

Issue 4 (2024-2025) – November 2024

"BETWEEN THE LIONS" (DG PERRY CHETTY)





Dear Lions of District 410E,

As we move further into our Lionistic year, I'm filled with pride and gratitude for the remarkable work being done across our District. The energy and enthusiasm I've witnessed in our Clubs are proof that when we work together, we can accomplish amazing things. Let's continue building on this momentum, ensuring that our impact grows, and our service reaches even more lives. I want to thank my Cabinet members for their hard work and dedication thus far in this Lionistic year and contributing significantly in their various portfolios.



Growing Stronger, Together

Our focus on membership growth is yielding some promising results, with new Lions joining our ranks to strengthen our Mission 1.5. To those who have brought in new members – thank you for your commitment to expanding our circle of service. As we welcome new Lions, let's ensure they feel valued and engaged. Consider assigning mentors to new members, involving them in projects early, and encouraging them to bring their unique ideas to the table. Growth is not just about numbers but about creating vibrant, inclusive Clubs where everyone can thrive. If each member brings along 1 new member, our Vision 2024-2027 will be reached.



Building Legacy Projects

Our service projects remain the cornerstone of our impact, and now is the perfect time to think about sustainability. What legacy will your Club leave in your community? Let's focus on projects that have long-term benefits, whether it's a new initiative or enhancing existing efforts.



Environmental campaigns, youth mentorship programmes, and health awareness drives are just a few areas where Lions can make a lasting impact. Our vision screening and diabetes projects are proving to have a major impact in our communities. Share your ideas with the District team—we're here to help turn visions into reality.



Celebrating Success – The Power of Recognition As Lions, we often focus on the service itself, but recognizing those who lead and participate in our projects is equally important. I encourage every Club to take time to acknowledge the extraordinary efforts of their members. A simple "thank you" goes a long way in building morale and encouraging even greater service.



Lions Club Awards

At the District level, we are preparing for the Lions <u>Service Recognition Month</u>. Clubs will have the opportunity to nominate members and projects for special District Awards. More details will follow soon!



Save the Date - Upcoming Events

- Leadership Workshop: Designed for current and aspiring Club officers, this session will focus on strategic growth and member engagement. Please contact PDG Patrick Mills (DC GLT).
- Environmental Awareness Day: A District-wide effort to plant trees and clean local parks. Join us for a day of action! Please contact PDG Jeff Smith (DC Environment).
- Holiday Fundraisers: Start planning your festive season projects. Let's make this a joyful time for those in need.



• Big Walk for Little Warriors – 15 February 2025



A Call to Action

Lions, as we continue to serve, remember that *you* are the heart of our organisation. Your ideas, passion, and energy are what will make our impact possible. Let's continue to grow, innovate, and serve with pride. Together, we can ensure District 410E remains a beacon of hope, service, and fellowship.

Thank you for all that you do—every act of kindness, big or small, contributes to a brighter future. Please have an awesome festive season and be safe.

Remember the 10 two letter words that I always mention



Yours in Service,

Perry District Governor

District 410E 2024-2025





INTERNATION PRESIDENT FABRÍCIO OLIVEIRA LETTER TO YOU – NOVEMBER 2024



Dear Lion,

You know that when we work together, we can make our mark in an even more impactful way. We all have important roles to play in order to GROW OUR CLUBS AND OUR SERVICE, so let's do our part to keep our momentum going in every avenue. Talk to that potential new member. Take that online training. Work together with your fellow Lions to reach your Club goals and your personal goals.



I am confident that we will achieve great things this year — including our *MISSION* 1.5 goal of reaching 1.5 million members by 2027. You are the best of our organisation, so be sure to do your part, serve like only a Lion serves, and Make Your Mark in the world.

At your service, Fabrícío Olíveíra International President

READ THE WHOLE NEWSLETTER VIA THIS HYPERLINK: https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=2 050377&elqTrackId=320bc4c47118450db330ff5e51511b 5f&elq=d6723c104b6649eb872a63e0ea98cd20&elqaid=3 8515&elqat=1&elqak=8AF58C9779459EE583575928B170 D1AB738548E06A70BC54762811EA4D6D8DAB15A7

LCIF – BRINGING HOPE TO THE WORLD (DC LCIF, SVDG Mark van Heerden)





Dear Fellow Lions of District 410E,

What a wonderful Mid-Year Conference held earlier this month in Clarens.

On behalf of the Chairperson of LCIF, Dr. Patti Hill, I would like to thank all the Clubs and individual members who pledged moneys towards LCIF. A total of just over R103,000.00 was raised.

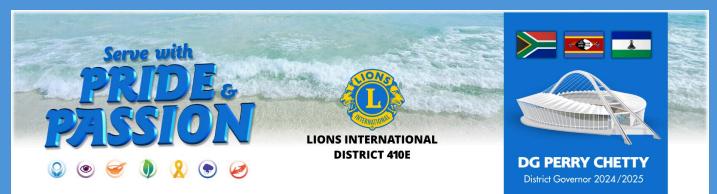


Both DG Perry and myself are extremely grateful for the generosity shown by our District.



Through your donations, we already ¾ of our way to reaching our target of \$19,000.00 for the fiscal year. A few Clubs have also pledged additional donations in the new calendar year, so I strongly believe that we will achieve our goals this year.







