

Insight

Preamble

Region 1 & 2 Joint
Leadership Training
At Kitwe Lions Den – 4

Five Tips for Serving
Safely in Your
Community - 5

Leading a Vision for All – 6

Lions Defeat Hunger - 6

Mobility for Those in
Need – 7

Ring the Bell of
Bravery with Global
HOPE and LCIF – 7

We Serve
Humanity - 8

Tips for Protecting
Yourself and Your
Communities Against
the Coronavirus - 9

Providing Life Skills
for Students - 9

World Glaucoma Week observed globally from March 08-14, 2020

World Glaucoma Week will be observed globally from March 8, 2020.

The observance is an initiative of the World Glaucoma Association and World Glaucoma Patient Association under the theme “B.I.G: Beat Invisible Glaucoma”

The Lions District 413 - Zambia took part to raise public awareness of the eye disease glaucoma, which is a leading cause of blindness in the world and the leading cause of irreversible blindness in Dominica.

Glaucoma is a group of eye diseases which damage the optic nerve of the eye which results in loss of vision starting with the side or peripheral vision. It is mostly asymptomatic that is persons are not aware that their vision is being lost until it is quite advanced. As a result, it is referred to as the “Silent Thief of Sight”.

However, most people with glaucoma do not become blind as loss of vision from it can be prevented.



Your Submissions

For article submission or advertising
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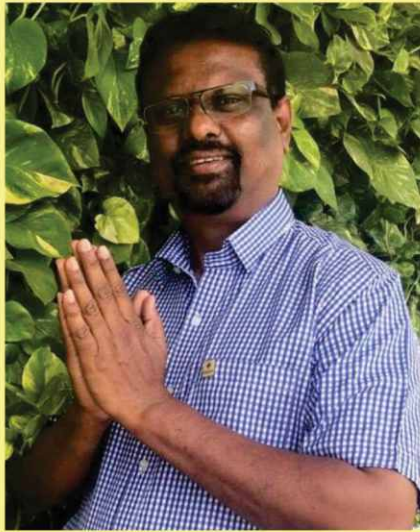
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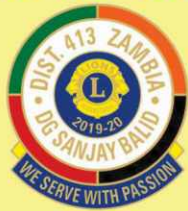
Leo Club
Awareness Month
#LeoAwareness

April is Leo Club Awareness Month!

During April, we encourage Lions and Leos to raise awareness of the importance of Leo clubs in their communities. Leo clubs create a platform for young people to serve as positive agents of change and develop into service-minded community leaders.



Engr. Sanjay S. Balid
District Governor
District 413 - Zambia



Lions Clubs International District 413 - Zambia

Dear Lions and Friends,

While we place our trust in our Lord and have no reason to live in fear, we must also consider minimizing the potential for exposure and spread of COVID-19 to ourselves and others.

Say Namaste (Greetings) and Ditch the handshake and hug

- No physical contact.
- No Hugs and kisses.
- Most hygienic.

I encourage you to follow these recommendations to help prevent the spread of COVID-19:

- Wash your hands for 20 seconds.
- Use hand sanitizer.
- Avoid shaking hands.
- Disinfect frequently touched objects using a regular household cleaning spray or wipe.
- Stay home when you are sick and avoid close contact with those who are sick.
- Avoid touching your eyes, nose and mouth.

With Good Health and Care.

Engr. Sanjay S. Balid
District Governor
D-413



2019-2020

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 **“THROUGH DIVERSITY”** 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.

DIVERSITY BRIDGES ALL DIVIDES - Hard work. The importance of giving your all with consistency, vision and passion. Never allowing someone in crisis to go unserved. These are the values passed on by a loving mother to her son—103rd International President, Dr. Jung-Yul Choi.

THE MANY WAYS WE SERVE - This Year's Global Priorities

1. SPECIALTY CLUBS
2. MEMBERS OF ALL AGES
3. GLOBAL CAUSES
4. SERVICE JOURNEY
5. SUPPORTING OUR FOUNDATION

District Governor's Theme –

“WE SERVE WITH PASSION”

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

PASSION – Our Service shall always be strong and barely controllable emotions.

