



DISTRICT GOVERNOR'S MESSAGE

Lion Emmanuel
Kojo Gyimah
PMJF

It is almost three months into the 2022/23 Lions service year, and since this is the first Issue of the Newsletter for the year, I deem it appropriate to welcome you. First of all, I wish to thank the Lions of District 418 - Ghana for the trust reposed in me by electing me to lead the District this service year. I also want to thank my predecessors for the foundations they have laid for me to build upon and I am confident that this year will mark another growth milestone in our young life as a District.

My theme for this year is Yes, Together We Can and this is derived from International President Brian Sheehan's theme – Together, We Can. According to the International President, "each of us can do so much good on our own, but Together We Can make the impossible, possible. Because to accomplish big things, we all need to roll up our sleeves and do our part. And together, we can make our communities and the world a better place for all people."

This theme resonates with the growth of Lions in Ghana across membership, service, leadership and even more so increasing our donations to LCIF for more impact. This will underpin our activities as a District this year under my leadership.

I am counting on all of you for your support, contributions, ideas and involvement. Fellow Lions, when we work together to take action not for ourselves but for the good of our communities, there is nothing we cannot do. Please let us join hands and say, "Yes, Together We Can." I wish you all a successful Lions service year.





DISTRICT GOVERNOR'S GOALS FOR DISTRICT 418 2022-2023 LIONS SERVICE YEAR

Key Highlights of Goals

- Ensure officers understand their roles and responsibilities
- Collaborate across various levels of leadership
- Regular meetings to review progress, resolve challenges and identify opportunities
- Celebrate success and recognise members for their efforts.

Service Goals

- Improve Club Reporting
- Achieve at least 90% Club reporting
- Exceed total number of people served last service year.

Global Membership Approach

Develop Membership through the following;

- Rejuvenate Districts with new clubs
- Revitalise Clubs with new members
- Remotivate existing members with fellowship and existing service
- Adopting and implementing the four process steps: Build a team, Build a vision, Build a plan and Build success in our District
- Participate in training webinars to learn and implement the approach
- Overseeing, supporting and/or conducting District training
- Invite GAT leaders to attend District training
- Provide feedback on successes and challenges to GAT leaders

District Membership Targets

District Membership Targets					District Membership Target Overview			
Period	New Clubs	Charter Members	New Members	Dropped Members				
1 st Quarter	2	50	60	40	FY New Members (+)	FY Charter Members (+)	FY Retention Goal (-)	Net Growth
2 nd Quarter	2	50	80	35	300	200	150	350
3 rd Quarter	2	50	80	40				
4 th Quarter	2	50	80	35				
Total	8	200	300	150				





DISTRICT GOVERNOR'S GOALS FOR DISTRICT 418 2022-2023 LIONS SERVICE YEAR

Leadership Development

- Training of Club Officers and Zone Chairpersons
- GLT will report each training in Learn on MyLCI
- Ensure 100% attendance of Zone Chairpersons at training
- District will confirm 90% club officers (President, Secretary and Treasurer) attendance at the training

Lions Clubs International Foundation

- Increase individual participation by 10% and Club participation by 10%
- Ensure 2 Clubs achieve 100% member participation
- DG will work hard to achieve Bronze level LCIF Chairperson's medal
- DG to make a personal donation of \$2000 to LCIF
- DG to ask 15 members in Cabinet to make personal donation to LCIF

Custom Goals

- Achieve the District Excellence Awards
- Develop a marketing campaign for district events
- Encourage healthy competition between and among Clubs
- Special awards and rewards including three (3) Melvin Jones Fellow will be given to deserving Lions and Clubs:
 - *To the best club
 - *To a Cabinet member
 - *To an individual Lion

