

District 410D Southern Africa
2010-2011

The Newsletter of
District Governor

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WORDS FROM OUR DG

Bryan Dyson, a former CEO of Coca Cola, once made one of the shortest speeches by a CEO. He said, "Imagine life as a game in which you are juggling some five balls in the air. They are **Work, Family, Health, Friends and Spirit** and you're keeping all of these in the air. You will soon understand that **work** is a rubber ball. If you drop it, it will bounce back. But the other four Balls – **Family, Health, Friends and Spirit** are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for it."

I suggest that, at times, we can substitute **Lions** for **Work**. While your dedication and the time that you give to Lions is greatly appreciated and needed so much, there will be times when the other important things in your life must receive your attention. If your involvement in Lions, worthy as it certainly is, takes up so much of your time that your glass balls suffer damage, it can result in you being lost to Lions, and we cannot afford that. Spread your time and your energy fairly so that neither you nor those who are special in your life nor the community that benefits from your service end up losing out.



Seeing it's Christmas Who's got a food hamper
for the DG he looks hungry

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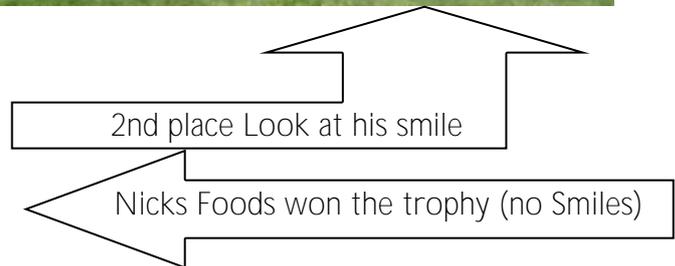
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SOCCER DAY IN KING

King Lions held a 7A side soccer day. There is a floating trophy up for grabs but everybody wants to come second. See why in the photo



DIABETES SCREENING IN KING



115 People were checked and 3 taken straight to the doctor with a further 10 referred.
THANKS TO DR LIMBADA FOR SUPPLYING ALL THE ITEMS NEEDED



BRAAI STAND



UITENHAGE

The Uitenhage & Despatch Junior Town Council (JTC) recently held their induction of the new Mayor, Roxanne Burger from Despatch High School and Deputy Mayor Ciara Jackson from Riebeeck College Girls High School.

PDG Joggie Kastner and his good lady Bettie were in attendance for what is a most important occasion in the JTC calendar. A decision has been made in that the JTC will now become an Alpha Leos Club and will be known as the Uitenhage & Despatch JTC LEOS.

JTC is a youth program represented by 7 schools in the Uitenhage & Despatch area under the Lions Club of Uitenhage which does community service by raising funds and giving of their time to work or sponsor their own programs such as: ACVV vegetable garden and schools which do not have sufficient library books, children's Christmas party at Provincial hospital every year, participation in Noddy's as clowns, fairies and characters to name just a few of their projects.



The club sponsored the paint of some rooms and a day room at Huis Najaar, an Old Age Home in Despatch. The Lions Club was invited to a tea and cake evening so as to view the changes that occurred. This has brightened up the room and the feedback from the residents is that they are thrilled with the warmth that the rooms now project.



LP Alan Kretschmer attended the Club's "One to One" project and found it a most rewarding experience.

The object of attending was to see what role Uitenhage Lions Club could play in this worthy project run by all the Lions Clubs in the PE Area



PLEASE SEND ME YOUR PROJECTS AS YOU COMPLETE THEM SO I CAN TRY AND FILL THE NEWS LETTER EARLY FOR DEC. WHAT IS LEFT OVER I WILL USE FOR JAN THANKS FOR ALL YOUR SUPPORT

UITENHAGE

Diabetics Awareness

The Club held a Diabetics awareness and Glucose testing day outside Pick & Pay in Uitenhage.

The response from the public was amazing with 170 people been tested.

Young and old were tested and even the Lions and family members got into the spirit and were tested.

A number of people who were found to be a bit high on the glucose test were advised that they check with there doctor for further follow up.

The testing came to an end as we had run out of strips with a number of people coming to enquire if we will be performing this service again.

Due this overwhelming response the intention is to run this as a quarterly project

SPCA Open Day

The Uitenhage SPCA held an open day in order to generate funds.

The Lions club set up a second hand book stall and

all money raised, R940.00, was donated to the SPCA.

