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Your Submissions

For article submission or advertising contact the Editor:
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MAY



May is Lions Strengthen Membership Month

May is Lions Strengthen Membership Month. This month Lions Clubs around the world are working to increase membership. Join us in making a difference! As a Lion, you'll join a local group of service-minded men and women who are working together to strengthen your community. You'll also be part of something bigger

Video conference



Tips for hosting a successful virtual meeting
Lions Clubs International - April 08, 2020

For more than a century, Lions have changed the world. And sometimes, the world changes us. The coronavirus (COVID-19) is creating challenges for one of our most traditional membership experiences—the club meeting. Although many clubs are unable to meet in person due to social distancing, it's not preventing Lions from gathering safely.

Here are some tips to help you take your club meeting online.

1-2 weeks prior to the meeting:

- Choose your virtual meeting platform. There are many free or low-cost video conferencing tools to choose from. Not sure where to begin? Check out this article for some ideas.
- Send out two reminders. One the day before and another an hour prior to the meeting.
- Familiarize yourself with the platform you'll be using, including all tools and functionality, to ensure you'll be comfortable in the virtual "driver's seat."
- Send out a meeting agenda. Include links to any resources you're planning to go over so that anyone who can't attend can review.

30-60 minutes before the meeting:

- Test your audio and video to make sure both are working properly. Some video conferencing platforms prompt you to do this before beginning the meeting.
- If you plan to share your screen, clean up your desktop and close all unnecessary applications.
- Prepare any support materials you'll share during the meeting. Open files for slides, announcements or resources, and load any webpages so that you can easily click over and reference.
- Log in five to 10 minutes before your scheduled meeting time to be sure everything is set and you're ready to greet your attendees.
- If there is a toll-free phone number available for your virtual meeting, ask someone to dial in to make sure it's working properly.

During the meeting:

- Consider using a pre-meeting slide with the name of your meeting and a message that says you'll begin shortly. This helps attendees know they're in the right place and everything is working properly.
- Start your meeting two minutes past the scheduled meeting time. It's tempting to want to wait longer for more people to join, but it's important to respect the time of those who are punctual.
- Make sure everyone can hear you properly and consider doing a roll call or inviting each of your attendees to say a quick "hello" to ensure you can hear everyone.
- If you're experiencing feedback or hearing a lot of background noise, you may need to ask everyone to mute their microphones unless they are speaking.
- If you plan to record the meeting and share with those who couldn't attend, be sure to let everyone know that the meeting will be recorded and distributed.
- Keep your energy level up, smile and use humor as you normally would during in-person gatherings. It may help those who aren't used to virtual meetings feel more at ease.
- Build in regular interactions to engage attendees. Casually invite people by name to share questions or comments without putting them on the spot.
- When putting anything up on your screen, try not to move too quickly. It can take about five seconds for everyone's screen to adjust to a change you made on yours.
- Most importantly, relax and be yourself. Technical glitches can and will happen, but try to maintain a sense of humor. This will help everyone feel at ease and stay open to using this meeting format.

After the webinar

- Email the recording of the meeting and any resources you referenced during it to your club.
- Follow up with your club to request feedback on the meeting, including any ideas for improving the experience.
- Share your virtual meeting tips and success with other Lions on the Lions Clubs International Facebook page.

Your Submissions

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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 **“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”

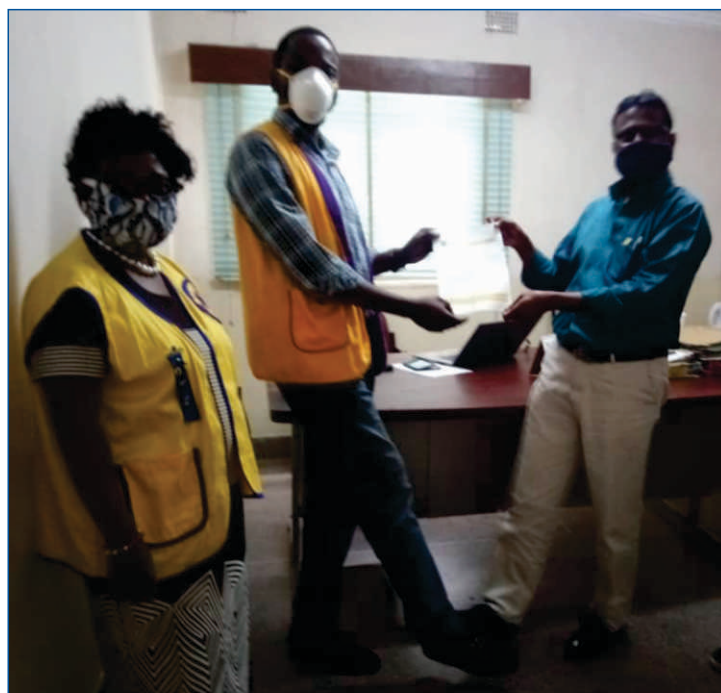


Ndola Kafubu hands over cheque to the Lions District for Covid 19 fight

District 413 - Zambia - April 10, 2020

Ndola Kafubu Lions Club has handed a K5, 000 Cheque to the District as a donation to support the district in combating and containing the Covid-19 pandemic.

