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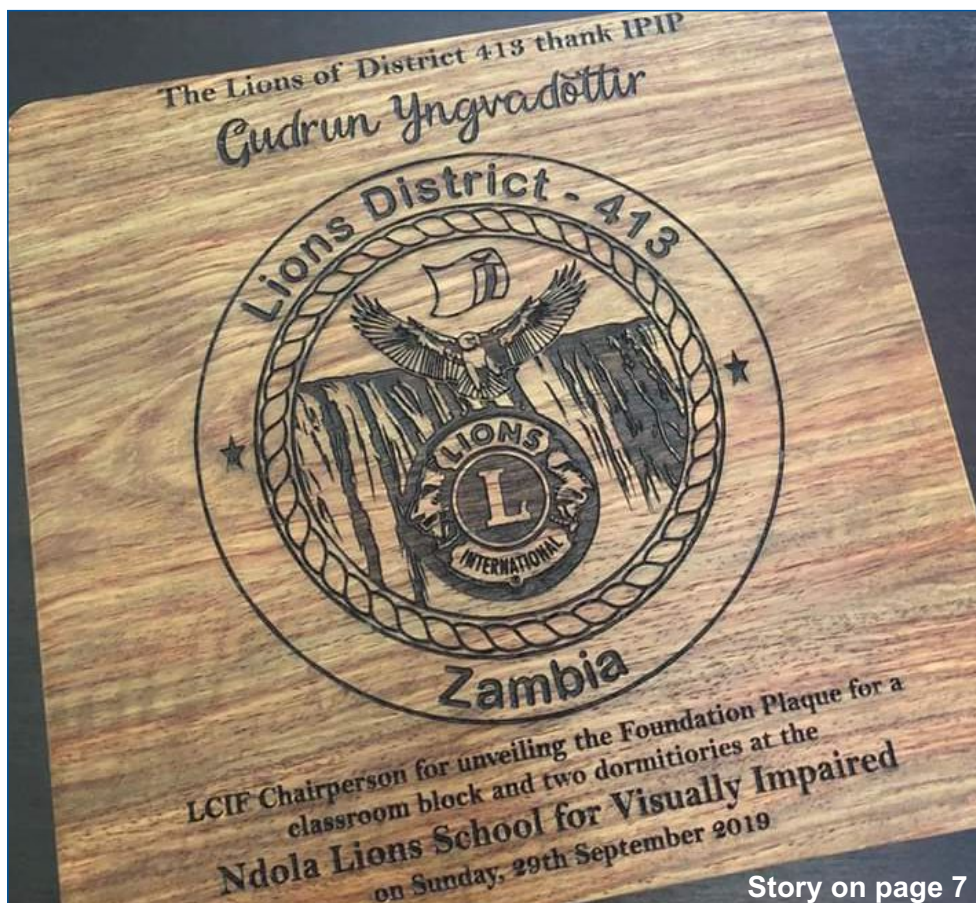
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Your Submissions

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NOVEMBER



ABOUT WORLD DIABETES DAY 14 NOVEMBER

The theme for diabetes awareness month and World Diabetes Day 2019 is - Family and Diabetes.



NOVEMBER 14

WORLD DIABETES DAY

Diabetes



Environment



Hunger



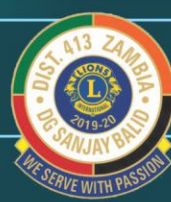
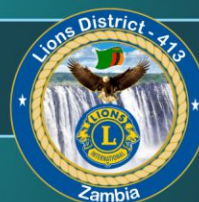
Vision



Pediatric Cancer



Help us reach our goal by World Diabetes Day
(November 14) by organizing a screening.



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”



We Serve At the Agricultural and Commercial Show

Lions District 413 - Zambia

As an annual service activity, the Lions District 413 Zambia conducted a medical camp during the agricultural and Commercial Show held from 31st July to 5th August 2019 in Lusaka. The main objective of holding the medical camp was to provide free medical screening services to all the people that attended the Agricultural Show. Services provided were for sight, hearing, prostate cancer, breast cancer, diabetes, HIV and retinoblastoma.