I wish to remind Clubs to look at applying for Melvin Jones Fellowships for your deserving members and to look at utilising available LCIF credits that are for this purpose.



Please contact me if you are not sure of what credits are available to your Club. Please remember too, that the process of applying for an MJF can be a lengthy one, so if you are looking to acknowledge any of your members towards the end of the Lionistic year, you should please look at applying before May 2025.

DG Perry and I would also like to appeal to ALL CLUBS in our District to donate at least \$50.00 towards LCIF. I hope to be visiting more Clubs in the New Year and will push for full Club participation in order to achieve this goals.

Wishing all of you a joyous and safe Festive Season and thank you for all your efforts thus far.

Yours in Lionism,

Marr

LCIF Chairperson District 410E 2024-2025 4 | P a g e

LCIF NEWS – OCTOBER 2024



Dear Lions and Leos,

I am always filled with pride when I witness or hear stories of Lions and Leos serving our communities, providing support for people who need our help—during everyday life or under extraordinary circumstances. In this month's newsletter, you will find examples of both. Following natural disasters in communities across the globe, Lions and Leos are the first to respond. When communities need support for programs that help youth facing diabetes, we provide solutions. Wherever there is a need, there is a Lion or Leo empowered by LCIF.

Our global foundation enables us to expand our humanitarian service, respond quickly when necessary, and develop innovative projects with lasting impact. Your donations to our foundation make so much of this service possible. Thank you for your continuing dedication and support and sharing with others what change we create in the world together through our gifts.

Yours in service, Dr Pattí Híll LCIF Chairperson

Become an LCIF Fundraising Champion



Click on the link to watch a message from Chairperson Dr. Patti Hill and learn how you can participate in the LCIF Fundraising Champion challenge. https://www.facebook.com/LCIFLions/ videos/2198642777199843/

To read the entire Newsletter, please click on hyperlink: https://app.e.roar.lionsclubs.org/e/es?s=94443966&e=2 077597&elqTrackId=320bc4c47118450db330ff5e51511b 5f&elq=8d1853a6087048a2ba5ca268e005decf&elqaid=3 8611&elqat=1&elqak=8AF58AEC13C3E7829633D4AD7BB 0518AEBC57C3DAFD775427A95DD66FE759863E320



DISTRICT 410E GLOBAL LEADERSHIP TEAM

(DC GLT, PDG Patrick Mills)

The District 410E Global Leadership Team (GLT) is at your service. Our mission is to further develop the leadership skills and lionistic knowledge of our greatest asset, our members.

Who are the Leaders in our Organisation? YOU ARE!



Being a Lion means you have made a conscious undertaking to improve the lives of those around you – that makes you a leader in your community!



And why is it so important for us to continually develop our leadership skills? Better leadership skills will result in improved planning, better run meetings and projects, thus strengthening your Club and enhancing your service to the community.

One of the greatest benefits of being a Lion is the many opportunities available to enhance your leadership skills, be it by leading a project, serving your Club as a Club Officer, or serving your District as a Cabinet Officer.



As your GLT, we aim to provide the opportunity for all Lions to further develop and grow, whatever level they may be at. For example, in the first quarter of 2025 we are conducting a series of short Lions Leadership Toolkit sessions to equip aspiring Club Officers with essential leadership skills.



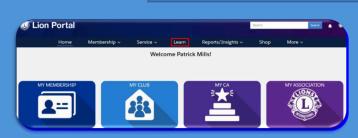
We have some great leadership development events planned for the rest of this year – please see the programme below. Invitations for each event will be sent out closer to the time. Of course, should any Club or Zone require training on a specific topic, please don't hesitate to contact me!

Training Event	Aimed At	Format & Time	Date/s
LIONS	Aspiring	Online	22 Jan 2025
LEADERSHIP	Club	3 Session @	26 Feb 2025
TOOLKIT 2025	Officers	19:00 - 21:00	26 Mar 2025
		Over 3 months	
GUIDING	Lions:	Online	29 Mar 2025
LIONS	Starting	09:00 - 13:00	
TRAINING	New Clubs		
	Club		
	Branches		
	Rebuilding		
	Clubs		
INCOMING	2025-2026	In-Person on a	24 May 2025
CLUB	Club	Regional basis	25 May 2025
PRESIDENTS	Presidents	09:00 - 16:00	
TRAINING			
INCOMING	2025-2026	In-Person and	7 June 2025
CLUB	Club	Online on a	8 June 2025
OFFICERS	Treasurers	Regional basis	
TRAINING	Secretaries	1 hour per	
	Membership	portfolio	
	Service		
	Fundraising		

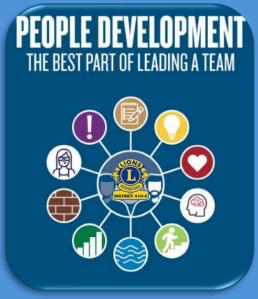
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5 | Page





In addition, all Lions have access to free online courses on the Lions Learning Centre, which can be accessed via the Lion Portal by clicking on "Learn"...



"The success of any organisation hinges on the continuous development of its greatest asset: its people. Providing proper training is not just a one-time event but a sustained commitment to growth, excellence, and innovation."

