

## Insight

### Preamble

ZAAA Donates to Ndola School for Visually Impaired, page 4.

LCIF CAMPAIGN, page 5.

Thank You for Relieving the Hunger!, page 7.

Msandaka Lions Deaf Centre, page 7.

Second Zone 5 Meeting, page 8.

Faculty Development Institute (FDI), page 8.

16 DAYS OF GENDER ACTIVISM-2018, page 9.

Region 6 Highlights From November 2018, page 9.

Cabinet Appointments and disappointments, page 11.

District Loses Vibrant Lion, page 11.

Share Your Club with the World, page 12.

Donations Made Simple, page 14.

Lions GAT Fights Against Diabetes in Kenya, page 14.

LCIF Enhances Grant Support for Global Diabetes Support, page 15.

LCIF and Diamond Jubilee Trust's Shared Mission of Ending Blinding Trachoma, page 16.

## Fighting Diabetes

The World Diabetes Day which falls on the 14th November every year was jointly introduced by the World Health Organisation (WHO) and the International Diabetes Federation (IDF). The global diabetes awareness campaign was introduced amidst concern over an escalating diabetes epidemic. It has grown from humble beginnings to become a globally-celebrated event which increases awareness about diabetes.

World Diabetes Day being internationally recognised and is an official United Nations Day, the Lions District 413 - Zambia and its cooperating partners Ministry of Health, Diabetes for Bundet and Diabetes Association of Zambia commemorated World Diabetes Day on the 14th November, 2018, comprising of a Match past from Lusaka Central SDA church to Kabwata Cultural Village where Cultural activities, and screening was done, World Diabetes Day is proving internationally effective in spreading the message about diabetes and raising awareness **Continued on page 4**



Lions from District 413 - Zambia and with its cooperative partners Ministry of Health, Diabetes for Bundet and Diabetes Association of Zambia Matching from Lusaka Central SDA Church to Kabwata Cultural Village

## Your Submissions

For article submission or advertising contact the Editor:  
[davidgangway@yahoo.com](mailto:davidgangway@yahoo.com)

Published by:  
LIONS DISTRICT 413 - ZAMBIA

©Lions District 413 - Zambia, 2018  
All Rights Reserved.

VOLUME 48. ISSUE VI DECEMBER 2018



Saturday, 1 December  
World AIDS Day 2018

Theme: Encourages everyone to know their HIV status.



YOU DON'T WANT TO MISS THE  
**41st Annual Lions Day**  
with the United Nations on Saturday,  
**March 9, 2019**, so register today!



# REGISTER NOW!!!

THIS EVENT IS A GREAT WAY TO MEET LIONS, LEOS,  
PARTNERS AND DIPLOMATS AND PARTICIPATE IN  
OUR EXCITING GLOBAL PARTNERSHIP.



# 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”**

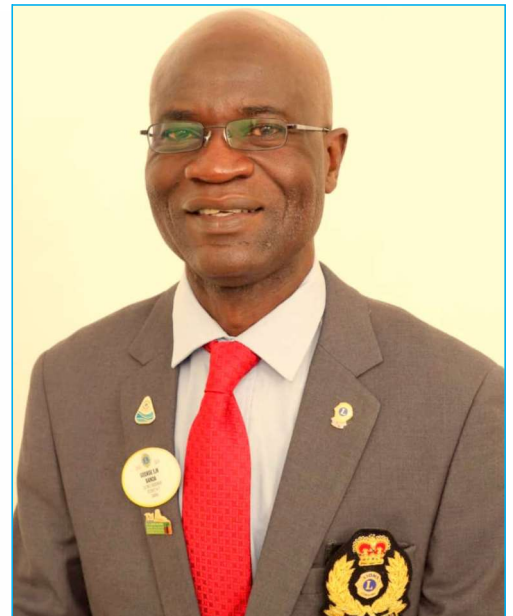
**SERVICE**- We will continue to offer freely of our Treasury, Talent, and Time - We Serve.

**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*



# WHY Diabetes

District 413 - Zambia

**From Front page**  
for the condition.

Each year, World Diabetes Day, which is co-ordinated by the International Diabetes Federation (IDF), carries a particular theme - 'The Family and Diabetes.'

The aim is to raise awareness of the impact that diabetes has on the family and support network of those affected, as well as promoting the role of the family in the management, care, prevention and education of diabetes.



L-R 2VG Peter M Mangani, MJF, IPDG Jessica Choobe, MJF and Governor Dr. George SM Banda queuing for Diabetes Screening



Cultural Entertainment at Kabwata Cultural Village where free Diabetes Screening was held

November 14th is a significant date in the diabetes calendar because it marks the birthday of the man who co-discovered insulin, Frederick Banting. Banting discovered insulin in 1922, alongside Charles Best.