The team invited the following partners to provide screening for various ailments (AIDS Health Foundation, Beit Cure Hospital, Vision Care, Diabetes Association of Zambia, Cancer Diseases Hospital and Patricia Jere Cancer Foundation).

Participation by Lions and Leos were 64 from the first day of the camp till the end, and over 822 people were screened.



District Governor (Eng.) Sanjay S Balid donated Blood

Governor (Eng.) Sanjay S Balid had an opportunity to donate blood to the Zambia National Blood Transfusion Service on 4th August 2019 during the Agricultural and Commercial Show.

CA 8 and its 1st Africa Forum Lions District 413 - Zambia

Lions District 413 - Zambia

The first ever African Lions International Forum had its first inauguration meeting in Lusaka Zambia.

The meeting, for Lions drawn from across Africa, was held from the 25th to 28th of September, 2019, at Mulungushi Conference Center, which brought together nearly 700 Lions members from all over the World including the International President Jung Yul Choi, and spouse Mrs. Seung-Bok. Also among the People who were in attendance are Immediate Past International President Gudrun, 2nd Vice International President Brian Sheehan, Past International President Kajit Habanananda and Jitsuhiro Yamada, Prof. Joseph Obenga, PDG Gloria Lassey, and Past International Directors (Steven Glass, Manoj Shah, HOB Lawal, Alexis V. Gomes, Hastings Eli Chiti).

After Africa was granted the 8th Constitutional Area status, the All Africa conference changed its name to Africa Forum, and the last All Africa Conference was held in Morocco.

The All Africa Conference was the initiative of the



Opening Ceremony at Mulungushi Conference Center

past International Director, Julian Musikanth of District 411, South Africa, who served 1987 to 1989.

The objective of the All Africa Conference was to unite Africa Lions with a common goal of growing membership in Africa.

It was also meant to increase the number of service projects especially sight related projects, to enhance the visibility of the Lions in Africa.

The Conference was also aimed at championing the creation of a constitutional area on the African continent.

Initially, the Conference had no logo, but a logo was launched at the Conference held in Tunisia in February, 2014.

Hosting Districts are at liberty to design their own logo based on the main logo.



LOGO FOR THE FIRST AFRICA FORUM

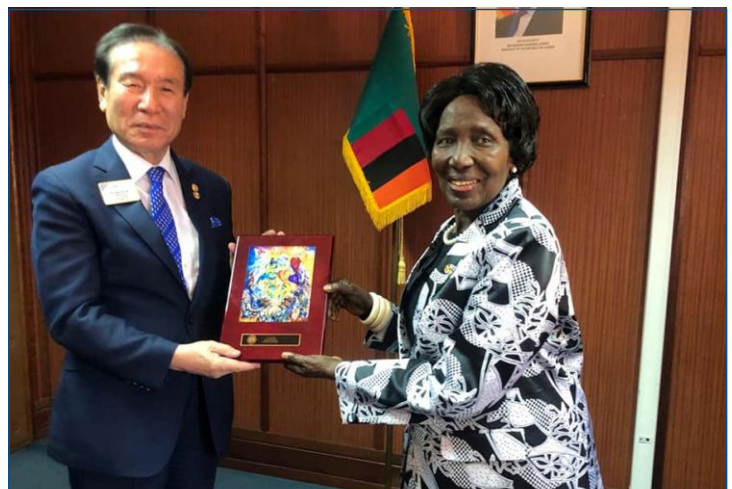
Leos had opportunity to hold their own Forum alongside the First Africa Forum with the International President being the Guest of honor were he inducted close to 50 Leos from different Clubs within Lusaka.



International President Jung Yul Choi, and spouse Mrs. Seung-Bok pose for a photo with the Leos

The Office of the Vice President (OVP) of Zambia was given a courtesy call by the International President Choi and other executive officers of Lions Clubs International.