Kind regards,



GLT Chairperson District 410E 2024-2025



DISTRICT 410E GLOBAL MEMBERSHIP TEAM (DC GMT, PDG Alistair Tuckett)

READ YOUR EMAIL SENT on 27 November 2024 via Cabinet Secretary Melinda to all Presidents, Secretaries, Cabinet Officers and Past District Governors with a generic Membership Satisfaction Action Plan that the District Global Membership Team has set up for you. Please feel free to adapt it for your Club to ensure that you know your members and are meeting their expectations as a member. We hope that you find it of value for your Club.

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	MOMBER	SATISFACTION		
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Our communities are in even more need of service from our Clubs, and we need to make an even greater difference in our communities, but we can only do this if we have members. Membership drops are always a big concern over December and in fact throughout the year, and we would like to reduce these drops as much as possible, please make every effort possible to understand why members want to leave and find a way to keep them as a member.

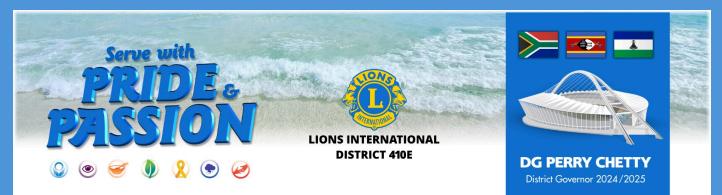
We look forward to growing your Clubs and the District together. Please contact me should you require any assistance.

Yours in Lionism,

Alístaír

GMT Chairperson District 410E 2024-2025





DISTRICT 410E MID-YEAR CONFERENCE 8 – 10 NOVEMBER 2024 Golden Gate Hotel, Clarens





LIONS INTERNATIONAL DISTRICT 410 E MID-YEAR CONFERENCE 8 – 10 NOVEMBER 2024 Gold Gate Hotel, Clarens

FRIDAY 8 NOVEMBER 12:00 – 17:00 Registration in m-

12:00 – 17:00 Registration in reception 14:00 2rd Cabinet meeting 18:00 Welcome Social in dining-room (Dinner served at 19:00)

SATURDAY 9 NOVEMBER 6:30 – 9:00 Breakfast 7:00 – 9:00 Registration in reception 9:00 – 13:00 Mid-year Conference 13:00 Lunch

14:00 – 17:00 Peace Poster adjudication Fun activities

18:00 The Ranch Theme Evening (Dinner served at 19:00)

SUNDAY10 NOVEMBER 7:00 - 10:00 Breakfast

10:00 Check-out (Those leaving on Sunday)

THE NEWSLETTER PHOTOGRAPHERS

Thank you to our very able photographers (IPDG Lindie van Wyk & MDC Sandy van Heerden) - As they say pictures speak a thousand words.







REGISTRATION – 8 & 9 November 2024

On arrival on both Friday 8th and Saturday 9th, attendees were welcomed by the members of the Lions Clubs of Wilro Park and Durban East Coast who jointly convened the District 410E Mid-Year Conference.



District Governor Perry and Lion Kantha Chetty getting into the spirit.



CABINET MEETING – 8 NOVEMBER 2024 The District 410E Mid-Year kicked off with the 2nd Cabinet Meeting @ 14:00.



The "top table" - Not sure what was happening here - but smile people!





Clearly the tea break cheered everyone up!



WELCOME EVENING – 8 November 2024

Meeting up with old and new Lions, networking, chatting, catching up, celebrating a birthday and loads of fellowship.







Make new friends but keep the old. One is silver and the other gold.



MID-YEAR CONFERENCE – 9 November 2024







The conference focused on Mission 1.5. The delegates participated in an "Amazing Race" with activities at the various GAT stations: GMT, GST, GLT, LCIF and Long Range Planning where the importance of Long Range and Succession Planning, impactful community service, leadership development and membership satisfaction was emphasised. . Learning amidst loads of fun.

















Lion Rowan Tuckett was presented with a Melvin Jones Fellowship by his Club, the Lions Club of Roodepoort **Clearwater Cyber. Congratulations!**



The time for talking is over. it is now time for action as it is imperative FOR EACH AND EVERY MEMBER to strengthen our Clubs, our District and our Multiple District.

stop talking

&

JUST DO IT!!!

FOOD & TOY HANDOVER-9 November 2024







The handover of food and toys for the Creches in Clarens was done to ex-Lion Irene Rügenheimer. A huge thank you to the generosity of the delegates attending the District 410E Mid-Year Conference.



JUDGING OF THE PEACE POSTER & ESSAY COMPETITION – 9 November 2024



Judging is never an easy task as the love and effort that goes into their respective Peace Poster entries by these children is acknowledged and appreciated.

Following the judging by an independent artist, herewith the District 410E Peace Poster Competition Winners.





Annette Higgs, Laerskool Helderkruin Sponsored by: Lions Club of Wilro Park. ANNETTE WENT ON TO WIN THE MD410 PEACE POSTER COMPETITION AND HER POSTER WILL SOON BE WINGING IT'S WAY TO LIONS INTERNATIONAL.