Now, The day is celebrated throughout the world. A truly global event, World Diabetes Day occurs in over 200 diabetic member associations, in over 160 different countries. Further associations, medical professionals, and individuals all over the world join together to celebrate World Diabetes Day.

## ZAAA Donates to Ndola School for Visually Impaired

Lions Club of Ndola

Members from Zone 5 provided service (Distribution of Mineral Water to Athletes) and took part in the organizing of the Zambia Amateur Athletics Association (ZAAA) Copperbelt Inter Company Relay which was held on the 17th November, 2018 in Ndola.



First Vice Governor Sanjay S Balid, MJF handing over a bottle of mineral water to one of the participants of the Inter Company Relay

Through the strategic initiative of the Lions from Zone 5, in recognition the Zambia Amateur Athletics Association (ZAAA) gave K5, 000.00 to go towards Ndola School of Visually Impaired.



Zone 5 Chairperson - Lion Sree Kumar KR handing over a bottle of mineral water to one of the participants of the Inter Company Relay



# LCIF CAMPAIGN

LCIF Coordinator South - Lion Jessica Choobe,  
IPDG, MJF

## What is Lions Clubs International Foundation?

Lions Clubs International Foundation (LCIF) is the charitable arm of Lions Clubs International (LCI). Incorporated in 1968, LCIF is a public, nonprofit, tax-exempt corporation as described in Section 501 © (3) of the U.S. Internal Revenue Code of 1954.

## What is LCIF's mission?

To support the efforts of Lions clubs around the world in serving their local and global communities by funding humanitarian service projects.

## How is the foundation governed?

A Board of Trustees comprised of the LCI Board of Directors, plus two appointed members governs LCIF. The Immediate Past International President of LCI always serves as Chairman of the Board of Trustees.

## How are the foundation's objectives achieved?

Through its grant program, LCIF provides the necessary funds to mobilize Lions to meet vital worldwide needs. LCIF's grant programs include:

**Standard grants** – provide matching funds of up to US\$75,000 for large-scale projects that address important humanitarian needs, such as construction of schools and hospitals, homes for the elderly and the development of training programs. The project must be beyond the scope of traditional club and/or district fundraising activities and have the support of several clubs in the district.

**SightFirst grants** – support projects that fill the gaps between what is being done and what needs to be done to curb the rapid growth of preventable and reversible blindness. SightFirst projects respond to one or more of the leading causes of blindness: cataract, trachoma, onchocerciasis (river blindness), glaucoma and diabetic retinopathy. The Lions Eye Health Program (LEHP), which is part of the SightFirst program, enables Lions to fight the two leading causes of blindness in developed countries: glaucoma and diabetic eye disease. A SightFirst grant proposal may originate from any single, sub or multiple district.

**Core 4 grants** – Fund innovative projects that target urgent needs under Lions' four core areas of concern: preserving sight, combating disability, promoting health, and serving youth. Grants are available in amounts up to \$200,000. Depending upon the type of grant, LCIF provides either 25% or 75% of the cost.

**Emergency grants** – award up to US\$10,000 to meet immediate needs for food, clothing, medical supplies or blankets following a natural disaster. The district governor can apply for this grant and funds are usually received in 48 hours.

**Major Catastrophe grants** – Awarded in amounts of US\$50,000 and above to help fund longer-term reconstruction projects following major catastrophes.

**Designated grants** – Funds donated to LCIF that are restricted to specific use.

## CAMPAIGN 100

Thanks to the selfless sacrifice and dedication of thousands of Lions, LCIF has been able to grant more than US\$1 billion to Lions service projects and partnerships around the world. The generosity of the Lions community has allowed LCIF to give sight, to support youth, to provide disaster relief, and to address a wide range of humanitarian needs. Some may ask, why should we give to LCIF? We already support other causes. It's important to remember that the foundation empowers service. Individually, we serve with our clubs and make differences in our local communities. LCIF allows us to extend and magnify that impact on a global scale. LCIF is your foundation. It belongs to every Lion, and empowers the service and impact of Lions everywhere. The success of LCIF is truly the success of our global community of Lions.

**Campaign 100: LCIF Empowering Service** is the foundation's next transformational campaign. Through Campaign 100, we will raise US\$300 million to increase our service impact; fight diabetes; and expand our global causes. Campaign 100 will allow us to serve more than two hundred million individuals per year by 2021 and ensure that Lions have the resources we need to expand our global causes and impact.

