



We Serve

**DISTRICT 411A
NEWSLETTER
EDITION 4**

Message from District Governor Lion Dr. Moez Manji

My Dear Lions and Leos,

As we progress through the year, I am pleased to see many clubs in our district making great strides. In just 150 days, we have surpassed the half-million mark in activities, though this is with only 71% of clubs reporting. Our membership has steadily grown, but we're seeing a decline as we approach December. Retaining members is crucial, and I urge all club leaders to focus on this matter.

A major highlight was the ELLI/RLLI Leadership training in Nairobi, where 72 Lions from Uganda, Tanzania, Ethiopia, and Kenya graduated. The Zonal Chairpersons and Vice District Governors also received excellent training to lead us forward.

I've had fulfilling official visits, witnessing the great progress of our clubs. Notably, Lions Club of Thika Kilimambogo and Nairobi Karen became Platinum Clubs, with 84 and 85 members, respectively. Four clubs advanced from Bronze to Silver status. These achievements reflect our commitment to Mission 1.5, and I am proud of these accomplishments.

My visit to Seychelles was a success, with well-planned activities, including a courtesy visit to the State House. The President and First Lady of Seychelles were honored as honorary members of the Lions Club of Seychelles.

In November, the Africa Forum in Marrakesh, Morocco, was a memorable event, where our past District Governor, Lion Joyce Ndegwa, received an award for 100% membership growth. Congratulations to her.

As we enter December, let's take time to enjoy the holidays with our loved ones and remember those less fortunate. This is a crucial time in our Lionistic year, and I encourage all club leaders to focus on membership, activities, and fostering harmony within and across our clubs.

On behalf of First Lady Zinat Manji and myself, we wish you happy holidays.



Dr. Moez K. Manji
District Governor
District 411A 2024 - 2025



KENYA



ETHIOPIA



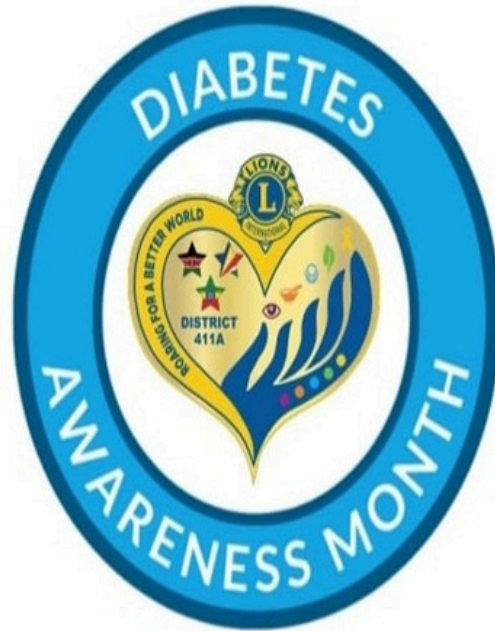
SEYCHELLES



Lions International



HAPPY NEW MONTH NOVEMBER 2024



DG THEME: DIABETES AWARENESS



DG's Goal

To Serve 110,000 People through the Diabetes Screening Programmes





Restoring Vision, Celebrating Light

On October 12, 2024, the Lions Club of Nairobi HURU and Nairobi University Students Union hosted a medical camp in Magina Itoleka, Kitui. Key highlights included scheduling 11 cataract surgeries, bringing hope and sight to patients during the Diwali Festival of Lights. Heartfelt thanks to Sightfirst Eye Hospital for their vital support in this life-changing initiative.

Feeding Hope in Kiambu County

The Lions Club of Nairobi HURU brought relief to The Ngecha Community through a food distribution initiative in Kiambu County. Special thanks to Lion Josephine for her unwavering dedication, embodying the true spirit of service to humanity. Your efforts continue to make a meaningful difference in those in need's lives.



LIONS CLUB OF ELDORET

On 17th October 2024, Lions Club Of Eldoret were privileged to be accompanied by Devotees Mehul Barot and Prabu Ji to the Sweet Angels Special School, where Dry foods were donated. Lion Ajay Shah and Lion Daksha Lodhia represented the Lions. We thank the Lodhia family for their kind donation of Ksh10,000 towards this noble activity.

Myth Busted: Sugar and Diabetes

Many believe eating too much sugar directly causes diabetes, but the reality is more complex. Diabetes is influenced by a combination of genetics, lifestyle, and overall health—not just sugar intake. While limiting sugar is essential, understanding the bigger picture is key to prevention and management.

MYTH: EATING TOO MUCH SUGAR CAUSES DIABETES.

FACT: TYPE1 DIABETES IS CAUSED BY GENETICS AND UNKNOWN FACTORS, WHILE TYPE 2 IS LINKED TO LIFESTYLE AND GENETICS. EATING SUGAR ALONE DOESN'T CAUSE DIABETES.



Caring for Our Elders

On Sunday, November 3, 2024, the Lions Club of Kiambu County visited Nyumba ya Wazee in Kasarani as part of their weekly service activities. Members donated essentials, including bread, fresh vegetables, and fruits, to support the elderly residents. This initiative reflects our commitment to uplifting the elderly in our community. Together, we can make a lasting difference.

LIONS CLUB OF MOMBASA PWANI
DISTRICT 411A

Welcome to
NOVEMBER DIABETES
AWARENESS MONTH

One new case of diabetes is diagnosed every 21 seconds

Two main types of Diabetes:

Type 1 diabetes
Formally known as juvenile-onset diabetes and insulin-dependent diabetes.
Develops when the body's immune system destroys the insulin-producing beta cells of the pancreas.