BE A PART OF THE BIGGEST SERVICE COMMUNITY- JOIN **LIONS CLUB**



Ndola Kafubu hands over cheque to the Lions District for Covid 19 fight

Coronavirus Face mask: Lions Clubs donates over 1000 face masks

From front Page



District 413 - Zambia - The Lions Clubs of Zambia has donated some much - needed supplies to towns around the country in the fight against coronavirus. The towns received over 1000 face masks from different Lions Clubs in the District.

The critical supply went directly to the health care professionals on the frontlines as they work around the clock to treat and save lives in Zambia.

By taking concrete action, District Governor Sanjay has demonstrated its determination to stand with all the Lions in this war against the COVID-19 pandemic, and encouraged clubs to continue pledging and donating more medical supplies.

The Lions District it will also work with the local Government and Community to give information and supplies.



Local Lions Club provide Wheelchair

Lions Club of Kasupe - April 20, 2020



Several Lions Clubs continue to offer hospital supplies during the Coronavirus pandemic.

Zone 8 Chairperson Christine Banda and the Lions Club of Kasupe visited Chief Mungule's area situated in the Zambia Chibombo District to donate a wheelchair to one of the residents.

The Lions pledged to continue and provide service in the community.

Mayor of Ndola Receives Donation

PDG Ashok Desai - April 25, 2020

Many individuals have reached out to communities to donate face masks that can be used outside the Clinical areas, include organizations that are always willing and eager to help communities during the COVID-19 pandemic, offering donations of supplies and personal protection equipment.

PDG Ashok Desai made a personal donation of 200 face masks worth K1, 000.00 to his area community members through His worship the Mayor of Ndola Councilor Amos Chisenga.

The Mayor was truly humbled by the outpouring of support the PDG Ashok made towards his community, and the heart of giving a helping hand.

He further encouraged others to continue showing support and sensitizing information on the Coronavirus Pandemic.



Five Ways to Stay Ready to Serve

Lions Clubs International - April 15, 2020

All around the world, Lions are stepping up to safely serve their communities as the coronavirus (COVID-19) crisis continues to impact the lives of millions. If there were ever a time that demonstrated how much Lions are needed, that time is now.

You matter. Without Lions, many people would not get the help they need to survive and thrive during this pandemic.

But while you're caring for and serving others, don't neglect your own physical and mental well-being. You won't be able to help your neighbors, or your community, if you don't take care of yourself. So here are five ways for you to practice self-care and stay healthy:

- **Focus on your physical health** - You probably know by now that you should wash your hands frequently throughout the day, avoid touching your face and cover your mouth if you sneeze or cough. It's also important to get some exercise, especially since many workout facilities are closed. Slip on your sneakers and take a brisk walk. The fresh air will do you good! Dust off those workout videos and take time to stretch during the day. Exercise is a great way to boost your immune system and energy level.
- **Eat healthy** - While you're sheltering at home, it's easy to overeat, especially unhealthy snacks. There are many reasons for this—boredom, stress and the fact that your refrigerator is just a few steps away. Take this time to try out some new, healthy recipes, and keep plenty of fresh fruits and vegetables on hand. Eating nutritiously will go a long way toward maintaining your health.

