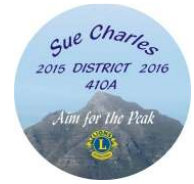




# DISTRICT NEWSLETTER 410A



February 2016

I, on behalf of the District, earned a silver crane during the Lions Dignity Award programme for ending the first quarter of the fiscal year with positive growth in Membership.

International President, Dr Yamada is urging Clubs to support the Centennial Legacy Projects programme. Legacy Projects are visible gifts to the community that commemorate our Centennial and create a lasting legacy of a club's service contributions. Legacy Projects are a great opportunity for clubs to address a need in their community, increase their visibility and celebrate our Centennial.

The short visit of International Vice President Bob Corlew, his wife Dianne and ISAAME Executive Administrator Neville Mehta, was very successful. In an e-mail written shortly after his visit he said ' Dianne and I had such a wonderful visit at Cape Town! Thank you so much for your very warm welcome and hospitality. We can't wait to come back again. Please give our regards to the Lions. We were so impressed with all the service projects you do'.

The well attended function at the Kirstenbosch Clubhouse on Tuesday 2<sup>nd</sup> February, was a great success.

Not only did it give members the opportunity of meeting and having their photos taken with IVP Bob, but also to socialise with their fellow Lions in an informal setting.

LP Charlie Flanagan (Tokai) and a large number of members, including visiting Lions from Germany and Norway were present when I accompanied our International visitors to the Enkululekweni Wellness and The Jonga Trust/Lions Eye Clinic in Khayalitsha. We then visited Bokmakierie Primary School in Athlone, where we were met by Lions Ann Barr and Les Salo (Kirstenbosch). Mike Roman, driving PCC Rashmi Kooveerjee's S class Mercedes and I then took them on a sight-seeing trip followed by dinner at The Taj Hotel for Cabinet members. See pages 16&17 for photos.

PDG Clive Fox, President of the Lions Club of Merriman, invited me to officially open the Lions/Elim 'Greenleaves' Job Skills Food Security Garden and 'The Woodworxx', situated in Elsie's River, on Saturday 23 January.

**'Give a man a fish and you feed him for a day**

**Teach him to fish and you feed him for a lifetime'.**

This quote encapsulates what the 'Greenleaves' job skills food and security garden and 'Woodworxx' hope to achieve.

These two new projects have been formally initiated and activated by the Merriman Lions as part of the 50<sup>th</sup> Anniversary Community Service programme. To counteract the high rate of unemployment, the Club together with the Elim Night Shelter aims to create opportunities



for the unemployed to learn basic woodworking skills and produce simple articles for re-sale.

RC Marius du Plessis accompanied me on my Club visits to:

- Calvinia;, where I inducted, Hardus Lambrecht and Johannes de Jager.
- Vredendal
- Porterville: where Chris Odendal and Hendrick Nel were inducted.

It is very encouraging that these 4 new Lions are all under 30 and one of them, Chris is only 20!

You should all have received the November 2015 copy of Lion magazine which included not only a 4 page MD 410 insert but also a paragraph from the Lions Club of Tokai on the Information page. Congratulations to Lion Jules for taking the initiative of submitting this to LCI. Instead of complaining that we are never featured, follow Tokai's example and see what happens. The next insert for MD 410 will be in May.

Just as the demoiselle cranes that inspire International President Dr Yamada by flying thousands of miles together using teamwork to give lift to their wings, club presidents can find inspiration too, by working with their membership to achieve club success. The **Seven Keys to Success** is designed to bring about positive change in clubs by motivating members through strong leadership. Current club presidents are eligible for the 2015-2016 Club President's Award by adopting the 'Seven Keys' strategy to encourage and guide Lions:

1. To host the value of being a member, host a **New Member Orientation**
2. To be a Club of which members can be proud, conduct a **'How are Your Ratings?'**
3. To hold high quality service projects conduct a **Community Needs Assessment**
4. To serve with family members, hold a project that includes them
5. Increase the number of female/and or younger members, sponsor them or consider chartering a new club that includes them

6. To be a leader in your community and club, take one or more courses through the **Lions Learning Centre**.
7. To think in dynamic new ways, conduct **Your Club Your Way, Blueprint for a Stronger Club** or the **Club Quality Initiative** focusing on the Club Excellence Process.

