



Lions Clubs International



DISTRICT 418

NEWSLETTER

Vol. 4 Number 2 December 2022



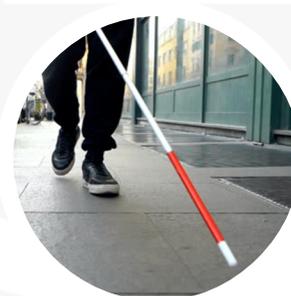
FROM THE EDITOR'S DESK



This is the 2nd Issue of the Newsletter for the 2022/23 Lion Service year. The 1st Issue dwelt mostly on the plans and projections of the District for the year. Since we had a limit to the number of pages for the Newsletter we could not feature articles on the activities of the Clubs in the first three months of the service year. We are therefore featuring Club activities held in the first semester of this service year, that is from July to December. Responses from Clubs to submit short write-ups and high-resolution pictures have not been encouraging and we continue to ask Clubs to kindly submit such write-ups to be featured in the Newsletter so that the world will know how well we are serving humanity in our District. We hope you will enjoy reading this issue of the Newsletter. Happy reading, Lions and Leos.

Help One More

SEE



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We Serve



DISTRICT DIABETES AWARENESS & ACTION LAUNCH IN KETA VOLTA REGION

The District launched the Diabetes Activity Month for 2022 recently. Led by the District Diabetes Awareness & Action Chairperson, Lion Prof. Emeritus P. T. Asubonteng, of Accra Phoenix, the other members of the Activity Planning Committee were Lions Lambert Sefakor Kwashie of Tema Supreme, Anthony Hugh Cobbinah of Accra Phoenix, Tawiah Cofie of Tema Supreme, Desiree Opoku of Accra Ultimate, Gladys Acheampong of Accra Phoenix, Gottfried Baidoo of Kumasi Freedom, Dr Paul Obeng of Kumasi Freedom, and Henrietta Adiamah of Accra Ultimate.

The Launch was done by the representative of the District Governor of District 418, Ghana, Lion Prof. Emeritus P. T. Asubonteng and it was held at the forecourt of the Keta Municipal Assembly on the 5th of November, 2022. 127 Lions and Leos from District 418, Ghana were at the launch. The programme was partly sponsored by Lion Hon. Dzudzorli Kwame Gakpey, Member of Parliament for the Keta constituency and a member of Accra Metro Lions Club. The event was covered by the Daily Graphic newspaper and local radio stations. Dignitaries who attended the launch included; The Hon. Member of Parliament for the Keta constituency; The Hon. Municipal Chief Executive of the Keta Municipal Assembly; The Municipal Director of Health Services of the Keta Health Directorate and the Medical Superintendent of the Keta Government Hospital.

The following activities were undertaken as part of the launch; 4th November- Radio talk show at the Sandcity Radio Station by Lions and other resource persons on the causes, prevention and general awareness of diabetes, both in the local (Ewe) and English languages. 5th November - Diabetes screening for 220 people, some were given medication, while others were referred to medical facilities for further



consultation and treatment; High Blood Pressure screening for 185 persons and those found to be hypertensive were referred to medical facilities for further consultation; Body Mass Index (BMI) screening for 258 persons; massive medical counselling in all the areas screened; a donation of Glucometers, Strips, Gloves, Sanitizers, and Diabetes medications were made to the Municipal Health Directorate.

LIONS INTERNATIONAL
PEACE POSTER

LIONS PEACE POSTER CONTEST 2022

The Peace Poster Contest is organized annually for children between the ages of 11-13 globally by Lions Clubs International. This year, Lions Clubs in Ghana, District 418, coordinated the contest in over 40 schools across the country and selected their best artworks from the schools they visited. Over 500 artworks were received and judged by a group of renowned artists led by Professor Ablade Glover who selected the top ten as well as the overall 1st, 2nd and 3rd artworks out of the top ten. An awards ceremony was held on November 25th 2022, by the District in partnership with UNICEF and the Ministry of Gender, Children and Social Protection at the Mensvic Hotel in Accra. In attendance were 25 schools from 5 regions contributing 430 pupils and 50 teachers, 125 Lions, 73 Leos and 21 guests and dignitaries. A grade five (5) St. Maurice Primary school pupil, Linda Anyorkor Nai, was adjudged winner of the 2022/2023 Peace Poster Contest. In addition to the enviable title, she received a plaque, certificate, art supplies and some souvenirs from Nutri Foods. Her artwork also becomes Ghana's submission for the Lions Club's International contest.



