



Lions Clubs International



DISTRICT 412 GOVERNOR'S NEWSLETTER 2013 - 2014



"SERVICE THROUGH INTEGRATION"

DISTRICT 412 GOVERNOR CLEVER MUGADZA

4th Edition January - February 2014



ZIMBABWE



BOTSWANA



MOZAMBIQUE



MALAWI



“SERVICE THROUGH INTEGRATION”



Message from the District Governor

Fellow Lions this has been a busy month for Lions in Africa. The month started with two Institutes taking place in Tunis Tunisia. These were the Advanced Lions Leadership Institute (A.L.L.I) and the Faculty Development Institution (F.D.I). I am glad to say that District 412 had two candidates who qualified for the F.D.I. These are Lions SVDG Dr. Alva Senderayi and Region 2 Zimbabwe North Eastern Chairperson Lion Eric Musesengwe. Soon after the Institutes the Lions All Africa Conference followed on the 7th to the 9th February.

Then the attention moved from North Africa to Southern Africa. The destination was District 412 and in Malawi. Here the International President Barry J. Palmer and Immediate Past International President Wayne Madden, came to our District for the support and partnership of the Paralympics with Lions Clubs International and our District 412. Two state Presidents of Malawi & Zimbabwe were invited as special Guests of District 412 Lions.

Meanwhile the Tokwe – Mukosi floods were taking their toll in the lowveld of Zimbabwe and the victims there needed immediate material and financial support. As expected of lions, the lions from the Lions Club of Chiredzi and Zvishavane were the first to mobilize what relief they could put together and were off to give this to the victims. The lions clubs of Selebi-Pikwe Mokomoto and Gaborone in Botswana came in with financial support whilst we awaited the response from LCI for the Emergency Grant. Through the swift cooperation of Region 3 Chair Lion Cosmas and the entire district leadership team we made the application to LCIF for Emergency Grant from which we subsequently received USD \$10 000.00. With the funds cleared into our district account we bought food , medicines and water treatment solutions which I together with RC Lion Cosmas and many other lions from the lions clubs of Chiredzi, Triangle, Zvishavane and Gweru all accompanying the donation which we handed over to the District Administrator of Mwenezi at Chingwizi Holding Camp where the victims were being kept. Lions from Karoi, Chinhoyi and Kariba donated kapenta fish whilst the lions of Harare the Phoenix donated some clothing and that of Kwe Kwe some stationery for the children who had been reported not to be attending school.



District Governor Clever Mugadza and Mr Chamisa the Mwenezi District Administrator with the LCI food donation in a truck behind them



District Governor Clever Mugadza handing over some of the food to the flood victims at Chingwizi Holding Camp



District Governor Clever Mugadza and lions from Region 3 and Gweru being received by Mr Chamisa District Administrator for Mwenzezi District at Chingwizi Holding Camp Site

These floods should be seen as a wake up call to our District. We need to have our District Alert Portfolio ready for such disasters as they can occur at anytime.

We are now left with four months to finish our Lionistic Year. Now is the time to start the hand over and take over process. PU 101s to be completed and sent to Lions Clubs International for the incoming Presidents, Secretaries & Treasurers for the year 2014-15. This is the time to reflect on activities and projects. Did you achieve your goals if not re-strategise!!

Lion Clever Mugadza
District Governor

| Breeding LEOs for the future



Kwekwe Lions Club President Lion Catherine Marapira addresses a school Assembly before inducting the Globe & Phoenix Secondary Leo Club in January.



PROPER PLANNING PREVENTS POOR PERFORMANCE

from the First Vice District Governor

Fellow Lions:

It is now that time of the year when we need to start looking at the leadership of the most important unit of our Association, "the Club". Everything starts with you "Lion" through your "Club". The foundation of our Great Association, the Lions Clubs International Foundation is the Club. And as is the case, every successful organisation regardless of its size, needs a Leader ---- "A good Leader" in order to fulfil its goals. Lions Clubs too, need good Leaders in order to be successful and fulfil the Association's Objectives. Leaders who will give guidance, motivate and help solve challenges.