Lion Eng. Sanjay S Balid
District 413 Governor – 2019-2020



Lion Eng. Sanjay S Balid
District 413 Governor – 2019-2020

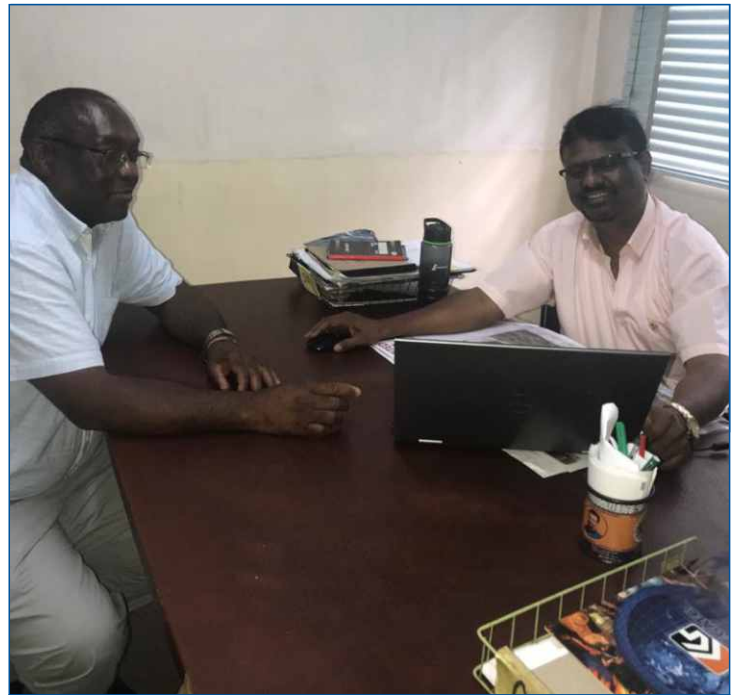
OUR DISTRICT VISION FOR 2019/2020

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



Region 1 & 2 Joint Leadership Training At Kitwe Lions Den

District 413 - Zambia - March 14, 2020



Governor Elect Peter M Mangani
Visits Governor Sanjay at his Office in Ndola

NDOLA SCHOOL CONSTRUCTION PROGRESS



ENG. DG. SANJAY INSPECTION OF
FLOORING IN THE FRONT OF CLASSROOM.



CLASSROOM BLOCK
WORKS PROGRESSING
WELL, INCLUDES
WINDOWS,
WALL AND FLOOR..

Five Tips for Serving Safely in Your Community

Lions Clubs International - March 31, 2020



The ongoing coronavirus (COVID-19) pandemic may be changing the way we live, but it hasn't changed who we are. We are Lions and We Serve. But during this global health crisis, it's important to keep yourself and your family safe and healthy. And Lions around the world have found new and creative ways to do both.

Your club may have already developed a safe strategy to lead a community response to COVID-19, but if you're still looking for new ways to serve, consider these five tips for serving safely that Lions clubs around the world have put into action.

Keep in touch

Social distancing doesn't mean social isolation. Catch up with family, friends, neighbors and fellow Lions by phone or email and see how they're doing. There are also many people in your community, such as the elderly, who may not have as many opportunities to communicate with family and friends. Consider recruiting your club into a phone tree to reach out and have a conversation with someone who would enjoy talking to a caring, friendly person.

Lions Serving Safely in Hafnarfjörður, Iceland
Asbjörn Lions Club gave a gift of tablet computers and headsets to a home for the elderly that has brought many grandparents face-to-face with their grandchildren. We're all in this together, and your kind words will offer a lot of comfort during these challenging times.

