

# DISTRICT 412

# PASSION IN SERVICE



NOVEMBER 2014

LIONS DISTRICT 412 GOVERNOR'S NEWSLETTER



Lions of Harare The Phoenix engage in a massive Diabetes screening campaign in Harare. In the picture Lion John and Lion Mpume coordinate the Diabetes screening in Mabvuku, Harare.

## LIONS FOR DIABETES AWARENESS

‘Service with Passion’  
‘Strengthen the Pride’



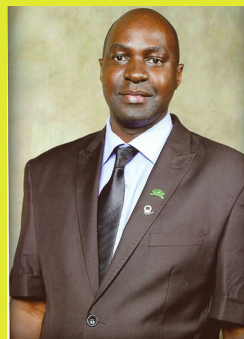
## INSIDE THIS ISSUE

### INSIDE THIS ISSUE

- 3 From The DG's Desk
- 3 Call to Relieve Hunger
- 4 Aid to Tokwe-Mukosi Flood Victims
- 5 The Diabetes Scourge
- 6 Diabetes Awareness - Lilongwe
- 7 Diabetes Campaign - Gaborone
- 8 Diabetes Screening - The Phoenix
- 9 The Peace Poster Contest
- 9 Peace Poster Contest - Gaborone
- 10 Peace Poster Exhibition - Matopos
- 11 The LCIF Challenge
- 12 Beer Festival Fundraiser - Bwaila
- 12 Christmas Luncheon - Matopos
- 13 Humour Corner



### Editorial Comments



Fellow Lions,  
I hope I find you well in your various Clubs and Regions. In the month of November, the Lions family did numerous awesome projects around the world to raise awareness for Diabetes! It is humbling to note that our Clubs in District 412 also rose to this challenge, hats off to those who managed to do some work in this regard.

The Peace Poster contest also took centre stage throughout the District and all these efforts culminated in the selection of one poster to represent our District at this year's global contest. Lobatse continue to hog the limelight in this regard but the efforts from other Clubs such as Matopos and Gaborone are quite inspiring. The theme for this year's Peace Poster Contest is **"PEACE, LOVE AND UNDERSTANDING"**

As we move into the festive season, let us take some time to remember those who are less privileged than ourselves. It is crucial that as a Club that you do a project in your respective community towards **THE FIGHT AGAINST HUNGER!**

I thank all those who contributed to this edition, and if anything should challenge you, look out for PDG James' LCIF message in this newsletter!

With PASSION, WE SERVE!

*Lion Piraisha Mabheha*

D412 Newsletter Editor



## FROM THE DG's DESK

Dear Club and District Leaders,



Greetings from the Warm Heart of Africa, Malawi. November has been another month full of activities. The Peace Poster Contest was conducted on 8th November in Harare at our 2nd Cabinet Meeting. Congratulations to Lobatse, Gaborone and Bulawayo Matopos for sponsoring the winning posters and to all clubs who participated. It is my hope that going forward, more and more clubs will sponsor more youth to take part in this contest.

The GLT Team has been busy motivating Lions to register for the Regional Lions Leadership Institute which will be conducted in Bulawayo in April 2015. The response has been very good. This underscores our quest for excellence as we endeavour to improve our service to communities. Congratulations to all Lions who have applied for the Institute. Because of the allowed number of 70, not all who applied will get a chance to participate. I urge all those who will be left out not to get discouraged. There is always a second time. Let us continue improving ourselves by making use of the experienced Lions around us. Let us continue to make use of the rich resources on LCI Website.

The GMT Team and some clubs are working on strengthening existing clubs where needed and investigating locations for new Lions Clubs. Remember, our prime Goal?!.....Membership of 1,250+ by March, 2015. Let us all participate in this initiative. While all efforts are being made to grow our District, we run a risk of losing a few clubs due to non-payment of dues. Leaders of these clubs have been communicated to and have been requested to expedite clearing of these dues so that we do not lose any single club. "ASK 1" is an important part of the overall Lions growth strategy and really it is up to us, as Lions, to gain and retain members.

