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Lions Active on World Cleanup Day

World Cleanup day it's a global annual event founded by JCI Foundation with its partners in the year 2008. Since the formation the program has been adopted in over 150 countries around the world.

On the 15th August, 2018, Zambia participated in this global event for the first time. The Lions Clubs International - District 413 Zambia and partners (Lusaka City Council, European Union, Let's do it Zambia, JCI Foundation, Live Radio (97.3), German Cooperation (GIZ), Trade Kings, Shoprite, University of Lusaka (UNILUS), Borda Zambia, Solid Waste Management Systems, Sterelin, Chainama College, Star, Lusaka Apex University (LAMU), University of Zambia (UNZA) joined the rest of the world to commemorate World Clean-up Day, the biggest peaceful civic action in history.

"Lions believe a Clean planet is essential to our well-being because environment is one of our service challenge in our framework." The District Governor Dr. George SM Banda said this on Live Radio Interview.

Millions of volunteers in a 150-country network united to clean the world in a single day.

Continued on page 9



Your Submissions

For article submission or advertising contact the Editor:
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Membership Growth Month

October is a New Membership Growth Month. It's a great time to grow your club and earn special recognition when you do.



Lions Clubs International

Be Part of Something That Matters

We are Lions

Lions are hands-on individuals with more volunteers in more places than any other service organization in the world. We meet the needs of those in our own communities as well as around the world, and we have fun doing it.

We Serve

Though Lions are well known for successful initiatives in vision health, Youth, Environment, Hunger and Diabetes, Lions service is as diverse as our members. Lions participate in many projects ranging from building a park to beautify a community, and providing victims of natural disasters with relief supplies.

Why Lions

Lions Clubs International offers a volunteer opportunity that fits your lifestyle. Whether you are looking to lend a helping hand, pursue a leadership role or attend club meetings online, Lions has an option for you.

Being a Lion allows you to help change lives, even if you do not have a lot of spare time. Most clubs meet twice a month, but some are flexible. You can commit as much time as you wish and as your schedule allows.

For Just a Cup of Coffee

Lions give 100 percent of donations back to the community and cover all our costs through dues, about the cost of a cup of coffee per month.

Why You Should Get Involved

As a Lion, you can use your time to make an impact locally and around the world. Through experience as a Lion, you will help people in need, develop new talents and network with fellow members.

Why We Need You

We need the help of passionate members like you. By becoming a Lion, you can help us:

- Provide more hands for service
- Gain fresh ideas for service activities
- Spread enthusiasm for helping others
- Raise community awareness



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Preamble

As Lions how can we build on our already impressive legacy? It's simple, we will do what Lions have always done. We will get creative and reach within our communities, clubs and selves to discover a new level of service.

We are the leaders in the second Century of service. With the centennial Celebrations behind us, we are focusing on the future. Together, we will shape our tomorrow to create a modern environment for Lions clubs.

The Global Action Team (GAT) will be the driver of all our activities, empowering Clubs through the power of action.

All clubs will have members of (GAT) hence all our activities will be bottom up starting from the clubs upwards to the Zone, Region and District.

International President's Theme –

The international President's theme is **"BEYOND THE HORIZON"** and Motto **"WE SERVE"** has remained the main theme and this will continue for another three Lionistic years.

This will enable Lions to focus on the purpose of being a **LION**. And relook the power of **WE** and **SERVICE**... **"WE SERVE"** We are then going to focus on four areas as we start the "new century" of humanitarian service.

REACH BEYOND - Inculcate the spirit of exploration, Lions are being encouraged as Lions to push beyond our known or perceived limits to achieve even more – we have to think of long term goals, not short term goals. We need to base our plans on facts, not feelings.

THE FIVE AREAS OF FOCUS - Harnessing the Power of 1.45 Million Lions worldwide and 1,560 District 413

1. SERVICE WITH INNOVATION
2. MOVING MEMBERSHIP FORWARD
3. INCREASE LEADERSHIP DEVELOPMENT
4. PROMOTING THE FELLOWSHIP OF LIONS
5. SHARING OUR STORIES

District Governor's Theme –

"SERVICE WITH EXCELLENCE, TEAMWORK AND TENACITY"

SERVICE - We will continue to offer freely of our Treasury, Talent, and Time - We Serve.

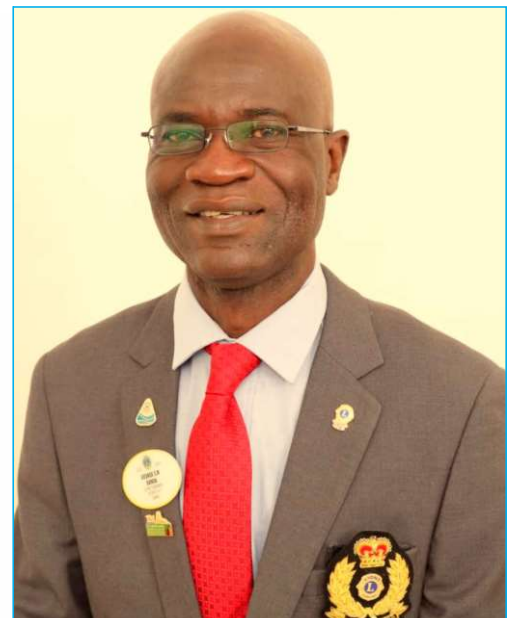
EXCELLENCE – Our Service shall always be of high quality and distinction.