Let us therefore participate in putting in place "good Leaders" for our Clubs. Club elections should be held no later than April 15. Have you identified your Leaders yet for 2014-2015 Lionistic Year? By now you should know who will be your next Board of Directors....."The President; The Vice Presidents; The Treasurer; The Secretary; The immediate Past President; Tail Twister; Lion Tamer; Branch Coordinator; Director for Membership and other Directors as required by the Club.

Every Club should ensure that its elections comply with our Constitution and By-laws. The Club Secretary should give notice to each member of the Club at least fourteen calendar days prior to the date of election. Every Club should have a Nominating committee appointed by the Club President to conduct the elections.

It is important to vote for Leaders who are eligible. To be eligible, a member must be an active member in good standing. Unless otherwise provided in the respective Club constitution and bylaws, the election should be by ballot by those present and eligible to vote. The candidate with the most votes gets elected.

Once elections are done, REMEMBER to file your Club Officer Reporting Form, PU101 with LCI, by 15th May. The next thing will now be training. It is important that Lions Club Officers have the knowledge and the resources to fulfil their defined responsibility with minimum pain and confusion. Look out for training opportunities in your Zone; Region; District and online on Lions Website. This training should be for both experienced and new leaders.

Efficiency and accuracy are key factors for maintaining an effective Club in both the present and the future. IT ALL STARTS WITH GOOD LEADERSHIP who will PLAN TO PREVENT POOR PERFORMANCE.

***"TOGETHER IN SERVICE WITH INTEGRATION,
WE WILL ACHIEVE MORE AS WE FOLLOW OUR DREAM"***

Sincerely,

Jean Mathanga

First Vice District Governor

SVDG's Note



Message from the Second Vice District Governor

Reporting on 14th April 2014 our District has a total membership of 1027. The membership at the beginning of the Lionistic Year was 964. The net gain is recorded as 64. Meanwhile the entire International family of Lions stands at 1 382 253.

Let us remind each other that April is dedicated to “family and friends”. This is an opportune time not only to network in lure and recruit new lions but also is the time to show case the service lions provide and promote in the communities.

Let us also remember to support our Leos who are scheduled to go to Toronto Canada by July 4 for their International Convention.

April is also the time to protect our environment, given the Global Service Action Campaign. Let us remember that only 2% of the whole population is availed of portable water. Let us also celebrate World Earth Day inaugurated on 22nd April 1940.

Let us come in our numbers to the District Convention in Harare from 2nd to 5th May 2014.

Best regards,

Lion Dr Alva M Senderayi

(Second Vice District Governor DAC, Health and Diabetes Awareness, Treasurer Sebakwe Lions Club).

Measles Campaign



Measles Awareness and Campaign

We are all reminded that the week beginning 24th April, 2014 is dedicated to Measles Awareness and Campaign. Let us not only take a lead in the same but we as lions should be an integral part of it. Besides, where we can, let us be inclusive in the LCIF Oswal Family Challenge which PDG, James Honold has recently written about to all of us. I shall not repeat the wonderful matching of funds up to US \$ 500 000 which we should gladly tap into.

Sincerely

Dr Alva M. Senderayi.

PART 2: Women & Family Membership



Drives Lions AHEAD

By Lion Dr Patricia Mapanda District Chairperson- Women & Family Membership (2013-2014)

Our International President's Theme this year "Follow Your Dream" and the District Governor's Theme is "Service Through Integration"

This portfolio is very vital for improving membership and growth of our clubs in district 412 since we are being threatened with extinction membership is dropping yet we actually want to form a multiple district. I believe if we want to realise this dream the chairperson must team up with clubs in her area to make sure they make linkages with either groups of women, professionals & even visit individual family members especially those who are usually absent for meetings.

- The theme 'Follow Your Dream' must encourage & inspire members to remain attached to your club
- The club its self must assist every member to realise their dream by making them useful by encouraging them to perform to the best of their ability
- Lets help increase our membership amongst women
- Remember a club can constitute women only if they feel comfortable that way
- In our clubs they are ways of increasing membership
- Try to attend meetings with a friend and educate him about the Lions
- Inform people around you about your club, what it does, how it has benefited the society
- Truly in most communities Lions are not visible hence keep up the morale in your society by organising social functions which will make people recognize you