There are many needs facing our world today. To others, the challenges may seem too great to overcome – but not to Lions. Lions see the needs of the world and respond, “We Serve.”

Through Campaign 100:

We will increase our service impact by:

Expanding our current programs

Focusing on vision, youth, disaster relief, and humanitarian causes

We will fight diabetes by:

Reducing the prevalence of diabetes

Improving the quality of life for those diagnosed

We will expand our global causes by:

Identifying the areas of greatest need and opportunity within hunger, childhood cancer, and the environment

Conducting pilot projects

Developing sustainable, long-term programs



Lions Clubs International

# DISTRICT 413 - ZAMBIA 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 fulfill the association's "We Serve" motto to helping those in need. Worldwide Induction Day is a symbolic statement to Lions in the 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.

The Lions International District 413 - Zambia will be celebrating Worldwide Induction Day on the 27th April, 2019.

For Further details: DCC - Lion Dr. Osbert N Sikazwe, MJF - osikazwe@yahoo.com



## Lions Quest

Because young people around the world need skills for life

### What is Lions Quest?

Lions Quest is a life skills and prevention program of Lions Clubs International Foundation, implemented in more than 50 countries around the world. Lions Quest programs teach young people skills necessary for everyday success.

#### These skills include:

- Learning to accept responsibility
- Communicating effectively
- Setting goals
- Making healthy decisions
- Resisting pressure to use alcohol and drugs

#### Lions Quest programs:

- Provide high-quality, research-based classroom resources for teachers and age-appropriate learning material for students
- Present opportunities for students to learn and practice skills that build and enhance positive relationships
- Involve the family and community in supporting the healthy development of young people

#### Programs:

- Skills for Growing
- Skills for Adolescence
- Skills for Action



Lions Clubs International

P O Box 35776  
Lusaka, Zambia  
E-mail: xtine76cb@yahoo.com  
lions district 413 zambia.com  
www.lionsclubs.org





# Thank You for Relieving the Hunger!

Lions Club of Lusaka

November 17th, Lions Club of Lusaka fed over 170 patients at Chainama Hills Mental Hospital. It marked the Relieving the Hunger Global Service Action Campaign, and Members from the Club and the Zone 11 Chairperson - Lion Christopher Bwalya participated by feeding the patients.

Lions cooked and joined in the Lunch prepared --  
Lions embraced the feeding campaign and worked to help end global hunger.



Zone 11 Chairperson - Lion Christopher Bwalya and a Member from Lions Club of Lusaka cutting a piece of Chicken during the food preparation



Group Photo of the Lions Club of Lusaka Members, Zone Chairperson and the Hospital Staff

***Thank you for serving your communities!***  
*Remember that hunger affects families and children around the world every day, so continue planning projects that feed the hungry year round.*

## Msandaka Lions Deaf Centre

Lions Club of Ndola

On Monday, 27th November, 2018, the Club of Ndola donated a sum of \$500 and PDG JM Patel (a member of Lions Club of Ndola) donated \$500 towards a project at the Msandaka Lions Deaf Centre through Lions Club of Moshi in Tanzania.

A friendship banner and lapel pins of ID Hastings Chiti were also handed over to Mrs. Abha Patel and members of the Fitbank Kilimanjaro Expedition team.



Photo taken after the handover of the \$1, 000 towards a project at the Msandaka Lions Deaf Centre



# Second Zone 5 Meeting

Lions Club of Ndola

The Club of Ndola hosted the Second Zone 5 meeting on 11th November where 25 members were in attendance. Out of the number of attendance, 10 were from Lions Club of Ndola and a new member Lion Irfan was inducted.



Photo taken during the Second Zone 5 Meeting  
Hosted by Lions Club of Ndola



First Vice Governor Sanjay S Balid, MJF Inducting a  
New member Lion Irfan during Second Zone 5 Meeting

## Faculty Development Institute (FDI)

LCI

The Faculty Development Institute is a three-day institute that serves to develop and expand the number of skilled Lions faculty available for use in training at the club, district, and multiple district levels. The curriculum is designed to enhance training delivery skills and training techniques that will increase the quality of training and overall effectiveness of Lions leadership development programs. Starting in 2018-2019 the Faculty Development Institute's focus has changed to emphasize training delivery skills more and no longer includes sessions on curriculum development. Lions who complete the FDI are expected to be able to effectively deliver training sessions with provided materials. They should not be expected to create their own training materials.