Carla Steenkamp, Laerskool Helderkruin Sponsored by: Lions Club of Wilro Park



Ridah Silat, Al Aqsa Primary School Sponsored by: Club Branch of Lenasia



The Winner of the Peace Essay Competition was Rahiel Kaserlall. Open Air School. Sponsored by: Lions Club of Durban East Coast







THEME EVENING – 9 November 2024 As always this was an evening of dressing up, dancing, fun, laughter and fellowship.























DISTRICT 410E DISASTER RELIEF

(DC Disaster Relief, SVDG Mark van Heerden)



Dear fellow Lions,



We are drawing close to the end of the calendar year and entering the summer holiday season. Most of us will be looking forward to spending valuable time with family and friends. It is our wish that everyone stays safe over this festive period but with the many risks that may be encountered around this time of the year and given the unpredictable weather patterns being experienced around the planet due to Global Warming, we would like to share some tips and advice on how you can minimise those risks and have peace of mind while you are away from home or travelling on our roads.





Care in the Home:

- Identify what types of disasters are most likely to occur in your area.
- Learn how to deal with such types of disasters.
- Identify local organisations that perform emergency management in your area (e.g. Municipal Disaster Management, Local Fire Department, NGO's etc.). Get their contact details and have them saved on your phone and displayed in your home. Please gather the same info for your holiday destination and familiarise yourself with places like Pharmacies, Medical Centres, Hospitals and local Police Stations.
- Locate safe places in your home for different types of disasters.
- If away from home, always have a neighbour, close friend or relative keep a watch on your home and allow them access to your premises.
- Determine the best evacuation routes from your home and share with everyone who resides there.
- Have at least 2 family members trained as first aiders. Make sure the first aid kit is always fully stocked. Check the contents regularly as medicines do expire.
- Assemble a disaster kit. A disaster survival kit includes supplies your family might need to survive in the event of a disaster. It should be easy to carry and can be used at home or taken with you in case you must evacuate during an emergency. You can purchase a pre-assembled emergency/disaster kit or create your own. Be sure your kit is prepared well in advance and check your supplies every three months.
- Communicate the above with your family and make sure everybody knows where the safety areas are at your home.
- If away from home, make sure to switch off nonessential appliances within the home.



- Practice the evacuation drill with everybody in your family regularly (at least every 6 months).
- It is important that every family member knows how and where to shut off utilities (water, gas, electricity).
- Teach each family member how to use a fire extinguisher and where to find one.





Care when Travelling:

- Before travelling, have your vehicle and trailer checked out and make sure that both are fully roadworthy and that the tyres are in good condition. Don't overload!
- Check well in advance that your licence disk is valid and not about to expire.
- Always obey the rules of the road and don't take chances. Don't drive if you are tired.
- Make sure your insurance cover is up to date and covers you if you are visiting cross boarder countries.
- Drive carefully in wet weather and pull over in a safe place when visibility is poor.
- Always be aware of the traffic around you and avoid reckless drivers.



On behalf of the District 410E Cabinet, we would like to wish all our members a safe, jolly and Prosperous Festive Season.

WELCOME – NEW MEMBERS

(AS PER LCI MEMBERSHIP REPORT NOVEMBER 2024)





LION SAM REDDY Sponsor: Lion Avril Hobbs Lions Club of North Durban



LION LORNA MAUREEN OTTO Sponsor: Lion Pieter Otto Lions Club of Roodepoort Helderkruin





"MAKING OUR MARK"



LIONS CLUB OF COWIES HILL



On 31 October, Lion Elaine received another donation of knitted teddies and bed socks from the ladies at Pinetown Methodist Church. The Teddies will be handed over to Neale Andrews so they can go to their new homes at the Pediatric Wards at various hospitals in Pietermaritzburg.



A few members from the Lions Club of Cowies Hill got together on the morning of 1 November to sort out fabric donated to them hy Lions Mattheus, Lizzie and Charles Groves from Hilton Lions Club. This in turn will be donated to a sewing group in Shongweni Dam Area, who make various items in order to supplement their income. The Lions Club of Cowies Hill is on a mission to empower women in rural communities.





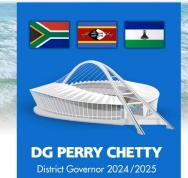
On 4 November, the Cowies Hill team were at Dawncliffe Retirement Home Market. Lion Jenny Swingler sold Christmas Cakes and Lions Lyn Botha, Sally FitzGerald and Shannon Wadehn sold egg and bacon rolls.



On 12 November Lion Elaine de Jager received ten children's jerseys for the children at Phakamisa and 30 beanies and 30 mittens for Seafarer's Mission, all knitted by Mary McGill of Don's Deliveries.

14 | P a g e









Lion Shanneen was at Sarnia Queensburgh Spar on 14 November collecting toiletries for the Lions Club of Cowies Hill Rape Kit Care Bag Project.



Cowies Hill Lions hosted another successful 200 Club Draw on 15 November at Pinehaven Retirement Home. Not sure who had more fun, the 43 residents who attended or the Lions.



Lion Elaine de Jager handed over the jerseys for the children in Valley of 1000 Hills on 19 November. Once again, all knitted by Mary McGill of Don's Deliveries.



Lion Rebecca received 3 knitted blankets from her knitting group friends, which she handed over to Lion Carol to take to the Berg for Khanyilela Trust on 22 November.