We have also taken out a yearly sponsorship of two kennels to assist the SPCA in maintain them in a condition that will be fit to house the animals.

The Lions emblem is proudly affixed to these two



Lions with Christelle Erasmus chairperson of the Uitenhage SPCA

Interview on Algoa FM

On the 10th of November Bokkie and Club President Alan had the opportunity to promote Lions on Algoa FM.

We were able to get an information slot just after

the 12:30 news to promote the Lion Rally in Cradock as well as inform the listeners about Lions in general as well as projects and especially the Lions Xmas Cake drive that is on

at the moment.

A special word of thanks must go out to Roy Williams from Algoa FM for giving us this opportunity to promote Lions and thus spread the word about Lions in Eastern Cape.



**Viv Bozack (Algoa DJ),
Alan, Bokkie & Roy
Williams in Algoa FM stu-
dio.**



Springbok Youth Exchange

The annual Springbok youth exchange took place in the September school holidays.

Four kids from Uitenhage, Roxanne, Jethro, Ryno & Stephan were hosted by the Springbok Lions Club and four Springbok kids, Tokkie, Aniska, Vincent and Hardie were hosted by the Uitenhage Lions.

The Springbok Lions kids visited a Compost Farm, Citrus Farm in the Sunday River Valley and Addo Elephant Park.

They also played ten pin bowling went shopping

and spent a night out in Jefferies Bay with the week ending with them attending a rugby match between the Eastern Province Kings and South Western Districts at the new PE stadium.

The Uitenhage-Springbok youth exchange project has been running for 27 years.



L-R: Stephan, Roxanne – (Uitenhage), Tokkie, Vincent, Aniska, Hardie – (Springbok) & Ryno – Uitenhage)

Words from our International President

It takes time to make a Lion. Certainly all Lions, even the newest, share in the same privileges and responsibilities as every other Lion, but to really understand what it means to be a Lion -- that takes time.

Even experienced Lions sometimes underestimate the value of our service. That is not true of the people we serve. They fully understand the value of what we do and they will tell us about it if we listen with open hearts.

I can still remember hearing the words, "We can always count on you Lions," when my home club in North Carolina delivered holiday packages to families in need of food. I recall the gratitude of elderly people who received a flu vaccine at the annual health fair my club organized and I will never forget the joy on the face of a child who received her first pair of eyeglasses from a Lion. These were some of the most rewarding experiences of my life and they taught me what it really means to be a Lion.

It is our job as Lion leaders to ensure that all Lions have opportunities to experience the rewards of service. That feeling of accomplishment and connection to another human life is our "secret weapon" in the effort to build and retain our membership. The more moments like those that we provide to our members, the more satisfying their Lions experience will be. And satisfied members are the best ambassadors our clubs can have. They will surely attract other people of good will who are seeking the rewards of service that only membership in a Lions Club can provide.

The next Global Service Action Campaign will provide many opportunities for the kind of one-to-one interaction I have been describing. Please do all you can to ensure that as many Lions as possible participate in [Relieving the Hunger](#), scheduled for December and January.

Thank you for all you do.

Best wishes,
Sid L. Scruggs III
International President

Reward for Karoo to Coast Co-ordinator

Sue Fitzpatrick receiving the Lion of the Year Plaque from President Riaan from Knysan Lions for all her hard work put into making the Karoo To Coast Mountain Bike



Lions in Action: Giving Women in Morocco a Better Life

About 20 percent of Morocco's population lives at or below the poverty line. Many adult women - including a growing number of single mothers - never had the opportunity to attend school, and lack job skills such as the ability to read or write. Local Lions wanted to provide hope to these families by establishing a school for women that includes a preschool for their children. [Learn how Lions made this project happen. And get "Tips and Tools" you can use to do a project like this in your community](#)

New "Relieving the Hunger" Video

With the global economic downturn, more families are finding it difficult to put food on the table. That's why President Scruggs is asking Lions to shine a light on hunger during a special service action campaign, "Relieving the Hunger." During December and January, your club can organize projects that mobilize your members to make a difference by helping those affected by hunger in your community. [Watch "Relieving the Hunger" video message. And learn how you can help relieve hunger in your community](#)

Service Commitment Pledge

October was the month of service reflection and renewed commitment. To date, more than 25,000 Lions have signed the service commitment pledge. If your club members haven't done so already, please encourage them to [sign the pledge](#) to help shine our light

