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Kufubu donates at Cheshire



Lions Club of Kafubu recently donated assorted food stuffs and second hand clothes to Cheshire Homes in Ndola. The home houses over 40 girls.

Your Submissions

For article submission or advertising
contact the Editor:
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Leo/Lions Joint Projects

Through the Leo Club Program, Lions help cultivate the next generation of leaders. With opportunities to learn from one another, Leos and Lions can accomplish great things and build capacity to do even more services.



WE SERVE

Our mission is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.



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”



Woodlands at Chainda Health Center

Lions Club of Woodlands

The Lions club of Woodlands carried out a successful medical camp on the 20th July, 2019 at Chainda clinic. The Club held its first medical camp in the new Lionistic year.

A total of 81 Patients were screened for blood sugar, vision and hypertension. Due to inadequate eye specialists, not all patients could be seen. The high number of patients that had a chance to be seen; the Club noticed the need to intervene to prevent eye illness and promote eye care.

THE Medical Camp started at 09:00hrs to 15:00hrs that took – 7 hours of community service in collaboration with Diabetes association of Zambia, Lusaka urban health centre/ Chainda health centre staff, DAZ and other specialists.



The Club was supported by Lions and Leos from different Clubs (Rhodes park, Chilanga, etc). OUT of 81 patients; 31 male and 50 females were screened during the medical camp for sugar, blood pressure and vision. The average age of participants at this medical camp were 43 years old, and ages ranging from 10 – 77 years.

All patients that required serious attention were referred within the health centre for assistance.

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1st Africa FORUM

GROWTH AND UNITY IN DIVERSITY

September 25 - 28, 2019
Mulungushi International
Conference Centre
Lusaka, Zambia

20

DAYS TO GO



www.africaforum2019.org

Five FAQs about Being a Youth Camps and Exchange Host Family

Erica Roche

Being a Host Family to an Exchange Youth through the Lions Youth Camps and Exchange (YCE) Program is guaranteed to be a rewarding experience for both you and the young person you host. You'll share in each other's culture through conversations and activities, and will forge a bond that may last a lifetime.

Here are five frequently-asked questions about the roles and responsibilities of a Host Family:

1. What is the YCE Program?

YCE does not involve tourism, academic study or employment. Instead, young people are encouraged to use their travel opportunities to share their cultures while experiencing new ones. The YCE Program is comprised of two parts: international exchanges and international camps.

2. What are the main responsibilities of a Host Family?

As a Host Family, you will share your lifestyle and outh about your life, your family and your home. culture with the visiting youth, including them in all your family activities. You should plan an assortment of cultural activities that may include, but are not limited to, museums, nature parks or centers, local tours, sports, musical events, etc.

3. What is the financial responsibility of a Host Family?

A Host Family is expected to provide room and board for the exchange youth, any and all transportation during the youth's exchange with the exception of international camp, and payment for any cultural

activities that you plan. The local YCE chairperson will be able to provide you with more details about what kind of financial responsibility is expected of a Host Family.

4. How long will the Exchange Youth stay?

The Host Family part of the YCE Program can last anywhere between two and six weeks. We recommend that you speak with your local YCE chairperson to determine what the best situation is for your schedule and their programmatic needs.

5. Is a Host Family able to meet the Exchange Youth before they arrive?

It is highly encouraged that you initiate correspondence with the young person once you have been matched. Correspondence may include letters, pictures and anything else you would like to share with the y



The Diversity of Our Service

Joan Cary and Erin Kasdin

Lions don't just serve the world. We are the world. And our diversity means that there will always be Lions ready to address the issues we face. Just like how your club is making a difference in your community, Lions everywhere are changing lives every day in all kinds of ways.

Here are three stories of how "We Serve through Diversity" around the world.

Australia

Drought Busters Raise Funds to Help the Vulnerable

In Biggenden, a small town of 800 in Queensland, Australia, Lions are reaching out in support of the Biggenden Drought Busters.

Impacted themselves by the drought that continues to cause extreme hardship, the Lions have been collecting money and goods for farmers in areas where the grass is gone, the hay to feed livestock is getting scarcer, and families are living with a dwindling supply of household and stock water.