TEAMWORK – Teamwork will be key in all we do, - None of us is smarter than all of us "alone we can do so little, together we can do so much" - Helen Keller. Remember that the difference between success and failure is a great Teamwork.

TENACITY – We will carry out all our service, membership recruitment drive with new vigor, enthusiasm, persistence and determination.

Apart from our usual recruitment strategy of asking people we know who are like us or better than us, we will go out to the open market and find people who have the heart to serve, we will go out to shopping malls and distribute literature about Lions, mount booths and also show service videos - To succeed in life, in today's world you must have the will and tenacity to finish the job.

*Lion Dr. George SM Banda
District 413 Governor – 2018-2019*



*Lion Dr. George SM Banda
District 413 Governor – 2018-2019*

OUR DISTRICT VISION FOR 2018/2019

*"To Grow the District Membership
to the Point where We become
a Multiple District, with Well
Informed and Dynamic Lions"*

*The best Way to Predict
the Future
is to
Create it ...*

- Abraham Lincoln



Veterinary Services for People of Chilanga

Lions Club of Chilanga

Several Chilanga residents on Saturday morning, 1st September, 2018 turned up to access the free Veterinary Services that were being offered by the Lions Club of Chilanga, the exercise was conducted in partnership with the University of Zambia (UNZA) students.



Governor Dr. George SM Banda vaccinating a dog



Group photo

The main objective for the free veterinary services was to prevent rabies in the area.

"The Organization realises the dangers of Rabies, hence the need to have the dogs vaccinated." The Lions Clubs International District 413 - Zambia Governor Dr. George SM Banda said this during a Television interview.

"The Vaccination exercise will be conducted annually because Lions believe that some residents can not afford to have their dogs vaccinated." Lion Wilmort Tembo, Chilanga Lions Club President said this during a Television interview.

THE University of Zambia (UNZA) students were excited in taking part in the exercise, as it gave them first hand practicals.

Zone 13 Highlights From September 2018

Lion Jabbs Kandinda - Zone 13 Chairperson



Region 4, 5 and 6 Workshop at Luangwa House in Chipata on the 15th September, 2018



Lion Sr. Victoria being installed as Chipata Club President during the Installation Dinner, 15th September, 2018



New Lions being inducted during the Chipata Board Installation at Luangwa House, 15th September, 2018

Members Clean Kalingalinga Clinic Maternity Wing

Lions Club of Munali

Lions Clubs of Munali has for many years been supporting the Kalingalinga Clinic in various aspects, in holding Medical Camps, Christmas Cheer Donations to newly born babies, and on going rehabilitations in the maternity wing.

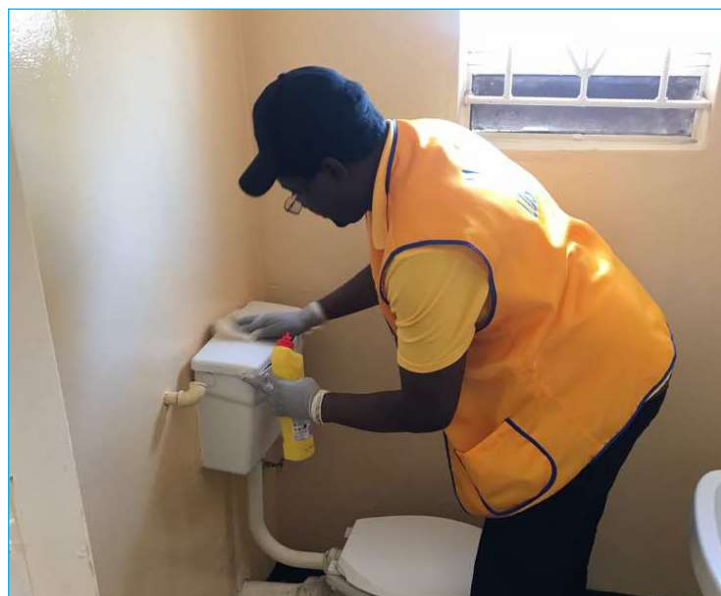
On Saturday, 1st September, 2018, the Lions Club of Munali donated Cleaning Materials and participated in the cleaning exercise of the Kalingalinga Clinic Maternity wing after phase one of rehabilitation works in partnership with Liberty Life Insurance Zambia.