Eden Lions Arniston Raffle

Lion President Carl van Blerk handed over the prize won in a raffle to a delighted Marge Shackleton. The raffle was done in aid of The Eden Lion's Club 200 project, which raises funds for children suffering from life threatening illnesses and needing medical attention. More specifically they are currently assisting Young Enrico, who was diagnosed about 3 months ago with severe kidney failure. With the much needed medication, dialysis and treatment, he is currently getting stronger by the day and preparing for the life saving kidney transplant early in the new year. The Lions club is only able to offer this much needed assistance with the generous help of the community. Thanks to each and every person who bought a raffle ticket in aid of this cause. The prize won by Mrs Shackleton is a two night stay at the luxurious Arniston Spa Hotel together with special Spa treatments valued at approximately R5000. Thanks goes to the generosity of the Management and Staff for their support of this project. You too can be a Lion



Eden Lions Operation Brightsight

Lions Operation Brightsight provides corrective spectacles to underprivileged people throughout South Africa and neighbouring states. Since its inception in July 1978, thousands of spectacles have been distributed, bringing smiles to the faces of people who are unable to afford the services of an optometrist. Without the help of Lions Clubs and Operation Brightsight, they would have gone through life with impaired vision.

The Eden Lions Club in George have recently taken up this project in order to provide this much-needed service. Seen in this photo are two of the first few recipients of brand new spectacles - they each received two pairs, one for distance and one for reading.

In order to ensure the correct script is received from the Lions offices, Outeniqua Optometrists, under the helm of Martin Botha, have very kindly offered their services for the eye testing to individuals who qualify for Operation Brightsight assistance.



EDEN LIONS CELEBRATE CHILDREN'S DAY

The Eden Lions club members supported the George Municipality in their celebration of National Children's

Day on the 6th November at Parkdene Primary School. As our Children are our future, it was an

important event to be part of. Members of the club assisted by selling hot dogs and "freezies" to

the children, and were also instrumental in the planning stages of putting the event together.

The Club's own Junior Lion, Jolene Haywood, 13 year old Head Girl of Outeniqua Primary School, was chosen

as the Main Programme Director and not only entertained the children with a song or two, but delivered a

motivational speech encouraging the children not to stand back for anything, but to embrace their talents

and make use of their opportunities. "The Adults are the here and now but we, the children, are the tomorrow" she said .



Eden Lions support Botanical Gardens

The George Botanical Gardens held their annual Fynbos Festival recently and it was a huge success, running over a two day period. The Eden Lions Club supported them in their endeavor by offering the visitors some light refreshments from a bar as well as a delicious variety to choose from at their food stall. With the help of a number of local businesses, some of the ingredients were generously donated which produced a profit of just over R7000 – of which 50% was donated to the Botanical Gardens Funds.

It was an excellent example of great team work and camaraderie between members and their families, where even the children pitched in and did their bit. A great time was had by all and the members received many compliments from the public for not only the delicious



Eden Lions are once again at the forefront in helping those that need help. It came to the attention of the Eden Lions that both the Metro Ambulance Service based at the George Regional Hospital as well as the Wilderness NSRI were in dire need of new PC monitors. Gareth Shackleton, a volunteer at Metro Ambulance Service, and also a member of the Eden Lions made this need his personal project to help get the monitors. Gareth approached fellow members to help and ADT Security in George came to the rescue. They have kindly donated a 'spare' LCD monitor to the Metro.

At a small hand over ceremony held at the Metro Service building on Friday 5 November 2010 and between shift changes, the Eden Lions presented the monitor to the Metro staff. The Eden Lions also made a big pot of home-made soup for all the staff. A similar ceremony was held at the Wilderness NSRI offices to hand over their monitor.

This is a small token of appreciation to these individuals who are our unsung heroes, delivering this service to our whole community 365 days a year.

Eden Lions also thank ADT Security for their donation and know that our community can rely on them for excellent security services rendered in the George and surrounding areas.



Eden Lions monitor METRO and NSRI

Stilbaai Lions sê dankie

Met die welwillende samewerking van Stilbaai Spar en OK Grocer, het die Stilbaai Lions op 9 Mei verlede jaar kos insamelingstrollies by hierdie winkels geplaas.