Qualified candidates are those Lions who have some experience as instructors at local Lions training events, have demonstrated basic instructional skills, and have a keen interest in further developing those skills. A candidate's training experience should include using PowerPoint to support training delivery. (Note: Participants will not be expected to create any materials while at the FDI, but it will be necessary to use PowerPoint and other provided materials for some activities.) Participation is limited to Lions from the constitutional areas.

Lions participating in this three-day course will be

required to conduct a local training event within six months of attending the institute, in order to complete the FDI.

### Applications

Lions who meet the qualifications may apply to the Faculty Development Institute by submitting a completed and signed application form. Applications will be available at least four months prior to the institute. Please download the application for your constitutional area from LCI Website. Because of the high number of applications received, acceptance into the institute is not guaranteed.

### Cost of the Institute

Lions Clubs International will provide meals and lodging according to the dates and schedule of the institute. In compliance with board policy, a non-refundable participation fee of US\$150.00 will be required to offset a portion of these costs. This fee will be due no less than six weeks prior to the institute start date. Please do not send funds until you receive a letter of acceptance to the institute. Participants are also responsible to pay for their own transportation and other travel related expenses to and from the institute site.

### 2018-2019 Faculty Development Institutes

All dates and locations are subject to change. Please note that application forms are available only in the languages of the constitutional area.

#### \*Constitutional

Area VI: Africa Date: March 7-9, 2019

Location: Dar-Es-Salaam, Tanzania

\*This institute is only open to Lions from Africa.



# 16 DAYS OF GENDER ACTIVISM-2018

Family and Women Development -  
Lion Matildah K Zimba

THE countdown has begun. This is an annual campaign which begun on November 25, the International Day Against Gender-based Violence, and ends on December 10, which is the International Human Rights Day.

**THEME:** Orange the World: #HearMeToo

The civil society teamed up and gathered on Monday 26th November, 2018 at OlympAfrica, Kasangula Road with the GUEST OF HONOUR: HER HONOUR, INONGE MUTUKWA WINA, Vice President of the Republic of Zambia and communities to condemn gender-based violence and reaffirm their commitment to the efforts aimed at its eradication.

There was various activities aimed at increasing awareness and lobbying policy and decision makers to take practical and effective steps to protect women from all forms of violence.



Lions from District 413 - Zambia seated under the tent during the 16 DAYS OF GENDER ACTIVISM-2018 at OlympAfrica, Kasangula on 26th November, 2018

In Zambia, the Ministry of Gender and Child Development has been doing a sterling job working closely with other ministries, the civil society, the corporate world and communities to ramp up the fight against the scourge.

This is the period in which the women movement amplifies its voice on the need for women to live, work and play in a safe environment without facing the constant risk of being harmed by their male counterparts and their fellow women.

## Region 6 Highlights From November 2018

Region 6 Chairperson - Lion Booker Mukupa



Photo taken on 31st November, 2018 to Livingstone L-R Region 4 Lion Muhali Francis Makwele, Lion Carolyn Monze Lions Club President and Region 6 Lion Booker Mukupa



Governor Dr. George SM Banda inducting New Members during the World Induction Day At the Lions Den on 3rd November, 2018



Lions Club of Chilanga November Board Meeting Visited the IPDG Jessica Choobe



Group Photo - World Induction Day At the Lions Den with Governor Dr. George, Cabinet Officials, Club Members and new Lions on 3rd November, 2018

# 25<sup>th</sup> ALL AFRICA CONFERENCE

LUSAKA  
D413 - ZAMBIA  
25 - 28 Sep, 2019

[www.allafrica2019.org](http://www.allafrica2019.org)



LEADERSHIP. EXPERIENCE. OPPORTUNITY

## INTERNATIONAL

Leo Day, 5th December, 2018

Since 1957



SHARE *the Joy*  
IN HELPING OTHERS





# Cabinet Appointments and disappointments

District 413 - Zambia

Fellow Lions on behalf of the District Governor I am pleased to announce the appointments of Lion Abba Munasanga as Zone 16 Chairperson and Lion Joel Dungani Moyo as Zone 4 Chairperson.

Both Lions Abba and Dingani have held several positions at club level they both bring leadership qualities- commitment and passion to the team.

It is with regret that I wish to inform you that the

## District Loses Vibrant Lion

Governor Dr. George SM Banda  
Fellow Lions i am still at a loss of words and my soul is troubled by the passing on of our Zone 16 Chairperson Lion Abbany Sikabalu.

I can not believe he is no longer with us. The District has indeed lost a vibrant Lion who was so dedicated to Serving humanity, he had too much tenacity which I am sure he passed on to his club members.

On behalf of District 413, my family and my own behalf I wish to convey heartfelt condolences to his family, friends and the Lions Club of Choma Central.