L-R District Governor Dr. George SM Banda and Lion Richard M Kangwa



L-R Lion Richard, Lion Col. Geoffrey and Lion Christopher - Zone 11 Chairperson



Munali Lions Club President - Lion Allan Kakubo

Eye Screening Outreach Program

Lion Abanny M Sikabalu - Zone 16 Chairperson

Choma Central Lions Club Members participated in the Eye screening outreach program on 12th September, 2018 at Mapanza Rural Clinic 70Km north of Choma.

The Club was assisted by Medical Personnel from Macha Eye Clinic, and a total number of 6 Lions were in attendance.



Group Photo



Lions Clubs International - District 413



FUNDRAISING Dinner

**FRIDAY,
OCTOBER
19, 2018**

**"We
Serve"**

**7 PM | MIKA HOTEL,
KABULONGA | K220**

GUEST OF HONOUR: DAVID KOMBE CEO - MULUNDU HOLDINGS

For Tickets Call: +260 552 6555 // 252 223554

Board Installation

Lion Christine Mwezi - Lions Club of Chongwe

Board Installation of Lions Club of Chongwe was held on Saturday, 1st September 2018 at Katende Country Club in Chongwe.



Second Vice Governor Peter M Mangani
Installing The Board



Donation of exercise books by
Lion Kautibhai K Patel during Board Installation

Lusaka Lions Den Make Over campaign launched

District 413 - Zambia

THE Lusaka Lions Den Make Over Campian was launched by the Lions Clubs International District 413 - Zambia Governor Dr. George SM Banda during the Joint Zone 11 (Longacres, Lusaka, Nkwanzu, and Munali) Board Installation Dinner held at Cresta Golf View Hotel on the 7th September, 2018.

The Lions District 413 - Zambia will work closely with

Members towards making the Lions Den surrounding clean and safe. This initiative has been warmly welcomed by the Members.

The official launch aims to provide both the Local Lions and Guest a place where Fellowship and meetings can be held regularly, as well as to share ideas, knowledge and opportunities, and collaborate with each other to solve problems. Therefore, with its aims, the District 413 - Zambia saw it fit that such an initiative be launched by involving Members and circulating a list of items that will improve the Lusaka Lions Den.

Aerobics Mania Fitness Activation

Lions Club of Luangwa

Lions Club of Luangwa in partnership with Defined Style Fitness held an Aerobics Mania Fitness Activation on the 22nd September, 2018 at NASDEC in Lusaka, Zambia.



Early morning Aerobics Mania Fitness
Activation Participants



District Governor Dr. George
SM Banda in Action



Lions Clubs International

Lions Clubs. Better Communities. Changes Lives

Lions Clubs are Ready to Help

Right now, Lions clubs are making a difference around the world. That's because whenever Lions clubs gets together, problems get smaller and communities get better. Our 46,000 clubs and 1.7 million members in over 200 countries makes Lions Clubs International the world's largest service organization.

Lions Clubs Offer a New Opportunity

Lions clubs have offered people the opportunity to give back to their communities and help those in need since 1917. Soon, a Lions club will be established in your community, giving you the opportunity to become an active volunteer, a member of a respected international organization, a leader in your community and a friend to people in need.

Lions Clubs are Unique

Lions clubs support sight programs, assist the disabled, feed the hungry and provide disaster relief assistance. And that's not all. Each Lions club chooses their own projects and activities to fit the lifestyles of its members and benefit their community the most.



How New Clubs are Formed

Lions clubs get started when members of the community are invited to join. Lions volunteers host several informational meetings to continue building membership and to discuss possible project ideas that are meaningful to the community.

Once the club has 20 members, or fewer if forming a club branch, club officer elections are held and the charter application is submitted to Lions Clubs International. Included with the application is a one-time charter fee of US\$35 per members. Annual international dues of US\$43, in addition to any district and club dues, are billed to the club bi-annually. Charter fee exemption and/or reduced international dues are available to qualifying family members, students, graduating Leos and young adults with proper certification.

After the charter application has been processed by Lions Clubs International, the club is covered by LCI's liability insurance and members may begin to implement their service projects.

To learn more about Lions clubs, go to our Web site at www.lionsclubs.org or contact a Lion member in a club near you!



Lions Clubs International
District 413 - Zambia

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Hunger Relief

Lions Club of Ndola

On the 15th September, 2018, members of Lions Club of Ndola fed about 130 pupils and made donations of 150 steel plates valued at K800, 150 pillows and pillow cases valued at K6,700, and 40litres of cooking oil and 20kg of washing powder valued at K1,500 at Ndola Lions School for the Visually Impaired (NLSVI).



Lion Shamim, President of Lions Club of Ndola watching pupils at NLSVI enjoying the meal

The cost of the meal, which was nshima and chicken, orange fruits, drinks, biscuits and munchos was K1,200.