Type 2 diabetes
Formally known as adult-onset and non-insulin-dependent diabetes. Usually accompanied by insulin resistance, a condition in which the cells do not use insulin properly.
(the most common type of diabetes in Kenya)



Borewell Donation in Msambweni

On November 2, 2024, a borewell at Masjid Tawba, Msambweni, was donated by the W-Foundation, Canada, in memory of the late Bakirali T. Ganiwalla, Rozy G. Nanabhai, and Husseini B. Ganiwalla. Korans, bread, juice, and sweets were shared. "The best form of charity is to give someone water." – Holy Prophet (PBUH).



Borewell Handed Over in Tiwi

On 2nd November 2024, a borewell donated by the Sulemanji family in memory of Late Safaibai Alibhai Mohamedali was handed over near Tiwi Health Center, benefiting 2,000 people. Korans were donated, and refreshments shared. "Thousands have lived without love, not one without water" – W.H. Auden.





**REGISTRATION FOR THE
22ND
MD411 LIONS CONVENTION
IS
NOW OPEN!!!**

**APRIL 23RD - 26TH 2025
NAIVASHA, KENYA**

<https://md411lionsconvention.org/>

**\$180
Early Bird Offer!!
Closes November 30, 2024**



Empowering Young Lives at Holiday Camp

The Lions Club of Nairobi HURU supported the Holiday Camp at Deep Sea Slum, Highridge, by providing food supplies and organizing interactive programs, games, and creative activities. This initiative offers children a safe, engaging space during the holidays, keeping them off the streets and fostering positive growth. Heartfelt thanks to the volunteers whose dedication makes this impact possible.



world diabetes day
14 November 2024

JOIN US FOR OUR AWARENESS WALK-A-THON

Saturday 16th November 2024 in and around town
(Starts 08:00am at Stad Popiler Car Park)

GLOBAL DIABETES WALK
DIABETES AND WELL-BEING

FREE Health Screening for Diabetes, Hypertension and Eye at
Dr. Murthy's Clinic, Lodge Street, Victoria from 10:30am - 1:00pm.

**COME ONE, COME ALL AND CHECK YOUR HEALTH
STATUS & RISKS AND SUPPORT THE DIABETIC SOCIETY**

Health Is Wealth!



International
Diabetes
Federation



Dr. Murthy's
Medical & Gastro Clinic



WORLD DIABETES FOUNDATION





Serving Hope in Kariobangi

The Lions Club of Nairobi HURU served hot meals to 700 children in the Karogocho area, addressing food insecurity and supporting their well-being. This initiative not only provides nutrition but also fosters community solidarity and hope for families in need.

LIONS CLUB OF ELDORET

On Thursday 7th November 2024
Lions Led by Club President Lion Greg Stedman visited the Beruham Centre for Children . Here Dry food Stuffs were donated courtesy Jalaram Help the Needy -Uk & Lion H S Plahe Family . We thank Lion Zeph Gaya for

**On 7th Nov 2024
 Donation by
 Jalaram Help the
 Needy - UK &
 Lion H S Plahe -
 Family**

“Roaring for a better World”

World Diabetes Day Webinar

On November 14, 2024, Lions Club Masaku Pioneer, in partnership with Kenyatta National Hospital, hosted a CPD-accredited webinar on "The Role of Nutrition in Diabetes Care and Prevention."

Over 660 participants engaged with a distinguished panel, including Lion Dr. Joseph Kibachio, Dr. Gladwell Gathecha, Dr. Mildred Odhiambo, Dr. Eva Njenga, and a person living with diabetes. The session emphasized the importance of nutrition, national diabetes statistics, and personal experiences.

Lion Caroline Onyango, Club President, delivered the vote of thanks.

KNH - UoN Webinar

WORLD DIABETES DAY EVENT

Role of Nutrition in Diabetes Mellitus Care & Prevention

Moderator Lion Catherine Munaji Lions Club of Masaku Pioneer & NCD Alliance Kenya	Opening Remarks Lion Dr. Joseph Kibachio Medical Advisor for NCD's & Mental Health, World Health Organization, South Africa	Understanding the National Diabetes Landscape Dr. Gladwell Gathecha Head of Division, Non Communicable Disease Ministry of Health - Kenya
Why What you Eat Matters & Common Misconceptions About "Healthy" Foods Betty Okere Clinical Dietician & Diabetes Educator, Kenya Nutrition Association	How Insulin Intolerance & Sensitivity Affects Diabetes Care Dr. Eva Njenga Endocrinologist, Kenya Diabetes Management & Information Center	Living With Diabetes Beavon Mugosi Diabetes Patient Advocate

Thursday November 14th 2024 | 7:00 pm - 8:30 pm (EAT)

Lions Club Masaku Pioneer World Diabetes Day Webinar 14th Nov 2024



President Caroline Onyango acknowledging over 660 participants

Role of Nutrition in Diabetes Mellitus Care & Prevention

Moderator

Lion Catherine Munaji
Lions Club of Masaku Pioneer & NCD Alliance Kenya

Opening Remarks

Lion Dr. Joseph Kibachio
Medical Advisor for NCD's & Mental Health, World Health Organization, South Africa