In the months of December and January, Lions Worldwide have been asked to participate in one activity in the Centennial Service Challenge, "RELIEVE THE HUNGER". In Line with this program, and to encourage maximum participation by Clubs in our District, I launched a Feeding Program Competition at our 2nd Cabinet meeting in Harare. In December, let us organise activities/programs that will mobilise members in our Clubs to make a difference in their communities by helping those who don't have enough to eat.

Watch out for the winning projects with regards to the Feeding Program competition in our December Newsletter. Prizes for the winners will be presented at our 3rd Cabinet meeting in Harare.

I look forward to another fruitful month.

DG Jean Mathanga



### RELIEVE HUNGER TO BENEFIT 25 MILLION PEOPLE AND BE PART OF THE CENTENNIAL SERVICE CHALLENGE

This December and January, we are all being invited together with our clubs to join Lions around the world to help relieve hunger. Hunger affects rural, urban and suburban areas of every Nation around the globe. With the global economic downturn, many hunger relief organizations are finding it increasingly difficult to keep up with the demand. Your club can help those who don't have enough to eat by participating in the programme.

In Line with this program and to encourage maximum participation, District 412 at their 2nd Cabinet meeting launched a feeding program competition. In December, Let us organize projects/programs that will mobilize members to make a difference in our communities by helping those who don't have enough to eat. Send a write up of your project together with pictures to Lion Piraishe. At the beginning of January, we will come up with the best project and the best picture.

#### HERE ARE SOME PROJECT IDEAS:

- ⇒ Deliver prepared meals to elderly citizens
- ⇒ Organize a feeding program at a local school to provide healthy food
- ⇒ Serve meals to the homeless and street children
- ⇒ Adopt a family that is struggling
- ⇒ Hold a hunger walk and use proceeds to buy food for orphans
- ⇒ Provide healthy snacks to child care centers
- ⇒ Assist the community to grow their own food

Be as creative as possible. This is a project that fits all pockets.

I wish you all the best

Yours in Service

DG Jean





## SUPPORT FOR TOKWE-MUKOSI VICTIMS

On the 22nd of November 2014, Lions of Redcliff and Triangle twinned to offer support to the Tokwe-Mukosi victims now resettled in the Chingwizi Area on the borders of Triangle. They donated clothes and food stuffs to the victims.

Among other activities the Lions had a Leo Orientation for Prospective Leos from Mufakose and Terry Goss High Schools in Triangle. GLT Leader PDG Mapanda, Region Chair Lion Cosmas, District PR Officer, Lion Piraishe and Past Zone Chair, Lion Fidelis made presentations to the prospective Leos.

The Lions also planted trees at the Triangle Lions Den and held a social function to enjoy fun and fellowship after the successful projects.



Clothes and Food donations at Tokwe - Mukosi



Lion President Charity hands over blankets to one of the Tokwe Mukosi victims



Clothes and Food donations at Tokwe - Mukosi



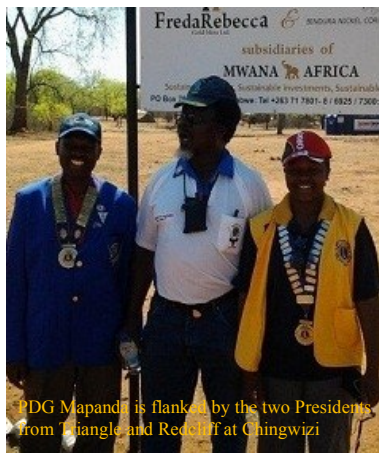
The Leos Orientation in progress



Lion President Charity plants a tree at the Triangle Den



GLT Leader PDG Lion Dr Mapanda plants a tree at the Triangle Den



PDG Mapanda is flanked by the two Presidents from Triangle and Redcliff at Chingwizi

### WET WEATHER ALERT

The summer season is upon us and with it comes the hazards associated with rainfall. There is a need to continuously manage these.

### LIGHTNING



A tree is not a proper shelter from this deadly hazard. **Use designated shelters** in the event of an emergency.