There is no mystery to unlocking these 7 Keys to Success. Each Club President has the opportunity to embrace positive change in their Clubs.

The LCI 2015/2016 Service activity – Campaign Summary indicates that Dist 410A have served 190,100 people in the 1<sup>st</sup> 6 months of the year, which shows how important it is that the Club Secretaries capture activities correctly.

On the 09<sup>th</sup> February 2016 the Melvin Jones was presented posthumously to Mother Teresa by PCC Rashmi Kooverjee at the Mother Teresa Home in Calcutta on behalf of PID Alex Gomes of Nigeria who sponsored the award. The award was accepted by Sisters Pema and Nirmila who were handed the reins by Mother Teresa before her passing. Attending the presentation was VDG Saloni Salvi as well as Lion Sunita Kooverjee.



PCC Rashmi presenting the Melvin Jones to Sister Pema.

NB The closing date for registrations for the 2016 Dolphin Coast Convention is 29<sup>th</sup> February, so don't delay register today.

***Editorial: February 2016***

A big thank you to all those who sent in article this month. I have compiled a photographic memory of Int. 1<sup>st</sup> Vice President Bob Corlew's visit on the last two pages.

Dept. of Useless Information.

\*The name of all the continents end with the same letter that they start with.

\*The lint that collects in the bottom of your pockets has a name – **gnurr**

\* **TYPEWRITER**, is the longest word that can be made using the letters on only one row of the keyboard.

\* The line between the two numbers in a fraction is called the **vinculum**.

The due date for submissions for the March newsletter will be 15 March.

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](mailto:romanfam@telkomsa.net)



Mike Roman



DG Sue and ZC Marius with LP Kobus (Vredendal)



DG Sue with LP Ernst and new members Hendrick Nel and Chris Odendaal (Porterville)



DG Sue presenting LP Hendrick with her banner (Calvinia)



DG Sue presenting LP Ernst with her banner



**1<sup>st</sup> DG Lance Maytham**

Hi Almal

What a great and positive month this has been.

- On Tuesday 19 January, I attended a trainers meeting at Groote Schuur Lions Club House
- Op Woensdag 27 Januarie, het ek die DG span weer ons “Go To Meeting” via ons rekenaars gehad.
- On Thursday 28 January , I logged into the “5 Building Blocks to recruit through Service” webinar which used the theme of recruiting members working with other service minded people.
- Op Saterdag 30 Januarie, was dit tyd vir ons 3de Kabinet vergadering te Helderberg Lions Klub klub huis.
- Op Dinsdag 2 Februarie, het Lions Dame Rosemarie en ek vir Robertson Lions Klub DG Sue, wie nie haar amptelike besoek kon maak, omrede ‘n verandering van die klub se vergadering datum.

1<sup>st</sup> VDG Lance presenting LP Riaan with DG Sue's banner



- On Wednesday 10 February, PDG's Paula and Jimmy, 2<sup>nd</sup> VDG Geila, ZC Rocky, Lion Bob Engelbrecht and I visited Brackenfell Lions Club to assist and give guidance on attracting new members.  
Onthou net, waar daar is 'n nood, is daar 'n Lion en dat julle altyd bereid moet wees om te dien.

Lions Groete  
1<sup>st</sup> VDG Lance



**Membership .....The Heart of our Organisation!**

**PDG Paula Lang**

End of Fiscal Year June 2015: 840 Members  
End of January 2016: 846 Members  
YTD increase of 6 members.....  
**January Month Added 4 members dropped 10 members**



**Congratulations to the following new Members that were inducted in January 2016: Welcome to Lions District 410A: Wishing you all many special service moments!**

**GORDONIA**

WILLIE MOSTERT  
Sponsor: THEO LINDE

**GORDONS BAY**

BAREND KRUGER  
Sponsor: JAMES LANG

**GORDONS BAY**

JEANETTE KRUGER  
Sponsor: PAULA LANG

**HENTIESBAAI**

PIERRE JOUBERT MR  
Sponsor: CHRISTA JOUBERT

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# Lions Worldwide Induction Day

Celebrate new members!