What really are NCDs? - A multi-sectoral challenge

Why What you Eat Matters & Common Misconceptions About "Healthy" Foods

How Insulin Intolerance & Sensitivity Affects Diabetes Care

Living With Diabetes

Understanding the National Diabetes Landscape

Lions Club Masaku Pioneer

World Diabetes Day

Role of Nutrition in Diabetes Mellitus Care & Prevention

PROGRAM

14.11.2024 | 7PM-8:30PM

7 pm	Welcome speech Round of introductions & house keeping	Lion Catherine Munaji
7:05pm	Key Note Address	Lion Dr. Joseph Kibachio
7:15pm	Kenya National Diabetes Landscape and Statistics.	Dr. Gladwell Gathecha
7:30pm	How insulin intolerance and sensitivity affects Diabetes care.	Dr. Eva Njenga
7:45pm	Carbohydrates Intelligence & Why what you eat matters.	Mildred Odhiambo
8:00pm	Importance of support & challenges for a diabetes friendly diet with limited resources	Beavon Mugosi
8:15pm	Q & A Session	Lion Catherine Munaji
8:25pm	Call to action	President Lion Caroline Onyango
8:30pm	Vote of Thanks	

The role of NutritionISTS in Diabetes Mellitus care and prevention

Dr. Kibachio J. Mwangi; MD, PhD
NCD & Mental Health Advisor; WHO South Africa Country Office
PRETORIA

WORLD DIABETES DAY

World Health Organization

Making The Future Greener

On November 8th, the Leo Club of Shah Lalji planted fruit trees on a school campus, with support from the Lions Club of Nakuru. This initiative fosters sustainability and a greener environment for future generations.



Empowering Deepsea Children



For years, we've run children's camps at Deepsea Slum, offering food, fun, and safety. Kids like Man and Rachel, once struggling to find food, are now thriving academically. The Lions Club of Nairobi Huru provides vital meals, and together with partners like Mr. Hiran Vaya and Terrain Chess Academy, we offer activities like book clubs, chess, and more. This year, we're adding academic sessions for teens in math, chemistry, physics, and biology. We welcome donations of books, food, clothes, and supplies to continue supporting these children.

Supporting Missionaries of Charity



The Lions Club Ruiru Pioneer donated food and cleaning materials to the Missionaries of Charity in Ngumba Estate, which cares for young physically disabled men and boys. This gesture helps improve their well-being and provides essential support to the home.

Lions Club of Kiambu County Weekly Service

On Sunday, November 10, 2024, the Lions Club of Kiambu County visited Nyumba ya Wazee Home in Kasarani, delivering essential food donations to support the residents' well-being.

Donated Items:

- 4 crates of bread
- Green vegetables
- Green bananas
- Assorted fruits
- Tokens worth Ksh 3,000

This initiative continues our commitment to supporting the elderly in our community.



A Day of Service at Mama Lucy Kibaki Hospital

On November 10, 2024, the Nairobi Karen Lions Club, joined by the DG and 1st Lady, visited Mama Lucy Kibaki Hospital.

Highlights included:

- Donating over 500 beanies, clothes, milk, diapers, and food.
- Blood donation drive, diabetes screening, and eyesight checks.
- Tree planting and beautification of the hospital.
- Installation of new members and launch of the club's newsletter.

A heartfelt thank you to the DG, 1st Lady, and all those who made this day of service possible.



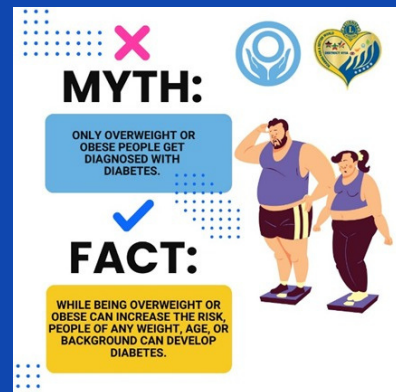
Welcome to District 411A



Zone 6, through Thika Kilimambogo, proudly welcomes the Leo Lion Club of Thika to District 411A.

Myth Buster: Diabetes and Weight

Think only overweight people get diabetes?
Not true! Diabetes can affect anyone, regardless of weight, age, or background. Managing risk factors is key—let's break the stereotypes and raise awareness.



District Governor's Visit to Lions Club of Thika Kilimambogo



On November 9, 2024, Lions Club of Thika Kilimambogo hosted DG Dr. Moez Manji, First Lady Zinat, and CS Wajid.

Highlights included the induction of 41 MKU Leos, tree planting at St. Patrick's School for the Mentally Challenged, a board meeting, and the induction of 13 Leo-Lions and 3 Lions at Shuhan Hotel.

The day ended with lunch and fellowship, celebrating service and unity.

Celebrating Service

Congratulations to Lion Suryakant Challa of the Lions Club of Nairobi Huru for leading the Free Artificial Limbs Distribution Camp at SSD Temple, Nairobi. With support from the Giants Group of Twiga and Lord Mahavira Swami's followers, this initiative brought mobility and joy to hundreds. We commend all involved for their dedication to improving lives in Kenya.



Bringing Relief to Mwengenyee and Mailisaba

The Lions Club of Nairobi HURU supported a food distribution initiative in Mwengenyee and Mailisaba slums, Njiru sub-county. Special thanks to Mr. Douglas for his dedication, which brought vital relief to the community and highlighted the power of collective action.