Now supporting our global causes



Diabetes



Environment



Hunger



Vision



Childhood Cancer





District Cabinet 2022/2023



District Governor

Lion Emmanuel Kojo
Gyimah PMJF



**Immediate Past District
Governor**

Lion David Owusu Anokye
PMJF



1st Vice District Governor

Lion Kate Baaba Hudson
PMJF



2nd Vice District Governor

Lion Dr. Helena R. Asamoah-
Hassan PMJF



District Cabinet Secretary

Lion Richard Y. Bansah



District Cabinet Treasurer

Lion Albert Ampofo Appiah
MJF



**District Honorary Committee
Chairperson**

Lion PDG Dr. Kwaku Mensa-
Bonsu PMJF



**Global Leadership Team
District Coordinator**

Lion Charles Ninsing,
MJF



**Global Membership Team
District Coordinator**

Lion PZC Foster Asempa-
Antwi MJF





District Cabinet 2022/2023



**District Global Extension
Team Coordinator**

Lion PP Edem Ocloo - Anipah



**Global Service Team
District Coordinator**

Lion Edward Adzimah



LCIF District Coordinator

Lion PZC Mary Nyarko MJF



Zone 1 Chairperson

Lion Leroy Nii Okanta Ankrah



Zone 2 Chairperson

Lion Sampson Yeboah
Abankwa



Zone 3 Chairperson

Lion Dr. Kenneth S. Aikins



Zone 4 Chairperson

Lion Owusu Ansah Debrah



Zone 5 Chairperson

Lion Seyram Frederick
Ahiabor



Zone 6 Chairperson

Lion Jonathan Kwamina Sam





District Cabinet 2022/2023



District Specialty Clubs Coordinator

Lion Alberta Botchway



District Lions Quest Chairperson

Lion PZC Henry Daniel Quist



District Convention Committee Chairperson

Lion PZC Esther Belinda Tanson



District Leo, Youth Camp & Exchange Chairperson

Lion Ruby Nutor



District Peace Poster Coordinator

Lion Diane Novis Zukowski MJF



District Competition Chairperson

Lion PZC Cecila Woefesor



District Marketing Communication Committee Chairperson

Lion David Nii Adotey Pappoe



District Marketing Communication Committee Deputy Chairperson

Lion Mawulolo Atto Bagidah



District Information Technology Committee Chairperson

Lion Sampson Wolanyo Deklu





District Cabinet 2022/2023



District New Voices & Women Coordinator

Lion PRC Prof. Christie Ofei-Ansah, PMJF



District Sight Prevention, Awareness & Action Chairperson

Lion Dr. Isaac Owusu



District Diabetes Awareness & Action Chairperson

Lion Prof. Peter Asubonteng



District Environment Chairperson

Lion PZC Commodore Steve Obimpeh PMJF



District Conflict Resolution & Retention Officer

Lion Jennifer V. Duodu-Mensah



District Hunger Relief Chairperson

Lion Kobina Dabi Appiah



District Protocol & Sergeant-at-Arms

Lion Rev Dr. Samuel Calvin Agbotse



District Protocol & Sergeant-at-Arms

Lion Joyce Ofori, MJF



District Constitution & By-Laws Committee Chairperson

Lion Agbesi Dzakpasu



SECURITY TITBITS



PERSONAL SECURITY TIPS

1. Be alert and aware. Always keep mind on what going on around you, knowing who is near or far away is first step to being secured.
2. Display confidence when walking. Walk with purpose, scan the area around you and make casual eye contact with others to display confidence.
3. Keep your hands free. Carrying items makes you a possible target for criminals.
4. Avoid text messaging or lengthy phone conversations when walking.
5. Closely guard your personal effects.
6. Stay near people, walking in dark or deserted areas makes you a vulnerable target.
7. Plan purchases, only carry amount of cash necessary to make the purchases. If you must carry large sums of money, divide the cash between your purse, wallet, pocket and other areas.

by Lion George Ataffuah, Takoradi Oil City Lions Club

DIABETIC DIET TIPS



1. Carbohydrates (starch) breaks down into sugar(glucose), minimize its intake.
2. Be careful with snacks, most contain glucose and make healthier choices- vegetables particularly.
3. Whole grains such as brown rice, oats, etc are a better option over polished grains.
4. Eat less salt in diets, being diabetic predisposes one to other complications such as hypertension.
5. Exercise regularly and drink lots of water. Exercising and water together are a great combination and solution to a lot of health problems.

by Lion Whitney Kings-Ankrah, Accra Ubuntu Lions Club

HEALTH TITBITS



1. Limit sugary drinks to avoid increasing risk of Heart Disease and Type 2 Diabetes. Healthier alternatives include:
 - Water
 - Unsweetened teas
 - Infused water – add your favourite fruits, veggies, and herbs (lemons, oranges, watermelon, cucumber, mint, or limes) to cold water with or without ice.
 - Juiced Fresh Vegetables
 - Coffee
 - Coconut Water
2. Get enough sleep - Enough quality sleep daily cannot be over-estimated as a pillar of good health. Some negative effects of poor sleep include insulin resistance, reduction in overall physical and mental performance, weight gain and obesity. Without enough sleep people tend to make food choices that are higher in fat, sugar, and calories, potentially leading to unwanted weight gain. Current recommendations are that adults from the age of 26-64 ideally should have about 7-9hrs of sleep each night, though 6-10hrs may be appropriate. Sleeping for <6hrs or >10hrs daily is not recommended.

by Lion Dr. Seth T. Hassan, Accra Ubuntu Lions Club

OBITUARY



District 418 announces the demise of two dear members.

1. On Tuesday 21st June 2022, Lion Past President Edith T. Addo of Accra Premier Lions Club departed to the world beyond. Her mortal remains was laid to rest on 30th July 2022 after a burial service at the Christ the King Catholic Church, Cantonments, Accra.
 2. On Thursday 7th July 2022, Lion Past President Napoleon Kpakpo Bulley of Accra Premier Lions Club joined the saints above. His mortal remains was laid to rest on 5th August 2022 after a burial service at Mount Olivet Methodist Church, Dansoman, Accra.
- Both burials were attended by the District Governor Lion Emmanuel Kojo Gyimah. some members of his Cabinet and Lions of District 418.
- Our condolences go to their beloved families, Accra Premier Lions Club and Lions of District 418. May their souls rest in perfect peace.