibiscus Mall for their monthly food collection.



The Ramsgate Lion's Club members held a quiz that was "lost" and found in time to beat the load shedding schedule on Friday 1 September.



At the Zone 9 meeting held on 9 September and hosted by the Lions Club of Hibberdene, Lion Susan Smuts-Steyn received her 15 years' service token.



On 14 September, Lion President Warren handed over some donated knee blankets to Hospice South Coast.

Lions Club of Scottburgh



Scottburgh Lions celebrated Spring day and Arbor Week on 1 September at a local pre-primary school. They assisted with the planting of flowers and Spekboom – lots of fun was had by all.





THE LIONS VOICE

The official Newsletter of District 410E



On the 5 September 2023, the Lions Club of Scottburgh joined Kidney Wise which is an extensive awareness programme to inform all individuals of the impact of chronic kidney disease and the progression thereof with specific attention to early detection, prevention, and management of the disease by means of clinical and lifestyle interventions.



As part of their Hunger Awareness Initiative, the Lions of Scottburgh donated food to a safe house on 27 September.



Scottburgh Lions club run a Diabetes Awareness clinic once a month on the First Tuesday of every month at Scottburgh Mall and for the month of September together with Kidney Wise we made a difference in our community.



The Lions Club of Scottburgh organized, baked, and sold cupcakes for Cupcakes for Cancer on 30 September. The funds were raised for Cupcakes of Hope. A shoutout to Food Lovers for donating 24 Cupcakes to this cause.



On 22 September the Lions Club of Scottburgh held a book sale at their local mall in aid of Project Rhino KZN.



Lions Club of Uitenhage



On Saturday 2 September 2023, the Lions Club of Uitenhage held a "boerie braai" at a retirement home for 25 dear old people. They all thoroughly enjoyed the treat.





THE LIONS VOICE

The official Newsletter of District 410E



They also organized a hairdresser who cut and styled their hair at no cost – an additional and much appreciated spoil.

Lions Club of Wilro Park



Left to right: Ken Maclean, CEO of Sedgwick South Africa, Rene Benjamin-Lion President, Lions Club of Wilro Park, Lion President Meshack Rasebopye-Lions Club Branch of Sandton.



100 pairs of school shoes were packed on 1 September and given to the Lions Club of Wilro Park and Lions Club Branch of Sandton to be distributed to Learners from vulnerable communities at Roodepoort Primary School and Iphutheng Primary School in Alexandra. This initiative was done in partnership with Sedgwick South Africa.



The Lions of Wilro Park and Riverbank School celebrated Spring by hosting a Barefoot Day and all the shoes were donated to CLAW children.



These were delivered to CLAW on 13 September. CLAWS (Community Led Animal Welfare) is based near the informal settlements & school, so they have many children and families asking them for help and the Lions Club of Wilro Park assist with food, blankets, clothes, shoes, etc.



Lion Roleen from the Lions Club of Wilro Park – “Changing the World – One Random Act of Kindness at a time”. On 20 September it was the gift of a sewing machine – a wish come true.



THE LIONS VOICE

The official Newsletter of District 410E



On 30 September, the Lions Club of Wilro Park supported the fight against Cancer at the Cancer Shavathon, Cradlestone Mall!

DISTRICT 410E MID YEAR CONFERENCE (3-5 NOVEMBER 2023) – REGISTRATION DATE EXTENDED TO 10 OCTOBER 2023



Registrations for the “Blast from the Past” Mid Year Conference opened on the 2nd of August, and as at 28 September there are 123 registrations (116 Lions & 7 Partners in Service) from 19 Clubs. With the extension in the registration closing date – hurry and get your registration done and remember to book your accommodation directly with the lodge.

Registration Hyperlink:
<https://midyear.lions410e.org.za/>

Additional Attractions:

Lucky Draws:



Theme Evening:



WHAT OUR DISTRICT GOVERNOR GETS UP TO IN HER “OFF DUTY” TIME:

(Captured by a roving photographer on 2 September 2023)





THE LIONS VOICE

The official Newsletter of District 410E



GLT DIARY	2023/24					
Training/Workshop	Dates	Target Lions	Facilitators	Content	Source of Content	Venue
Lets Recap on the 1st Quarter	Tues 11 Oct	Presidents only	DG and GLT	recap of new year	workshop	online
Lions 101	Monday 16 Oct	all new Lions - inducted in the last 6 months	GLT leaders	basic Lions knowledge to assist newly inducted Lions to integrate and grow with the organisation. Hopefully some will be inspired to more once they really aware of what Lions offer.	Booklet that can be tailored for EACH Club.	Online per Zoom
M.A.P.	Wed 18 Oct	Marketing Chairs	PR Team	Marketing plan for year	various	on line
Conflict Resolution	TBC					on line
PR & Marketing	Sat 4 Nov	all Lions at midyear		plant trees, have fun and show this.	make a reel or TikTok	in person at Midyear Conference
Speed Dating Learning	Sat 4 Nov	all Lions at midyear	selected project leaders	various		at Midyear Conference
Service Project Plans	Wed 22 Nov	all lions	selected project leaders			online or at midyear
Presidents 23/24 Bosberaad	Wed 24 Jan 2024	Presidents only	GLT	workshop and sharing		on line
Lions Portal	01-Jan	ALL Lions & Leos	ZC & RC	what provided by LCI	LI	Zoom per region
Zone / Region Chair Bosberaad	Wed 31 Jan 2024	current ZC & RC				
Lions 101	Provisionally 21 Feb 2024	all new Lions - inducted in the last 6 months	GLT leaders			on line
Certified Guiding Lions Update	Mar-24					on line
VP workshop: succession planning	10-Apr	23/24 presidents+	GLT & DG elect	VP to check they ready for 25/26	group discussion	online
Zone Chairs	April/May 24	ZC & RC 24/25				in person/online
RLLI	29 April - 1 May	Leaders	LCI Faculty	Leadership material	LCI plus	in person at Wilderness
Presidents 2024/25	24-May	Pres & VP's Elect	GLT leaders	workshop/practical	LCI plus	in person/online
Lions Leadership Journey	over 6-8 months	selected Lions		multi part programme to be followed in the Lions own time with several online deadlines to keep the Lion on track developing leadership and allied skills		online
Leo Programme		all Leos		as developed		online