



THE LIONS VOICE

The official Newsletter of District 410E



Issue 8 – February 2024

MESSAGE FROM DG LINDIE

Happy greetings District 410E Lions,



I hope my message finds you flourishing in your personal life and as an active and positive member in your Lions Club and in District 410E!



What does it mean to Flourish?

Flourishing is feeling good and functioning well. When someone is flourishing they experience positive emotions, positive interest, and engagement with the world around them, and meaning and purpose in their lives most of the time.

Our Clubs are most definitely flourishing in service, and I would love to share the following successes with you based on number of people served in our service pillars.

	DIABETES		ENVIRONMENT
MIDRAND	3,065	CENTURION LIFESTYLE	23,088
VEREENIGING	1,220	ROODEPOORT HILDERPULIN	4,600
SCOTTBURGH	966	KLERKSCOPP	3,160
RAVSGATE	771	STILFONTEN	2,000
NELSPRUIT	560	HISBERGENE	1,060

	CHILDHOOD CANCER		HUNGER RELIEF
EAST LONDON PORT REX	1,048	COWES HILL	26,028
ALBERTON	515	MIDRAND	25,012
MIDRAND	515	ALBERTON	20,249
HISBERGENE	500	STILFONTEN	9,811
DURBAN EAST COAST	437	KLERKSCOPP	6,583



	VISION
ALBERTON	4,071
VEREENIGING	2,894
COWES HILL	1,020
EAST LONDON PORT REX	704
KINOSBURGH	574



Membership and succession planning

Wishing you all the best with your elections in April. Many Clubs have already completed their elections and submitted their PU101s. Well-done and all the best to the Incoming Club Officers. Remember to keep an eye on your training dates and please make sure you attend the incoming Club Officers and Presidents Training as 1st VDG Perry has a lot of international news to share with you as well as interesting developments in our District and Multiple District that will have an impact on all of us.



Registrations are now closed for Convention, and we are so excited about the great turn-out. The Conventions promise to be very interesting and most definitely a lot of fun meeting up with our Lions family from all over Southern Africa and even further.

Keep influencing and inspiring your communities dear Lions and may District 410E continue to be unstoppable in our service delivery!



Lindie

District Governor
District 410E 2023-2024



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Please direct any queries regarding Training Dates, times and venues to 2nd VDG Avril Hobbs via email: avvyanny@gmail.com

- 10 APRIL 2024: Vice Presidents (Virtual)
- 18 MAY 2024: Region & Zone Chairpersons (In-Person)
- 24 – 26 MAY 2024: Incoming Presidents Workshop (In-Person)
- 1 JUNE 2024: Club Officers (In-Person)

MD410 UBUNTU CONVENTION

District 410E Registrations (Cabinet Members in yellow)



(Those highlighted in yellow are Cabinet Members)

Name	Club
Aletta Kolbe	Gonubie
Alistair Tuckett	Clearwater Cyber
Ashley Stander	Helderkruijn
Avril Hobbs	North Durban
Belinda Blakeman	North Durban
Bernd Gerhard	Wilro Park
Bernice Mills	Centurion
Brett Stander	Helderkruijn
Brian von der Decken	King William's Town
Cathy Taylor	East London Port Rex
Chow Bissell	East London Port Rex
Cliff Hocking	Midrand
Clint Guthrie	Pretoria South

David Cousins	Pretoria South
Delphine Ferreira	Wilro Park
Denise Easton	Helderkruijn
Diane Townsend	Benoni Lakes
Donovan Henri	Standerton
Francois De Klerk	Port Alfred
Frederick Erasmus	Uitenhage
Gizella McCullough	Pretoria Jakaranda
Glynn Easton	Helderkruijn
Gordon Lamont	Klerksdorp
Graeme Logan	Pretoria South
Greg Bezuidenhout	Pretoria South
Ian King	Alberton
Isaac Selota	Centurion
Ivan Du Plooy	Krugersdorp
Ivan Piater	East London Port Rex
Jacqui Hocking	Midrand
Jeanette Step	East London Port Rex
Johan Els	Wilro Park
Jonquille Bands	Helderkruijn
Karin Byars	Manzini
Karl Bands	Helderkruijn
Kathrine Foxcroft	Helderkruijn
Keith Holliman	Alberton
Kelvin Foxcroft	Helderkruijn
Kim van Wyk	North Durban
Kobus van Aarde	North Durban
Lindie van Wyk	Pretoria Jakaranda
Lorenda De Klerk	Port Alfred
Lourens Oberholzer	Uitenhage
Lucille Fourie	Pretoria South
Magavani Chetty	East Coast
Malcolm Johnston	Standerton
Margaret Lamont	Klerksdorp
Marietjie Kraemer	East London Port Rex
Marisa Volgenau	East London Port Rex
Mark van Heerden	Pretoria Jakaranda
Mark Meltzer	The Wilds
Mattheus Edward Groves	Hilton
Maureen Norman	East London Port Rex
Melinda Strydom	Alberton
Mina van Biljon	Klerksdorp



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Mukesh Dayah	Alberton
Natalie Laas	Pretoria Jakaranda
Neil Burnard	Pretoria South
Owen Taylor	East London Port Rex
Pat van der Merwe	East London Port Rex
Patricia van Wyk	Pretoria Jakaranda
Patrick Gamedze	Manzini
Patrick Mills	Centurion
Peggy Du Plooy	Krugersdorp
Perumal Chetty	East Coast
Peter Henry	Pretoria South
Rodney Kolbe	Gonubie
Rowan Tuckett	Clearwater Cyber
Sandy King	Alberton
Sandy van Heerden	Wilro Park
Sanet Emmerick	Port Elizabeth St. Croix
Shireen Piater	East London Port Rex
Shirley Gerhard	Wilro Park
Sonja Willemse	Pretoria Jakaranda
Stanley Nyamanhindi	Pretoria South
Steven Lautenbach	Pretoria South
Susan Labuschagne	Wilro Park
Sydney van Heerden	Wilro Park
Tanja Erasmus	Uitenhage
Theo Nel	Pretoria South
Victoria van Wyk	North Durban
Wendy Higgins	Wilro Park
Willie Van Wyk	Midrand
Yolandi van der Schyf	Midrand

A club in good standing is one:

- a) Which is not in "status quo or financial suspension" as per LCI.
- b) Which operates in accordance with the provisions of the International Constitution and By-Laws and International Board Policy;
- c) Which has:
 - District (Single, Sub-and Multiple) dues and fees paid in full;
 - No unpaid balance of International dues and fees greater than U.S.\$10;
 - No unpaid Lions Club International account balance greater than U.S.\$50, outstanding ninety (90) days or more.