LIONS CLUB OF ELDORET
ACTIVITY AT JAWABU CENTRE
 TIME - 12.30PM - FRIDAY -8th Nov

JAWABU REHABILITATION CENTRE

COME JOIN US FOR
ACTIVITY

BY JALARAM TAMU TAMU -HELP
 THE NEEDY - UK &
 LION H S PLAHE FAMILY

LIONS CLUB OF ELDORET

*
 TIME
 6.00 PM
 *
 DATE
 THURSDAY
 7th Nov
 *
 VENUE
 BERUHAM
 CENTRE
 *
 DONATION OF

Restoring Vision in Nakuru



On November 11, 2024, the Lions Club of Nakuru sponsored an eye camp at ACK Church, Nakuru, in partnership with Loresho Hospital. Patients received cataract surgeries at the hospital, bringing the gift of sight to many.

A Day of Impact at Mama Lucy Kibaki Hospital

On November 10, 2024, the Nairobi Karen Lions Club hosted DG Dr. Moezi Manji and the 1st Lady for a day of service at Mama Lucy Kibaki Hospital. The club donated over 500 handmade beanies, food, children's clothing, diapers, and other essentials. Blood donation, diabetes, hypertension, and eyesight screenings were conducted, while tree planting beautified the hospital grounds. The DG launched a children's swing, inducted 11 new members, and welcomed the Solio Lions Club and Nairobi Karen Leos. It was a remarkable day of giving and community impact.



Lions Club of Nairobi Dagoretti: A Weekend of Impact



From November 8-10, 2024, the Lions Club of Nairobi Dagoretti, alongside Benson School Leos, carried out impactful initiatives in Kakamega. They honored a community member lost to diabetes, raised awareness for Diabetes Awareness Month, and bonded over learning Islamic virtues at Marash Masjid. The team also distributed Qurans, served hot meals to 110 people, planted 50 fruit trees, and supported 150 orphans at Noah's Children's Home with food and clothing. Heartfelt thanks to all who made these acts of service possible.

Medical Camp Success in Kirinyaga County



The Lions Clubs of Embakasi and Nairobi Central, supported by Lions Eye Hospital, hosted a medical camp in Kirinyaga County. They screened 150 people for vision, diabetes, and heart health, planted 12 trees, donated blood, and provided snacks for attendees. A day of impactful service.



WORLD

KINDNESS DAY
13 NOVEMBER

3 participating Districts :
District 411A, 322B1 and Lions
International Distretto 108 la3.



Diabetes Webinar & Trivia
Wednesday 20th November 2024



Dr Arun Manglik

An Introduction to
Diabetes & common
symptoms

Dr Giorgio Fossati

Diabetes Mellitus,
the new epidemic -
What can Lions Do?

Elisa Dal Bosco

My story: The use
of alert dogs in
Diabetes

Dr Rilwan Aden

Diabetes the Silent
Killer and its
multimorbidities



Moderator
Lion Arv Kalsi
District 411A
Convener for Diabetes

Timings:
Kenya: 6pm - 7:30pm
India: 8:30pm - 10:00pm
Italy - 4:00pm - 5:30pm

**WORLD
DIABETES** Day

14 NOV
THURSDAY
08 - 12
AM PM

**DIABETES AND WELL-BEING:
BREAKING BARRIERS, BRIDGING GAPS**

CME on wholistic approach in management of Diabetes Mellitus

- ✓ Support Group Meeting at KTRH Special Clinic - 8:00am to 12:00pm
- ✓ Free Diabetes Mellitus and Hypertension screening
- ✓ Follow up testing for Patients

VENUE: KTRH CONFERENCE HALL



DR. MATIKO GIABE
- PHYSICIAN INTERNIST -
- DIABETOLOGIST, CDH-MS -
- KISUMU COUNTY



MR. SAMUEL ONGUSO
NUTRITION AND DIETETICS
SPECIALIST
- COUNTY NUTRITIONIST -



DR. OKINYI MATAGARO D.
- MEDICAL EPIDEMIOLOGIST -
- DIABETES EDUCATOR/CNDC -
- KISUMU COUNTY

MEETING ID:
812 3120 6705

MEETING PASSWORD:
335372



Supporting the Visually Impaired in Maai Mahiu

The Lions Club of Nairobi HURU recently assisted two visually impaired individuals in Maai Mahiu (Naivasha) by providing them with white canes. Special thanks to Club Treasurer Lion Jacob for his key role in making this initiative a success.



Lions Club of Nakuru Menengai Supports PWDs in Kericho

On November 7, 2024, the Lions Club of Nakuru Menengai, in collaboration with RRF, Lions Club of Huru Nairobi, and Lions Club of Ruiru, visited Kericho's Koengo ward to assist over 50 individuals with disabilities. The team provided wheelchairs, tricycles, crutches, white canes, and sanitary towels to 100 women. Our motto remains the same: *We Serve!*

Lions Club of Seychelles Welcomes DG Team

The Lions Club of Seychelles warmly welcomed the DG team, including Dr. Moez Manji (District Governor), Zinat Manji (First Lady), Wajid Cockar (Cabinet Secretary), and Anum Asif (wife of the Cabinet Secretary), to the paradise on earth. A warm reception for the team.



Dinner Meeting with DG and Team



A successful dinner meeting was held with District Governor Dr. Moez Manji and his team, fostering valuable discussions and strengthening bonds within the Lions community.



Lions International

Meet the trailblazer district governor of district 411A 2024-2025

District Governor Lion Dr Moez Manji will be in Seychelles from November 14th to November 17th, 2024. He speaks about his mission. He is a Nairobi-born philanthropist, having dedicated more than half of his life to serving the less fortunate members of our society. A family man having a successful business empire in the hospitality industry spanning over the five countries of east Africa.