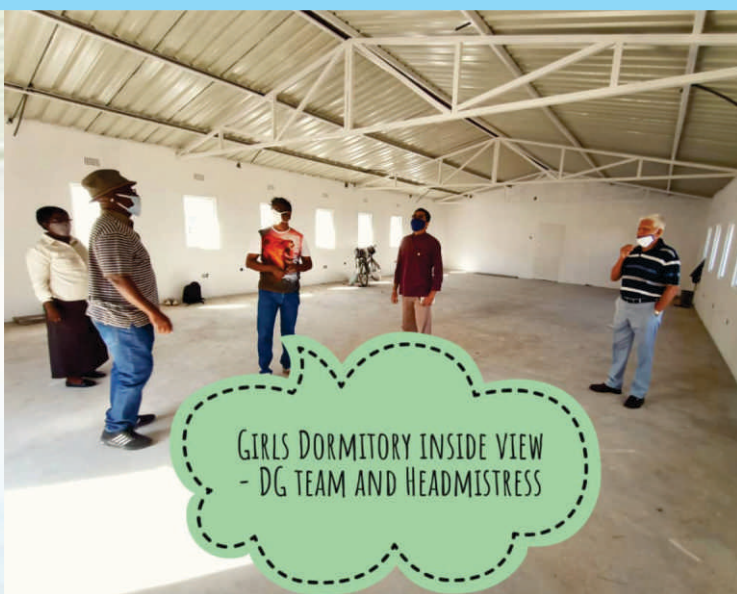


- **Your mental health is just as important** - Because we're social creatures, social distancing can be difficult for many of us, especially for those who live alone. Call a friend you haven't spoken to in a while. Find a pen pal. Set up a video chat with friends online. Stay in touch with neighbors through emails, texts, or phone calls. Social distancing doesn't have to mean social isolation. There are many ways to keep in touch with others.
- **Set a routine and time to recharge** - Having everyone home at the same time can be chaotic as we figure out how to work remotely, take classes from home and balance family time. It's important to find and stick to a routine that works for your family. It is also important to take some time out of each day to recharge so you're rested and ready to face the next day's challenges.
- **Take a break from the news** - It might help to minimize the time you spend watching, reading or listening to news about COVID-19. A constant barrage of bad news can make you feel anxious or depressed. Try to get information from trusted sources like the World Health Organization (WHO), and take practical steps to protect yourself and your loved ones.

NDOLA SCHOOL CONSTRUCTION PROGRESS



THE VISITING TEAM ON SATURDAY 25 APRIL 2020 - PDG ASHOK DESAI, DG SANJAY BALLO, LC 2 LION SREE KUMAR, DEC NLSVIP LION RAMESH SOOD, CONTRACTOR LION MIKE KAMUNGU AND SCHOOL HEADMISTRESS MRS. ZULU...



GIRLS DORMITORY INSIDE VIEW
- DG TEAM AND HEADMISTRESS

Relax, It's Story Time with the Sandwell Lions

Erin Kasdin - April 29, 2020

For tired moms and dads the world over, the Sandwell Lions in the United Kingdom have committed to providing a few minutes of down time every day during isolation with a daily story time.

In one video, 14-year-old Jacob wears a superhero sweatshirt as he reads the picture book, "A Squash and a Squeeze," by Julia Donaldson and Axel Scheffler, for the camera. In another, 16-year-old Nicholas animatedly reads about three little owls waiting for their mother to come home.

Charter member Melissa Murphy, who is also the social media officer for District 105CW, had the idea when it became clear that schools were shutting down for an extended period of time. "I am a supply (substitute) teacher and suddenly I had nothing to do," says Murphy. "Several of our members are teachers or teaching assistants, too, so I knew it was an idea that would appeal to them as well."

Murphy, her son Jacob, and Nicholas, the son of another member, are just some of the readers. They choose their favorite books from home – the libraries are all closed – and take a video of themselves reading each story. So far, Murphy estimates they've reached more than 12,000 people.

The project is a natural fit for the club, which is comprised of many families and educators. They meet in the local library and the lead librarian is a member. "Our club has always been family-focused.



My own children were born after I became a member of Lions," says Murphy. They make a point to make meetings and activities family-friendly and have been able to attract people from a range of age groups and cultural backgrounds, she says.

They use the library space to hold many of their activities, including a Christmas tree festival, a color festival based on the Indian spring festival, Holi, bingo band nights, and more.

They also help serve the library by staffing a breakfast club there and free arts and crafts sessions during the holidays.

Murphy believes there is a magic in stories. "They help us connect for a few minutes and forget the worrying about what is happening in the world right now," she says.

"I think these lockdowns are seriously going to affect children's and adults' mental health," says Murphy. "So, anything Lions can do by keeping in contact with others using a variety of methods and suggesting ideas for selfcare is going to help."

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.

Lions Challenge Locals to Take Out While They Stay In

Joan Cary - April 24, 2020

Three Wisconsin Lions clubs are turning the tables when it comes to service. Instead of asking local restaurants to support them as they often do, they are reaching out to support the restaurants hard hit by coronavirus (COVID- 19).

The Galesville, Trempealeau, and Ettrick Lions clubs in north-central Wisconsin are offering US\$100 cash prizes to people who order takeout from local restaurants and submit their receipts for a drawing.