He will surely be missed by all.

Fellow Lions let us remember to sign the book of condolences at the Den and send in our funeral contributions. The wife had made a request through the wife of Lions presence at his funeral.

***Yours In Service***

Lion Dr George SM Banda  
**District Governor**



L-R 2VDG Peter M Mangani, IPDG Jessica Choobe, DG Dr. George SM Banda and ID Hastings E Chiti

Governor has Revoked the appointments of the following DCC's

1. Lions Services for Children
2. Public Relations & Lions Information
3. Special Needs Equipment
4. Media Liaison
5. District Visitations

For failure to meet the District Governor's and District Expectations.

***Yours In service***

Lion Christine C Banda  
**Cabinet Secretary.**



Members of the District carrying the late Zone 16 Chairperson Lion Abbany Sikabalu at the point of Body viewing



Lions from District 413 - Zambia take a Group after giving farewell to the District 413 - Zone 16 Chairperson



Lions give farewell to a vibrant Lion who was so dedicated to Serving humanity

# Share Your Club with the World

LCI

Lions, celebrate! A dynamic and beautiful platform for marketing your club has arrived. The reengineered club locator will seamlessly integrate with your club's MyLion™ profile, pulling in your photos, descriptions and projects for the world to see.

When Lions and potential members are looking for a club, they can perform a simple search by location or keyword. It's as easy as typing in a full, or even partial, address to find clubs nearby. You can also search through keywords, such as club names or club presidents. Once you click "search," nearby clubs will quickly populate—along with their profiles and relevant contact information.

## 3 ways to get the most out of the club locator

### 1. Keep your MyLion™ page updated!

MyLion is a powerful tool that was introduced in 2017. It allows Lions to establish projects and share them with other clubs, Lions and potential Lions. Because of the success of clubs posting on MyLion, we wanted to integrate profiles with the new website

—allowing clubs to be highly visible on two great digital experiences. This means that to optimize the club locator, clubs need to make sure their profiles are established on MyLion. Luckily, it's an extremely easy-to-use platform.

### 2. Curate your club's look

The new club locator will make your club visible to Lions and potential Lions in a way far greater than ever before. The simplicity—and beauty—of the search means many more people will be viewing your club's profile. With this in mind, clubs need to be diligent on what they're posting on their profiles. Using high quality photos and making sure that all writing is clear for Lions and potential Lions to understand will go great lengths in ensuring your profile is communicating effectively.

### 3. Update your contact information

When potential Lions are looking for a club in their area, they need accurate and up-to-date contact information. While some clubs have done a great job keeping their phone number, address and email address current, many have not. Now is the perfect time to refresh your information and make sure it is completely updated.

To take full advantage of our new club locator, we recommend getting on MyLion and keeping your service projects and profile updated. Visit the club locator today and explore the possibilities!

# Share Your Club with the World

LCI

## Get to know our all-new Resource Center

Lions serve. They've done it for more than 100 years, and they've done it extremely well. The many decades of helping others have resulted in hundreds of thousands of completed projects. They've also created thousands of documents, videos, presentations and many, many more useful materials designed to increase the service of Lions.

To help Lions easily find the tools they need, we've created a powerful Resource Center. This is where Lions can perform a simple search and narrow their results through filters.

## 3 Ways to start searching for resources

1. Use the search bar to find familiar resources

The search bar can accommodate just about any term you enter. Simply type in a keyword or resource title, and watch it do its magic! If nothing comes up, try another term.

### 2. Use filters to discover resources

Smart filters have been added to the side of the Resource Center to help you quickly narrow your search. To utilize these, ask yourself, what is the subject of what I'm looking for? Is it GAT-related, or service activities—leadership? The filters allow you to search by audience (district governor, club president, etc.), cause (diabetes, vision, the environment, etc.) and type (brochure, presentation, video, logo, etc.).

### 3. Combine search and filters

You can also use a combination of search and filters. Begin by entering a broad search term, then use the filters on the left side to narrow your search. It's a powerful and easy way to find anything you're looking for—and even discover more useful resources you didn't even know existed.

# Share Your Club with the World

LCI

All around the world, Lions and Leos are discovering new ways to serve and strengthen their communities. As the movement of global service continues to grow,

clubs can now turn to an exciting new tool to help them initiate service activities that support our global causes. The Service Launchpad is an interactive tool featured on the new LionsClubs.org that connects clubs with actionable planning resources.

