



District 410A

"Green Living"

December 2014



Lions Environmental Photo Contest

This annual photo contest provides a way for Lions to portray through an original photograph their commitment and pride to improving, protecting and preserving their environment. Every Lion from a club in good standing can enter a photograph of his/her immediate surroundings in any of the following five categories :

ANIMAL LIFE / PLANT LIFE / URBAN OR NATURAL LANDSCAPE / WEATHER PHENOMENON / SPECIAL THEME of Lions' Pride in our Environment (capture the beauty & grandeur of our natural environment).

Please note that the entries must be an original, unaltered, black-and-white or colour photograph [without people]. The impartial judging of photos will focus on originality, artistic merit and portrayal of the environmental theme. The exact size of your photograph must be **20,3 x 25,4cm (or 8" x 10")** in order to qualify for the judging.



Please send your entries **by 16 January 2015** and include your name, club and category on the back of each entry (preferably printed than hand-written to avoid smudging). Please contact me for collection/delivery details—0829244084.

Judging will take place at the February Cabinet Meeting where ONE winning photograph across the 5 categories will be selected. This entry will be sent to the MD Council Meeting for overall judging where only ONE photograph will be posted to LCI headquarters.

Good luck & happy snapping!!

Natural insect sprays



Make natural insect sprays using ingredients such as vinegar, orange peel, bicarb and liquid soap →

⇒ **Whitefly:** 1litre water, 5ml soap and 5ml white vinegar;

⇒ **Aphids:** add 5ml citrus peel tea to the above recipe.

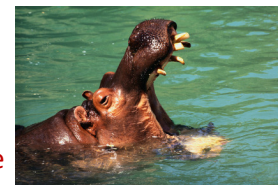
Take the chopped peel of one orange, cover it with boiling water and leave to soak overnight.

⇒ **Insect repellent herbs:** bay, catnip, chives, rosemary, fennel, lavender, marigolds, nasturtium and rue.

Animal sound check

Lions roar frequently and more loudly than any other big cat. The throaty growls can reach 114 decibels and travel up to 8km across the bush in the thinner night air. As powerful as it sounds, roaring is also tiring work so lions have to recover afterwards—no wonder you often see them asleep!

Hippos can holler at 115 decibels—what's more you are hearing only part of it. These wallowers have a secret underwater language. When they grunt above water, they also send vibrations down below. This is possible thanks to a special fatty layer around the voice box in their throat. Under water, hippos block their ears but they still have a way to hear—they pick up vibrations through their jawbone. Above the surface of below, hippos always stay in touch.



Christmas Tree tips

If you buy a cut Christmas tree, make sure the proceeds go to a charity.

Recycle the tree after using it by taking it to the municipal garden refuse dump.

Decorate one of the trees in your garden—wrap the trunk with strips of fabric and tie bows on the branches.

Greenpop has a Tree Ring gift programme—by buying a tree-shaped key-ring made from wire and beads, an indigenous tree will be planted in an under-greened community on your behalf. www.greenpop.org.za

An attractive indigenous alternative to the traditional Christmas tree is yellowwood with its shiny green foliage and gracefully drooping branches.

This slow-growing conifer is suitable for a large container that can be moved outdoors and placed in a lightly shaded area. Composted soil, a slow release fertilizer and regular watering throughout the year will keep it in good condition.



Enjoy the festivities this Season and I wish you good health, wealth & happiness in 2015

De Liz