The Biggenden Lions are a small group with a membership of 15, but together, they are making a big difference. The Lions, with Australian government federal funding, have supported their community since 1995 through the Lions Community Care Service.

"Unfortunately there is no quick fix for this, so we are in

it for the long haul,” says Drought Buster Lea Treloar. “The Biggenden Lions Club is very active in this town and are extremely supportive of anyone doing something positive in the community.”

China

Reaching Across Borders to Bring Sight to a Boy
Six-year-old Erkhesh was diagnosed with glaucoma in his left eye at just three months old. He underwent surgery to treat the eye five times when ultimately his optic disk was removed, rendering him blind in that eye. He was monitored regularly, and in 2017, doctors told his parents he was beginning to show signs of change in his other eye. However, the doctors in Mongolia were not able to definitively diagnose Erkhesh without more sophisticated equipment. Fearing their son would now lose vision in his right eye as well, Erkhesh's parents wrote a letter to Lions asking for help.

Lions in Hong Kong and Mongolia answered. The Beijing Lions of D385 stepped in to bring Erkhesh and his family to Tongren Eye Center for evaluation and treatment. Professor Ningli Wang oversaw his care. Beijing Lions arranged for the family's travel and lodging while in Beijing, and accompanied them, along with an interpreter, to each medical visit.

Mongolian Lions visited the family before they set off for China and have been following their care ever since, helping them with any needs at home. Although they are still working through treatment, thanks to Lions reaching across borders, a boy—and his family—now have hopes of keeping the child's sight.

United States

It's an easy, 12-minute drive from Len Dompke's suburban Chicago home to the local hospital. Yet, the first time Dompke made the drive, it was one of the hardest of his life. Making this drive meant recognizing and changing some unhealthy habits, which was not going to be easy. District 1-J Lions partnered with Edward-Elmhurst Health (EEH) to develop a diabetes prevention and lifestyle intervention program, which received a US\$95,000 grant from Lions Clubs International Foundation (LCIF). Thanks to this incredible teamwork, Dompke has a new lease on life.

Fast forward through the yearlong program and Dompke is a stronger, healthier and 80-pound-lighter version of his former self! Best of all, with the support of Lions and grant funding from LCIF, he is no longer at risk of developing diabetes.

Protect Yourself from Scams

Bill Hatzos

During recent months, there have been an increasing number of phone, text, social media and email scams. Be aware of scams that fraudulently use the Lions Clubs International (LCI) or Lions Clubs International Foundation (LCIF) name or logo, or other trusted and wellknown names. The goal of these types of scams is to trick people into revealing personal and financial information about themselves, which can then be used to commit identity theft.

If you receive a suspicious email, text, check or social media message, please follow these guidelines:

- Do not reply, open any attachments or click on any links in the message.
- Be wary of any offer to accept a check or money order in an amount greater than you are owed or requests to return money back to the check sender.
- Do not immediately cash an unexpected or surprise check. Unless you are expecting a check, and you are absolutely certain it is meant for you, do not deposit it.
- Do not pay upfront for a promise like a grant, debt relief or financial assistance.

Please delete the suspicious message and do not respond. If you wish, you may report this to local authorities in your jurisdiction for further investigation. Examples include:

- Texts and Facebook notices that you have received a grant, but first need to provide personal data.



- Unexpected checks from Lions and/or LCIF that look legitimate, including correct routing numbers.
 - Emails or messages from individuals you know saying they are in distress and need you to send money.
- Phone calls from perpetrators posing as Lions or staff, asking for donations via phone.

Unfortunately, if you lose money in a scam, notify your bank immediately and see if they can help.

Protect yourself!

- If someone contacts you via phone, text, social media or email, no matter how legitimate he or she may seem, never give out personal information such as: passwords, Social Security numbers or national ID, credit card or bank account numbers, driver's license or passport numbers.
- As a general practice when receiving unsolicited emails, do not follow embedded links in emails, especially if there is any mention of updating credit card information, personal data, PIN numbers or passwords. Delete these emails immediately.

