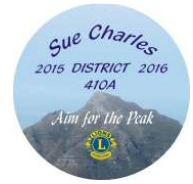




DISTRICT NEWSLETTER 410A



January 2016

There is an old adage that says 'time flies when you are having fun!' and how true it is in my case. I can't believe that I am already in the second half of my year as District Governor and before too long I will be handing over the reins to 1st VDG Lance.

For nearly a century, Lions have dedicated themselves to improving the communities where they live and work. Our legacy of service extends beyond borders, uniting Lions in service and impacting communities around the world. The Centennial is an opportunity to build on our legacy by leading through service, inviting new members for increased impact, and connecting with the community. International President Dr Yamada is encouraging clubs to start planning a Legacy Project, as a visible gift to the community as a reminder of how important Lions is during the Centennial and beyond.

Clubs would have already received the notification that District 410A will have the honour of hosting 1st International Vice President Bob Corlew and Dianne, together with Neville Mehta the Executive Administrator for ISAAME at the beginning of February. To ensure that as many of you as possible have the opportunity of meeting our International guests, members are invited to a function at the Kirstenbosch Clubhouse on Tuesday 2nd February from 18h30. There will be a dinner for Cabinet members on Wednesday 3rd February. District will be covering 50% of the costs. We will be visiting the Khayelitsha Eye Clinic and Bokmakierie Primary School in Athlone as well as doing some sight-seeing.

The latest fires in the South Peninsula highlight the importance of developing a functioning Lions Alert programme in the District so I appeal to all clubs to prepare a disaster plan that will coincide with the request for Lions Alert date circulated by PDG Jimmy Lang, (District Lions Alert Chairperson).

The date for registration for the 2016 District and Multiple District Dolphin Coast Convention has been extended. This is 'my' Convention and I appeal to you all to make a plan to attend, take some extra days to have a holiday in KZN, take in the sights and attend Convention.

My first Club visit for the year was to Fish Hoek, where I had the pleasure of presenting Lion Ewen Smith with his 40-year Long Service Award at their meeting on Monday 11th January.



It is an honour to service as your District Governor. Let's make 2016 a year to remember!

Editorial: January 2016

Deadline for news will be 15 February. The newsletter will be distributed before the end of the month. DG Sue has the right to edit articles and decide on what will be published (or not). All articles to be submitted in Word format to:

romanfam@telkomsa.net
Mike Roman

Dept of Useless information

No word in the English language rhymes with month, orange, silver, or purple

"Dreamt" is the only English word that ends in the letters "mt".

Leonardo Da Vinci invented the scissors

February 1865 is the only month in recorded history not to have a full moon

The words 'racecar', 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).



1st DG Lance Maytham

Hi All

I hope that those of you who had a break over the Festive Season, are well rested and ready for the next six months and longer.

Vir julle wat nie blaaskans gekry het, sterkte tot dit kom.

Since my last report, I have been on leave but I still continue to monitor the clubs' minutes and the health and re-cap reports. Ek vertrou dat julle my weer sal ondersteun met my pad op na Distriks Goewerneur.

All the best until we chat again.

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BREAKING NEWS!!!!!!
Joel Greek of the Athlone School for the Blind has won The Lions Clubs International 2015/2016 Essay Contest. The theme was "Share Peace", and his essay was entered by the Lions Club of Gordons Bay.

His essay was published on Page 9 in last month's Newsletter. Joel, his parents and LP Jimmy Lang will be travelling to New

York to attend the Lions Day with the United Nations where he will be presented with his prize of \$5000.00.

CONGRATULATIONS!!!!!!!

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MembershipThe Heart of our Organisation!

PDG Paula Lang

End of Fiscal Year June 2015:	840 Members
End of December 2015:	852 Members
YTD increase of 12 members.....	
December Month Added 5 members dropped 6 members	



Congratulations to the following new Members that were inducted in December 2015: Welcome to Lions District 410A: Wishing you all many special service moments!