Cowies Hill Lions held a very successful food collection at Westville Superspar on 23 November with 4 trolleys of food collected and donated to Baby Hope House, Enhanhleni Isibani Sezwe and Waterfall Pantry.



When Zone Chairman Karen Hyde double books herself on 24 November for a Zone Meeting(which by the way she chairs) and selling Christmas Cakes at Inchanga Station Market – no problem just roped her daughter and her fiancé in to assist. Well done Kathleen Elizabeth Hyde and Neil Prior for their help!











The 27th of November was the last weekly visit to the Paediatric Oncology Ward for the calendar year 2024. There were 12 children in the ward and the Lions Club of Cowies Hill four team members were kept rather busy with all the activities.



Lion Peter donated blood on 28 November – saving a potential 3 x lives.



LIONS CLUB OF SCOTTBURGH





Moreen a known Diabetic, received a free Accu Check Machine and Strips on 8 November compliments of Diabetic SA following the request by the Lions Club of Scottburgh. Moreen was taught how to use it as well as education was given on diet, normal and abnormal readings.



Food delivered by the Lions Club of Scottburgh on 22 November to Anele Zama for the food parcels she prepares for the Amahlongwa families for Christmas.



Scottburgh Lions shopped and delivered Johan's monthly groceries to him on 25 November.





As part of the Scottburgh Lions extensive Hunger Relief programme, they purchased and delivered food on 26 November to Anchor Village.



Another needy family of 4 provided with groceries by the members of the Lions Club of Scottburgh on 30 November.

LIONS CLUB OF LADYSMITH



Ladysmith Lions supported the Hospice Cancer Walk on 26 October 2024.



On 9 November the Lions Club of Ladysmith were once again walking in support the Lenmed Cancer Walk.





As part of Diabetes Awareness Month, the Lions Club of Ladysmith hosted a Diabetic day on 16 November, supported by Sharaj Ambulance Services and SANBS.



LIONS CLUB OF NELSPRUIT



Lion President Gery, along with the Lions Club of Nelspruit's Service Chairperson, the always busy Lion Danny Stevenson, and Treasurer, Lion Boekes le Roux, handed over a wheelchair to Herfsakker Retirement Home on 25 October. This was kindly donated by Thomas Tyres and branded for the Club by Duise Designs.



Lion Danny had organised a donation of 7 fruit and nut trees which were planted at theKamagugu Inclusive School on 31 October by the team made up of himself, Lions Phil, Vernon and LP Gery (with a bit of help from the school groundsman!)



On the fundraising front, one of the running clubs from Johannesburg requested a second post-Kaapsehoop Marathon braai to be organised by Nelspruit Lions on 2 November, after the success of the first one last year. This turned into quite a social event as the members of both organisations enjoyed the afternoon and evening together. Over R2,000 profit was made for the Projects Account.



On Monday, 4 November, Lion Boekes, the Peace Poster Project Convenor, and LP Gery went to Bergland Primary School to hand over the prizes and congratulate the winning entrants to the competition.









The Lions Club of Nelspruit held a braai at Laeveldrus Retirement Village, spreading good cheer and fellowship around the local retirement homes by braaiing with the residents. Their last event for the calendar year was on Saturday, 9 November. The wors and chops were donated by a local Spar (thank you, Steiltes Spar) and members provided pap 'n sous and salads. There was also icecream for dessert. About 35 senior citizens were treated, and 12 Lions, family and guests helped cook and serve.



Lions Zan and Boekes were the braaimasters

LIONS CLUB OF BENONI





The Lions Club of Benoni celebrated Prem Baby Month in November 2024.





They delivered 250 parcels to various hospitals in the Benoni area as well as 250 parcels to Doulla Tracey designated for Tembisa and Baragwanath Hospitals. This generous donation to the new Mom's will take take some of the stress and strain off them whilst taking care of their precious little bundles.



On 8 November, Lion Kathy from the Lions Club of Benoni delivered 192 sanitary towel packs to the Daveyton Clinic – making a difference in so many women's lives.



Lion Kathy was once again out and about delivering Care Packs to Lifeline on 18 November, assisting in providing comfort to those facing a crisis in their lives.

19 | P a g e











The Lions Club of Benoni's ongoing Hunger Relief Programme saw Lions making food deliveries to Angel Wings (Food Packs), Mother Hosia (Milk) and Oliver's Village (Mielie Meal) during the month.

ZONE 8 MEETING - 24 NOVEMBER 204



The Zone 8 Meeting chaired by Zone Chairperson Karen Hyde attended by DG Perry and hosted by the Lions Club of North Durban. A great meeting and great to see the great attendance by the Lions Clubs of Amanzimtoti, Durban South, North Durban, Cowies Hill, Kingsburgh and Durban East Coast. FVDG Avril impressed on all the members the "Need to Grow", to ensure that there are many hands to serve our communities as the level of service escalates with each passing year.



The guest speaker was Ntobeko from CHOC who spoke on Childhood Cancer.

LIONS CLUB OF UITENHAGE





On 2 November the Uitenhage Lions Club held a Christmas Lunch for Ernas Old Age home. Each resident received a meal and a Christmas present. Making each resident feel special as for some this can be a very lonely and sad time.