### SLIPPERY ROADS



Wet weather and wet road conditions contribute to road traffic accidents. **Reduce speed** on wet roads.

### PARKING



It is important to **park in the right places** as this can happen to your precious vehicle!



## The Diabetes Scourge

### Fast facts on diabetes

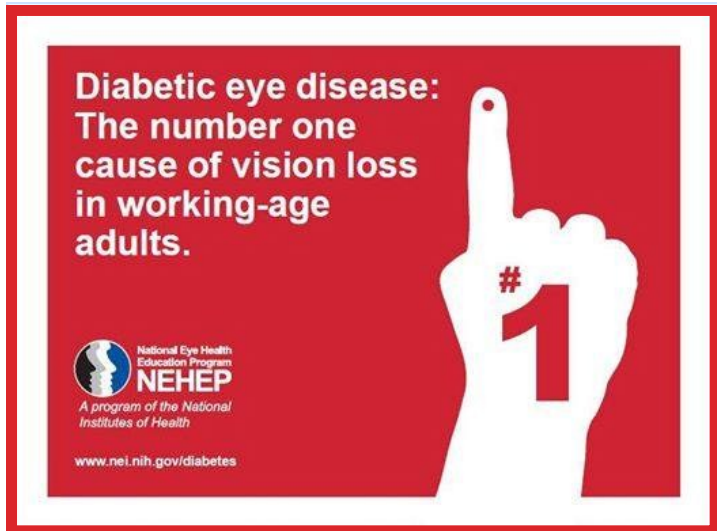
1. Diabetes is a long-term condition that causes high blood sugar levels.
2. In 2013 it was estimated that over 382 million people throughout the world had diabetes (Williams textbook of endocrinology).
3. Type 1 Diabetes - the body does not produce insulin. Approximately 10% of all diabetes cases are type 1.
4. Type 2 Diabetes - the body does not produce enough insulin for proper function. Approximately 90% of all cases of diabetes worldwide are of this type.
5. Gestational Diabetes - this type affects females during pregnancy.
6. The most common diabetes symptoms include frequent urination, intense thirst and hunger, weight gain, unusual weight loss, fatigue, cuts and bruises that do not heal, male sexual dysfunction, numbness and tingling in hands and feet.
7. If you have Type 1 and follow a healthy eating plan, do adequate exercise, and take insulin, you can lead a normal life.
8. Type 2 patients need to eat healthily, be physically active, and test their blood glucose. They may also need to take oral medication, and/or insulin to control blood glucose levels.
9. As the risk of cardiovascular disease is much higher for a diabetic, it is crucial that blood pressure and cholesterol levels are monitored regularly.
10. As smoking might have a serious effect on cardiovascular health, diabetics should stop smoking.
11. Hypoglycemia - low blood glucose - can have a bad effect on the patient. Hyperglycemia - when blood glucose is too high - can also have a bad effect on the patient.



**Joe Preston - Lions Clubs International**

November 18 at 6:00pm ·

Diabetic eye disease is a leading cause of vision loss. It is important for those suffering from diabetes to get their eyes checked. Lions, keep raising awareness for diabetes!



D412 Lions "**Strengthen Our Pride**"...through  
..."Passion In Service Leadership"!!!

Lets Enhance Quality Community Service Delivery  
Through Inspirational Integration'  
....While **Following Our Service Dreams!**

**...In A World Of Service.**

We Lions are more than capable of.....Leadership Efficiency with Integrity.....Delivering Quality, Relevant Community Service ....!"

**I Believe...**

Therefore...We Must... **MAKE A DIFFERENCE**....through Inspirational Leadership and Synergistic Teamwork.

**YES WE CAN...SO WE SHOULD...AND TOGETHER WE WILL...!**







## CAPITAL CITY DIABETES AWARENESS

The Diabetes Awareness Campaign at Nico Centre ( Game store complex) was such a great eye opener to many including the Lions themselves. We reached out to more than 500 persons with about 370 going home with the leaflets that were produced to help them and their households to read the message on their own, with 100 persons tested on the spot with a result of about 4-5% found diabetic without knowing it. We had about 150 persons who came to our tent to be tested or just to receive counsel.