Her Honour Inonge M. Wina, MP, Zambia Vice President welcomed the delegates and she was presented with a Peace Poster (2018-19 Contest Grand Prize Winner) "Kindness Matters". The office of the President is a constitutional office established under Article of the Constitution of Zambia Act No. 1 of 2016 which



L - IP Choi and R - VP Her Honour Inonge M. Wina, MP
Being presented the Peace Poster

states that: "There shall be a Vice President of the Republic of Zambia." The Statutory functions of the Office of the Vice President are derived from the Government Gazette Notice Number 6526 of November 2016.



Group photo - International President Choi, other executive officers of Lions Clubs International, and Her Honour Inonge M. Wina, MP, Zambia Vice Presiden

The Lions Women's Symposiums (Formerly known as the Lions Family and Women Symposium Program) was officiated by Mrs. Esther Lungu during the First Africa Forum, who is the current First Lady of the Republic of Zambia and Founder of the Esther Lungu Foundation Trust. Since assuming office as First Lady in 2015, Mrs. Lungu has utilised her distinguished position to reinforce her passion for uplifting the wellbeing of humanity which she has been doing for more than 23 years.

The First Lady has leveraged her position to focus on the economic empowerment of women living in rural and hard to reach areas. She advocates for the empowerment of women and girls; maternal and child

health; and for persons with disabilities. Mrs Lungu has joined global leaders to press for the elimination of child marriages, discrimination against persons with disabilities; and elimination of gender based violence.

Through her Foundation, Mrs. Lungu is co-financing food processing equipment for women in agriculture; low cost boarding houses for girls' education; drilling of boreholes for clean drinking water and uplifting the lives of children with disabilities.

The First Lady is a member of the Organisation of African First Ladies Against HIV and AIDS. She is also a member and patron of the Stop Cervical and Breast Cancer First Ladies Forum, Lafarge Foundation in Zambia and SOS Children Villages in Zambia.



L - IP Choi and R - Mrs. Esther Lungu, First Lady of the Republic of Zambia Being presented the Peace Poster

Her significant contribution to the health sector prompted the Medical Association of Zambia to confer her with an award for her advocacy work on health for rural communities. She has also been recognised by the World Federation of Hemophilia for supporting persons with hemophilia in Zambia. Hemophilia is a bleeding disorder which occurs when a person has an abnormal expression of a protein on his or her genes and it is hereditary.



L-R : PID Hastings, IP Choi, IPIP Gudrun, 2VIP Sheehan cutting of the ceremonial Cake



L-R : 2VIP Sheehan, IPIP Gudrun, Mrs. Lungu, IP Choi, and spouse Mrs. Seung-Bok

The First Lady's unwavering support to these people has significantly improved their quality of life. Apart from these accolades, Her Excellency has also been decorated with the Presidential Pin by the Lions Clubs International for her outstanding work on uplifting humanity, a gesture she has been carrying out since assuming office as First Lady. Added to this litany of awards, is the 2017 Starkey Hearing Foundation "So the World May Hear" Honouree.



L-R : 2VIP Sheehan, IP Choi, PID Hastings, IPIP Gudrun, and Dst. 413 - Zambia Governor (Eng.) Sanjay

The Lions Women's Symposiums program during the Forum offered Lions the opportunity to identify new potential members and community projects that are of interest to women.

The Symposiums provide an opportunity to promote Lions clubs and service projects of interest to women within your community, as well as information and resources for chartering a new club or club branch with the goal of developing new community projects.

Lions Clubs International offers grants of up to \$2,000 per symposium (\$8,000 per Constitutional Area and Africa).

PHOENIX FM'S HELPLINE PROJECT AND LIONS DISTRICT 413 SIGN MOU

Lions District 413 - Zambia

The Phoenix FM's help line project and the District 413 had signed an memorandum of understanding on the 11th of September, 2019 that will enable the two parties to collaborate in areas of assisting



orphans, street kids and the disabled among others in society.