Contributed article

Why Lions for service?

Lions International is the world's largest service organisation, having 1.4 million members in 210 countries of the world and 50,000 clubs. It has been in existence for 107 years, with their headquarters in Oakbrook, Chicago, USA. Their services cover the global causes of vision, diabetes, environment, childhood cancer, and hunger. The motto is we serve. Slogan is where there's a need; there's a Lion.

What are your goals for your year as district governor?

I have a desire of making my mark as I set goals of adding 20 new clubs in my district and add 600 new members by the end of my year in June 2025. In the past, we have struggled for over 10 years with stagnating membership. I started the year with 1,671 members and 61 clubs. I would like to get to 2000 members in the district comprising Kenya, Ethiopia, and Seychelles. I believe it can be done with a systematic approach of getting to the right people nationwide who would love to serve their brothers but not aware of this beautiful organisation that captures the needs of today's world.

Which country has the largest membership of lioness today?

Lions International has stagnated in the Western world, perhaps due to the busier lifestyle and ageing population. USA continues to be the largest country in terms of membership. However, the South Asian population, comprising of India, Nepal, and Sri Lanka, is today the fastest-growing area in the world.

What are your notable projects that have benefitted the human beings in your district?

We have our Lions' sight first eye hospital in Loresho, Nairobi, which is today rated as the best lion's eye hospital in Africa. They carry out thousands of eye operations and restore people's sight from all over the regions



of Kenya. The hospital has the best doctors and surgeons with state-of-the-art equipment. For those who are unable to afford the price of the operations, we have major donors from within the local communities as well as those from the rest of the world who support us without any hesitation. Lions clubs also emphasise education under the youth empowerment cause; the clubs own and operate primary and secondary schools in almost 14 regions of the country. The funding support is done by various clubs from Europe and America and is done from numerous international support organisations, such as the United Nations, Johnson & Johnson, the American Cancer Foundation, the Lions Club Foundation, and the Carter Foundation, to name a few. To date Lions Club International Foundation has disbursed close to 1.2 billion us over the years.

What would your advice be for youth of today?

I would bluntly put it, youngsters today? Come forward and

serve as Lions. We are a family of likeminded people who are enjoying their service to their fellow human beings. Anyone can become a lion. You only require a little time and resource to contribute from your lifestyle. It is a very fulfilling addition to your busy life where there is fun fellowship and service.

Anything outstanding news your club has done to be proud of?

Lions International emphasises a lot on leadership training. It has a very strong organisational chart of leadership right across the world. The outstanding success has been the election of our very own third international vice president, Dr. Manoj Shah, who was installed as the first vice president from Africa. We have created history by electing Manoj, who will be at the helm of the international organisation in its 107-year history.

Any parting comment Dr. Moez?

As we journey through life, let us not forget our less fortunate members of our society. We cannot leave it to the various governments to take care of this. God has blessed us, and we need to be mindful and bring smiles and life to those who are unable to afford. We can make the blind see, we can control diabetes in today's lifestyle, we can turn the desert into a green area, we can provide water where there isn't any. We can feed the hungry; we can reduce childhood cancer in Africa.



Absa Seychelles 'Walk for Wellness' Helps Bring Crisis Helpline to Life

On World Kindness Day, 13 November, Absa Seychelles proudly supported the Kindness and Compassion Foundation as they launched their first workshop held at the Savoy Resort, to train volunteers for Seychelles' new crisis and trauma helpline. This vital helpline training was brought to life by SCR 77,000 raised through Absa Seychelles' "Walk for Wellness" sponsored walk in 2022, where colleagues, friends, and family walked together to bring mental health resources closer to the Seychellois community.

The Walk for Wellness initiative brought over 150 participants together to complete a 17 KM journey, each step taken with the hope of uplifting those in mental health crises. "The Walk for Wellness was more than just a fundraising effort," shared Mr. Nazim Mahmood, Managing Director of Absa Seychelles. "It was an expression of our belief in the power of community to make a difference, one story at a time. With the launch of this helpline, we're seeing that commitment turn into tangible support for those in need."

The funds raised have since been dedicated to training Seychellois in crisis intervention, providing a critical foundation



for a helpline that offers immediate, compassionate support to those grappling with mental health challenges. "We are here to create real, lasting change, and today, this helpline symbolises that journey," said Mr. Mahmood.

Mrs. Beryl Dodin, Chairperson of the Kindness and Compassion Foundation, expressed that the funds are invaluable for offering immediate assistance to those in crisis. She believed that with this helpline, we're building a more compassionate Seychelles, where no one has to face their struggles alone.

"Absa's support has turned these funds into a resource for healing and hope," added Marie-Paule Samson, Head of Mar-

keting and Corporate Affairs at Absa Seychelles. "This helpline embodies Absa's values of care, community, and resourcefulness. Each call answered and every story shared contributes to a Seychelles where every individual's voice matters and every struggle is met with support."

For Immediate Support

If you or someone you know is going through a tough time - whether dealing with loss, mental health struggles, or thoughts of self-harm - the Crisis and Trauma Helpline is available on **2 50 25 00** for immediate support.

Contributed article



Lions Club of Meru Hosts Tree Planting at Meru University



On Thursday, November 14th, 2024, the Lions Club of Meru conducted a successful tree planting activity at Meru University, Nchiru, planting 150 shade and fruit trees. Special thanks to the club's environmental conveyor, Lion Laxmiben, for making this event possible.