The Winning Artwork



Winner Linda Anyorkor Nai

ENGAGING THE YOUTH AND DONATION TO AN ORPHANAGE

The Tema Oak Lions Club in collaboration with the Kans Foundation and as part of its Engaging the Youth activity, visited, feasted, had a talk with the Youth, and spent quality time with the orphans at the Save them Young Orphanage Home, at Tema Bethlehem on the 27th day of August 2022. A lot of food items, drinks, toiletries and brand-new clothes and shoes were donated to both the children and their caretakers. A cash donation was added to help them secure a proper first aid box.



Food items donated

CHARTER PRESENTATION NIGHT OF TEMA INDUSTRIAL LIONS CLUB

On the 15th of October 2022, the District Governor, Lion Emmanuel Gyimah, PMJF presented the charter of Tema Industrial Lions Club at a colourful ceremony held at the TDC Towers, Community Two, Tema. The event was also used to raise funds for the refurbishment of the Tema General Hospital Diabetes Clinic. The District Cabinet Team graced the occasion as well as a section of the general public, especially from the medical fraternity.



FLOOD VICTIMS OF WEIJA DAM SPILLAGE IN GA EAST COMMUNITY SUPPORTED BY LCIF THROUGH DISTRICT 418-GHANA

On Saturday 17th December 2022, about 750 households resident in the Ga South Municipal, specifically the Weija Community, who were victims of floods caused as a result of the spillage from the Weija Dam recently, received relief items worth GHS145,000.00. When the floods happened, the District applied to the Lions Clubs International Foundation (LCIF) for an Emergency Grant of \$10,000.00. This amount was granted to the District to enable it to acquire and distribute bags of rice, cooking oil, toiletries, and bags of sachet water. The relief items came in very handy especially because of the impending Christmas festive season when the victims needed the items most. Where there is a need there are Lions! Kindness Matters!



The DG making a presentation to a beneficiary



Lions Clubs International
FOUNDATION

TEMA INDUSTRIAL LIONS CLUB DONATES TO THE DIABETIC CENTRE OF TEMA GENERAL HOSPITAL

The Tema Industrial Lions Club, a Specialty Club on Diabetes, as their 1st activity before their Charter presentation ceremony, donated some items including Stethoscopes, BP measuring Apparatus, Glucometers and strips, and a tabletop refrigerator among others, at the cost of GH5,000.00 to the Diabetic Centre of the Tema General Hospital on the 6th of August 2022.



We Serve

COMMUNITY 25 LIONS CLUB, TEMA OAK AND HO ADANU LEO CLUB AT KLEFE, HOVIEFE AND ZIAVI

On Friday, December 2nd, 2022, Tema Community 25 Lions Club, Tema Oak Lions Club, and Adanu Ho Technical University Leo Club undertook a Community activity in Klefe, Hoviefe, and Ziavi communities of the Volta Region of Ghana in collaboration with Viva Health Medical Foundation. A Radio Talk program that educated the community on how to prevent Hypertension and Diabetes and how to maintain healthy teeth; education on **the use of** Feminine Hygiene; donation of Stationery and donation of sanitary pads were made to the Klefe, Hoviefe, and Ziavi communities; donation of medicines to the Klefe Clinic; and donation of clothes and footwear to the Communities. Screening for Diabetes, Hypertension, Dental and Ear, Nose, and Throat (ENT) was also done at the forecourt of the Klefe, Community Clinic. Putting all the activities together, over 30,000 people were impacted.



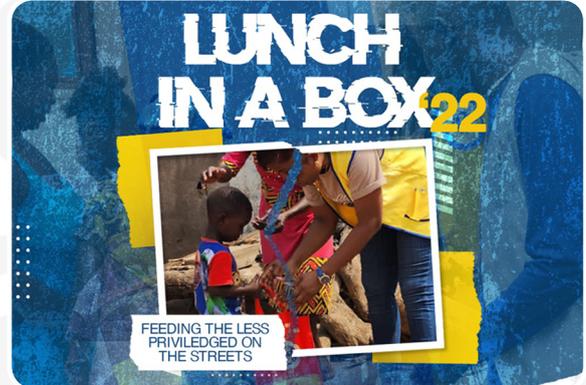
KUMASI FREEDOM LIONS CLUB DONATES TO ORPHANAGE

Kumasi Freedom Lions Club visited Kiku Orphanage Home and Shelter in Tikrom, near Kumasi, on 10th December 2022. Items donated included 4 bags of Rice **10** loaves of bread, 25L of cooking oil, 3 cartons of milk, 7 packs of toilet roll paper, 10 bags of water, a bag of maize, plantain, boxes of indomie noodles, a sack of powdered soap and a box of sanitary pad. Lions in attendance spent time with the kids as well.