- If you should be redirected to a website, verify that the URL address begins with "https://." The single letter "S" after "http" indicates that it is a secure site, and is likely legitimate. If the URL is not secure, close your browser immediately.
- If contacted by another club member or the association headquarters via email, mobile text message or social media, and there is a request for financial assistance, wire transfer, etc. do not reply to the message. Contact the club member or association staff separately via email, phone or through the MyLCI Communications Center to validate that the request is legitimate.
- Always use virus protection software on your PC or

MAC. Exercise caution when using public Wi-Fi systems in a coffee house, restaurant or internet café. These public systems offer no protection from unauthorized fraudulent monitoring.

- Create strong passwords for your email, social media and other online accounts, and update your passwords often. Never store passwords, banking information or credit card numbers in your email.
- If you receive an unexpected check, do not deposit it but instead contact the source of the funds to confirm you were to receive the funds.
- If a person you don't know personally asks you to wire money on behalf of LCI or LCIF, contact the help desk

The Art of Kindness: Peace Poster Winner Paints a World of Compassion

Bill Hatzos



Any artist will tell you that what they paint is not so much what they see with their eyes, but what they see with their hearts. This is especially true of children.

For 31 years, Lions Clubs International has offered children across the globe the opportunity to create their visions of peace from their own hearts by sponsoring the Peace Poster Contest. Local Lions clubs sponsor the contest in their neighborhood schools and youth groups.

"Kindness Matters" was the theme of this year's competition, and 13-year-old Yi-Chih Lin from Taiwan was chosen from more than 600,000 contestants and 60 countries as the grand prize winner. The New

Taipei City Yung Ho Lions Club in MD 300 Taiwan sponsored him for the contest.

A portrait of help and of hope

Titled "Gathering Love and Kindness from Everyone Helps Those in Need Out of Suffering," Lin's stunning artwork depicts a pair of hands tenderly cupping a heart of gold, as rice and grain slip through the fingers down to the hungry masses below. Their arms reach up in desperation toward the hands of hope that will ease their suffering. Painted in a dazzling array of colors, the international symbol of peace—a majestic dove—perches atop the painting, wings outstretched to embrace a needy and hurting world.

"I began learning how to paint in second grade," Lin said. "I enjoy painting things that are difficult and challenging—it gives me such a sense of accomplishment when I finish a painting. I'm really glad that my teacher, Miss Yang, told me about the contest when I started art class. I can't believe I won. I'm so excited! Thank you, Lions Clubs International, for giving me this wonderful opportunity to paint and win this award. I hope everyone has a deeper understanding of peace and kindness when they see my painting. I know I do."

Inspiring children to imagine a world of kindness

Designed for kids ages 11 to 13, the Peace Poster Contest offers children the chance to showcase their talent on an international stage and compete for great prizes. The grand prize winner receives US\$5,000 and a trip for him or her and two family members to a special awards ceremony. Twentythree merit winners receive a certificate of congratulations and US\$500 in cash. All of the winning entries are recognized in LION Magazine, on our website and at the annual international convention, which will be held in Milan this July.

"The kindness we are referring to in this year's contest theme is not just to the people in our own country, but to people around the world," said Johnny Wong, president of the New Taipei City Yung Ho Lions Club. "Our primary goal with this event is to promote world peace by communicating with many teachers and students."

New Taipei Municipal Fuhe Junior High School recently held a celebration to recognize Lin for winning the

contest. “Our school has been involved in the Peace Poster Contest for more than 20 years,” said the school’s principal Hsiao-Jung Fan. “We want every child to develop his or her artistic talent and integrate it into their lives. The theme of kindness is perfect, as we would like our children to grow up with the expectation of love and of hope. Our relationship with our Lions club is a close one. They are a very important organization that has long been concerned about education and the growth and development of our children.” Lion Jia-Chun Yang from the Cixiang Lions Club in District 300-B2 attended the school celebration to support the young winner. He believes that the contest creates an awareness of their Lions club with students and with the public at large. “It helps our club get more visibility and gives us the opportunity to serve even more people,” he said. “We

want to help children understand that there are many wars and poor places in the world, and that people there need our help. The expression of art in this poster contest touches people’s hearts.”