District 410E Constitution (Section 2.2.4) states:

- Has no unpaid balance/s of more than the Rand equivalent of US \$ 50, based on the exchange rate as determined by Lions Clubs International for the month preceding the District Convention, outstanding over ninety (90) days for any monies owing to Lions Clubs International, Multiple District 410, or District 410E, including dues, for merchandise, projects or otherwise.



Lions International

Lions Clubs International reserves the right to determine whether or not a Club is "in good standing" in case any controversy should arise.

LION PORTAL - GET READY FOR LAUNCH

We're preparing to launch the new Lion Portal. See below for some key dates and be sure to check out our recently updated frequently asked questions and new resources.

Key dates

- April 12 and beyond: MyLion, MyLCI, and Insights are no longer available.
- April 15 – May 13: Invitations to access the new Lion Portal via email on a rolling basis to existing Lion Account users.
- May 13 and beyond: All visitors attempting to access the previous digital tools will be automatically redirected to the new portal.

For further information on:

[Training videos](#)

[Frequently asked questions](#)

[Launch resources](#)

Click on the below hyperlink:

https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates?utm_source=Eloqua&utm_campaign=PRO_EN_PreGoLiveLionAccountUsers_1306865548&utm_medium=email&elqTrackId=98228D6C777BBE75EEBBE77135BC2CBE&elq=aaebf2f52b1745299018ff2183d00b15&elqaid=34652&elqat=1&elqCampaignId=4437

CLUB VOTING RIGHTS AT CONVENTION

(On behalf of the District 410E Credentials Committee)



International Board Policy Manual Chapter V, Paragraph B 1 - Good Standing. The International Board Policy Manual provides the definition of "Clubs In Good Standing" that applies to the Club Delegate Formula.



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DG Travels – March 2024

(DG Lindie van Wyk)



On the 1st of March, I was welcomed by the Zone 10 Lions with a visit to Sinako, a beautiful school for children with challenges. The teachers at this school do amazing work with these children and are truly making a difference and changing their lives. I salute you and I'm so happy that Lions are involved with this school.



PDG Freddie and LP Tanja took us on a beautiful drive to meet up with old and new friends on Sunday 3rd March. We had a lovely breakfast meeting with PDG Francis, Lion Gloria, Lion Len from Kouga Lions Club, Lion Ray and Lions Lady Libby from the Lions Club of Port Elizabeth Cape Recife. We had to be dragged away.



Saturday the 2nd of March, I attended the Diabetes Screening Project of with the Lions of Uitenhage.



Zone 10 Outing – 3rd March. All work and no play we guess makes the DG a very dull person!



Later on in the day, I had the honour of inducting a new Lion into the Lions Club of Uitenhage at the Zone 10 Meeting, whereafter we were treated to a delicious steak after the meeting. The Lions Club of Port Elizabeth St Croix Lions were also in attendance as well as RC Keith, DC LCIF Mark, and Colleen. The evening ended by watching my team win the rugby.



On Route to Port Alfred – 4 March 2024. The thorn amidst the roses!



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We had a lovely visit to Port Alfred Lions at their GBM on Monday 4th March.



This was followed by a social on Tuesday evening, the 5th of March. Well-done to Port Alfred Lions for all you do and for embracing our global causes and initiatives.



And off to King Williams Town Lions Club GBM on Wednesday 6th March. Thanks for your hospitality and for the wonderful work that you do in your community. I'm so happy to have been able to see PCC Brian in action ending the meeting with a joke. 😊



Lunch at the Beach on 7th March on route to East London – Tough life!



Then on to Thursday evening the 7th of March, we visited the Lions Club of Gonubie. This is a very busy Club - keep up the good work Gonubie. Thanks for the fellowship and looking forward to your prospective Lion joining soon.



We visited the beautiful Komga on 8th March. The Lions Club of Komga do some amazing projects in their community. I'm really looking forward to staying in touch and collaborating going forward to see how you put all your plans into action. Mission 1.5 accepted.



Back to East London to attend the Cancer Relay for Life on 9th March, which was very well attended and is an annual event in support of all those who are fighting cancer, have survived cancer and sadly in some cases lost the battle to cancer, you are all heroes. Port Rex Lions Club and Gonubie Lions Club each sponsored a stand. The Lions Clubs of King Williams Town, Komga and Port Alfred also joined at their stands. A fun time was had by all.





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My last stop in the Eastern Cape was visiting the Lions Club of Port Rex at their GBM on 11th March. Well-done Lions on the many service projects that you do and congratulations on involving the youth.



The meeting was followed by a fun-filled afternoon with a dog-derby and braai social. Thanks, North Durban Lions for all you do in your community.

LIONS ROAR!
Empowering Roars, Inspiring Acts, Unleashing the Lion's Spirit of Service.

LIONS CONVENTIONS - WHAT TO EXPECT AT DURS: 1 - 4 MAY 2024.
LIONS BUSINESS, SOCIAL ACTIVITIES, FUN!

Your Hosts:
Cliff Hocking & Lindie van Wyk

20 MARCH 2024
20:00 - 21:00

MIX 93.8 MY MUSIC, MY MIX DSN

On 20th March co-hosted the Lions Roar on MixFM with PCC Cliff where we spoke about the upcoming MD410 Ubuntu Convention, our District 410E Convention which takes place at the same venue being The Wilderness. If you haven't registered, you are going to miss a super time.



I had a lovely visit to North Durban Lions Club on Saturday 23rd March. After a very interesting and efficient meeting chaired by LP Belinda.