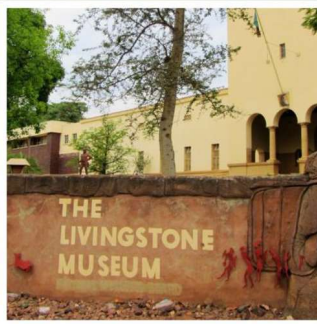
You never know—the Service Launchpad just might be your new best friend for project planning!



# Livingstone

## CONVENTION

09 - 12 May 2019



[www.zambiatourism.com](http://www.zambiatourism.com)





# Donations Made Simple

LCI

The life-changing service that our great Foundation provides is so important that we've made it as easy as possible to give. Just how easy? See for yourself!

Consider this: Lions Clubs International Foundation (LCIF) has awarded more than \$US one billion in service grants in its 50-year history and 100% of donations go to support LCIF grant programs. Not only that, but LCIF has also earned a four-star rating for seven consecutive years by Charity Navigator.

This means that it outperforms most other charities in America, and that your dollars are being used for their intended purposes—supporting global humanitarian projects.

These accomplishments are staggering. And Lions should feel great pride knowing that our Foundation provides so much tangible good to the world.

If our Foundation makes this big of an impact now, just imagine how much good could be done if you and every Lion around the world gave a little something each year.

Thank you!

## Lions GAT Fights Against Diabetes in Kenya

Michael DiMaria



Big challenges require big solutions. That's why Lions in Kenya, Nairobi turned to the Global Action team (GAT) in their fight against diabetes.

The GAT believes in taking a one-team approach, working together to increase leadership development and membership opportunities, and to promote innovative and impactful service projects in communities all over the world. Through teamwork, a small idea in a rural community can grow into the next big idea that impacts millions across a country.

Lions in Kenya who saw a need and leveraged the power of the GAT one-team approach are now leading efforts to bring diabetes awareness, treatment and support to communities in and around the capital city of Kenya, Nairobi.

Kenyan Lions began the fight against diabetes ten years ago. And with diabetes recently becoming a focus of Kenya's Ministry of Health, Global Action Team leaders saw the opportunity to expand the care they were providing. Through their existing partnerships with the Lions Sight First Eye Hospital and M.P. Shah Hospital in Nairobi, these leaders conceived the idea of Lions Diabetes Care Centers, and opened the first center in April 2017.

Lions leveraged professional expertise and partnerships with healthcare providers, Lions hospitals and diabetes centers to provide comprehensive screenings, follow-up care and educational materials and resources. Each pillar of the Global Action Team had a role in expanding diabetes education, screenings and continuing care for those most in need.

Here's how the GAT brought together service, leadership development and membership to multiply their impact in Nairobi:

**Service** – Lions of Kenya hosted diabetes screenings at hospitals, schools, businesses and rural and poor areas for all Kenyans. Educational material was distributed to all who came for screenings. Those who were diagnosed with diabetes or at risk of diabetes were immediately connected to health support services, which included follow-up and on-going care. All of this is done at a single point of service!

**Leadership Development** - Leadership development is more than just training. It's critical to identify and seize opportunities to lead. Global Action Team leaders in Kenya took advantage of those opportunities and worked within the new diabetes care centers to develop staff, and train medical students and members of the community. Training opportunities included peer leader training for diabetes support groups, and training for outreach and education field support groups.

**Membership** - Lions of Kenya mobilized their existing membership with outside partners and members of the community during World Diabetes Day in November 2017. They served together, raising awareness during the lead up to service on World Diabetes Day. From that shared experience, a new specialty club was chartered with a vision to educate and create more diabetes awareness in the community.

Nairobi Phoenix Lions Club is proud to be a specialty Lions club focusing on diabetes as its global cause. With their scheduled outreach camps, they have screened more than 15,000 people and supported over 320 new diagnosed cases. They have also provided support through counseling and training.



# LCIF Enhances Grant Support for Global Diabetes Support

Karen Kilberg



2017 was an exciting year for Lions Clubs International. We celebrated our centennial year of service and entered into a new century by adding four new global causes to our priority areas of focus. To mark our centennial, we appealed to Lions across the world to fight against the growing diabetes epidemic, and the Lions have answered our call without hesitation.

Our vision for our new diabetes program is to reduce the prevalence of diabetes and improve the quality of life for those diagnosed. To do this, we aim to educate Lions and their communities about diabetes and prediabetes, develop community environments that inspire and support healthy lifestyles, increase access to diabetes care, medication and diagnostic equipment, and strengthen coordination and support in the implementation of national diabetes policies and plans.