- Present Lions scholarships
- Advertise yourself through the peace poster hence the teachers & school children are already exposed to Lions
- Sponsor children sports teams
- Visit retirement homes & they can become Lions & benefit from your companionship
- Schedule interesting programme for women, arrange a for manicure day for them
- Present awards like teacher of the year/nurse of the year
- Put Lions logo on your car, business cards
- Be respectful organise talks with church groups
- Organise dinners, movies for all ages and talk about Lions during the sessions
- Organise shows/walks as a team of clubs where you expose your selves, doing charity work
- We must open our mouths & talk Lions in order to realise our dream, by making people realise us, put it in magazines/ fliers which talk about what Lions is all about
- People like fellowships & socialising
- rganise activities for women like flower arranging, decors & talk to them about Lions & let them accompany you to give to the under privileged
- Organise family events like jumping castles, games this encourages family memberships
- Lets inspire each other in our clubs & district to achieve our dreams through team work & integration



Kidney and its importance

Everyone needs the cleanliness around him/her. Our body also needs the cleanliness inside our body. This cleanliness is looked after by our Kidneys.

Now a day we see that Diabetes and High BP is common in almost every second person and this is alarming in our continent. Due to Diabetes and High BP which affect the working of our Kidney and if it is not attended, a day comes when Kidney stops functioning.

Kidneys are cleaning the Blood and the garbage comes out from our body through urine. When kidney stops working the body is swelling and also pain starts in any part of the body. There is also difficulty in breathing. The urine output is minimizing. If such symptoms are seen in our body, we have to consult Doctor without further delay.

If Kidney fails then there is no other remedy but to go on Dialysis. Dialysis is not only very expensive but also very painful. Normally when a person is goes on dialysis, his veins in hand is prepared to take out blood and to insert blood. For this a small operation is carried out. This process is called fistula. Once Fistula is done, the patient has to spend three to five hours in Dialysis centre, three times a week. In Dialysis process two needles of 14 gauges each are inserted in the hand so that one needle takes blood out, which goes in the machine and another needle push the blood inside the body from Machine. Machine is working as artificial Kidney.

Once you are on dialysis, your movement is stopped as you have to go for dialysis every alternate day. This is very serious and we can say that person cannot do anything. This is almost as end of life unless you get kidney donor. This is known as Transplant of Kidney. In this process

another person's kidney is inserted in your body. This is not only expensive but also to find a donor is also difficult. The person can only accept kidney from same blood group person.

If this so serious then we have to take enough care of this important organ.

How to take care which cannot lead to failure of Kidney:

Take care of your Heart and diabetes.

1. If you are smoking, stop smoking
2. If you are alcoholic, stop drinking
3. Walk at least 30 minutes a day. Walking should become part of your daily routine. Walking reduces Blood Pressure, lower cholesterol (Bad-LDL)
4. Eat plenty vegetables. Veggies are a low calorie way to get Vitamins.
5. Drink Green tea. Green tea has antioxidants. It also increases artery dilation, allowing for better blood vessel function.
6. Check urine if glucose is present every six months. In early stage of Kidney Disease, glucose leaks in urine approximately for 5 to 6 years. Thereafter, protein starts leaking in urine and that leads to ultimate kidney failure in another 5 to 7 years.
7. Meditation: Meditation provides a variety of health benefits that have a positive impact on your heart. Regular meditation helps in controlling Blood Pressure. Also reduces stress and anxiety. I received an E-mail from one of my Friend and he has mentioned the causes and our habits which are responsible for Kidney failure.

8. Common Habits That Damage Your Kidneys...

Kidney disease is the costliest illnesses and managing it is very expensive. Lots of people die of kidney disease and the number of people suffering from chronic renal failure, and need dialysis or kidney transplantation to stay alive keep increasing. Statistics say more than millions patients are waiting for kidney

transplants, but only a few will receive transplants because of shortage of suitable organ donors.

Here are the top habits which lead to your kidney failure:

1. Not emptying your bladder early:

Maintaining a full bladder for a long time is a quick way of causing bladder damage. It can cause the bacteria breeding in urine to multiply quickly. Once the urine refluxes back to ureter and kidneys, the bacteria can result in kidney infections, urinary tract infection, and then nephritis, even Uraemia. So, no matter how busy you are, remember to drink a lot of water and urinate regularly.