What is Lions Worldwide Induction Day? Lions Worldwide Induction Day is a worldwide event that welcomes new members and gives Lions the opportunity to stimulate membership growth and increase public awareness.

Since 1917, Lions have been reaching out to people in need in their local and world communities. As demand for Lion service continues, so does the demand for quality members to fulfil the association's "We Serve" motto to helping those in need. Worldwide Induction Day is a symbolic statement to Lions in your area and the general public that Lions Clubs International is committed to recruiting quality members and meeting community needs.

Participating in Worldwide Induction Day will not only stimulate membership growth, it will also increase public awareness for your club and its activities.

Take action and start planning for Lions Worldwide Induction Day, taking place Thursday, April 28, 2016. Lions all over the world will be inducting members on this day; we encourage all clubs to join in this celebration.

Your district or club can use the event as an opportunity to:

- Celebrate new members and recognize their commitment with special commemorative certificates signed by the international president
- Join Lions worldwide, and together induct thousands of new members
- Demonstrate the importance Lions clubs have in helping and serving the less fortunate
- Launch a membership campaign and reward membership recruitment
- Increase membership satisfaction
- Initiate a public relations campaign to raise awareness for your club

Ooo



**MDC Neville Van Rensburg - Lions Alert**

**Notice**

All Lions clubs Alert coordinators should note that there are municipalities that could possibly experience water shortages within their communities. I therefore call upon all members to spread the word and to commit to water saving initiatives as well as assist those in need.

**Did you know**

The estimated water used for certain basic activities in and around the home:

- Washing hands with tap running = 5 litres
- Washing hands without the tap running = 1 litre
- Brushing teeth with the tap running = 2 litres

- Flushing the toilet = 13 litres of water.
- Having a short shower = 30 litres of water
- Having a bath = 90 litres of water
- Washing a car with a hosepipe
- Watering the garden for 15 mins = 50 litres of water

## So what can we do as Lions Alert

- Become aware of your region’s current water situation
- Set up a station for people to donate water for affected areas
- See how we as Lions can help with awareness programmes
- Lead by example
- Future projection in order to assist with methods of utilising grey water and during rainy seasons, roof catchment, including the clubs premises.

The level of dams is at the lowest for the past 8 years and El nino effects will stay and will play a major role. Water is a crucial life element therefore we cannot live without it. Within my 36 years of living in my area it is the first time we faced such a serious water crisis. Many people are not prepared to deal with the situation hence we should spread the correct message in order to avoid panic. I believe it is important that we as Lions Alert do some research in our areas regarding the water level of dams and the communities affected specifically for the sake of the elderly and impoverished. We should also review methods to become active within Government organizations and unite to face the challenges ahead.



### ***MDC Yolanda de Jager - Peace Poster***

**Peace Poster / Essay Report – 15 February 2016 “Celebration of Peace” 2016/17**  
**Peace Poster Contest** is now in its final stages at Lions Clubs International. The **Grand Prize winner** and **Merit Award winners** will be announced at the **end of January 2016** and all clubs will be advised.

I would like to thank all the clubs who participated last year and to congratulate the **Newlands Lions Club** who had the winning District poster which was sent to represent District 410 at LCI. **Rules** for the competition have been sent out to all clubs as it is crucial to **get started early** as schools have a very busy curriculum and need to be advised of the “Theme” in good enough time.

The club must appoint a **peace poster coordinator** who will approach the schools and explain properly the process of the Peace Poster Contest. Coordinators may approach schools now already.