And now the catch up on admin and preparation for the upcoming District 410E Cabinet Meeting on 2nd May, District 410E Convention on 3rd May and MD410 Convention on 4th May 2024. See you there!

MARCH MESSAGE FROM INTERNATIONAL PRESIDENT Changing the World



Dear Lions,

There is strength in numbers. Throughout my 34 years of service, I've always been grateful for the close teamwork and friendships that I've experienced volunteering alongside my fellow Lions.

Teamwork generates fresh perspectives and inspires others to join the good work we do—work that would not be possible without your dedication to service, which is shared by Leos and Leo-Lions. When we bring young people into our Clubs, everyone benefits. We can learn from one another, help even more people together and strengthen the future of our service.



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WORLDWIDE INDUCTION DAY 27 APRIL 2024

(DC GMT PDG Alistair Tuckett)

So, collaborate with your Leos, or start a new Leo Club. Encourage young people in your circle to become Leos and Lions, so we can grow our Clubs and grow together through our service.

**Yours in service,
Dr. Patti Hill
International President**

To read the entire International Presidents Newsletter, click on the below hyperlink:
<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1593452&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=f703b3b2bf624cb287cc9092dcd03f78&elqaid=34470&elqat=1>



What is Lions Worldwide Induction Day?
Lions Worldwide Induction Day is a worldwide event that welcomes new members and gives Lions the opportunity to stimulate membership growth and increase public awareness. This event takes place on the last Saturday of April so for this year it falls on the 27th of April 2024.

MISSION 1.5 – 10 TIPS FOR GROWING MEMBERSHIP



10 TIPS FOR GROWING MEMBERSHIP

- 1 "Make sure your club is open to accepting new members and the new ideas they bring."
Lion Robin Winslow, British Columbia, Canada
- 2 "Be enthusiastic when you talk about being a Lion. When you're excited, your enthusiasm will transfer to the person you're talking to."
Lion Wicky Dulle, Texas, USA
- 3 "Invite friends, co-workers and peers to participate in activities and experience the joy of serving your community firsthand. Side effects include bonding, team building, learning and having fun."
Lion Christin Jantzen, Berlin, Germany
- 4 "We do our routine service projects and get the news of those projects published in local newspapers and on social media."
Manshi Mehra, Jaipur, India
- 5 "You can never invite enough people or ask them enough times to be a Lion. I've met people who were asked five times before they accepted. They joined when they were ready."
Lion Dan O'Keefe, Illinois, USA
- 6 "A compelling story is our most powerful tool for attracting new members. Incorporate personal stories highlighting the impact of your club's work to connect with potential members and inspire a sense of belonging and purpose."
Lion Rajendra Aryal, Nepal/District, Nepal
- 7 "Service, service, service. Your club can grow by engaging prospective members through service."
Lion Augusto Valero Jr., California, USA
- 8 "Celebrating your successes is important. Promote the service you provide and the number of people you help. Tell your stories to make your community aware of everything your club does to improve the lives of others."
Lion Leo Ding, Ontario, Canada
- 9 "We printlets of tri-fold brochures (downloaded from the Lions International website and tailored to our club) that include an application on the back. We bring these to every event and hand them out to all interested parties!"
Lion Carol Jeanne Miller-Michael, Texas, USA
- 10 "There are so many people around us who want to join but may think it's not their thing. It's up to us to inform them that this is our thing. We all have a duty to make a difference in our communities."
Lion Dave Nettekoven, Uganda



Since 1917, Lions have been reaching out to people in need in their local communities. As demand for Lion service continues, so does the demand for quality members to fulfil the association's "We Serve" motto to helping those in need. Worldwide Induction Day is a symbolic statement to Lions in your area and the public that Lions Clubs International is committed to recruiting quality members and meeting community needs. Participating in Worldwide Induction Day will not only stimulate membership growth, but it will also increase public awareness of your Club and its activities.

BONUS TIP

Find out what a prospective member is passionate about and offer being a Lion as a means to that end. Opening our clubs to new members means opening our minds to new ideas and new ways to serve.

International President Dr. Patti Hill



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Membership Growth Event Toolbox



There is a comprehensive guide that includes event planning tips, recruiting ideas and public relations suggestions to help your Club conduct a successful and meaningful event. See hyperlink to access: <https://www.lionsclubs.org/en/resources-for-members/resource-center/membership-growth-event>

Clubs around the world choosing to participate are celebrating WWID by sharing their experiences on social media using the hashtag #worldwideinductionday.

For overall success, Lions Worldwide Induction Day should include:

- **Strong Membership Campaign:** An aggressive membership campaign is the first step to a successful event.
- **Meaningful Ceremony:** The ceremony should feature a dynamic speaker or unique programme that will make the event memorable, especially for the new members. The tone of the ceremony should be inspirational and motivational. It should underscore the importance of Lions Clubs to the community and to the Lions themselves.
- **Effective Public Relations Plan:** Inducting a large number of Lions is newsworthy. Develop a plan for media coverage—and remember to start planning early!

Welcome to your new Member Resource Center.

Launch a Strong Membership Campaign

The primary goal of Lions Worldwide Induction Day is to recruit quality members in a positive and newsworthy way. The Just Ask! New Member Recruiting Guide found <https://www.lionsclubs.org/en/member-resource-center> is a great place to look for ideas to help ensure your membership campaign is successful. Following are some membership recruitment techniques used by clubs and districts worldwide in conjunction with the best practices referenced in the Just Ask! Guide.



The Challenge: Add an element of fun by challenging other Lions to recruit new members. Challenges can be made between Regions, Zones or Clubs. Each participating group simply challenges the other to meet or exceed the number of new inductees. The “loser” is committed to do something for the “winner” of the challenge, such as host a reception or assist with a project. Prizes can be creative or unusual. Announce the challenges throughout the District by ways of newsletters, announcements, visitations, and other meetings. Be thoughtful in planning your challenges. Challenges between clubs should not overshadow the importance of adding a quality member to a Club.



Recruitment Night: Ask each member to invite a potential member to a special Club meeting. This meeting should feature projects and accomplishments of the Club—and let the guests get to know the other members.