Get social

There's a reason why social media has become such an essential part of how we communicate. That's because it's so effective. Spread hope by sharing stories about how your club is helping your community during this crisis. By posting information,

updates and safety tips, you can start a conversation online and transform your club's social media network into a communications hub for your community.

Lions Serving Safely in Sandwell, England
Sandwell Lions Club is keeping children entertained and giving relief to frazzled parents with their daily Sandwell Lions Storytime on Facebook. Lions have so much to offer and social media can help you put their many talents to good use.

Fight hunger

It's important to make sure that we do our part to meet the needs of our community. And fighting food insecurity is a great way to provide comfort to those in need without having to leave your home. As Lion John O'Brien of the Channahon Lions Club put it, "Hunger doesn't know that it's supposed to be on lockdown." Your club can support your local food bank or homeless shelter through fundraising or even by ordering a care package of other essentials like toilet paper, toothpaste and clothing.

Lions Serving Safely in Channahon, Illinois, US
Channahon Lions Club is supporting their local food bank to ensure that the people in their community can get the essentials they are looking for. When you make sure that your neighbors have what they need at home, you help them to limit their exposure and ensure that we can all get through this together.

Give the gift of safety

As you serve during this crisis, your personal safety is the most important thing to remember. And due to a shortage of cleaning supplies and personal protective equipment, such as masks and gloves, this is becoming even more challenging. While many Lions have come together to form mask-making groups and have generously shared their cleaning supplies, it's essential that you make sure to take care of yourself.

Lions Serving Safely in Johannesburg, South Africa
Kensington Lions Club have taken a special interest in those with essential duties that keep them outdoors. They have been packaging and distributing antiviral soaps to help these workers stay virus-free and healthy. Remember to serve safely. You too are a part of the community you're serving.

Find a partner in service

Your community is full of experienced professionals and organizations that are also doing their part. And many of them need help. Whether it's supporting hotlines or providing translation services, you and your club have the skills they need to strengthen your community's response to COVID-19—without having to leave home.

Lions Serving Safely in Nova Scotia, Canada
Bridgewater and Area Lions Club has partnered with its chamber of commerce, business leaders and a COVID-19 response group to identify and aid those in need within their community. The relationships you form can help you continue to improve the future of your communities.

In a time when people are depending on you more than ever, we are depending on you to take every precaution to serve safely. That's the only way we can get through this together.

Leading a Vision for All

Jamie Konigsfeld and Bill Hatzos - March 29, 2020

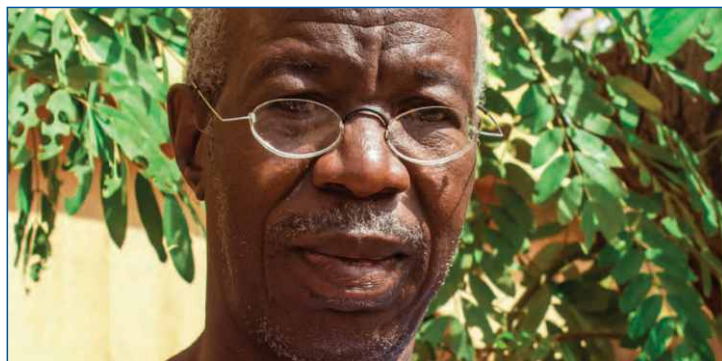
Lions have long protected the precious sense of sight. Lions Clubs International Foundation (LCIF) supports Lions' sight-saving efforts through programs like SightFirst, which helps Lions build comprehensive eye care systems in underserved communities and care for those who are blind or visually impaired.

Lions of Burkina Faso used a US\$110,746 LCIF SightFirst grant.

Screening vision in Burkina Faso

François couldn't see clearly more than 10 inches (25 cm) ahead. Yet, the 65-year-old man left his village at four o'clock in the morning to travel on his motorbike 29 miles (45 km). The trip was not easy. The road was rocky and in dangerous condition. He had a few mishaps along the way and followed other motorists closely, so he knew where to go. He hoped the risks would be worth it.