CERES
LIEZEL HANEKOM
Sponsor: HERMAN CROUS

GORDONS BAY
LEONARD CARELSE
Sponsor: GRANT JONATHAN

MERRIMAN
ROBERT JAMES ANDREW HOLLAND
Sponsor: CYRIL FOX

SWAKOPMUND
YOLANDI GROBLER
Sponsor: FREDERICK KRUGER

SWAKOPMUND
BRUNHILDE WALTRUDE SMITH
Sponsor: HENNING JEREMIA BESTER



Lions want to have fun.....Tail Twister....

Tail Twisters have added elements of fun and surprise to Lions club meetings since the 1920s. Having fun while doing good has been a Lions speciality from the beginning. In the early 1920s, many U.S. clubs had pep committees charged with enlivening routine club meetings. Lions soon entrusted the merrymaking function to a single energetic and enthusiastic officer, known as the Tail Twister. Students of Tail-Twisting lore will find rich veins of anecdote and remembrance among long time Lions and also in Lions publications.

How did the name Tail Twister come about? *The World's Biggest Doers*, a 1949 history of the Lions, described this origin story, as recounted by Lions founder Melvin Jones:

“One Sunday afternoon three or four of us were discussing this matter of putting pep into the meetings. One fellow who had been born on a farm said we needed to do what used to be done on the farm. When a cow refused to go through the gate, someone would grab her by the tail and twist. We all laughed, but one of the boys said, ‘Why isn’t that a good name—tail twister?’”

The fact that lions—*real* lions—also have tails gave the name another amusing twist.

Now optional for all Lions clubs, the role of Tail Twister had been an established office under charter bylaws for decades. But as a 1941 article in *LION Magazine* made clear: “Of all the officers in the club, he [the Tail Twister] has no rigid code, no well-defined plan of action. He must be a Lion of originality.”

Indeed, Tail Twisters have been remarkably creative in promoting fun and fellowship and boosting club treasuries by “twisting” small fines from members for minor breaches of club rules, such as not wearing a nametag or talking during a guest speaker’s presentation.

The fines system is both autocratic and democratic. No member can appeal a Tail Twister's levy, and no member is above paying it.

"President Westfall Fined on Southern Trip," ran a banner headline over a full-page story in the April 1927 issue of *LION Magazine*. While visiting the Columbia Lions Club in South Carolina, USA, International President William Westfall forgot his Lions pin when changing "from his train clothes to his speaking clothes." An alert Tail Twister named Goldschmidt spotted Westfall's bare lapels and fined him 10 cents, the going rate for such infractions in the 1920s.

Contests, quizzes, brainteasers, jokes, light hearted songs and poems are time-tested tools of the tail-twisting trade. Today's practitioners can find and share fresh material on several club websites and on a Tail Twister page on Facebook.

Concepts of humour do not always transfer across different cultures and times, and that has led to a gradual decline in the tail-twisting tradition as Lions have expanded around the world. But every day in countless other ways—from pancake breakfasts to picnics with needy kids to big parades at convention time—Lions still know how to have fun.

CENTENNIAL COMMUNITY LEGACY PROJECTS:



Connect with your community and build your Lion legacy by planning a Centennial Community Legacy Project during our Centennial Celebration. **Legacy Projects are visible gifts to your community that commemorate our Centennial** and create a lasting legacy of your service contributions.

Your Legacy Project will serve as a reminder of just how important your club is to the community during the Centennial and beyond. All Lions clubs around the world are encouraged to complete a Legacy Project by June 30, 2018, so start planning yours today!

Start Planning Your Legacy Project Today!

Choose from the project ideas below or create your own to address specific needs in your community.

Raise Your Community Visibility

- Post new Lions signs
- Donate a park bench
- Dedicate a statue
- Sponsor a fountain in a local park

Provide a Community Gift

- Refurbish a park or playground
- Build a footbridge over a busy road
- Fund resources for the visually impaired
- Donate a vehicle to a community Organization

Make a Community Impact

- Build a clinic
- Expand a library or school
- Develop a training centre
- Equip an area hospital

Choose your project and start building your Lion Legacy today!