Project Volunteers: Invite the public to participate in a special Club project. The public will learn more about the Club, and Club members will learn more about the volunteers and can invite potential members to a meeting.



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Member-Get-A-Member Campaign: Each member is encouraged to provide the names of potential members to the Club's Membership Committee. Possible new members can include colleagues, relatives, neighbours, co-workers, community leaders, corporate leaders, educators, other professionals, and friends. If your Club is involved with youth activities, you may find parents, youth leaders and other adults interested in community service. The Committee can follow up for possible recruitment.

Lions Club hold big walk for brave warriors

Several local Lions Clubs banded together to host the Big Walk for Little Lions walk in aid of childhood cancer projects at Craffie Moor in Muldersdrif.

March 1, 2024



Club Advertising and Promotion Campaign: Some ideas for reaching out to members in the community using advertising and public relations techniques include:

- Setting up a booth at a community event
- Publicising your activities in a local newspaper
- Conducting a direct mail campaign
- Designing a Web site for your club and its activities
- Developing some other type of campaign that showcases your Club's activities and accomplishments.



Once the Campaign is Completed: Provide your District Governor with the estimated number of new inductees for preparing special induction day certificates, available for download at lionsclubs.org, signed by the International President, for the event.



Invite the new inductees, as well as current members, to the ceremony. Each individual Club will be responsible for inviting and registering new inductees with the District Governor or induction ceremony coordinator.

District 410E Environmental Photo Competition

(DC Environment PDG Peggy du Plooy)



A reminder to Clubs to send your entries to PDG Peggy du Plooy via email: peggy@dubar.co.za by **no later than 8 April 2024.**

Categories are:

- | | | |
|--|--------------------|----|
| | Animal Life | AL |
| | Bird Life | BL |
| | Endangered Species | ES |
| | Landscape | L |
| | Plant Life | PL |
| | Weather Phenomenon | WP |





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WORLD EARTH DAY – 22 APRIL 2024

(PCC Jacqui Hocking, Newsletter Editor)



The International “Mother Earth Day” is celebrated every year on 22nd of April to encourage each of us to recall how the Earth provides life and substance.



EARTHDAY.ORG's founders created and organised the very first Earth Day on April 22, 1970. That is why each year on this date, more than a billion people worldwide celebrate this special day to raise awareness and actively protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we can and do make our world a happier, healthier place to live.

Nine Simple Things You Can Do to Help Protect the Earth



Reduce, reuse, and recycle: Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.



Volunteer: Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.



Educate: When you further your own education, you can help others understand the importance and value of our natural resources.



Conserve water: The less water you use, the less runoff and wastewater that eventually ends up in the ocean.



Choose sustainable: Learn how to make smart seafood choices.



Shop wisely: Buy less plastic and remember to take a reusable shopping bag.



Use long-lasting light bulbs: Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room.



Plant a tree: Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



Don't send chemicals into our waterways: Choose non-toxic chemicals in the home and office.





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PREVENTING LONG TERM VISION PROBLEMS

(Lion Carol Browne, Lions Club of Cowies Hill)

Source: Academy for Dietetics and Nutrition.

<https://www.eatright.org/health/wellness/healthful-habits/5-top-foods-for-eye-health>



Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes? Read on to learn about some of the top foods to promote eye health.



Popping a pill is not the same as eating whole foods. It could be that it is a combination of nutrients within the foods which provide these benefits.



Dark green leafy vegetables such as kale, traditional leafy greens and spinach are a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene. They may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include broccoli, kiwi fruit, grapes, butternut, oranges, yellow mealies and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil, a few slices of avocado or nuts.



Dark yellow and orange plant foods get their colour from beta-carotene. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Yellow fleshed sweet potatoes not your favourite? Other options are carrots and butternut, plus dark green foods including spinach and traditional greens. And, like lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.



Vitamin C is associated with improved immunity, but foods with this are also a good thing for your eyes. This vitamin is an antioxidant that may help lower your risk of developing cataracts. Other vitamin C-rich foods including sweet peppers, broccoli, citrus (such as orange and grapefruit) and melons.





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LCIF AWARENESS

(DC LCIF, Lion Mark van Heerden)



Lions Clubs International Foundation (LCIF) is critical for the sustainability of Lions Clubs International (LCI).

All money raised through LCIF is channeled to support and fund projects around the world. Lions Clubs globally rely on LCIF grants to aid service projects and assist with disaster relief.

In this Lionistic year, herewith statistics relevant to LCI and LCIF:

- A global membership of 1.38 million members.
- A total of 49 073 Clubs
- Total donations of US\$47,094,147 were made in this financial year
- A total of 1 331 million activities/projects reported worldwide
- A total of 40.76 million people were served through LCIF.

With the above in mind, it is important that all Clubs contribute financially towards our Global cause. Our District is unfortunately behind target in terms of donations received from Clubs and I appeal to all Club Presidents to encourage your Clubs to donate if you have not already done so.

It is also a goal of our DG Lindie that 100% of all Clubs in our District pledge an amount towards LCIF, no matter how small the contribution. I would like to thank all those Clubs who have donated and remind Presidents to put forward any submissions for MJF's through available funds at your respective clubs.

For any Club donations, individual pledges, or require assistance, please contact the District LCIF Chairperson Mark van Heerden via email or mobile: mark.vanheerden@telkomsa.net 0795296582



LCIF MARCH NEWSLETTER



Hello Lions, Leos and fellow humanitarians,

I am inspired each and every day by the breadth and depth of service projects made possible through our work together with our global foundation.



In this month's newsletter, you'll find the 2022-2023 LCIF Annual Report, which highlights Lions' and Leos' collective service impact that strengthens communities, improves health and well-being, and supports people in need across the globe. Together, we offer help and hope where it is needed most.



My sincere thanks to everyone supporting LCIF. Your generosity helps make this life-changing service possible.

Make a great day,

Brian E. Sheehan
Chairperson, Lions Clubs International Foundation

For the full Newsletter, click on the hyperlink below:
<https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=1605962&elqTrackId=320bc4c47118450db330ff5e51511b5f&elq=ce43e1c259834dafb5837b4950f14403&elqid=34831&elqat=1>





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PEACE POSTER 2023-2024

LIONS INTERNATIONAL

PEACE CONTESTS

Grand Prize Winner: Fanjin Si, 11 years old, sponsored by Shaanxi Datang Lions Club, China.