François' friend mentioned a clinic where he could have his vision screened at no cost and purchase an affordable pair of eyeglasses. Lions of Burkina Faso used a US\$110,746 LCIF SightFirst grant to build optical clinics in areas of their country where eye care was unavailable or unaffordable. The two-year project, which began in 2018, will screen the vision of 124,000 people and will distribute 26,400 pairs of glasses.



When François arrived at the clinic, an optician screened his vision and determined the correct prescription for his first pair of eyeglasses. François was able to purchase the eyeglasses for 5,000 CFA (just US\$10). When he put them on, he smiled. He told the optician he could see everything perfectly. François left on his motorbike and headed home. This time, he didn't need to follow anyone.

Did you know

As one of the Foundation's most notable programs, SightFirst funds efforts to fight the major causes of preventable and reversible blindness and provide services to persons who are blind or have visual impairments. This is accomplished through the support of eye health care delivery systems, training and infrastructure development.

80% of vision impairment can be prevented or cured. Every dollar you provide directly supports grants, programs, and initiatives advancing our mission every day.

Lions Defeat Hunger

Jamie Konigsfeld and Bill Hatzos - March 23, 2020



Hunger is a problem without borders. No one can truly understand the devastating physical and emotional impact of hunger unless they experience

it. Lions Clubs International Foundation (LCIF) is empowering Lions to improve food access for all through investments in infrastructure and improved transportation systems that increase the capacity of food banks, feeding centers, and food distribution facilities. Through the LCIF Hunger Grant Program, Lions can support school-based feeding programs, food banks, feeding centers, and similar facilities that provide food to people when they need it most.

Lions extend a hand to kids going hungry

Hunger is a terrible reality for people of all ages, all around the world. In fact, more than 800 million people are going to bed without a meal on a regular basis. La Guajira, one of 32 departments of Colombia, is home to the Wayuu—Colombia's largest indigenous group. The Wayuu people

depended on access to the Ranchería River to grow their crops. However, in 2011, a nearby dam was built diverting the river away from the Wayuu and to neighboring municipalities. As a result, without access to water for their crops, nearly 5,000 Wayuu children died of malnutrition.

With grant funding from LCIF, Lions responded to this urgent crisis through construction of six nutrition centers close to the Wayuu people, two of which have been fully constructed and open since December 2017. The centers are located near local schools, each built with a dining hall, a kitchen, space for food storage, and restroom facilities. Since the opening of these nutrition centers, hundreds of local Wayuu children have regular meals with the nutrition they need to grow into strong, healthy individuals.

Did you know

More than 820 million people worldwide are chronically hungry, and the number has increased steadily in recent years. Lions are working to combat hunger, and LCIF is offering its support to make a large impact. With a LCIF Hunger grant, Lions can make an impact in many different ways. They can establish a school feeding program to ensure children have the proper nutrition so they can concentrate at school. They can establish community soup kitchen or pantries to provide food for those who are hungry. Lions can also purchase vehicles that deliver food to homebound seniors. The Hunger grant program will help Lions leverage their impact against food insecurity throughout the world.

In hopes that one day, no one will ever have to live without knowing when their next meal will come, please make a donation today.

Mobility for Those in Need

Ian Brown - March 25, 2020

A powerful partnership between Lions and Mobility Worldwide

In Katmandu, Lions saw the need to help those without the ability to walk. Desiring to help them regain their independence through mobility, Lions partnered with Mobility Worldwide to deliver hand-powered carts to those in need. Today, the



partnership has helped more than 4,000 people worldwide.

Ringling the Bell of Bravery with Global HOPE and LCIF

Dr. Jeremy Slone - March 02, 2020



Many are familiar with the adage “It takes a village to raise a child.” To diagnose and treat children with cancer, however, it takes more than a village. It takes an entire community. Fortunately, in Botswana there’s a community increasing awareness of childhood cancer while also helping young patients and their families navigate challenges of combatting severe illness no child should ever have to endure.

