

Let's do it Now!!



Official Newsletter of the District Governor of District 410 D



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March 2010

From the Desk of District Governor Joggie Kastner

Special points of interest:

- CANSA Relay for Life
- Push-a-friend
- Swellendam
- My 80 Years
- The Greatest Little Rally

CLUB VISITS

As a follow-up on our Zone visits in Sept/Oct last year, during which our expectations for the year were work-shopped, our visits to Clubs started in all earnest. During March the following Clubs were visited: Zastron; Port Rex (together with EL West); Berlin; Cambridge; Gonube; Butterworth; Umtata; Komga; Sunshine Coast; Uitenhage and Kouga. The remaining Clubs will be visited during April and May.

The purpose of our visits was basically to reflect on progress made in achieving our goals, to hear the heartbeat of Clubs and to socialize.

It will cover a book if we had to reflect on our wonderful and informative experiences in writing. Let me try and summarize; We all aligned ourselves for the need to grow **FOR THE RIGHT REASONS**; ie to move away from our present sub par District status; to lower the cost to individual Lions in being Lions (mainly dues); and



District Governor Joggie Kastner & Lion Bettie

to extend our services to the needy in the communities we serve both in terms of hands and personal attributes.

Although we might be the smallest District when it comes to numbers, **we are by far not the "smallest" when it comes to community projects and the quality/variety of such projects.** One stands amazed at the impact of these services delivered by all Clubs on the various communities

Ten new members were inducted during our visits so far whilst no resignations were reported. The hospitality bestowed on us by all has been an experience we will always cherish. Clubs in rural areas are not at all intimidated by the challenges they face. In fact they seem to thrive on them.

The great value Lions Ladies/Gentlemen add to the success of our Organisation was clearly evident.

Thank you once again to all concerned. It has been great and we look forward visiting all the other Clubs in our District.

CO-OPERATION ACROSS BORDERS

There are various organisations who also render services to those in need. We have recently experienced cases where these organisations, including Lions, took hands. The following is but one example:

Relay for Life is a world wide CANSA project which aims to raise funds In the FIGHT AND PLIGHT against cancer. In short teams who are sponsored enter and have to walk through the night on a relay basis. One or more members of each team has to be seen walking at all times. We recently had the privilege to attend the relay which was held in East London. Just short of 150 teams entered and some R430 000 was raised that night. The point I am getting at was the help ren-



WE SERVE



dered to CANSA by our Clubs in Zone 4 (and KWT—ed), amongst others by manning food and beverage tents. In this way CANSA was supplemented by more hands. Lions on the other hand were IN SIGHT. Look out for our next newsletter for a clear example where the need for closer co-operation has led to a pledge.

TAKING OFFICE

Our heartiest congratulations to the elected Club office bearers. We know that the trust which has been placed in you will be fully justified. Assist the incoming DG in reaching new heights.

TRAINING

You have been informed about the training week end which will take place from 21 to 23 May in Graaff Reinet. This promises to be one of the greatest of them all, so don't miss this opportunity to equip yourself for the task that lies ahead, Although the training program has been developed for incoming Club and Cabinet officers, any Lion will benefit by attending. FORT BEAUFORT has set the example by nominating 6 (with a possibility of a further 2) Lions to attend. I challenge all Clubs to equal or improve on that. I also wish to thank our Training team for their dedication and a job well

done.

CLOSING REMARKS.

It is not International nor Cabinet which is making this a wonderful year filled with growth on a wide range of issues. It is you as individual Lions who have made things happen.

We as Cabinet salute you and wish you all the very best.

GROETNIS till next month

JOGGIE AS SUPPORTED BY VROULIEF



CANSA Relay for Life

Saturday 27th March 2010 had people from all

walked throughout the night and yet remained jovial and positive.

other being the lighting of the candles which were placed in paper packets with messages and photos of dearly departed friends and family who had suffered from cancer, during this touching process the lights were-



District Governor Joggie Kastner encouraging an exhausted Lion President Lyn who is President of the Conubie Lions Club and also a hard working nursing sister for CANSA

Moving moments were the one round

walks of life participating in the CANSA Relay for Life at the ABSA stadium. It is the second time that East London has hosted this amazing event and, once again, the generosity of the residents of this beautiful town exceeded all expectations. Teams



District Governor Joggie Kastner walking a round with Berlin and King William's Town Lions

march past by the Cancer Survivors, some in wheel-chairs and some much healthier than others; the

switched off with only the candles illuminating the whole stadium.