Please ensure that the **District Chairperson** is given the **contact detail** of the **Peace Poster Coordinator** so that we can work closely together – **very important.**

It would be appreciated if clubs who purchase more than one Peace Poster Kit could **approach more schools in their communities in order to get more schools involved.**

**Peace Poster Kits are available** at LCI – 45 kits will be ordered @ R250.00 per kit.

Peace Poster Coordinator to give the **Peace Poster Kit / rules** to the art teachers but to **keep the “Winning Sticker”** until the posters are judged, then to ask the parents etc. to sign - the Peace Poster Coordinator to place the winning sticker with all relevant details at the back of the poster. When the poster gets to **District and Multiple District** these winning stickers need to be on the back of the posters to avoid disqualification and no copies of stickers are or will be allowed – each poster entered needs an original winning sticker. The art student also needs to give a brief

notification of their understanding of the “Theme” at the back of the poster or on the winning sticker.

**Essay** Contest was won by **District 410** - “Share Peace” 2015/16. The essay written by Joel Greek and sponsored by the Gordon’s Bay Lions Club has won the grand prize in the 2015-2016 Lions International Essay Contest, ‘Share Peace’

**The official announcement will be made at Lions Day with the United Nationals on Saturday March 12, to which Joel Greek and his family are invited to attend, together with Lion President Jimmy Lang.**

I’m sure you all join me in extending our Congratulations to Joel on his amazing achievement. This exciting news should encourage all clubs to get involved with this awesome project – let’s make a difference in the lives of our children.



***DC Yolanda de Jager - Services for Children***

I would like to take this opportunity to thank the 20 clubs below involved with “**Services for Children**” projects and for going that extra mile to make a difference in the lives of needy children. I would like to congratulate the following clubs listed below on their excellent work over the December period and for making a difference in the lives of these needy children.

**Bergvliet LC** - One member handed out toys to street children.  
Kids Paradise Crèche - Club donated toys and sweets to the children attending this crèche. One member accompanied a Church group and handed out toys to children living in an informal settlement.  
Club donated toys and sweets to children at 5 different TB Clinics. These children are all receiving treatment for TB.  
Club sponsored 10 children to attend the District Children's Christmas Party. Children were treated with ice creams, sweets, face painting, a lunch pack as well as a gift from Father Christmas.

**Cape of Good Hope LC** - Took 20 underprivileged children (age group 7-12) District Children's Christmas Party.

**Cape Town LC** - Donated 7 prs shoes, 2 handbags and 75 items of clothing to Girls' Town. Donated 7 prs shoes, 4 handbags, 61 items of clothing, 16 items of children's clothing, 20 small bottles of shampoo/conditioner and 6 toothbrushes to Ihata Shelter.  
Organised a Christmas party with luxuries and gifts for the children at Little Stars Educare in Brooklyn.  
We knit beanies, booties and mittens which are donated to Mowbray Maternity Hospital - every baby born there receives a free set.

**De Grendel LC** - Diago turned 4 on the 2nd Of December 2015 Thanks to the Club for the donation and the other donations, we were able to buy Diago a remote car including batteries, he was also given a voucher for McDonalds to celebrate his birthday. The play school supplied him with a cake.  
The De Grendel Lions Club have adopted the Boucher Safe House in Monte Vista and give every child a birthday party – this is done by Lion Fatima and club members.  
Lion Janet has also adopted the safe house in Goodwood which has 6 little girls living there – her church gave the children “Shoe Boxes filled with Xmas gifts. And held a party for them.

**Houtbay LC** - Youth Organisations: Joy attended the AGM of the Sistahood and all is going well. She is continuing to give assistance with their accounts.



**Primary School:** Liz has taken the epileptic child to Ocean View to try and get her registered at the school there. She finds that she is speaking English more fluently and thanked Gill for all her assistance.

The Noluthando Creche Xmas party was held on the 28th November and with a donation of R1,000 from overseas funders Liz managed to collect donations to give gifts to 70 children. The Main Road Clinic Xmas party was on the 1st December and ran in conjunction with World Aids Day. Sister Carollus was delighted that gifts were available for 200 children plus some adults. The club approved a payment of R650 for this project.