Lions Club of Kiambu County Donates to Nyumba ya Wazee

On November 17, 2024, the Lions Club of Kiambu County donated essential food items to Nyumba ya Wazee home in Kasarani. The donation included 4 crates of bread, green vegetables, green bananas, assorted fruits, and electricity tokens worth Ksh 3,000. A heartwarming gesture to support the elderly residents.



Cycling for Diabetes Awareness in Kakamega

On behalf of Katch LEO Club and Lions Club of Kakamega, we extend our heartfelt gratitude to everyone who participated in the . Your enthusiasm and commitment to raising awareness about diabetes were truly inspiring. Your involvement not only promoted a healthy lifestyle but also supported a great cause. Thank you for making this event a success and for helping make Kakamega a better place, one act of kindness at a time.



Successful Meeting with DG



A successful meeting with DG Dr. Moez K. Manji and his team. His valuable insights on work and teamwork inspired us to be better Lions. Cabinet Secretary Mr. Wajid Cocker also shared his guidance, enriching the session further.

Diabetes Awareness with the Seychelles Community

We once again joined the Diabetes Society to raise awareness on the prevention and treatment of diabetes within the Seychelles community. It was a meaningful effort to educate and empower individuals to take charge of their health.



Lions Club Training at Eden Lodge



Three clubs participated in a productive Lions Club training session at Eden Lodge. It was a great opportunity for learning, growth, and strengthening our commitment to service.

Nairobi Karen's Service Activities

Nairobi Karen marked the World International Day of Premature Babies by donating 370 beanies, 1 gross of NIP diapers, and baby bibs to Pumwai Hospital's new baby unit, where 55 premature babies were born. Later, we joined other district members to serve hot lunch to over 1,000 community members at Ananda Marga. On 16th November, we also held a virtual meeting with our Leos to prepare them for leadership roles, with positive feedback.



Myth Check

MYTH:  YOU DON'T NEED MEDICATION IF YOUR BLOOD SUGAR IS UNDER CONTROL.

FACT:  DIABETES MANAGEMENT IS ONGOING, AND TREATMENT DECISIONS SHOULD ALWAYS BE GUIDED BY A HEALTHCARE PROFESSIONAL.




Think you can skip your medications just because your blood sugar is under control? Diabetes management is an ongoing journey! Always consult your healthcare professional to find the best plan for YOU. Consistency is key to long-term health.

Lions Clubs Delegation Meets Vice President at State House

District Governor Dr. Moez Manji led a Lions Clubs International delegation to meet Vice President Mr. Ahmed Afif at State House. The Vice President praised their work in medicine and environmental conservation. Dr. Manji discussed the Lions Club's vision for Seychelles and potential collaborations to improve the community. The meeting ended with an invitation for the Vice President to join the Lions Clubs and an exchange of gifts.



High Commissioner Meets Lions Club Delegation

The High Commissioner welcomed a Lions Club delegation led by Dr. Moez K. Manji and expressed appreciation for the organization's contributions to social welfare and community well-being in Seychelles.



Melvin Jones Fellows Induction Ceremony

District Governor Dr. Moez Manji, First Lady, and Cabinet Secretary Lion Wajid Cocker attended the Melvin Jones Fellows induction ceremony on 17th November 2024. The event celebrated the dedication of the Melvin Jones Fellows and featured the installation of new office bearers, inspiring speeches, and discussions on enhancing the Lions' community service impact in Seychelles.





LIONS CLUB OF ELDORET

DIABETES AWARENESS CAMP



9th November 2024

On Saturday 9th November, Lions Club of Eldoret members assisted in carrying out 142 Diabetes Tests at the Mama Rachael Hospital in Eldoret,



16th November 2024

On 16th Nov 2024, 114 tests were carried out. The patients who had abnormal results were referred for further treatments

Lions Club of Eldoret appreciate very much the efforts of Lion Paul Michira, CP Lion Greg Stedman and Lion Ruth Boinett for carrying out these activities.



Supporting Naromoru Children's Home

On 13th November 2024, Lions Club of Nanyuki-Laikipia visited Naromoru Children's Home for the. They donated food, cleaning supplies, diapers, soft drinks, and biscuits worth Ksh 55,600. The Catholic-run home, currently rehabilitating 74 children, expressed deep gratitude for the club's support.



LC Kagio Central Monthly Eye Camp

On November 18th, LC Kagio Central held its monthly eye camp at Salvation Army Church-Kagio. The camp screened 310 patients, referred 30 for cataract treatment, and dispensed 30 reading glasses. Diabetes and blood sugar screenings were also conducted. Great service to the community.



**HAPPY INTERNATIONAL
MEN'S DAY**





"Today, we celebrate the strength, compassion, and dedication of **men** worldwide.

Thank you for your leadership, provision and protection."

Happy International Men's Day
19.11.2024

WE NEVER
MENTioned
BUT YOU ARE
Amazing

Support for Cancer Patients

Lions Club of Nakuru, in partnership with HCK Nakuru and other collaborators donated Morphine to Nakuru Hospice for cancer patients. The gesture was warmly appreciated by the hospital authorities.



Shri Narayan Seva Santhan Hosts Free Prosthetic Limbs Camp

The Shri Narayan Seva Santhan - Udaipur recently organized a Free Prosthetic Limbs Camp, led by Lion Suryakant Challa. As a Trustee of Shri Narayan Seva Santhan Kenya and the Pattni Brotherhood Nairobi, Lion Suryakant has been spearheading similar initiatives across Kenya for the past 12 years. Through these camps, he has helped thousands of Kenyans regain their mobility, empowering them with prosthetic limbs and improving their quality of life.