Lions clubs of



Zone 3 Peace Poster Launch

The four Lions Clubs of Zone 3 (PE Cape Recife, PE Elizabeth, PE Host & PE St Croix, combine their efforts in launching the Peace Poster Competition.

On the 8th March we launched the Peace Poster Competition at a cocktail function held at the Caritas Centre in Port Elizabeth. Each Club invited representatives (the Art Teachers & Principle) the schools they planned to involve in the competition. There were a number of apologies with firm commitment & we had 4 Teachers representing 5 schools.

District Chairperson Lion Ray Brown gave a brief presentation on the Lions Peace Poster Competition & the basic rules followed by Lion Sue Kinnell of Cape Recife then gave a brief outline on how we planned to administer the Competition:

- Paper (right size) would be supplied to schools.
- Posters to be ready for collection early August 2010.
- Each Club will arrange the judging

of their schools posters using subject matter experts.

Best 5-10 poster from each school will be displayed at Walmer Park for a short period to allow parents & the public to view them & possibly vote?

The best poster from each school will be forwarded to District for judging by their panel of experts.

After this a question time was held & further grey areas were cleared up. Following this we quantified the number of sheets of paper required by each school.

This was followed by the eats, supplied by each club & drinks sponsored by Cape Recife. All those present said that it had been an enlightening evening with the teachers saying that they would be talking to their counterparts in other schools about the Peace Poster Competition.



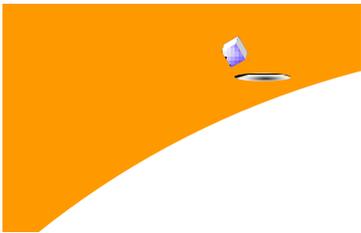
Stilbaai Lions donates wheelchair

Stilbaai Lions Club was asked to help with a donation for a wheelchair for a lady in our community. Due to illness and a weight problem she could no longer go anywhere and was restricted to her house.

Our club decided to help her. After a good research we found a wheelchair that would be able to carry her weight as well as fit into a normal door and be strong enough to be used in a rural area.

On the 6th March we delivered the





Gonubi e Projects

On Sunday afternoon Gonubie Lions set off distributing Easter eggs wrapped in face cloths to 8 retirement homes in Gonubie, residents from the following homes were thrilled to have visitors pop in for a short while and give them a little cheer and small gift : Rina's Place, Gonubie Frail Care, St Raphael, Ebenezer, Emanuel, Shirley's Place, Terry's Sanctuary and Shelley's Place. Gonubie Lions were very impressed with the lovely environment created for our dear senior citizens and thoroughly enjoyed meeting

many very positive and

ple who have been married for 70 years, Bessie and Cias Crous, despite their son visiting them they didn't mind spending a few moments chatting to us, Bessie who will be 90 in May, is really an artist of note and her paintings are indeed beautiful. She enjoys passing her time being creative.



Bessie & Cias Crous, holding their gifts and still smiling after 70 years of marriage



Lion President Lyn gives a senior citizen a much appreciated hug

kind people. We were also honored to have met a Gonubie cou-

Lions rounded off the day by enjoying a meal together at Guido's, a local restaurant, where delicious food and excellent service was much appreciated.

Gonubi e
King William's Town

King William's Town Leos

It has been a hard uphill battle for the aspirant Leo's in King William's Town, just as they think they are ready to get going, things get rough.

But now, eventually we officially have 11 "active" Leo's with 3 other prospective.

The Leos decided, on their own that they would have a "Build-a-Burger" fellowship evening to spread the word of Leos, make some dosh, and yes, Party!!!

Said Alfred Buys, convenor of the evening, "It was a roaring success, we made some money, and a lot of young people now realize that being a Leo will not disrupt your social life but will BE your social life.

Well done guys (and gals)



Leos hard at work



And some parents too



King William's Town Golf Day

King William's Town recently held their annual golf day at the KWT Golf Club. It was clear that the recession had even hit the golfers as there wasn't quite the turnout that was hoped for.