**CRAFT MARKET** The last Sunday of the month will focus on activities for children including the jumping castle.

**Bursary:** Mbulelo, who is studying retail management, lost everything in the shack fire. Thanks to Francis for paying for the base for a bed, and Liz has bought a foam mattress for R400. We have managed to get him another computer, clothes and household goods, but he is looking for a small cupboard. He has passed all his assignments and will be writing exams early next year. Louisa will be doing her practical at Wavecrest full time for the next 18 months. The get together planned for bursary students and ex Leos on Saturday 28th November has been postponed until January due to the fact that many bursary students are not available.

**Durbanville LC** - The club purchased small presents for the children at the soup kitchen. The club sponsored 20 children and provided transport for them to the district children's party

**Gansbaai LC** – donated books for student valued R120, donated R500 towards needy children's x-mas party.

**Groote Schuur LC** - LP Sharon and Lion Hilary managed to pop in at Sisters Incorporated and deliver Christmas cheer to 12 resident children. They were very pleased with their gifts! LP Sharon, Lions Andrew, Dawn, Hilary, Natalie and Pam visited the Maitland Cottage home donned with Christmas hats and jolly cheer and handed out about 30 gift bags to the children. It is unlikely that the children there will be home for Christmas and so it was quite special to give them some treats. Members enjoyed a coffee and chit chat at Barristers after the project.

**Helderberg LC** - Delivered Xmas Presents to 17 children, toys donated. Children's Xmas Party for approximately 100 children identified from schools in the area.

**Henties Bay LC** - It has become the norm that our Club ladies train school girls to bake pancakes during the Christmas holidays. This not only generates income for our club, but the school girls are able to save money for themselves. The community appreciates this venture and gladly supports these fundraising events and the girls.

With the co-operation of Spar we again launched a town and beach clean-up where many school children helped. This is an ongoing project we do every year during the Christmas holidays.

**Malgas LC** - Donation towards school fees for a child who is autistic.

**Merriman LC** - Meal sponsorship arranged to regularly feed hungry learners one hot meal a day at local primary school. Project caters for 100 meals a week with an overall value of R20000 for the school year.

Dictionaries and pictorial printed material and guides donated to school for 400 young learners – impoverished school.

Nappies and baby food supplied to care for abandoned babies.

Club hosted 12 children to attend this exciting annual event.

**Milnerton LC** - Members hosted 30 children at the District's annual Christmas party at Intaka Island in Century City.

**Moorreesburg LC** – District Xmas party - 426 cupcakes were baked and donated to district project.

**Newlands LC** - Visited the school to discuss the outcome of the outing and future activities. Collection, laundering and distribution of clothing to rural school. Transported and entertaining 20 school children at Intaka Isle, Century City – District Xmas Party.

**Seapoint LC** - Supplied food to indigent children at Sea Point High School. Made 24 boxes up to be distributed to children from Child Welfare.

**Gordons Bay LC** - Lion Bee and Barry have been working on the sticker / Label system and seem to have been able to set up the system. For the computerization of the school library barcode labels are needed, before the books can be computerized. Quotations from local printers for the labels were too expensive. A look at the Redfern Labels range showed that printing the labels on a private printer on Redfern labels would be the best option. Test prints brought out, that there is a problem with the 'barcode generator' worksheet in the installed PandaLib workbook software. The formula for generating a series of random barcode numbers produces sequences that do not code correctly, so the scanner cannot decode (read) the numbers. Barry Kruger designed a barcode generator workbook that is separate from the PandaLib software to minimise the probability of data corruption. It will be easy now to use the standard MSWord Mailmerge function together with the correct Redfern template to print to Redfern 65UP labels, which Barry had bought. The generator spreadsheet will be used as database to feed the barcodes to MSWord for printing. The labelling process at the School library was held on Monday 7th – 10th December. Lions Paula, Michele and LL Jackie on Monday and Wednesday 9th Lions Michele/ Mike M assisted.