Members of Lions Club of Ndola getting ready to distribute pillows and pillow cases to pupils at NLSVI

Lions Active on World Cleanup Day

District 413 - Zambia

from front page

Lions and other volunteers teamed up to clean various mapped sites around Lusaka (Tokyo Way / Ring Road between Kamwala and Kamwala South) and Zambia. This movement connected and empowered citizens, companies and the government to clean up our country's mismanaged waste, such as litter and illegal waste dump sites.

"Lions believe in working as a team with other stakeholders in the community." The immediate Past District Governor Jessica Choobe said this on Live Radio interview.



Lusaka Lions cleaning Tokyo way Lusaka



First Vice District Governor Lion Sanjay Balid addressing volunteers at Ndola Teaching Hospital



Zone 7 Lions Cleaning at Kabwe General Hospital



Kasama Lions cleaning Chambeshi Market



Solwezi Leos, Lions of Mutanda and Kansanshi at Solwezi General Hospital



Lions Clubs of Chililabombwe

Fellowship = Friendship

Lions Club of Ndola

On 22nd September, 2018, members of Lions Club of Ndola held a fellowship at De javu restaurant.

Twenty one members were in attendance with two Past District Governors PDG Lion AT Desai and PDG JM Patel.



Members awaiting Dinner

Literacy Month

Lion Juliet Sakala - Zone 1 Chairperson

Lions Club of Nchanga Chingola, Solwezi Mutanda and Solwezi Kansanshi commemorated Litetacy Month by conducting a Spelling Competition.

THE Clubs held the events on different separate days, 22nd September and 29th September, 2018.



Lions to Continue Helping needy

Lions Club of Mulungushi

Lions Club International has pledged to complement Government's efforts to increase access to education and healthcare among vulnerable children.

Lions Club of Mulungushi President Lion Zita Nyawah said that the club has several initiatives aimed at promoting access to education among vulnerable children.

Lion Nyawah said this in an interview on 22nd September, 2018 during the fundraising aerobics hosted by Zoca Dance Zambia at Lusaka International School.

The Lions have partnered with Zoca Dance Zambia to raise money for vulnerable children who receive help under Zambia Orphans of Aid (ZOA).

She said the support towards hosting the Zoca Dance Zambia Aerobic session whose proceeds will be given to ZOA, is in line with the Club's desire to improve the welfare of vulnerable children.

Commissioning of a Mothers Shelter

Lion Christine Mwezi - Lions Club of Chongwe

On the 21st September, 2018, the Lions Clubs International District 413 - Zambia Governor Dr. George SM Banda was one of the dignitaries who graced the commissioning of a Mothers Shelter at Ndapula Health Post in Chongwe District.

The Shelter was built at a cost of K144, 000 by Lions Aid Norway in partnership with Lions club of Chongwe.



The Governor and other dignitaries listen to brief by health official during the tour of the facility



Unveiling of the plaque by the Guest of Honour & his worship the mayor of Jevnaker Kommune, Norway



Speech by the Guest of Honour, his worship the Deputy Mayor for Chongwe Municipality



Tour of the Facility



Lions join the Community in a celebration dance

Lions Provide Healthcare

Lions Club of Kabulonga

The Lions Club of Kabulonga held a Medical Camp at Ngwerere Clinic on the 29th September, 2018.

Patients that were attended to had different kinds of illnesses, then after the Medical Camp a fellowship was held at Mumana pleasure resort.



access to clean water for pupils.

The rest of the donation includes over 60 reading books, pencils, exercise books, pens and 90 pairs of shoes.

The handover ceremony was graced by District Governor Dr. George SM Banda, and the donations were well received by Emmanuel Mission School coordinator Pastor Nsangu Phiri.

Pastor Phiri said the donation of a submersive water pump will promote hygiene.

Lions Club gives Emmanuel Books

Lions Club of Mulungushi

The Lions Club of Mulungushi had donated education materials to Emmanuel Mission School situated in George Township in Lusaka on the 29th September, 2018, as part of commemoration of the literacy month.

The club also donated a water pump to increase

The International Association of Lions Clubs

District 413 – Zambia

26 October to 28 OCTOBER 2018
REGIONAL LIONS LEADERSHIP INSTITUTE
FRINGILLA, CHISAMBA

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SHARE *the Joy*
IN HELPING OTHERS



As a Lions Club Member, you may refer your institution or any company to sponsor the **46th ISAAME Forum Dubai 2018** and have the opportunity to donate 10% from the total value of the sponsorship sold, to the Lions Club Foundation.

Each member who have successfully referred a sponsor will also receive the following benefits and recognition:

- (1) complimentary forum registration
- (1) Plaque of appreciation during opening ceremony
- Acknowledgement on the "Share the Joy in Helping Others" Wall of Fame.
- Chance to win a surprise gift during the event.