"Peace is not just about ending wars; it requires each of us to live with kindness, to solve problems, and to influence others around us with our positive actions."

Merit Award Winner from South Africa: Lezé Calitz, 12 years old, sponsored by Durbanville Lions Club (District 410W)



For over three decades, the Peace Poster Contest has inspired thousands of children around the world. View the 2023-24 Grand Prize and Merit Award winning posters: <https://bit.ly/2y6nwpU>

NEW MEMBERS for MARCH 2024

(As per the March WMMRs)



LION ARUTHUR VORSTER

Sponsor: Lion Anthony Marron
Lions Club of Kingsburgh

LION JUAN MITCHELL

Sponsor: Lion Ivan du Plooy
Lions Club of Krugersdorp

LION ALANA MITCHELL

Sponsor: Lion Peggy du Plooy
Lions Club of Krugersdorp

LION VALENTINE MUKUNA

Sponsor: Lion Alister Love
Lions Club of Port Shepstone

LION CONWAY JEANRE VAN NIEKERK

Sponsor: Lion Megan McLaren
Lions Club of Uitenhage

OUR GUEST AT MD410 CONVENTION

Past International President Bob Corlew 2016-2017



Chancellor Bob Corlew, from Milton, Tennessee, USA, is retired as chancellor for the State of Tennessee and a professor of law. A member of the Murfreesboro Noon Lions Club since 1978, he has held many offices within the association, including Charter Club President, Zone Chairperson, Cabinet Secretary, District Governor and Council Chairperson.

We look forward to hosting PIP Bob and his wife, Dianne, also a Lion and a Progressive Melvin Jones Fellow, at our Convention.



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DISTRICT 410E CLUBS "WE SERVE" FEBRUARY 2024

(Thank you to the 17 Clubs who submitted their stories for March)

Lions Club of Wilro Park



A Women's Day Event was held on Saturday 9 March in the afternoon at the Lions Club of Wilro Park Community Centre.



"We can't take care of others if we don't take care of ourselves." Some food for thought!



The afternoon was filled with an excellent Wellness Presentation by LP Deneera (Club Branch Lenasia), lots of networking with like-minded ladies and promotion of Lions including the Lions Club of Wilro Park's Dignity Bag Projects. Their Happy Bags were a hit and they sold them to raise funds to buy products for their Women's Dignity Projects. When women support each other – incredible things happen.



B I N G O....Bingo is the name of the game! Wilro Lions spent a fun evening on Wednesday 13 March with the lovely folk at West Rand Association for physically disabled.



Congratulations & Celebrations! Happy wedding anniversary!



Wilro Park Lions were fortunate to receive a fabulous donation of 5556 Easter eggs from the students at Lantern School! The Easter Bunnies distributed them to spoil the children of the Clubs various beneficiaries bringing big smiles to the faces of children who don't always get treats. Ten organisations were blessed with Easter eggs during the week of 18 – 21 March.





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The Paint Team - Wilro Park Lions at work & play at Tandanani on 23 March.



Sonop Paashaas Project held on 16 March where the Lions Club of Uitenhage gave it an Easter theme and spoiled underprivileged children as well playing games with them.



This culminated in a bright & beautiful new wall to welcome guests to this loving children's home. Easter eggs were also delivered for the big Easter egg hunt coming soon!



The children were fed and given food to take home.

Lions Club of Uitenhage



The Lions of Uitenhage were privileged to have the District Governor with them while they were doing the Diabetes Testing Project.



The Lions Club of Uitenhage assisted Lake Farm with a pancake and coffee stall on 9 March. Lake Farm is a home for mentally disabled people. On an annual basis they hold a fun run with quite a few stalls to collect funds for the year ahead.



Later, the same day, they held a Fellowship evening where all Lions members and their families attended. Their newest member Conway Van Niekerk was inducted by DG Lindie on the same occasion.



The Uitenhage Lions were hard at work to assist them in raising these much-needed funds.



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Diabetes Testing was done at District 49 (a place of safety for children) on 13 March - 26 staff and children were tested.

On 21 March the Lions Club of Uitenhage met at the President's home to make up care packages for newborn babies born in the Provincial Hospital as well as their mothers. These care packages consist of a blanket, toy, bib, and a warm hat for the baby. The mothers will receive a face cloth, deodorant, soap and sanitary wear. Forty-two of these packages were made ready for delivery.



The Lions Club of Scottburgh purchased food and delivered it on 14 March to a needy person.

Lions Club of Scottburgh



The Lions Club of Scottburgh held their Diabetes Testing at the Scottburgh Mall on the morning of 5 March with 2 potential Lions.



On 18 March the Lions Club of Scottburgh delivered knitted scarves, beanies, and clothes to District 49.



Books were delivered to Kingsway Hospital by Lion Barbara Weston of the Scottburgh Lions Club on 12 March, 19 March and 25 March for the patients' library who are in need for the patients. In the picture is Kim the Hospital manager who is most grateful for these donations as are the patients. They immediately get put on the bookshelves and within minutes the patients were already taking them to read.



Mission 1.5 Challenge. The Lions Club of Scottburgh accepted the challenge and seen in the photograph from left to right, Madeline van Heerden, Coral Parkin, Sponsor Dennis Botha (Lion President) and Dave Parkin receiving their new member and sponsor badges on 20 March.



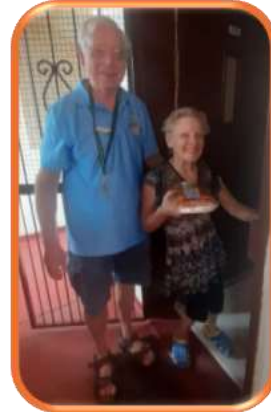
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A regular beneficiary of the Lions Club of Scottburgh, Johan received his food delivery on 26 March with the added treat of some lovely hot cross buns and Easter eggs.