Lions clubs pave the way to world peace
There are so many great reasons for Lions clubs to sponsor the Peace Poster Contest. It boosts kids’ self-esteem, and lets them know that their ideas matter. It also offers clubs the opportunity to promote peace while increasing their visibility in their communities. And most importantly, it gives children—and adults—hope for the future. In a world filled with conflict and uncertainty, the need for kindness, peace and love has become even greater. And who better to illustrate this than a child? We hope these youthful visions of kindness and peace will help the whole world learn to see with their hearts, too.

Lions Sight First Eye Hospital Wins Global Health Leadership Award

Jamie Konigsfeld

Located in Nairobi, Kenya, the Lions SightFirst Eye Hospital has received the 2019 Golisano Global Health Leadership Award. Presented at the 2019 Special Olympics World Games in Abu Dhabi in the United Arab Emirates, Past International Director Dr. Manoj Shah accepted the award on behalf of the hospital.

Lions SightFirst Eye Hospital believes in the important work Special Olympics is doing and strives to keep opening doors for athletes—or anyone—with intellectual disabilities.

A champion of inclusive health

Regarded as the highest Special Olympics honor, the Golisano Global Health Leadership Award is presented to “health champions—leaders and organizations—that are making significant contributions to equal access to health, fitness and wellness for people with intellectual disabilities.” Established in 2017, the award recognizes global progress to increase access to healthcare for people with intellectual disabilities.

SightFirst, fighting preventable blindness

Located within the Loresho Westlands District of Nairobi, Lions SightFirst Eye Hospital focuses on economically disadvantaged patients. The hospital provides dental, ENT and hearing, and diabetes care, along with extensive eye care services, and doubles as a training center for health professionals. Its name comes from Lions Clubs International Foundation

(LCIF)’s SightFirst program, which funds Lion efforts to fight the major causes of preventable blindness.

Lions organize the SightFirst projects and often partner with local health authorities, eye care professionals and other non-governmental organizations. Projects strengthen eye care in underserved areas of the world and care for those who are blind or visually impaired by establishing eye care services, upgrading infrastructure for existing eye care services, training professionals, education, rehabilitation and public awareness. Lions Clubs International Foundation has supported the hospital with more than US\$3.5 million in SightFirst grants since the beginning of its construction in 1994. Funds have supported initial construction and most recently, the establishment of four vision centers in four different countries that will feed into the hospital’s referral network.

Exceptional accomplishments

Since its opening in 1997, the Lions SightFirst Eye Hospital has:

- Served more than two million people, with 70 percent of its services provided at no cost to patients
- Held more than 4,000 eye screening camps
- Conducted more than 86,300 sight-restoring cataract surgeries, at no cost to patients
- Started the first-ever eye bank in East and Central Africa to process, store, analyze and provide tissue transplants
- Harvested more than 3,500 donor corneas and transplanted more than 1,500 donor corneas, the majority of them for economically-disadvantaged patients

In the past five years, the Lions SightFirst Eye Hospital has made significant impact regarding follow-up care for Special Olympics Kenya athletes. The hospital has:

- Donated more than 1,000 eye glasses to athletes
- Conducted more than 15 surgeries, at no cost to the athletes and their families
- Directly benefitted nearly 4,000 athletes and indirectly

benefitted thousands more through Family Health Forums where Lions provide health education to families and older athletes

The hospital is the first to initiate diabetes screening and treatment for all Special Olympics athletes in Kenya. There is also now a full health program focused on inclusion.

Striving to open doors

“As we honor the 2019 Golisano Global Health Leadership Award honorees, we recognize the impressive work healthcare professionals can achieve to care for a marginalized population,” said Ann Costello, executive director of the Golisano Foundation. “We applaud these individuals and organizations and challenge others to make

the same strides for people with intellectual disabilities.” “This award is a tremendous honor,” said Dr. Manoj Shah, past international director for Lions Clubs International and current board vice chairman for Lions SightFirst Eye Hospital. “Lions SightFirst Eye Hospital believes in the important work Special Olympics is doing and strives to keep opening doors for athletes—and anyone—with intellectual disabilities.”

This is the second Golisano Global Health Leadership Award for a Lion organization. The first was awarded to the Lions Clubs of Belgium in 2017 for its outstanding financial and logistical support of Belgium’s Healthy Athletes program.





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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/

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DCC Publications and Newsletter*

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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.