Since 2007, children with cancer in Botswana could receive a diagnosis and treatment through Texas Children’s Hospital’s global hematology/oncology initiative (Global HOPE), in partnership with several organizations fiercely dedicated to stemming the wrath of childhood cancers in Botswana: the Government of Botswana, Botswana-Baylor Children’s Clinical Centre of Excellence Trust, Texas Children’s Hospital, Baylor International Pediatric AIDS Initiative at Texas Children’s Hospital, and Baylor College of Medicine.

Unpacking the acronym, HOPE stands for Hematology- Oncology Pediatric Excellence, exactly what those affected by childhood cancer need – hope. Lions in Botswana are among those helping

helping families see the possibilities, the hope, for a healthier future.

Amsha and her husband, Vinay, are two such Lions. In 2017, a blog about Childhood Cancer Awareness Month caught Amsha's attention. The couple, then leading the Lions Club of Phakalane, one of Botswana's 15 Lions clubs, was aware Lions Clubs International Foundation (LCIF) recently expanded its global causes to include childhood cancer.

Over the last two years, representatives of Texas Children's have engaged with LCIF and with Lions throughout Botswana and also participated in Lions' events in Mozambique, Malawi and Zimbabwe.

Lions, with support from LCIF, are committed and eager to bring about progress in the childhood cancer arena. Lions are raising awareness through Lions-sponsored health fairs; volunteering with Global HOPE's Thrive program, to engage with hospitalized children and their families; participating with Leos in training sessions about pediatric cancer; speaking about childhood cancer at national and regional Lions events; and working together for our annual Survivor Party.

One of Lions' most significant contributions is the

Bell of Bravery. During Childhood Cancer Awareness Month, Lions of Phakalane generously donated the bell, the ringing of which signifies the end of long courses of cancer treatment and is now a tradition in many places.

We are blessed to see the Bell of Bravery in action, particularly in Botswana – a part of the world where children do not always have access to cancer diagnosis and treatment.

Sixteen-year-old Palema was lucky to ring the bell. In 2018, Palema presented to the Global HOPE Botswana team with jaundice, anemia and enlarged lymph nodes. Diagnosed with Hodgkin Lymphoma, a malignant cancer requiring aggressive treatment, he endured several grueling months of chemotherapy treatment in the hospital, where he also spent many weeks undergoing daily radiation therapy. Nearly a year after we met him, Palema had a huge smile on his face as he proudly rang the Bell of Bravery.

Not every child will ring the Bell of Bravery, but with support from a community comprising Texas Children's, Botswana-Baylor, Lions and LCIF, young patients like Palema have hope for brighter, healthier tomorrows.

We Serve Humanity

Jamie Konigsfeld and Bill Hatzos - March 16, 2020

Working together, Lions Clubs International Foundation (LCIF) and Lions identify the world's most crucial needs, and we support them in humanitarian efforts that transform the lives of people around the world. Through grants supporting humanitarian efforts, LCIF provides support for programs addressing needs of at-risk, vulnerable populations and communities everywhere.

A special weekend just for kids

Kids should be carefree. They should use their imaginations and experience the joy of laughter. With a US\$5,000 Leo Service grant from LCIF, that is exactly what Leos gave 77 children in Portugal.

Forty-three Leos and 17 Lions hosted an annual children's camp, which was filled with fun and educational activities. They played games, watched movies, had their faces painted, created art, and danced. They also had educational classes including how to plant trees and perform cardiopulmonary resuscitation.

The children came from a variety of backgrounds. Some were from low-income families and others had traumatic pasts. Camp was not something these



children experienced in their everyday lives, which made this an impactful, special weekend for all.

With LCIF's assistance, the Leos—who celebrated the camp's 23rd year—could invite more children to experience a weekend where their health, safety, and happiness were always top priority.

Did you know

In the 2018-2019 fiscal year, LCIF awarded 798 grants, totaling more than US\$40 million. In this same fiscal year, LCIF provided US\$14, 929,955 in grants supporting humanitarian efforts, which empowered Lions to strengthen communities by delivering specialized care where there are needs.