20 | P a g e





The Lions Uitenhage Club held a Christmas lunch for the residents of Blackies Old Age Home on 9 November. Each of the residents were given a gift and the luncheon was thoroughly enjoyed by all in attendance, not just the food but the interaction and friendship.



Lion Jess Smith donated Food Socks to the Sonop Food Bank on behalf of the Lions Club of Uitenhage on 22 November.

LIONS CLUB OF WILRO PARK



Wilro Park Lions Club is so proud of their Peace Poster Winners and especially Annette Higgs from Laerskool Helderkruin who won the MD Peace Poster Contest!

LIONS CLUB OF PRETORIA JAKARANDA







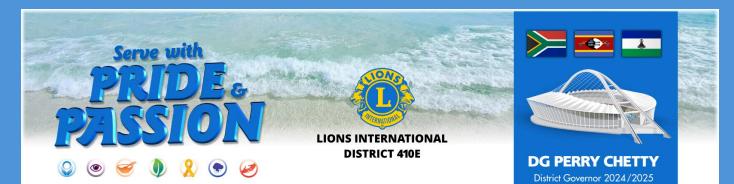


The Lions Club of Pretoria Jakaranda held a Diabetes Awareness morning at the Pretoria Boeremark on Saturday 16 November. Over 50 people were screened in the short 4 hours that the Boeremark was on. One person was discovered to have a blood sugar level of 12 and was spoken to by Sister Louise about the dangers of Diabetes and he was encouraged to go for a full Diabetes workup. It was a successful morning of both Diabetes and Lions awareness.

LIONS CLUB OF DURBAN EAST COAST



The Vision Screening Team joined forces with other medics at the Brookdale Primary School Wellness Day on 3 November, where 38 people from 8 to 38 years of age were screened. 8 pairs of reading glasses were dispensed and 15 were referred for follow up by an Optometrist.





The other medics were: North Durban Practioners Guild, Lab 24, Audiologists, X-ray Specialists, Autism Group. FOSA, Mind, Body Centre (healing, massage, and reiki) – a wonderful collaborative community service project.





The CHOC bi-weekly visits by the Lions Club of Durban East Coast Childhood Cancer Team to the Paediatric Oncology Ward were well received by the Little Warriors on Thursday 21 November as the children eagerly awaiting the arrival of the Lions. In the playroom there were many fun activities set out with the Little Warriors enjoying colouring and drawing, playing with toys and puzzles. Sadly, the visits have come to an end for this calendar year as most of the children will return to their homes. However, the new year is just around the corner and the Lions Team will resume their visits again.





The "Get Lit" Team of Durban East Coast Lions provided Grade 3 learners at Pemary Ridge Primary School with lessons in reading and phonic enunciation. 4 Learners selected by the Grade Educator are sent to the team to assist with reading and phonic enunciation. The Learners receive individual attention. As the Learners have completed their final examinations for the year and therefore lack of attendance, the decision is to pick up on the "Get Lit" project in the new year.

EMPOWERING YOUNG MINDS





World Diabetes Day provided the Duban East Coast Lions with an opportunity to raise awareness regarding a critical global public health issue and emphasise the collective and individual actions required to improve the prevention, early diagnosis, and management of the this <u>"silent killer"</u>.



Therefore, on 14 November the Team visited the outpatient section at the Nkosi Albert Luthuli Hospital where children, doctors, nurses, and visitors were treated to sugar free cakes and discussions on Diabetes.

LIONS CLUB OF PRETORIA SOUTH



On 24 October, the Lions Club of Pretoria South held their 25th Ice Skating Event for disabled children. A heart warming project lead by PDG Dave Cousins and the team.



A very special thank you to Hyundai Montana for the display of their vehicles and their support.

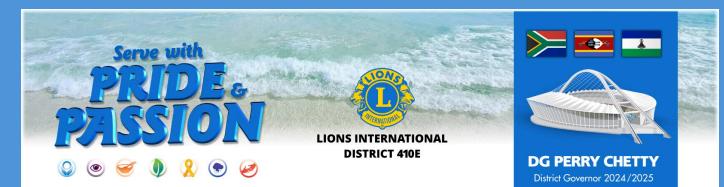






A beautiful High Tea morning held on 26 October, created by Lion Lady Adele Guthrie and friends in support of Breast Cancer Awareness shared by family, supporters and friends of the Lions Club of Pretoria South. Scented candles, treats, champers and "Gin Tea" were the order of the day.







Eight riders from the Lions Academy took part in the <u>Ride</u> <u>Joburg</u> MTB Race on 10 November. Neo finished second in the 25km race and Kgabo finished 1st in the 10km race – well done



The Pretoria South Lions were invited by Nicollette Singh (playroom project lead) to CANSA TLC – Childhood Cancer Support Nicus Lodge to attend the opening of the children's refurbished playroom area on 12 November.



In September last year, the Lions contributed R20,000 raised at the Golden Oldies music evening fundraiser in Midstream towards the playroom upgrade project. The attendees were fortunate to meet the CEO of Steve Biko Hospital and the Head of Paediatric Oncology as well as Dr Wilma Lotter (Past President of Waterkloof Rotary) a General Medical Practitioner who is very involved in service in her community.