Fellow Lions this is not a small achievement at all, and we will not forget those who saw our banners, heard the message from the trained health personnel who preached the message in very simple language and drove away and for sure have been discussing with friends and family wherever they went. So in short the message has been delivered and the journey of sensitization has started, remember DIABETES is one of the health enemies that LIONS CLUB INTERNATIONAL is fighting and is officially on its annual calendar of activities.

Lion President Maina thank you for the leadership and the organization, you have shown us and encouraged us that in you we have a leader. Lion Dr Jean Marie, thank you for the time you took to train the Leos, organize the campaign, make available the testing kits for free and making payments from your own resources. We look forward to your guidance and leadership as we use this years' experience to excel next year. Lets start the planning now.



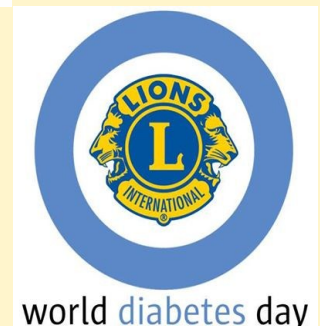
Our LEO patron and all our BELOVED LEOS, they did such an outstanding show, they were all over talking passionately to everyone that they got hold of, giving them a brief lecture before handing over the leaflet. This was indeed exciting and we look forward to more of such joint activities with our children.

The music and the PA system, provided by kind courtesy of Bambino

schools management added pomp to the whole activity.

Fellow **Lions of Lilongwe Lions Club**, the next activity on our schedule is the Golf tournament and I hope most of us will make time and make ourselves available as two or three people can not carry the activities of the club whose membership is more than twenty. Please let rise and support each other for the good cause and together we will achieve more.

Lion Ken Banda  
Lilongwe Lions Club





## GABORONE DIABETES CAMPAIGN

On the 8th of November, **Lions Club of Gaborone** in joint effort with Diabetes Association did a noble gesture of testing the community for Diabetes at Molepolole.

Thanks to the Coordinator Lion Meera who made this association possible. The Lions left Gaborone as early as 6.30am to support this day activity.

Every Lion who attended the event was involved right from setting up the event venue, organizing the testing process, coordinating on the testing process, inviting the public, attending to volunteers and supporting the diabetes association. It was also good to see representation and assistance from **Lions Club of Molepolole**.

Lions Club of Gaborone showcased an excellent team work to make this activity a grand success. More than 250 members of public were tested for Diabetes.

Thanks to Lion Anastasia for organizing the Leos to assist during the testing process and special thanks to Lion Elizabeth for bringing the Leo's along with her.

Lion Sangeeta Aswin  
Club President 2014-2014

### Check your Radars Lion Pres...

Dear Lion President,

As you approach the end of the first half of your term in office....

1. Is your Club in good standing?
2. Are your members participating in meetings and projects?
3. Have you done any projects so far? If so, how many?
4. Are you visible in your community as a Lions Club?
5. Have you submitted your MMRs?
6. Have you submitted your Activity reports?
7. Have you submitted an article to the District Newsletter?
8. Do you have your own Club Newsletter?
9. Have you attended your Zone Meetings and Regional Conferences?
10. Are you and your members registered for the 2015 Convention in Bulawayo?
11. Are your Senior Lions Registered for RLLI Bulawayo?
12. Has your Club contributed to LCIF?
13. Have you recruited any new members? If so, how many?

### Rate yourself and Take Action



In the pictures above, the Gaborone Lions get down to work as they screen members of the Molepolole public for diabetes.





## PHOENIX DIABETES AWARENESS



Above Left: Lion John Mwinjilo conducts diabetes screening. Above Right: Lion Jane assists in diabetes screening.