Ready to make change happen? Pledge your support today!

Tips for Protecting Yourself and Your Communities Against the Coronavirus

Lions International President Dr. Jung-Yul Choi - March 17, 2020

The coronavirus (COVID-19) is changing the way we travel, congregate and serve in communities around the world. We care about every member, and the people we serve, which is why we all need to put health and safety first in this challenging time for the world.

Here are some recommendations on how you can keep yourself and your community healthy:

- Consult local authorities and guidelines governing group events and large gatherings when considering events.
- Put health and safety first as you consider new meetings, projects and any other activities.
- Wash your hands frequently and avoid nonessential travel and crowds, especially if you live in an area where there's an outbreak.
- Check the recommendations from health experts such as the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC) or your local government for any new updates since this remains an evolving situation.



- For questions regarding your district (single, sub- and multiple) conventions, please contact your district leadership for guidance.
- Remember, individuals over 60 and those with serious chronic medical conditions are at a higher risk of getting very sick from this illness.

A comprehensive list of ways to protect yourself and your club can be found on the WHO website.

Lions have served for more than one hundred years. We have been there for our communities during countless challenges to the world. Let's consider ways we can safely help such as providing meals to low-income students whose schools are closing due to the virus. Let's check in on family, friends and neighbors. Let's continue to put our kindness in action while keeping health and safety in mind.

Now more than ever, it is important that we stand together as local communities, as a global community, and as Lions. Thank you for serving your community and the world.

Providing Life Skills for Students

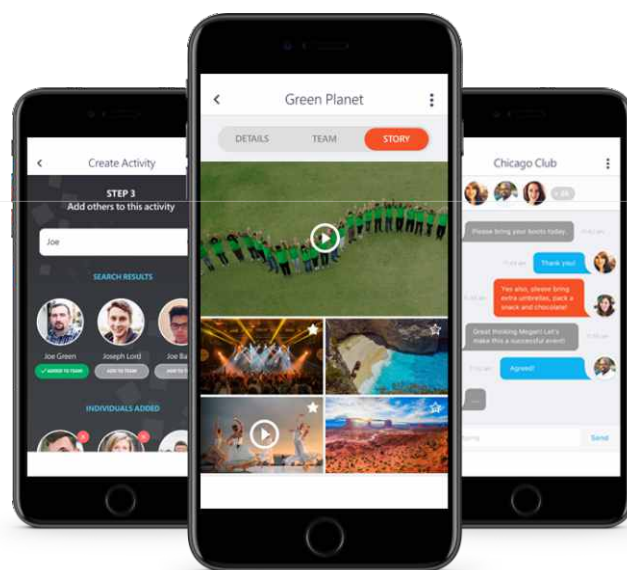
Ian Brown - March 27, 2020

How one specialty club is helping its community thrive At Hosanna College in Korea, there is a very unique specialty club. Comprised completely of faculty at the college, the club is dedicated to equipping young women and men with developmental disabilities with skills that can be directly applied to a meaningful career, such as becoming a barista.



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HELLO APRIL

PLEASE BE A GOOD MONTH & BRING SMILES &
HAPPINESS TO MY FAMILY & FRIENDS.



World Environment Day 2020

LOOK WHAT \$100 CAN DO



Childhood Cancer:

Help buy equipment
to diagnose/treat 8 kids

LCIF.ORG/BE100 | #BE100

C A M P A I G N | 100



LCIF • EMPOWERING SERVICESM



Our challenges are great. But where there's a need, there's a Lion. Now, more than ever in our 100-year history, Lions must rise to serve. Our mission is pure, our hands and hearts ready. It's time.

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 - www.e-district.org/sites/413/

*Lion David Lihonde
DCC Publications and Newsletter*

Your Submissions

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Lions Clubs International

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

We have more than 1.45 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.