Ground Breaking In Ndola With Immediate Past and LCIF

Lions Club of Ndola

The District Governor for 413 Zambia - (Eng.) Sanjay S. Bilad and THE Lions Club of Ndola, Northern Region of Zambia, welcomed the arrival of Immediate past International President & Lions Clubs International Foundation Chairperson Gudrun Yngvadottir at SMK International Airport Ndola on the 28th September, 2019 after the ended First Africa Forum, accompanied by her partner in service Past International Director Dr. Jon Bjarni Thorsteinsson, they were greeted by District Officials and Lions from different Clubs on the first day of their one-day visit to Ndola.



The ceremonial welcome, which included a luncheon at Protea Hotel where US\$16,000 was raised for LCIF as donation through individual Lions. During the same event the Immediate past International President & Lions Clubs International Foundation Chairperson Gudrun recognized the youngest MJF, Samuel Balid (8 years old). This recognition is an award given to men and women that have donated One thousand dollars and above to Lions Clubs International Foundation, the Charity wing of Lions Clubs International. Such funds are used to provide assistance to areas affected by disasters worldwide. The award is given to both Lions and non-Lions.



Immediate past International President & Lions Clubs International Foundation Chairperson Gudrun recognizing the youngest MJF, Samuel Balid.

Thereafter she proceeded to the Ground breaking ceremony of 1 x 3 classroom, 2 dormitories, and unveiling of the plaque at the Ndola Lions School for Visually Impaired in Hillcrest Area of Ndola with the grant of \$75,000. The construction is due to complete within 4 months.





Immediate past International President & Lions Clubs International Foundation Chairperson Gudrun Yngvadottir with pupils from the Ndola Lions School for Visually Impaired in Hillcrest Area of Ndola

Lions get Presidential Salute

Lions District 413 - Zambia

President Edgar Lungu has urged the Lions International to intensify its efforts in helping vulnerable people in the country.

President Lungu said the organization had provided humanitarian aid to people in need and should continue reaching out to more.

The head of State said the Lions should also enhance strategies on how to improve the quality of its projects.

The President Lungu said this during the inauguration of the First Africa Forum on the 27th September, 2019, in a speech read for him by Minister of Local Government Charles Banda.

The President thanked the Lions for its humanitarian work and for supplementing Government's efforts to fight poverty. President Lungu said the Lions Club works have reached out to millions of people in various areas of need globally.

He said the Lions should continue improving lives of people in society through hunger and poverty alleviation, among others. And Lions Club International President Jung-Yul Choi said the organization will continue identifying the most important needs of vulnerable people in Africa and support them.

Make Your Mark

Ian Brown

In partnership with the International Diabetes Federation (IDF), we're asking Lions to make their mark by organizing a Type 2 diabetes screening in their communities.

A diabetes screening can be the first step to detecting the possibility of diabetes—confirmation that a person has diabetes requires further medical testing.

Getting started:

- Choose a date and location for the screening. Possible locations include schools, libraries, community centers or medical facilities.
- Arrange for medical equipment, medical personnel and referral services. Partner with healthcare professionals to carry out joint diabetes screening projects, and adhere to the appropriate healthcare laws and regulations when conducting screenings. Many healthcare regulations require blood tests to be conducted by a licensed healthcare professional.
- Let your community know about the screening by

sending out flyers, contacting your local newspaper and posting about the event on Facebook.

On the day of the screening:

- Keep the screening room clean and organized.
- Offer free transportation for those who lack access.
- Assist with record-keeping functions.
- Provide informational materials to further educate the public on diabetes.
- Encourage participants to post their "blue thumbs up" on social media using the hashtag #LIONSFIGHTDIABETES

After the screening:

- Report your event on MyLion so it can be counted toward our goal of screening one million people.
- Send letters of appreciation to everyone involved, including healthcare professionals, community leaders, medical companies, etc.
- Contact people in the community who found out they may have diabetes, and provide further information about next steps and local treatment facilities.

How I Serve Through Diversity

Kevin Jeong

There are as many ways to lead as there are to serve. But among the many leadership philosophies, “servant” is a term seldom heard.