Eligibility:

- Open to all Lions Club International Members
- Each referral must be communicated to Congress Solutions International prior to sponsorship contract signing via email:
isaameforum2018@emirates.com
raymund.romero@emirates.com
- Once the contract has been signed, member must assist in receiving the sponsorship fee, 15 days prior to the event dates
- Sponsorship cancellation and non-payment will result to disqualification from the program



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visit: isaameforum2018.org

If you have any questions, please feel free to contact us:
Phone: 00971 56 999 3317 Email: raymund.romero@emirates.com

46th ISAAME FORUM 2018
5-8 December 2018, Dubai International Convention & Exhibition Centre

Family and Women Symposium

November 24

District 413 - Zambia

District Lions of 413 - Zambia will have a Family and Women Symposium on Saturday, 24th November 2018 at Cresta Golfview Hotel, Lusaka, Zambia with a participation fee of K150.



Family FACES – Fun, Activities, Community, Education and Services – is a symposium addressing women's health issues, services for children, information about Lions Clubs International and the opportunity to take part in a community service project.

There will be displays and resources from various Lions supported family fun activities, with guest speakers from different associations.

As the emphasis on family-friendly Lions clubs and growing women in Lions continues, it is important for clubs to identify relevant service opportunities that will spark the interest of families and women. An excellent avenue for pinpointing these needs is to hold such events. The purpose of a Lions Family and Women Symposium is four-fold:

1. Identify new community projects that are of interest to women and families.
2. Identify potential members.
3. Promote Lions clubs within the community.
4. Charter a new club/club branch to develop the new community project that has been identified.

The Interested persons can register as soon as possible.

New Voices Initiative

District 413 - Zambia

The New Voices Initiative celebrates women's contributions to Lions Clubs International as it welcomes its first female International President. This initiative promotes gender parity by focusing on increasing the number of women in Lions Clubs, as well as closing the gap between men and women in leadership positions.

The New Voices Initiative offers you the chance to celebrate your contribution toward increasing gender parity within Lions Clubs International. As we work toward increased gender parity each year, Lions Club International wishes to honor and the work you've done to champion women's voices.

Are you a New Voice in Membership, Leadership, Service, Marketing? We want to hear your story.

Submission Step-by-Step

Tell us how you have supported women in your area, and you may just be invited to attend an exclusive seminar with International President Gudrun in Milan!

Visit the Website <https://weserve.org/newvoices/>

Use video, photos, and words to describe the ways in which you've contributed to one of the following areas – and don't forget to use the hashtag for your category!



SERVICE

Use hashtag #NewVoicesService to share your story.

MEMBERSHIP

Use hashtag #NewVoicesMembership to share your story.

LEADERSHIP

Use hashtag #NewVoicesLeadership to share your story.

MARKETING

Use hashtag #NewVoicesMarketing to share your story.

Zambia Hosts the 25th All Africa Conference

Allafrica2019.org

At least over 500 Lions from different parts of the world are expected to attend the 25th All Africa conference to take place in Lusaka, Zambia starting from 25th -28th September, 2019.

The conference is expected to influence Lions of the participating countries in ensuring issues are integrated. This is an opportunity for Lions to learn how to effectively ensure the quality of service.

The conference aims to share good practices and lessons learnt, providing a forum for dialoguing among participants.

It will also provide opportunities for acquiring new knowledge and skills, generate resolutions and recommendations that are relevant to every Member.

From the 24th All Africa Conference which was held in Rabat, Morocco 26th - 29th September, 2018 with a participation of 328 Lions from different countries, Algeria, Angola, Benin, Botswana, Burkina Faso, Cameroon, Canada, Chad, Congo, Democratic Republic of the Congo, Egypt, England, France, French Guiana, Gabon, Germany, Ghana, Guinea, Hong Kong, Iceland, India, Italy, Ivory Coast, Japan, Kenya, Korea, Lebanon, Mali, Mauritania, Morocco, Nigeria, Nepal, Netherlands, Senegal, South Africa, Tanzania, Togo, Tunisia, Uganda, United States, Zambia, and Zimbabwe



International President's Office Group Photo

Which was successfully chaired by the International Director Chiti Hastings Eli, who seats on the Lions International Board of Directors; responsible for policy formulation for the whole world.

The International Director Chiti Hastings Eli concentrates on the area called ISAAME (India, South Asia, Africa & Middle East), and he was given an opportunity to Chair his First Conference during his year as International Director.

During the conference the International Director Chiti Hastings Eli had tour of Liberaville, Gabon, and

visited the Cancer Hospital accompanied by the Partner in Service Lion Nora Chiti, Lions International President Gudrun Bjort Yngvadottir and other Lion Leaders and Members.



R-L ID Chiti Hastings Eli and Nora Chiti

The 24th All Africa Conference Chairperson of Morocco organising committee District Governor Mounir handed over the All Africa flag to Past District Governor Liaqat Kapdi whose currently the 25th All Africa Conference Chairperson from District 413 Zambia. The flag represents the conference and its always handed over to the next hosting country.