Nevertheless great fun was had by all and a goodly sum of cash was

Supper was a build-a



burger and



prize was won by Mr Aiden Willard.

A new venture this year was the inclusion of a flea market to try and keep the families there as well while dad (or mom) was out chasing that little white ball.



chips and the 19th sang way into the night.

Lion Ulie arranged a weekend away for 2 and

collected, a portion of which was donated to the CANSA walk for life.

As always King Lions were able to give prizes to every participant and, in so doing, build a market for next year.



Our "Independent Auditors" doing the draw

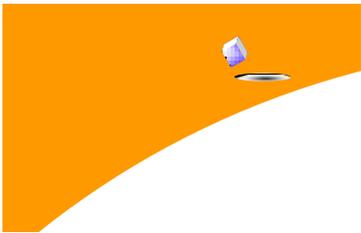


Aiden Claims his prize

George Service Clubs Pledge Co-operation

At a recent meeting the different service organizations serving George pledged that they would henceforth work together and give each other assistance.





From Knysna

Just a few photos taken recently of the clubs in Knysna area having a fellowship get together. Lion Jessica was able to present Eden Lions with a Knysna banner. The fires were very busy for the hungry Lions and a good time was had by all.



We need more of this don't you think?

Elaine.

(I agree—Ed)

Knysna & Kouga

Kouga Lions entertain International Guests

Kouga Lions were recently visited by DG Joggie

ing" in SA to avoid the overseas winters and are now on their way back home. They both gave a brief overview of Lions in their respective countries but both emphasized that SA has a wonder-

PDG Kees was instrumental in getting 1000 euros for **Mcayla's Trust Fund.**

Kouga Lions are helping to raise the R100,000 needed for a Cochlear upgrade for one ear (she needs both ears done). Her trust fund now stands at about R49,000.



DG Joggie, LP Fred van Deventer, PDG Kees van Eenennaam & Lion Georg Tegstam

They were graced with two visiting Lions from overseas, Lion President Fred van Deventer, PDG Kees van Eenennaam of Luxembourg and Lion Georg Tegstam from Alingsås Lions Club in Sweden.

ful friendship and they have been made ex-



Lion Lady Helma, PDG Kees and Mcayla

Amongst all this excitement a new Lion, Pons du Preez was also inducted by DG Jog-

Both the International visitors are swallow-

tremely welcome on visits to the Club.



Junior City Council Ball 2010

The Junior City Council Ball is the most prestigious teen event of the year. It is organised by the councillors, an average of 750 people attend in all their finery. This years theme was Sophiatown. The Junior City Council has been a project of the P E Host club since 1950, besides the monthly meetings and projects, the camp held just after the new councillors have been inducted, is their other big event.



*Junior Mayor
Loide de Almeida*



*Deputy Junior Mayor
Charlton Johannes*



*Speaker of the House
Zanele Takayi
and Lion Wally Smith*



*Project Convener
Chelsea Pulnam
Fund Racing*

Port Rex “Push-a-Friend

Page 5 Sun & Express March 25, 2010

‘Push a friend’ day at new mall

Lions Club annual outing

By Elizabeth Arends

IT WAS a special day for several elderly folk the past Saturday (March 20) when the Lions Club of the East London zone held its annual “Push a Friend” day at Hemingways Mall.

It was the first time that the Lions have taken the old folk to a shopping centre, something that the elderly residents found very exciting. Baskets from the Mt Chelmsford Adult Centre for the traditionally fragile as well as the Sevey and Silver Crown old age homes were pushed around the mall to their whereabouts by Lions Club members.

“We usually take the old people for a walk along the beach but this year we decided to change it a bit and bring them to Hemingways Mall. We always try to do something different and this year the obvious choice was East London’s newest and biggest mall, and the participants were meticulously co-ordinated for the purpose.

“The choice was also supported by the fact that the mall is entirely accessible to wheelchairs. We got a service club and that is one of the ways we serve the community,” said Prof Ben Liona president, Ivan Pieter.

The wheelchairs were pushed by Lions Club members assisted by friends and staff from the homes concerned. All of the people from the homes involved visited the mall for the first time.

“It’s my first time here and I love it. It’s so beautiful and I would love to be back,” said 76-year-old Janet Hensch from Silver Crown old age home.

The mostly wheelchair-bound people were taken around the mall, entering a few shops before ending the tour at the off at Mugg’s Home for a coffee and tea.