I recently sat down with International President Jung-Yul Choi to discuss his leadership philosophy: servant leadership. Despite a long flight from the Republic of Korea the day before, and a long day of meetings ahead, he welcomed me with a question he has asked so many times over the years: How can I help you?

What does servant leadership mean to you?
Servant leadership is humble leadership. Humility is so important.

A great leader knows that they succeed only when they support the success of their team. They understand the strengths of their members—and also their needs. Whenever I meet Lions, I always ask, “How can I help you?” I think that’s something that can help everyone.

Encouragement is the greatest motivator. A pat on the back. A few words. Empower the people around you by supporting them. Give them the power to achieve and let them show you how much they are capable of.

Why is servant leadership important to you?
I became a Lion in 1977—that’s 42 years already! At every step of my journey, in leadership and as a Lion, I see how servant leadership has helped me to achieve my goals.

As a district governor, membership and clubs grew across my district. When the 95th international convention came to Busan in South Korea, it was the largest convention in Korean history.

These are great successes I have been part of. But it was only by servant leadership—only by supporting and encouraging my team—that so much was accomplished.

How does your message of “We Serve through Diversity” apply to leadership?
Our world is incredible in its diversity. We are all beautiful and unique in our experiences, abilities and culture. But we cannot let our differences divide us.

Top to bottom—that’s how servant leadership works.

It’s not easy to unite all the members of your club, your district or our association. But if we really want



to change our communities, and the world, we must unite. We must find harmony. We must all work together. Because we are all in this world together.

As Lions, we share the same mission. To achieve our mission we must embrace diversity. To achieve our true potential as Lions, we must embrace it. I truly believe that diversity is our greatest strength.

Why do you think that ongoing training and professional development is important for Lions?
We are the greatest volunteer organization in the world. And why? Because of our members and their clubs. Who grows our membership? Club members. Who serves our communities? Clubs.

And how do we keep our members happy and our clubs healthy? Strong leadership.

In my experience, when someone with training becomes a leader there’s a big difference. When we train Lions, we help them find the tools they need. We help them develop the unique skills that it takes to be a service leader. And then something special happens.

They become even more service-minded. They become even more willing to participate in service activities. They become even better Lions who are ready to lead their clubs and our communities, our districts and our world.

What are some practical ways to start becoming a servant leader today?
Top to bottom—that’s how servant leadership works. It means I support my district governors. It means that district governors support their club presidents. It means that club presidents support their members. If we can do this at all level of Lions, I believe that we will see extraordinary results in our membership and leadership.

And small things matter too. Speak kindly. Give encouragement. Recognize accomplishments. We all need it.

As your international president, wherever I go, I’m there to serve you. I’m going to do everything I can to help you succeed.

Knowing Your Risk Is the First Step to Preventing Type 2 Diabetes

Lorenzo Piemonte



Diabetes is a global health epidemic. This chronic condition currently affects close to half a billion people worldwide and is set to impact one in nine people by 2045. One in two people currently living with diabetes has not yet been diagnosed, which means that their condition is not under control.

Left untreated, diabetes can have devastating consequences on a person's health and well-being, causing a number of serious complications that can impact harshly on the finances of individuals, their families and the economies of nations. Diabetes is responsible for more than four million deaths each year and is a leading cause of blindness, heart disease, kidney failure and lower limb amputation.

Type 2 diabetes is the most common type of diabetes, accounting for up to 90% of all cases and the vast majority of those who are undiagnosed. Unlike Type 1 diabetes, which is diagnosed most commonly in children and young adults, Type 2 diabetes can be prevented in many cases.

The cornerstone of Type 2 diabetes prevention is the adoption of a healthy diet and increased physical activity. Several studies conducted around the world have shown that the risk of developing the condition can be significantly reduced by adopting healthier lifestyles. The most important risk factors for Type 2 diabetes include excess body weight, lack of exercise and poor nutrition.

The first step to preventing Type 2 diabetes is knowing your risk.