On 27 March, 28 March, and 30 March, the Lions Club of Scottburgh delivered loads of hot cross buns to various beneficiaries making their Easter a little more special and enjoyable.



An Elderly couple and an elderly lady in Scottburgh – 28 March. The Lions were sad to learn that another elderly gentleman who was a long-standing recipient of food parcels had passed away.



A few of the Residents from Alex Park pictured receiving their hot cross buns – 30 March.



Note the new cards that are placed on everything delivered by the Lions Club of Scottburgh, raising awareness!



On 29 March, the Lions of Scottburgh visited Crookes Hospital to hand out Easter Gifts for the Children in Hospital.



Crookes Cottages in Scottburgh – 27 March.





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Lions Club of Ramsgate



On 1 March, the Lions Club of Ramsgate had their monthly Friday Quiz night with the winners receiving restaurant vouchers and the lucky draw vouchers went to the table where our newest Club members were seated - Peter, Corrie, Gert, and Belinda.



The beach clean-up on 21 March was successfully organised by 2 new Club Members, Lions Belinda, and Corrie.



Diabetes screening on Saturday 16 March at Hibiscus Mall. There we 190 tests done with the owner of the Wimpy Hibiscus Mall requesting all staff on duty that day to be tested. There were some hesitant faces, but all was well with them all being within range.



The drizzling damp weather did not put a damper on the project, volunteers and the Lions Club of Ramsgate did an awesome job, collecting about 50 bags of rubbish along the shoreline.



As a treat the testing team each received a famous Wimpy ice-cream cone. Ummm, a bit of a sugar boost required!



On Friday 22 March, the Lions Club of Ramsgate enjoyed a fun-filled dance evening. The "entry fee" was a can of food per person. The music carried on playing even with a load shedding break courtesy of Eskom!





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Lions Club of Port Shepstone



During Port Shepstone Lions Club's 54th annual Charter Dinner held on Saturday 16 March at their Clubhouse, Vice President Wilko Kunz presented South Coast Hospice CEO Di Van Wyk with a cheque for R15,000.00 on behalf of the Port Shepstone Lions and Lion Ladies. R10,000.00 of this amount was donated from the Port Shepstone Lions Charity Account and an additional R5,000 was raised and donated by the Lion Ladies. The money will be used towards the Hospice's home care services.



On 9 March, Lion President Lorenda and Lion Francois joined in the Cancer Relay for Life with the Lions Clubs of Port Rex, Gonubie, King Williams Town, and Komga. Whilst a serious reason, a fun time was had by all.

Lions Club of Port Alfred



The Lions Club of Port Alfred sold food at the Night Bowls Club on 1 and 8 March. All profits are for the Projects Account utilised to serve their community.



Lions Lady Zelda and two helpers conducted diabetes testing at Rosehill Mall on 9 March.



Port Alfred Lions handed over toilet paper and eggs on 21 March to the Kuyasa Matric Autumn Holiday School. This is an ongoing project for the Port Alfred Lions, and they regularly assist the school.



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Lions Club of Midrand



The Lions Club of Midrand held their very first CANSA Shavathon to promote awareness of Childhood Cancer and create visibility as to the work that they do within the large community of Midrand. Twenty-four people had their hair either shaved or colour sprayed with many other members of the public discussing the Lions Club of Midrand and the various LCI pillars of service with particular reference to Childhood Cancer.



(Photograph published with permission from the Parents)

Many people gave donations to the beneficiary. Apart from the monetary donation to the CANSA Foundation, two bags of suitably cut ponytails were donated for the making of wigs. A huge thank you to Spar Polofields for their support, not only monetary, but granting us the space to hold this event and providing the Lions Members on duty with lunch.



On 9 March 2024, the team of 4 x Lions Club of Midrand members and 8 x members of the community, prepared and planted seedlings for the Kgadi Youth Centre, Ivory Park Winter Vegetable Garden which also takes care of Hope ECD.



This will enable them to harvest their own vegetables for nutritious meals for the 200 children that attend the Youth Centre, throughout the cold Winter months e.g. soups and stews.



The Monthly Eye Clinic of the Lions Club of Midrand was held on 23 March and as an added service of this clinic, the Club holds a Diabetes Screening and Blood Pressure check on all patients attending. These health items are critical and closely related to vision. Sister Brigitte saw 9 patients of which 2 had extremely high blood pressure and were referred to the Clinic/Doctor and will return on 20 April to have the Eye Test done by the Optometrist as high blood pressure has an extremely negative impact on sight.



At the Monthly Eye Clinic, 9 x patients were vision screened with 7 requiring spectacles with their prescriptions being submitted to Lions BrightSight.





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Lions Club Branch of Lenasia



The Lions Club Branch of Lenasia visited three Primary Schools to raise awareness of Childhood Cancer. 1047 lives impacted through a talk on Skin and Lung Cancer.



Sister Mpho was amazing engaging with the children. What a powerful initiative and the Club is extremely grateful to the schools for allowing them to bring this awareness to the children and to the CANSA Foundation for making this possible.



Lion Anusha with Lions & volunteers taught students how to plant and grow tomatoes.



School shoes brought lots of happiness and smiles to students. 217 pairs of school shoes were delivered and Lions Anusha and Kirti from the Lions Club Branch of Lenasia were present and assisted the children to fit and hand over to the students.



A quiz day was held which was a great lesson in the making for the children in attendance – as they said, “it’s good to always keep learning new things”. Following the quiz the regular library book exchange took place.

Lions Club Branch of Kingsburgh



On 2 March the Lions Club of Kingsburgh held a Jumble Sale & White Elephant Sale. Whilst an extremely quiet morning, they still managed to raise R1,967.00.



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Lions Club of Howick



A lovely celebration was held for the Induction of new member Lion Rose Hatch

Lion President Tony (aka DJ Sunshine and now aka Cupid) entertained the ladies of the Amanzimtoti 21 Club at their Valentine's themed lunch on 28 February. All got into the spirit with singing and music.