The Lions thanked the mall management and the management of Mugg’s Home for their help with the event.

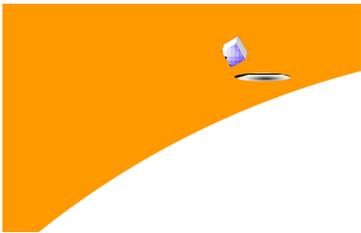
DELIGHTFUL DRIVE. A trio of the people that enjoyed an outing with the Lions Club on their annual ‘Push a Friend’ day.

HELPING HAND: Lions Club member Steven Pieter helps some of the elderly citizens, on their annual outing, cut and butter their muffins at a Hemingways Mall coffee shop on their ‘Push a Friend’ day. For some folk this was the first time they had been into the new mall which opened in October last year.

WINDOW SHOPPING: Lions Club member, Marisa Vogerzani shows Jeremy Hanson, from Silver Crown Home for the aged and disabled, some of the jewellery at a shop in the Hemingways Mall last Saturday. The Lions were showing disabled elderly residents around the mall as part of their ‘Push-a-Friend’ day.

OLD GUYS! Youmie Tyeke from Silver Crown gets a much deserved by Lion, Marge Klotz at the Lions Club’s annual Push-a-Friend event last Saturday.

PE Host & the JC’s
Port Rex Push-a-Friend



Stilbaai Lions support CANSA

Stilbaai Lions club donated R10 000.00 to Stilbaai CANSA that was used to purchase bed sides, a linen trolley and an over bed trolley for use in the Stilwaters Care Unit by Jagersbosch Community Centre. In the photo we see Marlene Adendol, Marina Stadler (Lions), Arina le Granger (95), Engela van der Merwe (CANSA), Cornel Nieuwoudt (Jagersbosch) and PDG Bertie Roux with the purchased equipment.



Stilbaai
Swellendam

Swellendam Rooi z !!

May I apologize to Swellendam for not placing there articles and photo's previ-

ously. I had the photo's but "lost" the article. So here goes:



This from
Lion Eric



Bas-son
Photo 1: We held a braai for the Old Age Home(180 people) and some music was supplied.

Photo 2: Lions busy with the braai.



Photo 3: We in-



vited Klipwerf Boere Orkes to Swellendam and sponsored 10 Old Age Home people for the dance.

Photo 4: The President with some of the Old Age Home peo-



ple.
Photo 5: Enjoying the

Photo 6: Lions ladies bringing presents to the people of the Old Age Home on their birthdays.

Photo 7: Lions ladies enjoying a birthday breakfast.

Photo 8: Lions busy at their

famous Snoekbraai project.

Photo 9: Golfdag Braai for the participants

Photo 10: Annual Show project - participants in a "Skattejag" competition.



Photo 11: Some of the Lions on Valentineday tea.



My 80 Years

This is Tremayne Toms turning 80. He has been a Lion for many years having spent many years in Gauteng before retiring to Knysna. The write up is by Tremayne himself.

For what it's worth, the bones of what I said was that I have had a good 80 years.

*I didn't enjoy school
*I really enjoyed varsity; the freedom, the friendships and a great interest in what I was doing and learning

* I did private practice for +/- 5 years. Didn't really enjoy this but needed to pay back study debt. This paved my future because my clients

recommended me to Harry Oppenheimer who invited me to manage his thoroughbred breeding establishment, Mauritzfontein. Naturally I grabbed this opportunity. During this time my 3 lovely daughters were born.

*Had nearly 30 years in this employment. Had a wonderful relationship with the whole family. Met many interesting and influential people.

Travelled extensively. Unfortunately I developed a cardiac problem and was forced to retire. However a bi-pass rejuvenated me, and I met Olwen (joined Lions) and sought employment again.

*Was invited to join the

Jockey Club as a full time veterinarian. Spent an interesting and exciting nearly 12 years in this position.

*Retired to Knysna where we have again been so happy. As I said "it's a good life"

The pics are (I am not sure of the numbers) With my brothers, David and Hector, with Olwen and Liz, me, and with my long time friend George Willis.

I hope this is what you had in mind,

Tremayne

Some of the people at the dinner have been my friends for between 50 and 60 years



My 80 Years