This November, as part of global awareness activities to mark World Diabetes Day and Diabetes Awareness Month, the International Diabetes Federation (IDF) is proud to partner with Lions Clubs International to help

halt the continued rise of Type 2 diabetes by encouraging everyone to learn about their risk for the condition through a simple online test.

Brief questionnaires have been shown to be simple, practical and inexpensive ways to quickly identify people who may be at a higher risk of Type 2 diabetes and need to have their level of risk further investigated. IDF has developed a Type 2 diabetes online diabetes risk assessment that aims to predict a person's risk of developing Type 2 diabetes within the next ten years.

The test is based on the Finnish Diabetes Risk Score (FINDRISC) developed and designed by Adjunct Professor Jaana Lindstrom and Professor Jaakko Tuomilehto from the National Institute for Health and Welfare, Helsinki, Finland. Thanks to Lions International, the IDF online test has been made available in 12 languages.

Our shared goal is to have at least one million people screened for Type 2 diabetes by the end of November 2019.

IDF, representing over 240 national diabetes associations in more than 160 countries and territories, has been leading the global diabetes community since 1950. The Federation is engaged in action to tackle diabetes from the local to the global level — from programs at the community level to worldwide awareness and advocacy initiatives. IDF's activities influence policy, increase public awareness and encourage health improvement, promote the exchange of high-quality information about diabetes, and provide education for people with diabetes and their healthcare providers.

Our joint initiative around prevention of Type 2 diabetes forms part of a wider IDF-Lions International collaborative alliance aimed at tackling diabetes at the global level. In 2018, IDF and Lions International signed a Memorandum of Understanding (MoU) through which the two organizations committed to achieve a series of common goals:

- Prevent Type 2 diabetes and improve the quality of life for all people living with diabetes
- Raise diabetes awareness and provide education where needed
- Develop holistic diabetes service projects to improve care
- Elevate the issue of diabetes onto the national and global political agenda
- Increase access to diabetes care, medication and diagnostic equipment

IDF and Lions International aim to achieve the objectives of the partnership through joint programming, capacity development, campaigning, advocacy, research and data and knowledge management.

At the signing of the MoU, IDF President Professor Nam H. Cho said, "Diabetes is fast becoming a global health emergency. Without concerted action to slow down the advance of this serious and debilitating condition, diabetes will overwhelm healthcare budgets everywhere. This is a timely and welcome partnership. Lions Clubs International is a dynamic movement with a vast and influential network. It has an impressive track record in bringing about positive change and health improvement. Our

organizations are ideally placed to collaborate and make a difference for the many millions now living with diabetes and all those at risk."

Simple action can help halt the rise of Type 2 diabetes. Visit this page to find out how you can support IDF and Lions International this November by encouraging everyone in your community to learn about their risk of Type 2 diabetes through our simple online test

LIONSCLUBS.ORG/CAMPAIGN100



Lions Clubs International Foundation Campaign 100 eNewsletter

From Past International President and Campaign 100 Chairperson Dr. Jitsuhiro Yamada

Donations directly impact LCIF's capacity to award grants empowering our service. Each and every donation is another step toward our *true* goal: serving more people in need worldwide. Campaign fundraising has passed US\$127,500,000. Reaching key milestones is critical to achieving our goal. Please continue to share the importance of Campaign 100, encourage others to support the campaign, and set new goals for this year — perhaps encouraging more Model Club participation or holding an additional fundraiser for LCIF.

Thank you for doing your part to inspire participation in Campaign 100 and increasing *your* foundation's ability to fund life-altering grants.

District and Club Community Impact Grants (DCGs)

The name of this unique grant program says it all! This new program enables clubs and districts to secure LCIF funding to create even more change in their communities. Since qualification to apply is based on funds donated to LCIF, Model Clubs — historically effective at fundraising — may be eligible to apply for a DCG grant already or are well on their way! Learn about the quick and easy application process, and more, from our website.



Lions of Roma on 5th October, 2019 donated various items to Hidden Voices Community School in Garden Compound.

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.