**Milas Creche** – Gordons bay LC - Due to financial difficulties not all parents have paid school fees for November and Mila asked for help so that she could prepare a nice meal for the “handing out of the shoebox party“. A donation of R 500 was approved by the club at the meeting on the 18 November 2015. Bee bought chicken, macaroni, carrots, cabbage, oil and sugar as well as a small chocolate and delivered the food to the Crèche.

**Immanuel's Haven** – Donated juice and paper cups for the children's Christmas party which took place on the 2nd December.

**Tableview LC** - Met with Tami from Sophakama Primary school to present stationery prize for Somelese Makaka donated by TVLV.

Orion - Wilge - Attended Nativity event and supplied gifts and party goods for the youth.  
District Xmas party - Attended event with 10 kids from Atlantis.

**Tygerberg Hills LC** - has "Adopted" a Crèche in a Disadvantaged area and is supplying the children with sandwiches and other necessities on a weekly basis.

Organised the District Christmas Party for some of the Disadvantaged Children in the Community – the District Xmas party held on 5<sup>th</sup> December 2015 hosted by Tygerberg Hills Lions Club was attended by many children and clubs in the district came out and supported them by bringing children to enjoy the day.

**Windhoek Alte Fest LC** - We donated N\$ 7100 towards a holiday in Namibia's coastal town Swakopmund for 44 orphaned children of the SOS Children Village, Windhoek. It filled us with joy to make this holiday possible, as these children have never seen the sea or the spectacular dunes of the Namib Desert. It will not only be a memorable but also an educational experience for these children.

The following Clubs also took part in the District Peace Poster Contest – by approaching schools in their communities.

- Bergvliet
- Ceres
- De Grendel
- Da Gama Br.
- Gordons Bay
- Hout Bay
- Kirstenbosch
- Merriman
- Newlands
- Sea Point
- Tableview
- Tokai
- Worcester
- De Tyger Leos

**I would like to ask that the Club Presidents keep me informed of “Service Projects” and if possible I will attend and also assist with the project. Well done to all the clubs that have been so busy over the December period with our service activities. Please report on your “Service” for children activities and please place under the Youth.**



***DC Diana Sochen – Health***

**Health Awareness and Healthy Living -**

Without health life can be pretty bleak. Wealth can certainly assist one in receiving the best health care, but, in reality you can't really enjoy living if you are feeling ill or have a chronic disability.

Therefore, everyone needs to take ownership of their own wellbeing. Lions need to look after themselves, their own families and those nearest and dearest before we look wider into the community.

At this time of the year, we need to take stock, make appointments for annual check-ups with doctors so that we are able to advise and help our communities.

For many, our lifestyles and habits cause the health problems that plague us as we age. High blood pressure, high cholesterol, diabetes are known to be caused by lifestyle habits. We can often control each with medication, but wouldn't it be better to prevent the onset of these conditions with a healthy lifestyle.

**D** iabetes is increasing worldwide. The number of people living with diabetes is estimated at 382 million and expected to rise to 592 million by the year 2035. Lions can certainly assist and support local and large scale effort leading to the control and treatment of diabetes and its complications through education, prevention and research.

In our communities we can, and do, make a difference. We can organise diabetes screening events which can detect prediabetes as well as diabetes. We can partnership with other organisations such as SA Diabetes Organisation to help expand the reach of the community.

The Lions website [www.lionsclubs.org](http://www.lionsclubs.org), has many informative brochures, handouts and other publication which can assist with raising the awareness of diabetes in your community.

**W**e are currently organising a Strides : Lions for Diabetes Awareness walk which will take place later this year in Cape Town.

Lions living outside Cape Town can also organise a Strides event and if your Lions Club wishes to do so, please contact me before your club begins so that we can give you the correct information for planning such an event. We need to provide for all eventualities when hosting such an event and the right authorities have to be contacted so that we get permission to organise the event.