November is Diabetes Awareness Month, **Lions Club Harare The Phoenix** partnered with the Diabetes Association to carry out free testing and screening for Diabetes in various areas of Harare. The areas covered were; **Pandhari Lodge** (Saturday 8th), **Mabvuku** (Saturday 15th), **Epworth** (Saturday 22nd) and **Domboshawa**. (Saturday 29th)

The above was a build up to the highlight of the awareness campaign which was the "Diabetes Awareness Run Walk." The event was held at Old Georgians Sports Club in Groombridge on the 30th of November 2014, starting at 7am. There was a 5km walk and a 10km run. This was a family event with lots of fun as well. Free Diabetes testing and screening was also carried out at the venue (Old Georgians Sports Club).



In the picture above: Lion Zane and Lion Wisdom conduct diabetes screening

On Friday, 28 November 2014, **The Phoenix Lions** donated a wheelchair to Mr. Nyaguse whose wife had a stroke and had been unable to move for the past 3 years.

In the picture below: Region 2 Chairman, Lion Jona Machaya hands over the wheelchair to Mr. Nyaguse.



## Follow Harare The Phoenix

Website: <http://e-clubhouse.org/sites/hararethephoenix>

Facebook: <https://www.facebook.com/LionsClubHarareThePhoenix>





## PEACE POSTER COMPETITIONS

The theme for the 2014-15 Peace Poster competition is **Peace, Love and Understanding**. The following posters made the grade in the District 412 finals; Lobatse Club -1st Prize,, Gaborone Club -2nd Prize; Bulawayo Matopos - 3rd Prize. Congratulations to all the Clubs who participated. The 1st prize winning poster will be sent to Lions Clubs International for participation in the worldwide Peace Poster Contest.

Lion Vimla  
Peace Poster District Chairperson



Extreme Left: 1st prize winning Peace Poster (Lobatse); Middle: 2nd Prize winning Peace Poster (Gaborone); Right: 3rd Prize winning Poster (Matopos)

## GABORONE PEACE POSTER COMPETITIONS

**Lions Club of Gaborone** put up together a successful peace poster contest. The theme for this year contest Peace, Love and Understanding was well showcased in both art work and among the Gaborone Lions Family.

Well done to the Project Coordinator's Lion Elizabeth and Lion Amsha who were well supported by Lion Vinay, Lion Anthony, Lion Anastasia, Lion Lucia and all the members of Toddler's Academy.

The event was well organized by the team with support of other Lions members. A big thanks to all the Lions members who were present and those who helped for the success of this event in every possible way. It was pleasure for the Lions members to see the new members taking up this initiative and the wonderful role performed by Lion Vinay as our MC.

We appreciate the presence and service offered by Lions ( Meera, Kabita, Sunitha, Sundar, John, Gwen, Laphy,Rati, Rajashekhar, Arindham bose).

The four Leos did a wonderful Job by helping us in the event coordination and thanks to Lion Anastasia for bringing the Leos support to us. Last but not the least thanks to Lion James for organizing the kits on time and all the other Lions who gave us their support.

Lion Sangeeta  
Club President - 2014-2015





## MATOPOS PEACE POSTER EXHIBITION

This year's Exhibition day was on the 25<sup>th</sup> October. The posters had been judged during the week, so all was prepared for the Exhibition opening. Thanks are extended to the gallery staff and Mr. Zulu, for mounting the exhibit this year. About forty posters from both Government and Private Schools were on display. The guest speakers for the occasion were Mrs. Rudolphia-Joy Trowse and P.D.G. Lion Charles Rickwood.

The Master of Ceremonies and organiser of the Contest, Lion President Ruth van Rensburg invited Mr. Clifford Zulu, Curator of the National Gallery of Zimbabwe in Bulawayo to welcome all the Guests to the Exhibition opening. The next speaker was P.D.G. Charles Rickwood who spoke on 'The History of the Peace Poster Art Contest and Lions Clubs.' He enlightened the audience on the Peace Poster contest which started in 1988 in America and said that approximately 400,000 children from 75 countries participate in the contest annually. He said that for the past 25 years, more than 8 million children from nearly 100 countries had participated in the contest. The improved standard was commended by the senior judge, Jeanette Johnson who attended the exhibition.

