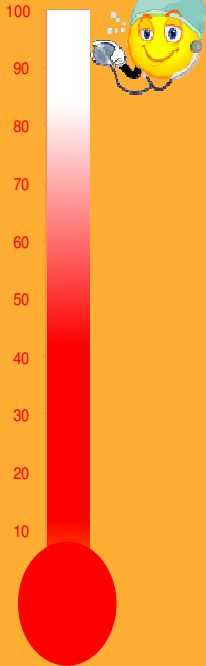


Leo District  
410A  
South Africa

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# The District Bulletin



Issue 1, Starter Edition First Quarter, 2008-2009



## Under Construction



The year kick started with the annual President's induction. Five presidents were inducted and our newest District President. The foundation was laid by our DP Leo Deon Van Vulven with his theme for the year "*Under Construction*" the term used to describe what he has planned for the year.

*Here's a message from our District President:*

This is the theme which I have chosen for my year. It gives direction to our LEO District towards rebuilding the basics which are communication, training and socialising. These three things are effectively the glue that holds are district together and a stronger district means we can do more projects to serve our community.

You may ask why rebuild? The LEO District as a whole has been declining in numbers over its many decades in South Africa and it was half way through my predecessor's year when we realised that we as the LEO District need to actively do something about this decline in numbers.

We also found that even though there was some communication between clubs and between clubs and District and between Leos and Lions we found that this was not sufficient. We also found that training our members on how to be most effective in there board positions was necessary.

However it is not all doom and gloom for our District. Only 3 months in and things

are looking up: Communication is almost at its maximum, A training programme has been set and more Leo prospectives are showing interest and quite a number have and are being inducted. Also there are very real possibilities' of new Leo clubs being formed.

My mindset has changed since Deciding on the theme "*Under Construction*". Initially it was to prevent the District from stagnating and declining, but now it is preparing the way for more clubs and thus a bigger stronger District.

*Deon Van Vulven  
District President*



**The Presidents of Leo District 410A:** From left to right: Maxine Daniels (Kirstenbosch), Deon Van Vulven (DP), Charmian Thomson (Fish Hoek), Andries Burger (Worcester), Leal Fourie (De Tyger) and Laranique Adonis (Brackenfell Alpha Leos)

## News To Keep You Warm



We found a need in our community for warmth in winter. How to do this was a question on all of our minds. We didn't want to be like every other club buying blankets but rather to use materials we could find around our households. Then we came across a Lion that made sleeping bags out of newspaper and some plastic. Odd you might think, however, it works.

We decided to get this project on the move as in was growing close to the middle of winter. We got all our Leos to collect as much news paper as possible and

bring it down to one of our houses so that we can use it. Phase one was complete, we got the Lion that made the sleeping bags to show us how to do it. We learnt hard that day, and forgot how to make it most it, but then we finally got into the swing of things. After 3 hours of non-stop work and 8 sleeping bags later we called it a day.

Even though it wasn't our ideal project we still had that feeling that we did something good. We ended up on the front page of The Edgemoor News for this project. We will now be donating all our

newspaper and plastic to a group of young people at UCT that are doing the same type of project.

We organized 100 sleeping bags to be donated to St Mark's Methodist Church that was handed out at a Winter Meal for the Homeless day. They sent a thank you letter saying what a blessing it was to hand out the sleeping bags there and they had a good time of worship, fellowship and a great meal.

*Janine Van Walwen  
Leo Club of DeTyger*

Top: Leo President Leal busy crafting the sleeping bags. Above: Sleeping bags made of newspaper and plastic

### Leo Fact File:

**On December 5, 1957, the Glenside Lions presented a charter to the Abington High School Leo Club which was the first LEO club chartered.**



Above and centre (far right): Leos from Worcester handing over scarves to kids  
Centre: (left) Leo President Andries handing over a scarf to a kid

## Scarf It Up...



There were a few small projects that we have done for the year so far. The most outstanding one for us was the scarf project. Mark en Nelly Barows donated 100 scarves that they had knitted, and we could then pass it on to organizations of our choice.

We donated some of the scarves to Association for the Sensory Disabled (ASD); where there are children aged 1 - 18 years of age

that are sensory multi-disabled. They are also in the process of teaching the children to do needlework, hoping to be able to sell the clothes for funding.

The balance of the scarves were donated to the Children's Ward at Eben Donges Hospital. The children were grateful for their small gifts and they enjoyed the time spent with them. There were many small children and babies that had many ill-

nesses and sicknesses that made us really think how grateful we should be for our good health and it certainly brought tears to our eyes.

Our club, although small, is always prepared to make a difference in the lives of those who really need it.