During the event we were honoured with a PTASLC "name plaque" that was put up at the insolation room where we had sponsored R15,000 towards renovating the bathroom and room last year. The isolation room upgrade is still ongoing as there is an adjoining room that is still under construction.







DISTRICT 410E





Lion Lord provided food to destitute families in Mamelodi on 12 November. Not only have the Pretoria South Lions secured them with Rise Against Hunger Africa food packages but also a donation of some fresh vegetables.



The Lions Club of Pretoria South received a request for assistance in the supply of food and toiletries for 20 people that stay at The Inn. Jacqueline is the lady assisting them on Wednesday's and we asked to accompany her to meet and deliver some goods and basics



On 15 November, the Lions delivered some basics such as toilet paper, washing powder, coffee, sugar etc. and each resident received a toiletry pack that consisted of body cream, toothpaste, shampoo, roll on and soap. The Lions then assisted with the serving of lunch to the residents and spent some time during lunch with them. 25 | Page



Pretoria South Lions received a letter from Prinshof School via Liena Snyder a parent in need to assist **Prinshof School for Partially Sighted & Blind feeding** scheme for the December school holiday period. There are 211 learners that needed food parcels to assist them and their families with food during this December holiday break.



On 15 November the Lions delivered 6 boxes of Rise Against Hunger which consists of 216 packets. Each packet can feed up to 6 people. Jars of Hope project run by Lions Lady Ilne and her team provided 200 jars. Each jar provides 4 meals. In total, 2096 meals were provided.



LIONS INTERNATIONAL DISTRICT 410E

Image: A state of the stat

THE LIONS SHARE



When the Lions Club of Pretoria South delivered cupcakes to a children's home during September, they were told that they were going to freeze them. This "freezing of cupcakes" confused Lions Lady Illne Logan and she questioned as to why. She was told that 2 of the girls had a upcoming birthdays in November and the plan was to keep the cupcakes for that.



Lions Lady llne convinced them to give the cupcakes to the children and assured them that she would arrange for fresh cupcakes in November. Two cakes were ordered and when the baker heard the story behind the order, she donated cupcakes for each girl's class at the school (60 in total). In addition, the two birthday girls aged 10 and 12 had never had a "birthday cake" before. The birthday girls aged 10 and 12, have never had a birthday cake before. On the day of delivery there were two very happy young ladies sharing the celebration with their classmates.





A fantastic day of Sun, FUN and near perfect "cycling" weather, making new friends and networking on 19 November. Pretoria South Lions Club represented by members, partners in service, friends of the LIONS and senior riders of the academy team participated in and attended the Ride Joburg cycle event over 97km through the streets of Joburg while being cheered on by residents along the route... many a "GO LIONS", echoed through the streets along the route. Retina SA-A cure in sight and Lions collaborated at the Virgin Ride Joburg 94.7 cycle event.



On 19 November, Lion Gerrit Moeken delivered food, toiletries, some clothing and kitchen ware to In His Honour Outreach Foundation.









A busy morning at the Pretoria Boeremark on 23 November for the Lions Club of Pretoria South with free diabetes screening being done by Sister Louise Pywell, who assists many Lions Clubs in Zone 4 with their Diabetes Screening.



Members of the Lions Club of Pretoria South supported the concert in the new Hazelwood Park with a great time had by all, fun, boerie and beverages were enjoyed under the trees with an exciting Environmental Project to follow!



LIONS CLUB OF MIDRAND



On Saturday 9 November members of the Lions Club of Midrand decided to show our appreciation to the Car Guards at the Carlswald Lifestyle Shopping Centre as so often they are ignored, verbally abused whilst trying to earn an honest living. The 30 x Car Guards received a boerie roll, cold drink, a quarter fruit cake and a pair of sunglasses.



We felt it pertinent that they learnt to take care of their eyes as they spend many hours in the sun with no protection for their eyes. Thanks to Lions BrightSight for the donation of the sunglasses.



As we know, November is Diabetes Awareness Month, and our very own host, Lion Cliff of the Lions Roar on Mix 93.8 in conjunction with his co-host Lion Lindie from the Lions Club of Pretoria Jakaranda were on air to spread the knowledge and inspire action on 13 November with Lion Graeme from Pretoria South Lions Club and Sister Louise Pywell where they unpacked the mysteries of Diabetes, the "silent killer" and explore the impact it has on vision health.





Lions Cliff and Lindie were back on air again on 27 November, this time chatting with Romi Reinecke, Senior Director of Communications for Special Olympics Africa Division, exploring how sport transforms lives, empowers participants and strengthens the partnership between Special Olympics and Lions International.





On 16 November we as the members of the Lions Club of Midrand were honoured to host the Celebration of PDG Pierre Theron's Life on behalf of his beloved wife, PDG Moira, son Marc' and daughter Michelle. His legacy will live on within the Club ensuring that his passion for Vision is continued via our Monthly Eye Clinics and various Vision Projects. Gone but never forgotten.



Lion Cosmas and team on 23 November were seen collecting building materials i.e. iron roof sheets and loads of bricks donated by Lion Melanie's father, also a Lion from Pretoria South for the shelter that the Lions Club of Midrand will be building for the Gogo's Group in lvory Park to protect them from the weather elements whilst they do their knitting, crocheting and sewing to raise monies to supplement their pensions. They also teach and assist other ladies in the community with these skills.