Lions Club of Henley on Klip



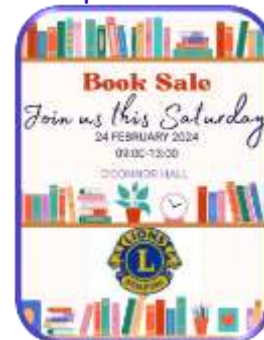
The Lions Club of Kingsburgh held their food collection on 2 March and approximately R4,000.00 worth of groceries were collected. The groceries from this collection were donated to Seed of Hope.



A sad month for the Lions Club of Henley on Klip as one of their longest serving members, Lion Ted Wenger passed on to higher service. He served Lions diligently for 43 years, had a perfect meeting attendance record from April 1982 to April 1997 and was a recipient of the Melvin Jones Fellowship. RIP Lion Ted.



A presentation was done in partnership with Upper South Coast Art Association on 28 February at the Amanzimtoti Primary School to Grade 6 and 7 Learners. The presenter advised the learners of what the judges look for when judging their artwork.



A superb book sale was held on 24 February, with 423 books sold generating funds for the projects account.



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Henley-On-Klip

Operation Bright Sight

Saturday 2 March 2024

09:00 – 12:00

Cm Meyer Road & van der Bijl street, Meyerston
(Meyerston Child & Family Welfare)

Eye test for FREE

* Distance * Readers * Bifocals *

Monies to be paid in advance before spectacles can be ordered

Prices according to patient needs

raising the gift of sight



The Lions Club of Henley on Klip held their Eye Clinic on 2 March and tested a record 81 patients on the day.



Pensioner Lions Bingo event was held on 16 March, where the Lions Club of Henley on Klip provided a delicious meal for the participants, with Lion Grant calling the winning numbers.



The 17th of March saw the Lions Club of Henley on Klip selling pancakes at a local St Patrick's Day Faire. A great FUNdraiser.



Lions Tarryn and Chelsea conned their Friends of Lion spouses to make Prego rolls, that were also on sale to raise funds, so thank you Louis and Walter for the braaied Prego's.

Lions Club of Gonubie



Before

After

The Lions Club of Gonubie were involved in two very big CANSA activities during the month of March. On 2 March they managed a depot for the CANSA Shavathon at the Vincent Park Mall in East London.



The Club was thrilled to have DG Lindie, DC Mark van Heerden and Colleen van Heerden attend their General Business Meeting held on 7 March



Saturday 9 March was the night that East London met at the grounds of the Hams Club for the Cancer Relay, this event has always been very well supported by all Lions Clubs. The Lions Club of Gonubies banner well displayed for all to see.



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A special bag at the luminaire in remembrance of our precious Lion Lynn who was a nursing sister for 40 years and a cancer nurse for 30 years, she had also been the Lions Club of Gonubie's President 6 times in 14 years. In honour of Lion Lynn the Gonubie Lions had a picture of her pinned to their backs for all to see.



This is one of their bigger fund raisers which has been going on since before 2006.

Lions Club of East Coast



All participants lit candles for cancer survivors and as DC of LCIF Mark van Heerden and Colleen had spent time with us we felt grateful enough to have a bag for him too.



The Lions Club of East Coast has embarked on a Caregiver Skills Development project. They have interviewed 8 unemployed matriculants who will undergo training for the next 8 months.

Lions Club of Estcourt



Once a year in March the Lions Club of Estcourt are privileged to supply lunch to the entrants of the DJ Vintage Bike Rally. This year over 80 motorcycles were entered into the rally of which 2 dated as far back as 1922.



Their CHOC team continues to bring smiles to the precious cancer warriors at IALCH Pediatric Cancer Ward.





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The Club is extremely proud of 1st VDG Perry Chetty who attended DGE training in Chicago.

Lions Club of Cowies Hill



Lions Sally, Amalia, Shanneen and Lee-Anne helping Queensburgh Cheshire Homes with their fundraising market on 2 March.



Lion Lee-Anne manned the craft stall and Lions Sally, Amalia and Shanneen were selling egg and bacon rolls.



Cowies Hill Lions held a food collection on 2 March at Kloof Pick n Pay Field Centre. They collected 4 trolleys of groceries with the recipients being Kusaselihle Community Development in Molweni, Pinetown Child and Social Welfare and the Salvation Army.



What a fun, enthusiastic and informative afternoon with the Siyjabula Trust Children's Home for teenage girls and Subz washable pads and panties. Thanks were extended to Lion Carol Browne from the Lions Club of Cowies Hill for making this event happen and for teaching the girls about their beautiful bodies, their dignity and how we are made as unique human beings.



The dedicated Childhood Cancer Team, Lions Sally and Margie did their weekly visit to Albert Luthuli Hospital Pediatric Oncology Ward on 6 March. There were 16 children of varying ages and the activities for the day were board games, colouring in, playing with beads, beading, lego and puzzles.



The 200 Club Draw was held at Pinehaven Retirement Home on 8 March with the Lions of Cowies Hill. Residents enjoyed the evening very much and lots of prizes were up grabs.



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Lions Tony and Margie went to CHOC on Wednesday 13 March, the children were all in bed and on drips. Again, there were 16 children of varying ages in the Oncology Ward, so the day was spent reading and colouring in.



On 16 March, Lions Pat and Rebecca showed the girls from Grace Cottage at Ethelbert Child and Youth Centre how to make their own cards.



On 16 March, the Lions of Cowies Hill had lots of fun playing Bingo with the residents from Queensburgh Cheshire Homes.



On 19 March, Lions Peter, Stephen and Karen from the Lions Club of Cowies Hill delivered a metal bunk bed and 2 foam mattresses to Osindisweni Orphanage in Hammarsdale. The Club had received a request from them for a bed as 2 children were sleeping on the floor after their beds got damaged during heavy rain in the area. Gogo and children are extremely grateful. There was great excitement on the morning of 26 March when the bed was assembled for them.



Once again the weekly visit to Albert Luthuli Hospital Pediatric Oncology Ward took place on 20 March with 14 children from 2 years upwards. Sadly, they were once again confined to bed so various activities from snakes and ladders, colouring in, and Lego took place to keep the children entertained.