One of the easiest and most effective ways of promoting health awareness is to set up a health day at your local shopping centre. Most centres are only too happy to have extra activities over a weekend as this brings in more people to their shops. At these events it is easy to organise testing for diabetes, cholesterol, hearing and eyes and also include a dietitian and usually there is a great community spirit, and often assistance to at least one member of the community who did not know that they have a medical problem. Remember, early detection and prevention is the key to healthy living!



**LCIF CHAIRPERSON – IPDG MOIRA THERON**



**LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF)**

**LCIF – COMMITTED TO IMPROVING SIGHT**

With 6 weeks to Easter, I can already taste the chocolate (Diabetic of course) and 20 weeks to the end of the 2015-2016 Lionistic year, there is still much to be done in order to reach our District goal (\$12,210.00) set for donations to LCIF.

To date, 12 out of 21 clubs who pledged their support at MYC have paid their pledged donations and on behalf of LCIF, I thank you. I look forward to receiving the balance of the pledges from those clubs that are still outstanding.

District donated \$1000.00 (R16,420.00) to LCIF in lieu of a gift to the VP, Bob Corlew.

LCIF Chairperson Joe Preston commented that “LCIF is committed to improving sight in underserved communities around the world. There are resources available to help people with limited vision and we are happy to be a part of the solution to the problem.”



Once again I wish to remind you that your [donations](#) to LCIF help make it possible for Lions to meet the growing needs of people around the world.

The following are suggestions for Clubs to consider with regard to paying towards LCIF.

**The Melvin Jones Fellowship** (MJF): Recognizes donations of US\$1,000. It is the backbone of LCIF, providing 75 percent of the foundation's revenue. As recognition of humanitarian work, an MJF is an honor presented to those who donate US\$1,000 to LCIF or to people for whom a donation was made by others.

**Honor Roll:** The LCIF Honor Roll recognizes individuals who donate US\$100 or in whose name a donation was made. Recipients receive an Honor Roll Certificate and their names are added to the Honor Roll at International Headquarters. Clubs may consider their club President for the Honor Roll or clubs may get together and consider their Zone Chairperson.

**District Certificate of Appreciation:** Districts in which every club donates to LCIF in a fiscal year receive a Certificate of Appreciation. The District Governor and LCIF District Coordinator also receive a certificate.

oo

### Rhino Foundation

Linton Park Wine Estate has set aside 10 hectare land on which a scarce variety of shrub called the "Renosterveld bush" occurs. They are also planning to enlarge the area by getting rid of alien vegetation. The word Renoster or Rhino in English gave rise to the design of their logo on the wine bottles as seen today. This idea then went further and the estate has pledged R1 per bottle sold to the cause of the endangered species. The South African Rhino which is administered by the "Save the Rhino Foundation" as well as South African based OSCAP or Outraged South African Citizens Against Poaching.

Wellington Lions Club having a close association with Linton Park sees this as a twofold opportunity as follows:

- By getting involved in the fight against Rhino Poaching
- By raising money for our admin account. In doing so Wellington Lions Club also plans to donate a percentage towards this cause.

Unfortunately according to LCI policy this cannot be done under the auspices of Lions and therefore the Lions emblem may also not be displayed on the bottles.

Clubs may however purchase this wine via PDG James Stigant who will be running this in a private capacity as he owns a liquor outlet. Clubs can obtain these wines for their functions as well as for their own use. By doing so they will all be supporting the Save the Rhino drive as well.

The wines are of superb quality and cases of 10 or more will be delivered FOC in the Cape Town area.

For more details please contact PDG James on email at [jcstigant@telkomsa.net](mailto:jcstigant@telkomsa.net)



District 410A

# "Green Living"

February 2016



## Liquid Life

The United Nations says every human needs 50litres of water per day (not just for drinking, but for cooking, clothes washing & ablution).

The average household in SA uses around 250litres per day! Some people have to survive on only 20litres per day!!

The average adult human body is made up of 65% of water.

3 days is the longest we can survive without water. Flushing your toilet uses around 9litres each time.