Galesville club president Tyler Truax says the idea for the Take-Out Challenge started when the club was forced to suspend meetings because of restaurant closures.

Club projects and community events have always been strongly supported by local businesses, Truax says, so the Lions decided it was time for them to support the local restaurants. With the neighboring Trempealeau and Ettrick Lions, they put together a list of 14 restaurants that continue to offer carryouts through the pandemic. Customers who collect five receipts from any of the restaurants can mail them in or take them to the local bank and be entered into a drawing for US\$100. Eight takeout receipts earn you two entries in the drawing.

"Everyone seems excited about it. It took off right away, and honestly this is about the least amount of work we've ever had to do for a project," says Truax.

"It's very important for us to keep those businesses. Anything we can do to help them is important, obviously, for them and for the community."

Amy and Brad Stanislowski own Driftless Bike 'N Bean coffee shop and Liberty Peak Deli in Trempealeau. "We've always had our regulars, but now business is steady," she says. "This is not only helping business, but it has increased awareness that we're here. We are very fortunate to have local loyal support. It means a lot to us, what the Lions are doing."

At Annie and Brad Beedle's Bar and Restaurant in Centerville, losing their dine-in business and closing the bar meant dropping the payroll from 30 to five or six.

"At least we're able to keep five or six who are still getting a paycheck. These are local people trying to keep a job, and we are very lucky to have this kind



of support," says Annie Beedle. "At this point every little bit everyone is doing is helping."

Brad is diligent about keeping the place clean and safe for customers who choose to come in to pick up their food, offering sanitizing stations where they can wipe their hands, but also their credit card and their phone. "We are forever sanitizing the door, just hoping people continue to come," she says.

"The toughest part is having to lay off people, but a lot of people are commenting about the drawing when they come in and we appreciate everyone's support," says Lion Price Kopp who has owned Wason's Supper club in Galesville for 25 years. Tenderloins are always a hit, as is the Friday night fish fry there.

"Well," says Truax, "if you have three kids at home all day, and maybe you're working from home as well, it's kind of nice to have somebody else cook."

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Who are Lions?



Lions Clubs International

Lions are:

- Ordinary people who belong to one of the world's largest service organisations
- Dedicated to the welfare of others less fortunate
- People who give their time freely to serve others

They work to:

- Serve local, national and international communities
- Improve environments
- Provide help in disasters
- Support vision and health screenings
- Award scholarships
- Encourage youth

Lions Clubs International is an international network of almost 1.4 million Men and Women. There are over 45,000 Clubs in 206 Countries.



As a member you become aware of the needs of your local community and beyond. Being a Lion allows you to help others in a way that no one person could do on their own. Alone we can do so little, together we can do so much.

A few hours a month, multiplied around the world, makes a big difference in all communities. Making a Difference, Lions Clubs work together to help others.

**Lions members working together
bring you these Signature Projects.**



Lions Clubs International



What if Lions could...



...**give** kids the strength to resist drugs and alcohol, and make good choices?

...**help** children develop positive skills?

...**bring** parents and communities together to support education?

...**help** children develop the skills necessary to succeed in the 21st Century?

...**prepare** the next generation of volunteers?

We can,

and we are doing it every day in communities like yours – and in 80 countries around the world – through Lions Quest and Lions Clubs International Foundation.



A Program of Lions
Clubs International
Foundation

Learn more by visiting www.lions-quest.org
or email info@lions-quest.org.

One Shot, One Life: LCIF and Lions' Work to Stop Measles

MEASLES is caused by a virus and is highly contagious



9 of 10

unvaccinated people
exposed to measles
will become infected



Measles killed
14 people
every hour
in 2012



Small children and some
adults are at risk for severe
complications including
blindness and death



Lions are working to
STOP MEASLES
by supporting vaccination
campaigns and routine
immunization



Alongside our partners, we supported
the vaccination of more than
200 million children
in 2012-2013

With LCIF's support, Lions are working in
15 countries where measles
poses a large threat to health



Vaccines prevent
between
2 and 3
MILLION
deaths each year



For about **US\$1**, a safe
and effective measles
vaccination can help
prevent this disease



Lions Clubs International
Foundation will raise
US\$30 million
by 2017 for measles



Visit www.lcif.org/measles to learn more and make a
donation to the One Shot, One Life: Lions Measles Initiative.

Sources: World Health Organization: www.who.int/mediacentre/factsheets/fs286/en/ • www.who.int/topics/measles/en/

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.