To accomplish this, Lions Clubs International Foundation has revised and enhanced its diabetes grant opportunities to support Lions-led projects that organize diabetes camps, renovate infrastructure, build capacity among health care personnel, and organize screening events. Lions enthusiastically responded with projects addressing a range of diabetes activities.



## Type 1 Diabetes

The Lions of Austria hosted a diabetes camp for Type 1 diabetic youth in Gratz this past summer. Thirty-two youth participated in the one-week camp, which taught them how to independently manage their diabetes by counting carbohydrates, calculating insulin doses, and handling insulin pumps and injections. Thomas, a participant in the camp, told the Lions, "I am grateful that I could participate at the diabetes camp. I learned from the doctors how to handle my daily food and measure and calculate how much insulin I need myself. In addition, I learned how to prepare for sports like swimming and soccer. Furthermore, I was able to make new friends with the same condition. With them, I can talk about diabetes and I don't feel so alone with my problems anymore."

## Type 2 Diabetes—and Diabetic Retinopathy

While the Lions of Austria tackle Type 1 diabetes, the Lions of Uganda are working to address complications from Type 2 diabetes, primarily diabetic retinopathy. With the support of an LCIF SightFirst grant, the Lions of Uganda are implementing Uganda's first diabetic retinopathy screening and treatment program, in which they are also screening at-risk individuals for diabetes. The Lions are working with the Mbarara University and Regional Hospital Eye Centre to strengthen the hospital's capacity to diagnose and treat individuals with diabetic retinopathy.



The project will increase the human resources of southwestern Uganda by providing vitreoretinal training for one ophthalmologist and training 16 new ophthalmic nurses and five new ophthalmic clinical officers. By the end of the three-year project, 100,000 individuals will have been screened for diabetes, 10,000 diabetics will have been screened for diabetic retinopathy, and more than 800 patients with diabetic retinopathy will have received treatment at the newly equipped eye unit.

The Lions of Uganda capitalized on the national World Sight Day activities in September in Lyantonde to officially launch their project. In attendance was the Ugandan Minister for Primary Health Care who was dismayed by the fact that Lyantonde lacks an ophthalmologist to provide ophthalmic care, but she applauded the Lions for their commitment to serving those in need of vision and diabetes care in the district through their project. The launch was followed by a week of free eye screening at Lyantonde Hospital where hundreds of patients received surgery.

# LCIF and Diamond Jubilee Trust's Shared Mission of Ending Blinding Trachoma

Matthew Little



Through its partnership with Lions Clubs International Foundation (LCIF), The Queen Elizabeth Diamond Jubilee Trust has been able to make great strides toward eliminating trachoma – a debilitating and blinding disease – across Kenya and Uganda. The Trust and LCIF share the goal of a world where everyone is free from avoidable vision loss.

Trachoma is the world's leading infectious cause of blindness. It is most commonly found in underserved areas where people have limited access to clean water and healthcare. Each infection causes scar tissue to develop under the eyelid, which eventually causes the eyelids to turn inward. With every blink, the eyelashes scrape the surface of the eye, scarring the cornea. If left untreated, these repeated infections can lead to irreversible blindness.

*"The Collaborative spirit of LCIF and the...dedication of its members is an inspiration to the Trust's work..."*

Since 2014, the Trust, with support from LCIF, has provided sight-saving surgery to more than 64,000 people with the advanced stage of the disease, called trichiasis, across Kenya and Uganda. We have so far reached 85% of all the people in these countries who need treatment. The simple operation allows people to return to work, support their families and lead active lives in their communities.

## Partners in Service

Partnering with Lions has provided a wealth of benefits and has dramatically increased the impact of the

trachoma program. Leadership from Lions at the global level has raised awareness of trachoma and helped to attract more support to end the disease once and for all.

Local Lions in Kenya and Uganda are vocal and motivated advocates who promote quality eye health care. Having these passionate Lions on the ground is invaluable for the Trust.

Local Lions are involved in all aspects of the work required to provide patients with sight-saving surgery. Lions have played a crucial role in informing communities about the danger of trachoma, including appearing on local radio to inform people about upcoming trachoma surgery camps. The connections that Lions have in their communities enables them to meet with key influencers, including district counselors, religious leaders and government officials to raise awareness of surgery camps.

Lions have helped people travel to surgery camps so they can receive treatment. The Lions observe the surgeries being conducted and then visit some postoperative patients in their homes to assess the outcome of the surgery and how patients are progressing. This holistic, personal approach helps to provide reassurance and support for those receiving surgery.

Local Lions attend and contribute to the national and regional trachoma planning meetings that review progress and develop strategy.