L-R PDG Liaqat Kapdi and DG Mounir



Cake cutting Ceremony ID and Inter. President

Show how #LeosCollaborate – Leo Video Contest Tip Sheet

Leo Clubs

Submissions for this year's Leo Video Contest are being accepted now until November 1st, 2018! As you share how #LeosCollaborate with Lions in your community, take a look at this Leo Video Contest Tip Sheet to get some best practices for your video. Don't miss out on this opportunity to share your stories! Winners for this year's Leo Video Contest will be announced on International Leo Day on December 5th.



Leo Video Contest Tip Sheet

Shooting with a cell phone

- Turn your device sideways — horizontal videos work better.
- Keep the cell phone steady for a smooth video, but still pan the scene to take in all of the action.

Speaking on camera

- Position the speaker in the outer third of frame (left or right).
- Find a location with good light (preferably natural light) and make sure subjects are not backlit.
- Your location should be as quiet as possible. Clear audio is as important as the video.
- Choose a background with little to no distractions.
- Keep sound bites concise. The shorter the better!
- Speak with three to five volunteers (Leos and Lions) to obtain a variety of sound bites.
- Speak with a recipient and/or representative of the organization or town being helped.

Editing your movie

- Utilize simple editing software such as iMovie on your phone or computer.

QUICK TIP ▶ Tips for creating a great video



Use a scene with little to no distractions, and choose a quiet location as clear audio is as important as the video!



Turn your device sideways — horizontal videos typically work better! Position subject (spouse) in the outer third of frame (left or right)



Keep your response concise, overall video length 3 minutes or less. The shorter the better!

street and not to touch the hot stove. But a diagnosis of diabetes changes everything. You suddenly hold your child's life in your hands. If you don't give him his shot, he's going to die." DiPasquale suggested to her club that they support diabetes prevention. The Lions of District 1 J teamed up with Elmhurst Memorial Healthcare (EMH) to develop a diabetes prevention and lifestyle intervention program by securing a \$95,275 Core 4 Diabetes grant from Lions Clubs International Foundation (LCIF).

The project prevents diabetes by providing education and resources to low-income adults at risk of developing the disease.

We never would have gotten through this without the education and support we got from Elmhurst Memorial Healthcare," says DiPasquale. "Thank you, LCIF, for making sure other families have access to this vital resource."

Diabetes is a growing epidemic in both the United States and worldwide. Some 29 million American adults have diabetes. That includes an estimated 7 million who do not know that they have the disease, according to the Centers for Disease Control and Prevention (CDC). Another 86 million Americans (more than 33 percent of adults) have prediabetes, which puts them at the highest risk of developing diabetes within the next five years. It is predicted that one in three Americans will have the disease by 2050 if current trends continue.

Now, with the help of local Lions, the new Diabetes Prevention and Lifestyle Intervention Program at EMH identifies underserved, financially strained and high-risk individuals who may have prediabetes. Those who screen positive for prediabetes are offered a free consultation with a diabetes educator at the hospital-based Learning Center. They can choose to enroll in a lifestyle-change program, based on the CDC curriculum designed to prevent or delay progression of Type 2 diabetes.

The program aims to educate participants with the ultimate goal of reducing the prevalence of diabetes. This is an expansive community outreach program that helps individuals identify their risks and develop a plan to minimize them.

Local Lions are integral to the success of the program. There are 64 Lions clubs in District 1 J and more than 2,300 members. The Lions function as community ambassadors by advocating for diabetes prevention. They facilitate informational meetings, help collect health data such as weight and BMI (Body Mass Index) measurements from participants, and host fundraising events. With the help of Lions and LCIF, the target is for at least 65 percent of participants to lose weight, maintain that weight loss and experience a stabilization of the blood glucose level after completing the program. The Lions of District 1 J are working diligently to improve the health of their community and prove that an ounce of prevention is, indeed, worth a pound of cure.

LCIF Supports Lions Program to Prevent Diabetes

LCIF Admin

When District 1 J was considering new ways to give back to their suburban Chicago community, Lion Jeri DiPasquale had an idea. At age 13, her son had been diagnosed with juvenile diabetes, so her family knew all too well the needs of the diabetic community. "As a parent, you always try to keep your child safe," says DiPasquale. "You tell him not to run into the

Lions of Japan are Hard at Work After Multiple Disasters Pummel the Nation

LCIF Marketing

Over the past two months, Japan has an unprecedented amount of natural disasters. Earthquakes, torrential downpours, flooding, heatwaves and landslides have all left their mark on the Pacific island nation this summer. Then, only days after a record-setting typhoon, another earthquake shook Japan.

Residents of Hokkaido woke in the early morning to the 6.7 magnitude quake on September 5, 2018. The island was left without electricity as massive landslides buried homes and destroyed infrastructure. Lions Clubs International Foundation (LCIF) has provided a total of US\$410,000 to assist with the relief efforts in the wake of these disasters. Local Lions understand that the government and Japan's Self Defense Force will provide immediate emergency support more efficiently, so they will focus



instead on long-term community rebuilding and recovery. Planning is already underway for how Lions will assist their neighborhoods and their country in the coming weeks, months and years.