Mega Free Prosthetic Limbs Camp Held

BY CORRESPONDENT

Bring happiness and joy to amputees with its Saarthi Followers, has changed the lives of four thousand amputees. A total of 200 prosthetic limbs were distributed. They partnered with Narayan Seva Santhan and 100 health care professionals. The noble project, sponsored by Lord Maheshwari Group, brings happiness and joy to amputees with its Saarthi Followers, has changed the lives of four thousand amputees. A total of 200 prosthetic limbs were distributed. They partnered with Narayan Seva Santhan and 100 health care professionals. The noble project, sponsored by Lord Maheshwari Group.



LCNK KNH Ward 1E Art Therapy on 21st November 2024; Our world of colors with the young ones and gifts for peace poster participants. We also donated breakfast and lunch for ward 3D.



Celebrating 25 Years of Service

Congratulations to Lions Club of Addis Ababa Hibret on reaching their Silver Jubilee. Celebrating 25 years of impactful service, leadership, and fellowship is a remarkable achievement. Cheers to the leadership and members for this milestone and to many more ahead.



Lions Club of Nairobi HURU Supports Children in Informal Settlements

The Lions Club of Nairobi HURU provides hot meals to children in Nairobi's informal settlements, especially during school holidays. Through holiday camps, the club also keeps children off the streets while promoting learning through extracurricular activities. Heartfelt thanks to the volunteers and well-wishers who make this impactful initiative possible.



Lions Clubs of Seychelles Promote Health at Community Fair

On November 23, 2024, the Lions Clubs of Seychelles joined an Interactive Health Fair at Anse Boileau School Parking Lot. The event featured free health screenings, workshops, fitness activities, and informational booths to raise awareness and engage the community. The clubs collaborated on eye screenings, provided a Mobile Medical Van, sponsored health products, and served refreshments. A great example of service in action.



IPDG Joyce Honored at the Lions' 5th All Africa Forum



Congratulations to IPDG Joyce Ndegwa for receiving an award at the lions' 5th all Africa Forum in Morocco in recognition of achieving a remarkable 100% net gain in membership. Your dedication and leadership continue to inspire.

Lions Club of Nakuru Honors Mrs. SAVLA's Family

Members of the Lions Club of Nakuru presented a certificate of appreciation to the family of the late Mrs. SAVLA for their generous pledge and donation of corneas. Special thanks to the Loresho Sight First The hospital team, Chairman, and our District governor, Dr. Moez Manji, thank you for making this recognition possible. Your contributions continue to make a difference



LIONS CLUB OF MOMBASA PWANI



WORLD SERVICE DAY
20th Oct 2024



CONVENERS
LION MORARA MATUNDA
LION KISHOR PARBAT



LIONS CLUB OF MOMBASA PWANI

BOREHOLE OPENING AT TAKAUNGU VILLAGE

Donors
from USA & CANADA
Mr. HIMATLAL CHAGANLAL
BANKER FAMILY

**Water
is
Life**



Conveners
Lion Chirag Solanki &
Lion Gangaram Patel



LIONS CLUB OF MOMBASA PWANI



LIONS MEDICAL CENTRE, DR KANUBHAI
BABLA EYE & LASER HOSPITAL

SPONSORED BY: RAM EXCAVATIONS LIMITED



Will hold a
FREE EYE CAMP

- FREE EYE CHECK-UP
- FREE DIABETIC CHECK UP
- FREE EYE MEDICINES
- GLASSES (MIWANI) KSHS 150/-
- FREE EYE SURGERY
- "ALL ARE WELCOME"

VENUE: SEEKERS HOPE CHURCH, BARANI, MAJENGO, MTWAPA
DAY: SATURDAY DATE : 30th NOVEMBER 2024
TIME: 9 A.M TO 2P.M.

Peace Without Limits

We extend our heartfelt gratitude to all 36 sponsor clubs that participated in the 2023-24 Peace Poster Contest with the theme "**Peace Without Limits.**"

Congratulations to the winners:

- **1st Prize:** Harton Grange Academy, Sponsored by Lions Club Eldoret
- **2nd Prize:** Lions Primary School Nakuru, Sponsored by Lions Club of Nakuru
- **3rd Prize:** Nairobi Jaffrey Academy, Sponsor Club Nairobi Riverside

The winning entries will be sent to the international level. We wish all the winners the best of luck as they continue to promote peace through art! 🌍🕊️

1st Prize



2nd Prize



3rd Prize



Wall of Honor Unveiling



The Third Vice International President, Dr. Manoj Shah, alongside DG Dr. Moez Manji, First Lady Zinat Manji, and nearly 20 Past District Governors, unveiled the Wall of Honour to recognize Past District Governors for their dedicated service. The event concluded with a celebratory lunch in their honor—a truly memorable occasion

District Governors, District Governor Dr. Moez honored the Lions Club of Nairobi Karen (LCNK) for being the model club of November 2024. The club received praise for its largest membership numbers, growth index, and impactful service activity at Mama Lucy Kibaki Hospital. Club



Lions Club of Ruiru Pioneer Donates Wheelchair in Ngoliba

The Lions Club of Ruiru Pioneer, on behalf in partnership with PFC, donated a wheelchair to a grandmother in Ngoliba. Her son received the wheelchair on behalf. We continue to serve and make a difference in the community



Lions Club of Ruiru Pioneer Partners with PFC to Donate Walkers in Nakuru

In collaboration with PFC, the Lions Club of Ruiru Pioneer donated 25 walkers to assist individuals assessed by the Better You Foundation in Nakuru. We are proud to continue supporting the community and improving lives.