Visit Lions100.org to learn more.

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DC Sight Awareness: PDG Pierre Theron



How to get involved in Lions Operation Bright Sight

It is relatively easy for your club to get involved in a vision screening project, particularly within your community. Here is a guide of how to proceed with a Sight project, using **Lions Operation Bright Sight**.

The first step is to contact an optometrist in your area and negotiate for the tests to be done preferably at no cost, or at a reduced fee paid by the Lions Club or reduced fee to the patient. It has been found that many optometrists may give their time freely as a social contribution to your club and to the community.

Important - If the eyes of scholars are to be tested, care must be taken to obtain a completed **indemnity form** from the parents or guardian.

Script forms must be completed by the Optometrist (copies of the above forms can be found on www.lionsmd410.gov.za)

OPERATION

Scripts are then sent by Lions Clubs to **LOBS**. Script details are entered on the computer. Scripts are scrutinised and lenses are purchased. Frames are selected and frame and prescription is sent to a technician. Technicians grind lenses and fit lenses to frames. Spectacles are examined and cleaned. Suitable spectacle cases are selected and the spectacle and prescription is placed in the case

COST

One pair of spectacles on a script costs R150.00 and two pairs R300.00, within the standard script range for the same patient.

High scripts will be quoted on, after the script has been received.

The Lions Club will be advised of the cost and approval obtained before the spectacles are made.

PUBLICITY

Obtain the maximum publicity for your Lions Club by submitting photos & articles to your local newspaper. Remember to recognize Lions Operation Bright Sight in any publicity articles

LET'S DO OUR BEST FOR THE SIGHT IMPAIRED!

Let's meet Helen Keller's challenge...to be "Knights of the Blind"



MDC Youth Exchange – Gisela Weitz

I think some of you will be relieved reading my news, though they are bad in terms of what could be an excellent Multiple District project of introducing the young international Lions community to South Africa.

In August last year CC Rob asked me to try reviving the ailing LCI Project Youth Exchange. We were hoping to enthuse all 4 Districts into developing a 4 weeks' subsidized mix of youth camp or social or environmental work holiday with limited home hosting, the latter having been the pièce de résistance for most clubs.

While District 410A had located the perfect camp and 410C was very happy to home host for a full week, 410D struggled and eventually gave up finding both camp activities and host families, and 410C decided to completely withdraw from the project.

At the last Council Meeting it was therefore decided to cancel the 2016 program. We are not sure whether we will give it another try in 2017.

I would like to take this opportunity to wish all of you health, happiness and prosperity for 2016.
Yours in lionism

Gisela

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**Youth Camps
& Exchange**



ZC Sharon Cottle – we are moving!

Well, I am halfway through my term and would like to let you know that all is well. I am grateful for the support from my club members and also the support received from all the clubs in Zone1. You all rock!

The immediate task now for all clubs is to think about succession planning and I wish you all the best as you identify and finalise this process for the next fiscal year.

Please, will you consider taking up an executive position in your club for one year? – The Lions organisation needs you.

I look forward to the coming months, working with clubs to achieve our planned projects and activities. I especially look forward to attending the MD convention later this year in Ballito Bay, Durban and wish to see a good number of members from Zone1 attend.

WE SERVE

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DON'T DELAY! GET THAT REGISTRATION FORM FOR CONVENTION IN TO-DAY!!
FROM 5 MAY TO 7 MAY. MEET OLD FRIENDS, MAKE NEW ONES.
THIS WILL BE THE PLACE TO BE.
THE REGISTRATION FEE IS R1000.00 WHICH INCLUDES THE FOLLOWING:
5 MAY – WELCOME EVENING
6 MAY – DISTRICT COVENTIONS
7 MAY – MULTIPLE DISTRICT CONVENTION
7 MAY - GALA EVENING



"Green Living"

January 2016



Singing the Blues

Happy New Year!