Did you know that a US\$100 donation can provide essentials such as food, water, and shelter to four people in the wake of a natural disaster?

Question and Answer: How Do Vaccines Prevent Diseases?

lc1fbl0gas

Question:

How do vaccines prevent diseases?

Answer:

With so many diseases in the world, something needed to be created to protect people from getting sick and even dying. This is where vaccines came in. Vaccines immunize and protect people from diseases such as measles, rubella and polio. According to the Centers for Disease Control and Prevention (CDC), vaccines help develop immunity by imitating an infection by a disease, causing the immune system to develop the same response as it does to a real disease. This allows the body to recognize and fight the vaccine-preventable disease in the future if a person comes into contact with it.

Because the vaccine is weaker than a real disease, being vaccinated is a safe method for fighting diseases through prevention. For instance, immunizing a child against measles will not give the child measles, yet he or she will be protected against the disease in the future.

The best news: Vaccines work! And, whenever a

vaccine is developed and approved as safe to use, the number of cases of that disease begins to drop immediately. Called "herd immunization," this form of immunization occurs when the majority of a population is immune from a disease through a vaccination. Herd immunization protects member of the population who are not immune and cannot receive a vaccine due to their age or a compromised immune system.

At the 2013 Lions Clubs International Convention in Hamburg, Germany, Lions Clubs International Foundation (LCIF) made a commitment to Gavi, the Vaccine Alliance, to raise US\$30 million to help protect tens of millions of children in the world's poorest countries against measles. If we could accomplish this ambitious goal, these funds would be matched by the Gavi Matching Fund, whose primary contributors are the Bill and Melinda Gates Foundation and the UK Department for International Development. In December of 2017, LCIF announced that thanks to the generosity and service of Lions, this goal has been reached and exceeded, bringing the total amount raised to around US\$61 million.

With support from LCIF and the Gavi Matching Fund, 49.5 million children have been immunized in communities across the world. For the first time in known history, the annual measles death rate has declined to less than 100,000 deaths per year. LCIF applauds this achievement, and is proud to have contributed to this success.

Oveido-Winter Springs Lions Enact “Time for Change”

LCIF Marketing

Many of us don't give much thought to the coins that accumulate in our pockets or bottoms of our purses, in jars on our dressers or between our sofa cushions. After all, what good are a few pennies or the occasional dime?

Individually, not much—but when pooled together, spare change becomes pretty powerful, as LCIF Trustee Robert Littlefield recently proved.

Robert's club, based in Oveido-Winter Springs, Florida, meets twice per month. In the two weeks between meetings, Robert challenged his fellow Lions to save their loose change in plastic bags he provided. At the next meeting, members were to return their bags of coins for counting. In just two weeks, 17 lions collected a combined total of US\$104.75! Not bad for spare change. Looking at their stacks of coins, the Lions set out to use that small-but-mighty wealth for the community's advantage. The change collected during their first exercise went to feed the hungry. Then Robert's club went on to plan five more coin collecting challenges, dubbed “Time for Change.” They supported a new cause each month. “Our goal is to raise over US\$100 per month,” says Robert. “When this is done, we'll have donated US\$1,000 to LCIF from personal contributions of club members. This will help build the habit of giving.”

It's easy to host your own “Time for Change” fundraiser. Here's how:

1. Provide each club member a re-sealable quart-sized bag to collect loose change.
2. At the end of the collection period, tally the coins, then donate them to Lions Clubs International Foundation in the participants' names.
3. Add an element of recognition.

Each month, the Oveido-Winter Springs club enters participants' names in a drawing for a president's pin. The club also recognizes anyone who averages at least US\$2 per week; at that rate, the Lion would personally donate more than US\$100 in a year. The club's final honors are based on cumulative totals: gold, silver and bronze awards for those who collect a grand total of at least US\$100, US\$75 or US\$50, respectively.

This is also a great way for club members to earn the newly minted Lions Share program pins. In its first year as the evolution of the Contributing Member program, individual, single donations of US\$50, US\$100, or US\$200 in a year receive the respective onestar, two-star, or three-star pins. Visit lcif.org for more information. To help collect donations, download a Lions Share donation booklet for print!



We'd love to hear how you make “Time for Change.” Share your stories with us at lcifstories@lionsclubs.org.

Hurricane Maria: One Year Later

LCIF Marketing

On the morning of Wednesday, September 20, 2017, Hurricane Maria struck Puerto Rico, devastating the island and plunging all of its 3.4 million residents into a desperate humanitarian crisis. Hurricane Maria is the worst storm to hit Puerto Rico in over 80 years, and arrived two weeks after Hurricane Irma passed just north of the island and left over a million people without power. The effect on families — and the island's infrastructure — will take many years to heal. Despite the challenges, people came together to help their neighbors in any way they could, by clearing debris and even giving their food aid to those who needed it more. The biggest challenge was the absence of electrical power on the island and the rising death toll. After more than five months without electrical power, many started working in communities to restore the power themselves. Puerto Rico also experienced rising suicide rates due to the depression of those who felt they lost everything, had no food or water, and whose families had left the island.