Lions Club of Ruiru Pioneer Partners with PFC to Donate Mobility Aids to Laikipia County



On Saturday, November 30th, Lions Club of Ruiru Pioneer, in partnership with PFC, donated 28 walkers and 10 tripod walking sticks to the Muna Njomo Foundation to benefit residents of Laikipia County. We are committed to supporting those in need and improving mobility in the community.

Celebrating World Neonate Day with a Heartfelt Donation to KNH Childhood Cancer Wards

On Saturday, November 16th, to mark World Neonate Day, a generous donor, with my assistance, donated 115 wellness packs worth approximately 105,860 KSH and 144 packs of sanitary towels to the Childhood Cancer Wards at Kenyatta National Hospital (KNH). It was a truly fulfilling morning spent with the children, their carers, and the KNH team, spreading love and support during a challenging time.



District Governor's Official Visit to Embu



The visit was a great opportunity for the Lions Clubs in the region to engage with the District Governor, discuss ongoing projects, and plan for future initiatives. The District Governor's presence was an inspiring reminder of our shared commitment to service and community development.

Lions International CSR Initiative at MLHN

Lions International, through its Corporate Social Responsibility (CSR) efforts, recently extended its support to MLHN (Mother and Little Hearts Network). The initiative included a series of impactful services aimed at improving the well-being of individuals and communities under MLHN's care. The partnership focused on providing essential resources, including health services, educational support, and community development programs. This collaboration further demonstrates Lions International's dedication to making a meaningful difference in the lives of those in need.



Borewell Handover in Msambweni

On 24th November 2024, a borewell named Sabil-E-Hussain was handed over in a village in the Msambweni area. This generous donation by a well-wisher will greatly benefit the local community. May Allah bless the donor and their family.



On 24th November 2024, Lions Club of Mombasa Bahari handed over a borewell at Mabatani Primary School, generously donated by the family of the Late Dhanuben and Dullabhai Chauhan. The event featured traditional dances, gratitude from the school, and remarks from Project Convenor Lion Shoeb Ganiwalla and donor Mr. Narvin Chauhan, who encouraged the responsible use of the borewell. This third borewell project with the Chauhan will benefit students, teachers, and the community.

Wheelchair Donation in Ndeiya

On Saturday, November 30th, Lions Club of Ruiru Pioneer delivered a wheelchair to Margaret Waitherero Njenga, a 91-year-old resident of Ndeiya. The wheelchair was generously donated by District Governor Dr. Moez Manji.



Food Distribution to Families in Need



The Lions Club of Nairobi HURU recently distributed dry food to 60 families in Kijiji Mguruwe and Umama slums, providing essential relief to those in need. Special thanks to Douglas for his dedication in supporting this impactful initiative.

Lions Club of Nakuru Featured in The Asian Weekly



The Lions Club of Nakuru's free medical camp received recognition in The Asian Weekly! This initiative showcased their commitment to providing essential healthcare services to the community. A proud moment for the club as they continue to impact lives positively.

Community Service in Kirinyaga County

On November 30th, the Lions Club of Nairobi Dagoretti, in collaboration with Leos from Benson School, conducted impactful community service in Kirinyaga County.

They:

1. Planted 50 fruit trees at Kagio and Sagana Mosques.
2. Donated Qur'ans to both mosques.
3. Provided clothing to Sagana Mosque.
4. Carried out clean-up activities at the two mosques.

A commendable effort in serving and uplifting the community.



Lions Club of Eldoret Hosts DG Dr. Moez Manji

On November 30, 2024, Lions Club of Eldoret welcomed DG Dr. Moez Manji. The day featured breakfast at Java, tree planting, wheelchair donations, a board meeting, and dinner at the Lions Multipurpose Hall. A remarkable day of service and fellowship.



LCNK Spreads Christmas Cheer

Lions Club of Nairobi Karen and their Leos visited House of Charity Homes, donating essentials like milk, eggs, and diapers. They shared joyful moments with the children and management, kicking off a month of outreach focused on touching hundreds of lives through acts of kindness.



Lions Club of Kiambu County Free Medical Camp

Date: November 30, 2024

Location: St. Augustine Secondary School, Nyanduma

In partnership with Lions SightFirst Hospital, the Lions Club of Kiambu County screened 106 patients for diabetes and 331 for eye conditions. The camp emphasized the importance of regular health checks, improving access to essential care in the community.



Pelena Lions Academy Hybrid Education Project



On August 18, 2024, Lions Club of Nairobi Riverside, alongside Leos from Nairobi Riverside, Masaku Pioneer, Zetech, KGS, and Germany, carried out impactful initiatives in Kitui. The Hybrid Education Project was launched at Pelena Lions Academy, with 30 computers and high-speed internet donated by German Leos and Starlink equipment installed. This project aims to provide quality education and community training. The day also featured a tree-planting activity led by FVDG Lion Simon Njoroge, the installation of Leo Club officers, and the launch of the Omega Leo Club of Nairobi Riverside Amistad and Alpha Leo Club of Kitui Pelena. DG Dr. Moez Manji officiated the ceremonies, while 200 schoolchildren were served hot meals under the leadership of District Hunger Chair Lion Govind Shah, marking a significant step toward uplifting education, the environment, and community well-being.



THE END.