Thanks to support from LCIF, and the dedication of local Lions, both Kenya and Uganda are on track to eliminate trachoma in the very near future. The Trust looks forward to continuing this partnership and celebrating the role that Lions have made in ending blinding trachoma.

Dr. Astrid Bonfield, chief executive of the Trust said, "I am delighted that Lions Clubs International Foundation has joined forces with The Queen Elizabeth Diamond Jubilee Trust to eliminate the world's leading infectious cause of blindness. LCIF has decades of experience in blindness prevention, and their community has made extraordinary progress in bringing sight to many millions of people around the world. The collaborative spirit of LCIF and the unfaltering dedication of its members is an inspiration to the Trust's work across the Commonwealth."







# 46<sup>th</sup> ISAAME FORUM 2018

5-8 December 2018, Dubai International Convention & Exhibition Centre

تواصل الثقافات، خلق الإمكانيات المستقبلية CONNECTING CULTURES, CREATING FUTURE POSSIBILITIES

Strategic Partner:

**DUBAI CHAMBER**  
DUBAI BUSINESS WOMEN COUNCIL

Associate Partner:



## LAST CALL TO ATTEND

(Online Registrations will close on 30th November)

### Expert Speakers!!

#### 4 reasons to attend!

- 1 HEAR** inspiring stories from humanitarian actors, philanthropists and specialists and learn best practices.
- 2 LEARN** and acquire valuable knowledge on efficiently and effectively delivering humanitarian assistance to vulnerable cities around the world.
- 3 NETWORK** and expand business relationships with like-minded women leaders as well as Lions.
- 4 ESTABLISH** business partnerships with over 3,500 attendees from India, South Asia, Africa and Middle East.



**H.E. Sheikh Tariq Bin Faisal Al Qassimi**  
Founding President,  
Lions Club International



**Dr. Silvio Mariotti**  
Diabetic Retinopathy  
World Health Organization (WHO)



**Dr. Abdulrazzaq Al Madani**  
President  
Emirates Diabetes Society



**Darine El Khatib**  
Special Goodwill Ambassador,  
Zero Hunger - United Nations



**Sahar Al Madani,**  
Founder, "WE GROUP"  
Women Empowerment Group



**Reg Athwal**  
Founder and MD, RTS Global  
Partners



**Leonie (Lee) Trubshoe**  
Supporter Development  
Facilitator,  
The School of St Jude,  
Tanzania



**Ayman Wahab**  
Regional President and Managing  
Director,  
Special Olympics Middle East &  
North Africa Region

To register your interest or  
for more information,  
please contact us on:  
[isaame2018@emirates.com](mailto:isaame2018@emirates.com)

Destination Support:



Official Carrier:



Official DMC:



Official PCO:



Participating Brands:





# PEACE

2018-2019

LIONS INTERNATIONAL  
PEACE POSTER CONTEST



## Kindness Matters

Lions Clubs International Peace Poster Contest 2018-19

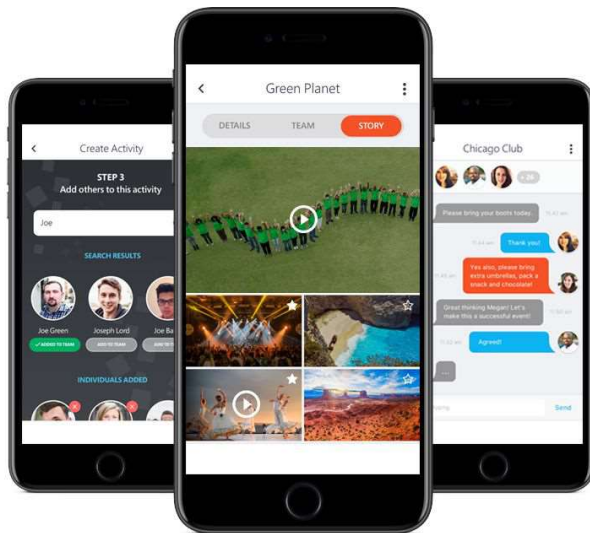
## *"Kindness Matters"*

CELEBRATING 31 YEARS OF

# PEACE







MyLiOn™

GET IT ON  
Google Play

Available on the  
App Store



# 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.district413.zambia.com](http://lions.district413.zambia.com)*

*Lion David Lihonde  
DCC Publications and Newsletter*

## **Your Submissions**

*For article submission or advertising  
contact the Editor:  
[davidgangway@yahoo.com](mailto:davidgangway@yahoo.com)*

*Published by:  
LIONS DISTRICT 413 - ZAMBIA*

*©Lions District 413 - Zambia, 2018  
All Rights Reserved.*



**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.