One year later, you can see the resilience of those who were put to the test of this powerful hurricane. They continue to help others even when they are still struggling. Lions are passionate about what they do and they rose to the occasion as others in need were reaching out to get help.

Together we can make a difference. And we are. The Lions of Puerto Rico continue to work closely with Lions Clubs International Foundation (LCIF), which provided a US\$100,000 Major Catastrophe grant, FEMA and Islamic Relief USA. Many organizations throughout the United States helped to provide basic necessities for people throughout the island. Puerto Rico is a beautiful, friendly and warm island. We look forward to a brighter tomorrow and to continuing work as Lions to honor our motto, “We Serve.”



INTERNATIONAL ASSOCIATION OF LIONS CLUBS - DISTRICT 413 ZAMBIA

Invitation-Application For Membership

Lions Club Name: _____

Member Sponsor: _____

First Name: _____ Last Name: _____ Title: _____

Gender: ☐ Male ☐ Female Occupation: _____

Date of Birth: _____ Spouse's Name: _____

Address: _____

City: _____ Country: _____

Phone: _____ Email: _____

I am a: ☐ New Member

☐ Former Member ☐ Transfer Member Member Number: _____
(If unknown, email stats@lionsclubs.org)

Previous Club Name: _____ Previous Club Number: _____

☐ Family Member ☐ Student Member ☐ Current or Former Leo ☐ Young Adult

I accept membership into Lions Clubs International and that the standards are limited to persons of good moral character and reputation. I recognize the importance of rendering personal service to my community in cooperation with other civic-minded persons. I understand that membership is not valid until approved by the club's board of directors.

Signature: _____ Date: _____

MISSION STATEMENT

TO EMPOWER volunteers to serve their communities, meet humanitarian needs,
encourage peace and promote international understanding through Lions clubs.

INTERNATIONAL ASSOCIATION OF LIONS CLUBS - DISTRICT 413 ZAMBIA

Invitation-Application For Membership

Lions Club Name: _____

Member Sponsor: _____

First Name: _____ Last Name: _____ Title: _____

Gender: ☐ Male ☐ Female Occupation: _____

Date of Birth: _____ Spouse's Name: _____

Address: _____

City: _____ Country: _____

Phone: _____ Email: _____

I am a: ☐ New Member

☐ Former Member ☐ Transfer Member Member Number: _____
(If unknown, email stats@lionsclubs.org)

Previous Club Name: _____ Previous Club Number: _____

☐ Family Member ☐ Student Member ☐ Current or Former Leo ☐ Young Adult

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Livingstone CONVENTION

09 - 12 May 2019



MyLiOn™



Thank You

We want to thank the District Chairpersons and Clubs that took part in this Newsletter.

It is very important to keep an active, informed and growing District. Without the newsletter—think of all the information that would be lost and how many members we may lose without keeping them informed.

To all those that did not submit an article at this time—please consider it in the next coming issue.

To help us Publish a monthly Newsletter for all activities, we would like each club in the district to send us a copy of your article each month.

When you send us your article, you make our job a lot easier. We will be able to share all the wonderful things your clubs are doing, so thank you.

Keep up the great work that you and your clubs do for your community and beyond.

We hope that these few hints have helped you and if you still have questions, please feel free to contact us.

Download All Newsletters on the Website - lions.district413zambia.com

*Lion David Lihonde
DCC Publications and Newsletter*

Your Submissions

*For article submission or advertising
contact the Editor:
davidgangway@yahoo.com*

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Lions Clubs International

Lions Clubs International is the largest service club organization in the world.

We have more than 1.7 million members in more than 46,000 clubs worldwide.

Where there's a need, there's a Lion.

We're men and women serving in more than 200 countries and geographic areas.

Lions serve.

Our motto is "We Serve." Founded in 1917, we are best known for saving sight, but we also feed the hungry, aid seniors and the disabled, care for the environment and so much more. Lions are a global service network of volunteers that make a difference in their local communities.

Lions give sight.

By conducting vision screenings, equipping hospitals and clinics, distributing medicine and raising awareness of eye disease, Lions work toward the goal of providing vision for all.

Through the support of the Lions Clubs International Foundation (LCIF), Lions have helped provide more than 153 million treatments for river blindness and 72 million doses of a sight-saving trachoma medication through the Sight First program alongside our partners. Lions and LCIF have also helped provide vision screenings for more than 22 million children through the Sight for Kids partnership program.

Lions serve youth.

Our community projects often support children and local schools through scholarships, recreation and mentoring.