The Food Collection by the Lions Club of Cowies Hill was held at Westville Superspar on 23 March, where 6 trolleys of groceries were collected. The recipients were CHOC Durban, Shap Shap Cinemas Hammarsdale, Osindisweni Orphanage in Hammarsdale and Dawncliffe Residents.



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Lions Peter, Stephen and Lion President Karen delivered food from the food collection, knitted teddies and Easter eggs for children on 26 March to Osindiseni Orphanage.



On 27 March Lion Shanneen delivered a donation of fabric and an overlocker to Mariannahill Monastery Sewing Group. The sewing teacher was so thankful for the donation as the donations go a long way to servicing their ongoing needs.



Lions Sally and Margie and the volunteer Jordan were off to Albert Luthuli Hospital Pediatric Oncology Ward for the Lions Club of Cowies Hill weekly visit on 27 March. Only 11 children thankfully this week aged between 10 months and 13 years and sadly all confined to their beds. The day was spent playing lego, making bead necklaces and reading.

Lions Club of Benoni Host



On 24 February, whilst some Benoni Lions Club Members joined the Zone 3 Walk for Little Warriors in aid CHOC, others manned the stall at the Bunny Park in Benoni and sold cupcakes.



Lion Kathy Nel purchased and delivered pilchards and spices to Lion Margaret Hanvey who volunteers at the Benoni Child Welfare charity Shop and the Manager of Child Welfare on 13 March - both donations were gratefully received.



Benoni Host Lions Club held a Diabetes Awareness and Screening Day on 16 March in conjunction with SANBS at Handy Hardware Centre where the public were invited to participate in a one-stop health check day. 39 Tests were done on the day.





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Lions Club of Alberton



The Lions Club of Benoni Host supports Mother Hostia's Haven, Brakpan on a monthly basis where they provide an electricity voucher and supply 6 cartons of 6 litres of milk each month. The delivery for the month of March took place on 22 March. The home's female residents are mostly homeless who are suffering from various illnesses, but mostly from dementia and Alzheimer's.

On 27 February, Lion Lorraine from the Lions Club of Alberton delivered the pet food collected at the food drive to the Alberton SPCA.



Lion Corinne Ryle and friend of the Lions, Candice Hartley collected 7 boxes of books from Lion Jackie who volunteers at the Rotary Humanitarian Foundation, Bedfordview. The books are for children and novels for adults and were delivered to Resthaven Ministries, Turffontein and were gratefully received.



Lions Cindy and Adele with friends of the Lions Leonie had lots of fun with the Alberton North nursery school on the morning of 27 February. As part of the education project, they taught motor skills like balancing and throwing. Games played were beanbag toss, ball throwing, egg and spoon which they all excelled in



Fyreworx and the Lions Club of Alberton served a delicious lunch on 29 February at the Railway Crèche. Vienna's, fatcake, hot chips, cold drinks, apples and cheese curls were enjoyed by 20 little ones. The time was also spent with the children singing and counting but the biggest blessing is to witness the excitement of second helpings.



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On 29 February, 7 March, 14 March, 22 March The Lions Club of Alberton's "chopping team" were busy at the Amcare kitchen assisting LOTS team prepare food to feed 200 less fortunate people.



On 5 March, 14 March, 20 March the Alberton Lions dropped off the weekly groceries to Luvies ensuring that the children continue getting much needed nourishment.



The Lions of Alberton paid a visit to the Pediatric Cancer Unit at Donald Gordon on 1 March where they delivered care packs for the day patients and large toys for the Clinic patients.



The Lions Club of Alberton delivered a large donation of stuffed toys, clothing of all sizes, bags, bedding, and shoes to Luvies on 15 March. Whatever they can't use will be sold to raise funds for the care of the nursery school children.



Luvies is a very special beneficiary of the Lions Club of Alberton which saw 3 x large black bags of plastic bottles delivered to them on 1 March for recycling. This assists them to generate an income.



Alberton Lions packed and delivered Mommy and Baby Care Bags with beautiful items to the new moms at the South Rand Hospital on 3 March. Once again on 12 March stock was sorted and 24 Mommy Care Bags + 5 Premie Bags were delivered to the new moms at the South Rand hospital. And again, on 21 March 27 Mommy Care Bags were delivered.



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The purchasing and delivery of food supplies for the Lions Club of Alberton's beneficiaries was done on 5 March, which encompass three nursery schools and a feeding project. The food was delivered to Jasmin & Anna's Nursery Schools in La Rochelle, Vivianne's Crèche in South Hills and the Turffontein feeding project.

On 11 March, Lions from the Alberton Club and friends of the Lions, Michelle and Leonie had a wonderful hands-on training today at the education project at the Alberton North Crèche.



Alberton Lion Cindy dropped off the bird seed collected from Bracken City with Errol Archer on 6 March. He is well known for rehabilitating all birds and has a special nursery for really ill birds too.



Thank you to Lion Jim for delivering desperately needed cat food to the Alberton Police Station and the SPCA for their cats on 13 March.



Another ongoing project of the Lions Club of Alberton is the provision of luncheon to the Alberton North Nursery School on a weekly basis. This saw them cooking and providing luncheon for the hungry little tummies on 6 March, 14 March, and 21 March. With each meal a special treat is provided.



A great morning spent on 14 March with very special people - the residents of Corrie Oberholser sharing and enjoying biscuits and juice and the Lions relaxing with a cup of coffee afterwards at a coffee shop. The residents enjoyed the spoils.



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Much needed blood was donated by Lions Beauty and Wendy on 15 March.



The JHB Mini Councilors collected 192,268 Easter Eggs this year. The eggs were distributed to various charity organisations and Alberton Lions received 4000 Eggs on 21 March. These Easter Eggs will certainly put a smile on many children's faces.



The knitting, crochet and natter event of the Lions Club of Alberton was held on 16 March. Fifty ladies all got together to make new winter items, learn new techniques and ideas, meet new friends and reconnect with old ones.

1ST VDG'S AT DGE SCHOOL IN CHICAGO



Looking very smart and learned! 😊

A FINAL THOUGHT FOR MARCH



On the evening of 21 March, the Lions Club of Alberton once again assisted the Fish and Bread Ministry in feeding more than 120 homeless and very hungry people.