LUNCH-IN-A-BOX ACTIVITY

On Boxing Day, Lions all over the world show kindness by going to deprived areas to share food in order to put smiles on the faces of the less privileged in society. The Lions of District 418, Ghana came together to serve cooked food at lunch at various locations in the country on 26th December 2022. This activity, dubbed Lunch-in-a-Box, responds to one of the 5 global causes of Lions Clubs International, Hunger. The members of Accra Diamond, Accra Spintex Road, Tema Gentlewomen, and Tema Industrial Lions Clubs fed over 1,000 people in the cities of Accra and Tema.



SECURITY TITBITS

INSIDE THE MIND OF A STALKER.

Stalking is defined as a willful course of conduct involving repeated or continuing harassment of another individual, that would cause a reasonable person to feel terrorized, frightened, intimidated, and threatened.

Types of Stalkers

1. REJECTED STALKER - a person who proposes to a potential spouse and gets rejected.
2. RESENTFUL STALKER - someone who does not like you.
3. PREDATORY STALKER - a person who takes delight in molesting vulnerable ones.
4. THE INTIMACY-SEEKING STALKER- a frustrated ex-lover who turns failed attempts to make amends into hatred.
5. THE INCOMPETENT SUITOR - a person who cannot express his/her affection to the potential suitor and prefers admiring the suitor from afar.



SECURITY TIPS FOR STALKING VICTIMS

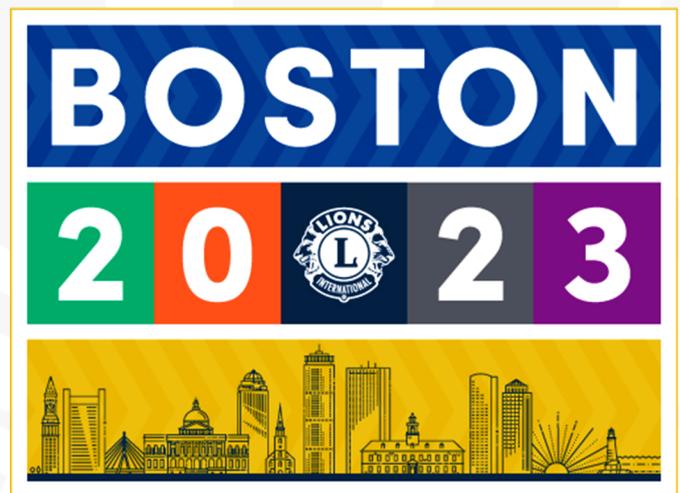
1. Keep handy or memorize emergency telephone numbers of close relatives or associates, doing so will help you in times of danger or when you suspect you are being stalked.
2. Always have a safe place in mind to go to, in case of an emergency. You might go to a nearby police station, public area or the home of a trusted close associate.
3. Keep your address confidential whenever possible, if stalkers don't know your current address, then your safety or security is assured and intact at all times.
4. Tell friends and neighbours not to quickly give out your address or phone number to strangers without your full authorization or consent.
5. Identify or rehearse possible escape routes in your house or workplace, in case your stalker happens to be either in front or back of your office or your home.
6. If you have a car, always allow your security guard at work to walk you to your car.

LION GEORGE ATTAFUAH DEKYEM (CPI. CPSM. CTA. HSE-ISO)

The 105th annual convention

LCICon 2023 Boston

The Lions Clubs International Convention is happening July 7-11, 2023. Celebrate service with your fellow Lions and Leos in the city on the hill — historic Boston, Massachusetts!



Register Now

<https://lcicon.lionsclubs.org/>



Thousands of Lions & Leos



4+ days



Seminars



Live music & world-class entertainment



International Election





New Year Message from the District Governor

As we prepare amidst jubilation and of course various customary events to mark the end of the year 2022 , we are equally excited as Lions to have come to the end of the first semester of the 2022/2023 Lions service year. This period is very important because it helps us to assess ourselves in the various areas of service, membership and leadership among others. While we have chalked many successes as a District in serving our communities across many service activities , we have also dropped a lot of our members over the period.



For the next 6 months, we will all have to work hard to continue to meet the needs of our communities through our service activities. In addition, clubs whose membership have dwindled would need to double efforts to boost their membership. We must ensure members we are recruiting are of a certain quality who can pay the dues and make time to attend activities and meetings. We will also need to take advantage of the various training opportunities including upcoming institutes to ensure our members acquire the requisite skills.

Let us also remember to contribute to LCIF. As we have seen in our recent time of need when we requested support for the people around Weija, LCIF did not disappoint us. There is so much more we can get if we also donate to LCIF so it can help other regions of the world where support is most needed.

I pray we do not relent in our efforts to complete the Lions service year on a very good note. I take this opportunity to wish all Lions and Leos a prosperous and fulfilling new year where our hopes, dreams and aspirations become a reality. Yes, Together We Can.