Lion Melanie and 2 friends represented the Lions Club of Midrand at the Lions Club of Benoni Lakes Diabetes Awareness Fun Walk/Run on 24 November 2024.





On 25 November, the Lions Club of Midrand held their Peace Poster Prize Giving at Rifthouse Academy in Ivory Park. These children really worked hard and gave their best and it was the privilege of the Lions Club of Midrand to present them with their prizes which were sponsored by The Social Media Company and absolutely beautiful.



The children were so delighted and what was so heartwarming and impressive was that their peers who witnessed the handover cheered loudly and proudly acknowledging the 1st, 2nd and 3rd prize winners. Art definitely runs in the family as the 1st Prize Winner, Shantel Mandava and the 3rd prize winner, Shayne Mandava are brother and sister. The 2nd Prize winner, Oratilwe Sidlayiya was equally good.





A bumper Monthly Eye Clinic, the last one for the calendar year was held on Saturday 30 November with 28 patients Vision Screened, 22 prescriptions sent off to Lions BrightSight for processing. Whilst the members were literally run off their feet, it was so rewarding to be able to provide the gift of sight to these patients.



Simultaneously, with the able assistance of Sister Ingrid, we conducted Diabetes Screening and Blood Pressure Testing to 17 of the patients, where they were advised on how to control their sugar levels and blood pressure by way of diet. Fortunately, none of the patients required further consultations with their Doctors or Clinics. It is always impressed on them how important the treatment of this "silent killer" is and the impact it can have on their vision.

29 | P a g e





And if that wasn't enough the Club held its Monthly Thrift Sale where good quality clothing is sold at minimum prices, raising a few "Rands" for the Project Account but more importantly allowing our customers to buy clothing that many cannot afford in the normal retail stores.

LIONS CLUB OF ALBERTON





The Alberton Lions "Chopping Team" carried out their duties as they do each week with smiles, joy and fun. With so many in our community struggling, LOTS provides vital support to countless people. The Lions are proud for showing up each week to help prepare meals, making it possible for LOTS to continue their amazing work. Together, they continue making a difference, one meal at a time.





Alberton Lions dropped off 24 Mommy Care Bags at the South Rand Hospital on Sunday, 29 October 2024 as well as on Wednesday 13 November. Thank you, to the Alberton Lions, for spending some time with the very grateful mommies. Without their donors donors and friends in the community knitting and crocheting the beautiful baby items, this would not be possible. All the Lions and donors hard work, care, and dedication ensures that these bags bring joy and support to so many Moms in need.



Alberton Lions on 2 November, delivered much-needed baby booties, beanies, and extra baby items to the preemie babies at South Rand Hospital.





What a privilege it was on the morning of 27 October with Alberton Lions bringing joy to the residents of Corrie Oberholser by delivering smart meals to the residents.



A further two Old Age Homes in South Hills received the delivery of 44 smart meals. A special shoutout to them from the Alberton Lions for their beautiful spinach garden—such a fantastic way to share and grow together.





On 31 October, the Lions Club of Alberton, were out on the street serving the homeless and hungry. A big thank you to Dewald and Fish and Bread Ministry for allowing the Lions of Alberton to be a part of the fellowship and this humbling experience.



The 2nd of November saw Halloween Fun with the Kids at Bright Future Creche! Thank you to the Lions for bringing Halloween smiles to these little ones' faces. Learning while having fun.





Sunday 3 November was a fun time at the Barnyard Theatre attending the Forever Legends Show



Thank you to everyone who joined Alberton Lions on 26 October for their Music Quiz Night! It was an unforgettable evening filled with fun, singing, dancing, and great company.



Lion Keith made a special delivery on 3 November, bringing fresh veggies to two Crèche in Jhb South! This helps support healthy meals for the children, ensuring they have the nutrition they need to thrive.



On 11 November, Lion Melinda delivered fresh fruit and vegetables to two crèches! Helping to nourish the children with healthy, wholesome food.



The overwhelming joy of making a plan. Alberton Lions donated an adult wheelchair to a young lady earlier this year in Katlehong. At the ice skating Lion Melinda pushed a young boy around the ice in an adult wheelchair that was way too big for him. Alberton fetched the child's wheelchair and through IPDG Lindie and DC Graeme they got it to the boys father who sent a thank you to say he is one very happy and comfortable boy.



REMINDER: LIONS BRIGHTSIGHT OFFICES CLOSURE FOR HOLIDAYS



NOTE: LIONS BRIGHTSIGHT OFFICES CLOSURE FOR HOLIDAYS



This is to give our wonderful staff (Manager: Kirsty MacKenzie, Assistant: Angie Tshabalala and Optometrist: Fortunate Khoza) a well-deserved break.



NOTE: SUBMISSION OF STORIES FOR THE LIONS SHARE - ISSUE 5 A COMBINED DECEMBER 2024/JANUARY 2025 ISSUE



Please submit your stories and pictures by <u>26 January 2025</u> to email address: jacquihocking55@gmail.com



As another year comes to an end, please stay safe and see you in 2025.



33 | Page