Die ondersteuning van die publiek was en is steeds na sowat 18 maande verstom-mend. Elke maand word talle kospak-kies deur diensorganisasies aan minder bevoorregtes oor die volle spektrum van die gemeenskap geskenk. Trouens as die trollie by Stilbaai Spar nie gereeld gelig word nie, sal dit letterlik oorloop. Die Stilbaai Lions is baie dankbaar vir die betrokke instansies en die gemeenskap vir hulle getroue ondersteuning. Die dankbaarheid van die ontvangers maak **van hierdie projek 'n wenner.**



Bettie Kastner van Stilbaai Lions en Saas Schonken van Stilbaai Spar by die Lions se kostrollie

Stilbaai Lions in CANSA'S Walk

"On 2 October Still Bay Lions Club entered a team for CANSA's Relay for Life event which took place in Heidelberg. It was a great occasion and enjoyed by all. The after effects testified that some members/spouces had exceeded their fitness level. Lion Petro did so much walkings that it servered her back problems, culminated in painful surgery

CANSA managed to net the amount of some R 105 000, which for a small town, was great"



RETENTION

As mentioned in a former News letter, we will concentrate on the need to “service” members in order to give them every reason to stay. But first we need to know why people join and stay in organisations and in particular Lions, and what this relationship entails: People do not join an organisation for the pure sake of joining. In fact they normally join because they perceive something in a particular organisation they feel attracted to and with which they want to be associated. It’s like wanting something you don’t have.

There must also be a reasonable expectation that by joining they will achieve what they want- Their attraction to the organisation and their expectations represents the degree to which they are motivated. This means that motivation is not a all or nothing feeling but that its level can vary. This implies that the greater the attraction and the higher the expectation, the higher the motivation. The opposite is also true.

During their stay in Lions, members motivation tends to fluctuate, depending on how they experience their “stay”. If they feel that they are in the “ right place”, their motivation will be either the same or higher. Lets not forget the opposite

Servicing members has basically as goal to have a motivated membership and in so doing keeping members. In our recent “survey” the following factors were identified as the most important ingredients to achieve just that: FELLOWSHIP; INVOLVEMENT/ACCEPTANCE; MEANINGFUL PARTICIPATION; INVOLVEMENT OF SPOUSES/PARTNERS; and last but not least RECOGNITION.

Each one of these factors will be discussed more fully in future news letters.

There is a true saying that you can take a camel to the water but that you can not make him drink. By this we must always bear in mind that there also rests a responsibility on each member to make full use of opportunities which are offered and to do what reasonably can be expected of him/her. The fact that we joined Lions voluntary does not alter this – in fact did we not also join the organisation in which we are/were employed **voluntary?**

JOGGIE KASTNER
DC: RETENTION

HI 5 DAY

Please take note that the hi 5 day has been postponed to the 05 march 2011

Pls set this date aside so we can achieve the goal of our Multiple District, having the same project on the same day thus creating more awareness

DG on his Visits



ONE on ONE PROJECT IN PE



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Lord make me instrumental of thy peace;
Where there is hatred,
let me sow love;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O divine Master, grant
that I may not so
much seek to be consoled,
as to console,
to be understood,
as to understand;
To be loved, as to love;



We Serve



Ready to Help, Worldwide

Whenever a Lions club gets together, problems get smaller. And communities get better. That's because we help where help is needed – in our own communities and around the world – with unmatched integrity and energy.

Our 45,000 clubs and 1.35 million members make us the world's largest service organization. We're also one of the most effective. We get the job done. We recently: Brought 3,000 volunteers together to build [a playground for children of all abilities](#) in California, USA. Fed 60,000 people in a township in South Africa. It's something Lions do there every day. Sent a team of eye surgeons to Honduras to treat more than 100 adults and children. Everywhere we work, we make friends. With children who need schoolbooks, with seniors who need transportation and with people we may never meet. We're led by talented, dedicated [volunteer leaders](#) from around the world. And, we're supported by the [Lions Clubs International Foundation \(LCIF\)](#), which helps to fund Lions humanitarian projects.

PLEASE SEND ME ANYTHING YOUR CLUB HAS DONE, NO MATTER
HOW INSIGNIFICANT YOU MAY THINK.
LET'S USE THIS MAGAZINE AS A MARKETING TOOL.
WITHOUT YOUR INPUT, AN INFORMATIVE NEWS LETTER
WOULD NOT BE ABLE TO BE PRODUCED

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