*Andries Burger  
Leo President  
Leo Club of Worcester*

## Diabetic Camps for Kids



diabetes from the age of 6 years up to 14 years of age can enjoy a fun-filled weekend of education, games, friendly interaction, role-plays, craft activities, lots of healthy food and many more. These camps are arranged twice annually but

Since its inception, the Leo Club of Kirstenbosch has been involved with Diabetic Kiddies Camps in conjunction with Diabetes South Africa, Western Cape. These camps are arranged so that children with

the need for these camps have become greater. This project over the last two years has stretched into the wider District getting more clubs involved, including the newly formed New Century Club and thus the idea

to have more camps. It was in fact that of the charter members of Kirstenbosch Leos were part organisers of these camps, and have now joined the New Century Club, still however striving to keep these camps alive. Once a year a teenage diabetic camp is also arranged whereby these teens are educated and trained to become leaders for the next Kiddies Diabetic Camps. So if you are willing to participate in these camps or any projects, please do not hesitate to contact the Leo District.

*Ed*

**Leo Fact File:**  
**Leadership positions within a Leo Club include:**  
**An Elected President; An Elected Vice President; An Elected Secretary; An Elected Treasurer and Appointed Members of the Board**



## One to One Day



The annual One to One day was held on 17th August at The Good Hope Centre in Cape Town. This is the day where service organizations throughout the Western Cape get together and setup stalls and play areas for guests that are intellectually challenged. Some 3500 patrons attended this day to

be enjoyed with lots of fun and games. In most cases, this is the only day that our special friends ever get in the year to come out and have some fun amongst fellow piers. The smiles of those special friends is always heart-warming and one can feel proud to be a part of such a day, knowing

that you have made a difference in someone's life, if only for an hour or two. So I salute the many volunteers who all participated in the success of One to One, especially to those volunteers who spent the day taking care of their special friend, you already have the heart to being a Leo or Lion.

*Ed*

**Alex One to One** is coming up soon. This is the scenario as in the Good Hope One to One, except that the "Mountain goes to Mohammed". The entertainment is setup at the institution for our special friend who are unable to make it on the Good Hope Day. If you'd like to be a part of this day on 12 October 2008, please contact us on e-mail: [alexonetoone@leo.org.za](mailto:alexonetoone@leo.org.za). We need more stalls, so your support will be greatly appreciated.

*Ed*

## A message from our DG Paula Lang

### Give to Get.

Give support to get it. Give praise to receive it. Give your best to attract it. Give more respect to experience it. And give more love to become beloved. If you make five people feel better about themselves each day, by the end of one year you will single-handedly

have elevated the lives of nearly 2,000 people.

Continue in this practice and after a decade you'll have positively impacted 20,000 people. Factor in the number of people that those you touch, in turn, influence and you'll quickly realize that your "

little daily gestures of inspiration" can end up helping hundreds of thousands of human beings over the course of your lifetime. Taken from "The Greatness Guide" by Robin Sharma



DG Paula at the Bangkok Convention 2008 with the Challenge to Change Award, for the Best Continuing Project – Food Project





## Leo District 410A

E-mail: [info@leo.org.za](mailto:info@leo.org.za)

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Should you have any queries or comments about this newsletter, any ideas and/or additions, please write to us at [newsletter@leo.org.za](mailto:newsletter@leo.org.za).

*Ed*

Your comments are welcomed.

Its that time of the year again. The annual Lions/Leos Christmas Cakes Sales. @ only R45 for 1Kg cake, you will definitely be scoring a deal. So order today from your nearest Leo or Lions Club. *The Sales profits benefits the hearts of those who need it most. So show your support.*



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## The Story Unfolds...

### Leo Program History

In 1957, Coach Jim Graver started the Leo ball rolling. Chances are, that ball was a baseball.

Graver was the coach of the Abington High School, Pennsylvania, USA, baseball team. Graver was also an active member of the Glenside, Pennsylvania, Lions Club.

With fellow Lion, William Ernst, Graver talked about starting a service club for high school boys. So they asked their fellow Lions for support. Without hesitation, the Glenside Lions agreed that a Lions youth group was a good idea. Graver and Ernst set to work.

On December 5, 1957, the Glenside Lions presented a charter to the Abington High School Leo Club whose members were mostly made

up of the high school's baseball team.

As the world's first Leo club, the group created the Leo acronym - Leadership, Equality, Opportunity (Equality was later changed to Experience.) And, the group chose maroon and gold - their school colors - to serve as the Leo club colors.

### Leo Club's Objective and Motto

In October 1967, the board of directors of Lions Clubs International adopted the Leo Club Program as an official program of the association. Open to males and females, the objective of the Leo Club Program was (and still is): "...to provide the youth of the world (with) an opportunity for development and contribution, individually and collectively, as responsible members of the local, national and international community."

### The Leo club motto is:

**Leadership** - Leos develop skills as organizers, time managers and motivators of their peers.

**Experience** - Leos learn the importance of cooperation through community service.

**Opportunity** - Membership provides young people with a chance to excel, to develop positive character traits, and to receive recognition for their contributions to the community.

Today, the Leo Club Program is stronger than ever. Community service remains the cornerstone of the program. Like their Lion counterparts, Leo club members enjoy serving their neighbors and watching positive results unfold.