A tap dripping one drop per second wastes up to 10,220litres per year.

It takes between 1,2 and 3million litres of water per day to maintain a golf course.



## 10 top water saving tips

- \* Repair dripping taps by replacing the washer;
- \* Always use a plugged sink or bowl instead of a running tap for dishwashing;
- \* Install a low-flow showerhead;
- \* Water plants at the coolest time of the day;
- \* Install a dual-flush mechanism on your toilet;
- \* Install a water meter & monitor your usage;
- \* Only use your washing machine with a full load;
- \* Wash your car with a bucket and sponge only;
- \* Report any leaks in your area to the municipality.

## From the source

**Tap**—all tap water is treated by Water Services Authorities to make it safe for drinking. Quality can vary from region to region & water can contain traces of chemicals or pollutants. If you are worried about yours (its look, taste or smell), get in touch with your local municipality.

**Bottled water**—comes from many different sources & springs. It may also be treated & processed. Look out for the ones with The SA Natural Bottled Water Association logo which ensures quality & safety. Visit their website [www.sanbwa.org.za](http://www.sanbwa.org.za)

Always recycle your plastic bottles.

**Filter**—there are many systems you can use to filter harmful chemicals out of your tap water, such as jugs & attachments to your tap. This way you can take control of the safety of your drinking water.

**Safety first**—if in doubt about whether or not water is drinkable, boil it for 10 minutes to kill off bacteria. Allow to cool before drinking.

## How much water it takes to produce...

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 teaspoon sugar: 8litres;     | 1 portion of rice: 425litres;   |
| 1 sheet of A4 paper: 10litres; | 1 loaf of bread: 600litres;     |
| 1 cup of tea: 30litres;        | 1 egg: 167litres;               |
| 1 orange: 50litres;            | 3 slices of pizza: 1,200litres; |
| 1 potato: 100litres;           | 1 hamburger: 2,400litres        |
| 1 portion chicken: 975litres;  |                                 |



## Tufcat

TUFCAT is a registered animal welfare society that has been caring for the approximately 180 feral cats living on UWC campus since 1997. They not only feed and shelter the animals, but trap and sterilise them on an on-going basis. TUFCAT also helps UWC cleaners and students with their pets and finds homes for any tame cats and dogs that are dumped on campus, especially during university holidays.

In addition, they have a 'Sanctuary For Life' for 50 dogs and cats on a farm near Villiersdorp - these animals could not be homed for various reasons so they live out their lives in a safe and loving home environment with TUFCAT. Since relocating the sanctuary, they have also been actively involved with helping impoverished farm-workers with their pets and had our first major spay-day on the 27 January 2016. They managed to sterilise 10 dogs and 23 cats and hope to do this again very soon. TUFCAT also advises institutions and the general public about humane feral cat management and educates staff and students about animal welfare.

They fund the project by selling a wide range of donated second-hand books to UWC students and staff.

They are always looking for books to sell and donations of towels, blankets, pillow cases are gratefully received.

To find out more about them and how you can help, visit their website [www.tufcat.co.za](http://www.tufcat.co.za) or their Facebook page.



De Liz



**Club News**  
**Durbanville Club**



Lizelle is a quadriplegia/cerebral palsy lady who sent a letter to Durbanville Lions Club requesting a hospital bed that moves up and down. This makes it easier for the nurses and her friends at Huis Ravenzicht to help feed her etc. LP Pierre contacted Merriman Lions Club and with their assistance the club received a bed which was then donated to Lizelle. The smile on her face on receiving the bed made this all worthwhile.



**Kirstenbosch Lions Club**

PCC Rashmi and Lion Sunita at the world headquarters and residential quarters for the Missionaries of Charity in Calcutta, which has been home to Mother Teresa and her sisters since 1953. It is here that Mother Teresa's mortal remains rest.





# International Vice President Bob Corlew's visit to District 410A

Tuesday 2<sup>nd</sup> February 2016





# International Vice President Bob Corlew's visit to District 410A

Wednesday 3rd February 2016