2. Not drinking enough water:

The main functions of the kidneys are to regulate erythrocyte balances and eliminate metabolic wastes in urine. If we do not drink enough water, the blood will be concentrated and the blood flow to the kidney will not be adequate, thus the function of eliminating toxins in from blood will be impaired.

3. Taking too much salt:

95% sodium we consume through food is metabolized by the kidneys. Higher salt intake will make the kidneys work harder to excrete the excess salt and can lead to decreased kidney function. This excess sodium will cause water retention, causing oedema. Oedema usually elevates blood pressure and increases the risk of developing kidney disease.

The daily salt intake should be controlled within 6g per day.

4. Not treating common infections quickly and properly:

Common infections, such as pharyngitis, tonsillitis, common cold etc., usually trigger or aggravates kidney damage. So, you will see that people who get kidney disease for the first time or



Health Matters continued...

Kidney and its importance...

whose illness condition becomes worse. If after having cold, symptoms like blood in urine, swelling, headache, nausea, vomiting, fatigue, poor appetite appear, you should consult your doctor immediately, to assess your kidney functions, and start treatment if compromised.

5. Eating too much meat:

Too much meat and protein can increase the metabolic load of the kidney.

It is suggested that protein intake should be 0.8g/kg per day.

This means that a person with 50 kg should consume 40g of protein per day. Meat consumption per day should be limited within 300g.

6. Not eating enough:

This is equally dangerous, will lead damages to your digestive organs where is full of mucosal tissues.

Mucosal tissues relates closely to your immune system.

This is why many kidney failure patients are diagnosed with "autoimmune kidney damages".

7. Painkiller abuse:

Use of analgesics for a long duration may reduce the flow blood and greatly affect kidney function.

In addition, patients with analgesic-induced renal failure are more likely to suffer from bladder cancer.

Use analgesics only when it's absolutely necessary.

If you have been on pain killers for a long term, it's about time you had a test to access you renal function done.

8. Missing your drugs:

Hypertension and diabetes have been shown to precipitate or accelerate kidney damage, so if you are diagnosed as having any of these diseases don't live your life in denial, **USE YOUR DRUGS.**

This will ultimately help control your condition while also helping to preserve your kidneys.

9. Drinking alcohol:

Drinking alcohol may cause the deposition of uric acid in renal tubules, causing tubular obstruction and increasing risks of kidney failure.

10. Not resting enough:

Hypertension as a severe threat to life is largely due to stress.

A common symptom of stress is insomnia. Blood pressure may increase by an average of 2-5mg/Hg because of insomnia.

Chronically elevated blood pressure can cause damage to kidney capillaries giving rise to kidney problems.

At the early stage of kidney diseases, there are usually no special symptoms, So you should endeavor to do kidney function test from time to time to assess how healthy your kidneys are.

Never ignore the soreness of waist, swelling of the feet, changes in urine colour or volume, increase in night urination, pallor, high blood pressure and other such symptoms. Once found, you should go and see your doctor immediately.

Fellow Lions we have so many Doctors within our District and I am sure they will also write something on health, so that we can be healthy and able to work for community.

Fellow Lions

Some of you may be know that since last three years I am not seen you in any Lions function due to my kidney failure. I would like to share some important facts which can help you to keep well.

I wish you a wonderful convention and wish you a good health.

-PDG Anil Patel



FDI and ALLI Tunis Photos February 2014



Participants in Group discussion Ideas shared bring success



Chief Bassey one of the FDI facilitators and Lion Lawi a participant from Kenya explains a point while Lions Ekgpe & Eric follow proceedings.



Group Photographs after completion of both FDI & ALLI



Presentation of certificates to proud recipients





District Governor's Visit in Maun Botswana



District Governor Clever Mugadza encourages clubs in the district to record their memorable events and other activities



through photographs. A picture describes an event in more than one million words. These events should be shared



to the District through the District Magazine, Facebook and other media for information, education and entertainment.



The District in Photos



District 412 led by District Governor Mugadza assisted the Tokwe Mukosi floods with more than \$10,000.00 in cash and kind.



Believing in the future Kwekwe Lions support youths by turning them into Leos led by Club President Catherine Marapira



Greater Maun is riding high as a club in the District

