



A FEMALE LION PRESIDENT

When replying to a question by a lady member of a Canadian Lions Club who asked whether there has ever been a Lady Lion President, and if not, why not, International President Joe Preston, stated: **"We have not had a female Lion President yet, but we are getting closer. Last year was the first time that a Lady Lion was locally endorsed by her multiple district and submitted her certification. We cannot elect one if they don't run, so this was a major step forward. There are other women showing interest, so I believe we will have a Lady Lion president soon"**.

During this Lionistic Year there are four Lady Lions serving as International Directors for the second year, while two others are Directors for the first year. One of the second year Directors is Lion Emine Oya Sebuk of Turkey who is one of the two European Directors. The other being Roberto Fresia of Italy. European Lions Clubs can elect two Directors to serve in the Lions Clubs International Board.

FORTHCOMING CULTURAL TOURS

February 8	Inquisitor's Palace	Vittoriosa
March 8	Palace Armoury	Valletta
April 12	Museum/Archives etc.	Victoria, Gozo
May 10	Malta Maritime Museum	Vittoriosa
June 7	Hal Saffieni Hypogeum	Paola

Further details will be sent by circular nearer to the date.

FORTHCOMING TALKS

February 18	French Occupation	Mr C. Xuereb
March 18	Health and Stress	Dr. V. Zammit
April 15	The Inquisition	Mr G. Vella
May 20	Coastal Environment	Ms C. Mifsud
June 17	Mattei Preti	Prof. K. Sciberras-

The talk starts immediately after the second Wednesday meeting. Further information nearer to the date.



FEBRUARY 2015

President's Message

AWARENESS CAMPAIGN ON SUGAR INTAKE

Lions have always been in the forefront to promote awareness of health issues. Many projects have been carried to inform the public about the prevention of Blindness and of Diabetes, but I cannot recall any programme to educate children on the danger of excessive sugar intake.

Sugar is present in almost all foods, but some foods have concentrated amounts of sugar. Sweets are too often given to children as a reward for good behaviour, leading to the sugar habit, and paving the way to overweight, obesity and many other health problems. I believe in the need to teach children about the amount of sugar that it is healthy for them to eat. If we understand what we are eating, we can eat for a healthier life. Children need to be made aware that having a banana, an apple, or an orange can be just as satisfying as eating a packet of sweets and it is far healthier. How many young children know that a muffin contains a large amount of sugar or that a soft drink is a sugary drink?

We can get the message through to children at school by distributing posters with simple information on the amount of sugar contained in some of the foods they eat, and about how sugar "highs" and "lows" affect the body—and the mind! "I eat healthy to stay healthy" and many more slogans will encourage children to take pride in eating healthily. Moreover the message will also get to parents and grandparents, who will learn to provide healthy treats for children and for themselves. Promotion of a good low-sugar diet by having posters showing an athlete with a sign saying "NO THANK YOU" to sweets or to sugary chocolate will give the child a model.

The campaign will help deal with the problem of obesity in children, it will help prevent diabetes, and it will also lead to a change of mentality with regard to sugar in our diet. I am sure that for such a campaign we would find quite a lot of support.

Lion Victor Berg Barthet

FIRST VICE PRESIDENT

Dr Jitshiro Yamada, of Minokamo, Gifu, Japan was elected to serve as First Vice President of Lions Clubs International at the association's 97th International Convention in Toronto, Canada.



Vice President Yamada, a neurosurgeon, has been a Lion since 1985. He has held many offices in the association, including district governor and GLT constitutional area vice leader. He served on the International Board from 2005 to 2007 as a member of the Executive Committee and the Long Range Planning Committee and Vice Chairperson of the Convention Committee. Yamada also served as Board appointee for 2011/12.

In recognition of his service to the association, Yamada has received numerous awards, including the Humanitarian Partners Award, eight International President's Awards and an Ambassador of Good Will Award, the highest honour the association bestows upon its members. He is also a Progressive Melvin Jones Fellow.

In addition to his Lion activities, Yamada is chairperson for several organizations including the Social Medical Corporation Jikelkal, Nozominook Hospital and Ajisal Nursing College. He is a standing director of the Japan Hospital Association and an affiliate professor at Gifu University.

Dr. Yamada has been active in the area of international relations, serving as president of the Gifu-Hungary Friendship Association, Gifu-Morocco Association and Gifu-Salzburg Association. He is a recipient of the Order of Merit of the Republic of Hungary, the Medal of Honour of the Aleouite Dynasty of the Kingdom of Morocco and an honorary citizen of Beijing City, China, in recognition for his service to international friendship building.

Vice President Yamada and his wife, Dr. Toshiko Yamada, who is also a Lion and a Progressive Melvin Jones Fellow, have one son and one daughter and are grandparents of three.

Vice President Yamada will be visiting Malta on the occasion of the 19th Mediterranean Lions Conference in March 2016.



MEMBER'S PROFILE

Dr Alphonse MacDonald who has been a member of our Club since 2005 and was also Club President during the Lionistic Year 2009/2010 hails from Suriname. Lion Alphonse holds a Doctor's degree of the Radboud University of Nijmegen, the Netherlands. He is a specialist in research methodology, population and economic development planning. He is Honorary Professor of the Universidad Nacional San Antonio Abad, Cusco, Peru. He received honours of Peru in 1989 and Suriname in 2008.