Many animals are named for their blue colour →

Blue Crane—our national bird is famous for their show-stopping courtship dances. Males leap high into the air and display their feathers to impress females. These majestic blue-grey birds mate for life. They live in SA, Namibia, Botswana and Swaziland.

Blue Wildebeest—these blue-tinged antelope migrate hundreds of kilometres across the African plains each year. The reason? They're on a quest for water and grass to graze. Male wildebeest make booming bellows and the sounds can travel up to 2km away. That's one way to communicate with another antelope on the other side of the giant herd.

Bluebottles—look peaceful as they sail across the waves but down below they trail deadly tentacles. These navy blue strands can reach 10m long & each is lined with venomous stings. Even when they are dead, they can still sting you. Beware!

Blue-cheeked Bee-eater—this little bird appears to be wearing face paint with the vivid smudges of turquoise around their eyes. They are talented architects and use their beaks to excavate long tunnels in sandy riverbanks. At the end of these passageways they dig out neat, cosy little chambers to lay their eggs safe from prying eyes of predators.



Blue duiker—talk about tiny... at 35cm high, they are only just taller than a ruler! Early morning and at dusk they come out from the bush to look for leaves, fruits & flowers. When there's danger, they 'dive' into the bush to hide and that explains their name in Afrikaans! If you're lucky you might spot a splash of blue-tinted fur before it vanishes.



Exotic edibles

Toothache plant—when you bite into this plant's flowerhead, spilanthol is released, which makes your mouth tingle and helps soothe toothache. Use the fresh leaves in a salad or stew.

Cape Gooseberry—these are protein-rich and full of Vitamin A, C and B and can be eaten fresh or stewed for use in tarts, cakes, jellies and salsa. Also makes a good jam.

Tomatillo—this bears a small tomato-like fruit that turns purple as it ripens. It's fleshier than an ordinary tomato. Use it to brighten a bredie, soup or jam.

Turmeric—the rhizome can be used fresh or dried & ground into a powder. It has an earthy, slightly bitter, peppery taste. Traditionally used in curries and as a yellow food colourant.

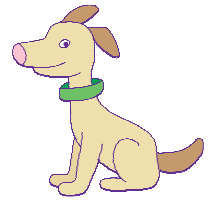
Ceylon spinach—is a fast growing climber and leaves (rich in Vitamins A & C, calcium & iron) can be eaten fresh and tastes a bit like beetroot. Low in kilojoules & a good source of protein and roughage.

DE liz

Cars are not kennels!

Hot, locked cars especially during our hot summer months are one of the most dangerous places for dogs.

A parked car on a hot day of 27 degrees Celsius—even with windows left slightly open for air—can reach an internal temperature of almost 50 degrees Celsius in just ten minutes!!



Animals can sustain brain damage or even die from heatstroke in just 15 minutes!!

You'll hardly find a human being who can withstand such conditions, let alone a dog who's covered in thick fur. Dogs cool themselves by panting and drinking cool water. Dogs cannot sweat through their skin—their sweat glands are located on the pads of their paws. They pant to circulate cool air through their bodies and cool their internal temperatures. Drinking cool water helps to do this and if there's no access to water, they can quickly overheat resulting in permanent brain damage and even death.

Report animal cruelty to the Cape of Good Hope SPCA on (021) 700-4158/9. Help the SPCA bring the plight of dogs subjected to this type of cruelty by using #carsarenokennels in your social media posts and help dogs to never be subjected to irresponsible pet ownership.

Support our Multiple District's awareness project by purchasing your 'hot cars' stickers @ R200 for a pack of 100 (available in English or Afrikaans).



Club News

Kirstenbosch Lions Club



Kirstenbosch’s “Pencil Box” project. DG Sue, found time in her busy schedule, to hand out pencil boxes at the Belmore Primary School in Hanover Park.



Forest Valley Club Branch (Tokai)

Congratulations to Lion Lynne Kleu and her Hubby Warren on the birth of their daughter Ashley, born on the 6 January. Family all well.