Lion Alphonse, who is a former Senior Official of the United Nations, was an instructor in research methodology at the Institute of Sociology at the Radboud University, a Professor in research methodology, statistics and economic development at the Pontifica Universidad del Peru and Adviser to the National Planning Institute of Peru, Senior Statistician/Demographer at the World Fertility Survey, London.

From 1980 to 2004 Lion Alphonse was employed by the United Nations Population Fund (UNFPA) in Geneva and concurrently non-resident Representative to the European Commission, Brussels, Belgium. In addition he carried out assignments for several United Nations agencies, the Organization for Economic Cooperation and Development (OECD), the Council of Europe, the Inter-American Development Bank (IDB) and the Government of Suriname.

Lion Alphonse MacDonald is a member of several statistical and population professional organizations and has written and lectured on research methodology, statistics, population and development issues in Africa, Asia, Europe, Latin America, the Caribbean and the United States of America.

Lion Alphonse, who is a Melvin Jones Fellow, now lives at Victoria, Gozo, He is an active member of our Club and was awarded the Lions International Club President Excellence Award in recognition of his performance when acting as Club President in 2009/2010.

Recently Lion Alphonse delivered a very interesting talk to Club members about "Terrorism". His knowledge of the subject was profound and his talk was greatly appreciated.

A HELPING HAND TO ORPHANS IN MOLDOVA



Moldovan children with their presents

While attending the Europa Forum at Birmingham last year, our Zone Chairman was sitting next to the Moldovan delegate Lion Iulia Martea of LC Chisinau Villumas. During their discussions Lion Iulia asked whether our Club could help them in buying gifts for orphans and needy children in Chisinau (the capital city of Moldova) and surrounding areas.

On his return to Malta the Zone Chairman asked the Board of Directors whether we could help. In the true spirit of Lionism and in accordance of one of the objectives of Lions Clubs International, the Board agreed to donate Euro 300 to the Moldovan Club so that they could buy gifts for the orphans. The Chisinau Lions visited various homes during the Christmas festivities and presented gifts to the children.

Lion Iulia sent an email to express her Club's thanks and appreciation for the generous donation made to them which enabled them to make children happier. On behalf of her Club, Lion Iulia send greetings and best wishes to Lions Club Sliema members.



MEDITERRANEAN SOLIDARITY OBSERVATORY



Osservatorio della Solidarietà Mediterranea · Observatoire de la Solidarité Méditerranéenne

With the 2016 Mediterranean Lions Conference being held in Malta past approaching it is worth bringing members up-to-date with information about the Mediterranean Solidarity Observatory of which Malta forms part.

In 1986 Lion Renato Cacciola member of Lions Club Taormina came up with the idea to organize a yearly conference at Giardini Naxos in Sicily to discuss the environment of the Mediterranean amongst Lions hailing from this region. From its humble beginnings, the conference soon became to various Lions and in after the 1996 Conference at Naples, it was decided that the conference would be held annually at a different country bordering the Mediterranean littoral. Eventually the 1997 Conference was held in Beirut, Lebanon. Two years later the conference was held in Malta at the Corinthia San Gorg, St. Julian's.

Year by year participation at the Mediterranean Lions Conference as it became known increased. Each country is represented by a leading Lion who is appointed for a two-year period. Moreover it was deemed necessary to also appoint a Coordinating Committee formed by two representatives from the northern part of the Mediterranean and two from the southern part. The main task of this Committee is to coordinate the conference together with a Coordinator who is appointed for 2 years and the Secretary/Archivist.

The members of the Coordinating Committee whose term of office comes to an end at the 2015 Conference at Pescara are PDG Frederique Rousset of France and PCC Harris Zachariadou of Greece representing the north together with the two members representing the south namely PDG Sami Berbari of Multiple District Lebanon/Jordan/Iraq and PDG Kamal El Himdy of Morocco.

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PDG Aron Bengio is the present Coordinator while PID Massimo Fabio is the Secretary/Archivist.

The main activity of the Mediterranean Solidarity Observatory is to organize the annual Conference. The Conference is a yearly meeting for all Lions of the Mediterranean countries who meet, leaving culture and national differences out of consideration for the following purposes:



- To promote friendship and mutual understanding among the Lions of the Mediterranean Sea.
- To compare different lionistic experiences and to discover themes and activities related to the aims of the Association.
- To realize common service activities
- To discuss and deal with subjects of common interest.

As already notified the 2015 Mediterranean Lions Conference is being held in Pescara (Italy) from March 20 to 22 with Malta hosting the 2016 Conference.

In Pescara delegates will be asked to accept Albania as a new member of the Mediterranean Solidarity Observatory and also choose the venue for the 2017 and 2018 Conferences.

It is worth mentioning that the Mediterranean Conference has since 2010 been recognized by Lions Clubs International as a Regional Conference and hence the International President together with the First Vice President and other international officials attend the Conference.

*Lion Tom A. Restall
Zone Chairman*