After that informative speech, the Guest of Honour for the afternoon, Mrs Rudolphia-Joy Trowse, a locally trained Textile designer and UK trained Counsellor spoke on this year's theme, **"Peace, Love and Understanding"**. She highlighted the importance of this competition which helped the children to focus on peace. She used the Beatles songs, 'Imagine', 'All we are saying is give peace a chance', and 'All we need is Love', as illustrations of these concepts. After her entertaining speech, P.D.G. Lion Rey Terblanche presented certificates to all the participants and the prize money and certificates to the Contest winners.

There were two sections and the winners are as follow:

### Section One:

- |              |  |
|--------------|--|
| First place  | – Malcolm Masaga, S.O.S Primary School.    |
| Second Place | – Tapiwa Tekede, King George VI School.    |
| Third Place  | – Christa Mtemasango, Petra Junior School. |

### Section Two:

- |              |  |
|--------------|--|
| First Place  | – Mbonisi Ndlovu, King George VI School. |
| Second Place | – Dustin Hungwe, Petra Junior;           |
| Third Place  | – Stephen Freeth, Falcon College.        |

Three Merits were awarded to

- Mirian Mnkandla, Sobukhazi High,
- Aleesho V. Dickens, Dominican Convent Primary School
- Liberty Manyaya, St. Patricks Primary School.

The Prize money for this event was \$50 each First Place winner, \$30 each Second Place winner, \$20 each Third place winner and \$5 Merit winners. The winning Posters were forwarded to the District 412 Level of the competition which was held in Harare.

After the Presentation Ceremony, a vote of thanks was extended on behalf of the Lions Club of Matopos by Lion President Ruth van Rensburg. The guests were invited to have refreshments on the balcony and that heralded the end of the afternoon's proceedings.

A list of the sponsors of the Contest is on display in the small galleries, where the Peace Poster Art Contest Exhibition will be for the next few weeks. All are encouraged to view the children's work.



Above: P.D.G. Lion Rey Terblanche presents a Merit certificate to a Dominican Convent Junior girl.



Above: Mrs. Rudolphia-Joy Trowse, (in white trousers), presenting her speech based on this year's theme, "Peace, Love and Understanding"





## THE LCIF CHALLENGE

LCIF helps Lions as we work to...

Preserve sight  
Combat disability  
Promote health  
Serve youth  
Provide disaster relief

### TWO (2) IMPORTANT UPDATES ABOUT L.C.I.F

- 1) LCI & LCIF are Equal Divisions – no longer is LCIF to be known simply as “the Charitable Arm of LCI” – LCIF is a full-pledged partner in the “We Serve” Mandate. Ms Rebecca Teel Daou, Executive Administrator, LCIF & Mr Scott Drumheller, Executive Administrator, LCI
- 2) LCIF is no longer funding Cataract Camps – Instead, through Core 4 SightFirst Grants and Standard Grants LCIF will prioritise finance for equipment & training

### LCIF GRANTS to D-412

Since December 1976, LCIF has granted **US\$4 743 560** to our District 412

Republic of Malawi - 22 Projects [ US\$2 914 483 ]

Republic of Mozambique – 3 Projects [ US\$20 000 ]

Republic of Zimbabwe – 11 Projects [ US\$1 361 985 ]

Republic of Botswana –19 Projects [ US\$447 092 ]

### Grant Types were:

SightFirst [ 8 ]    Emergency [ 24 ]    Core 4 [ 3 ]    Standard [ 9 ]    Designated [ 10 ]

### Most Recent Grants:

18.02.13 US\$ 5 000.00 Flood Relief Mozambique  
05.09.13 US\$50 000.00 Measles Campaign Botswana  
30.10.13 US\$17 543.00 Measles Campaign Malawi  
19.02.14 US\$10 000.00 Flood Relief Zimbabwe

It is time – long past time- we as Lions Clubs of District 412 [Botswana, Malawi, Mozambique & Zimbabwe] demonstrate about LCIF, the charitable arm of LCI, that

**WE CARE WE SERVE & WE ACCOMPLISH.**

Each and every opportunity – meaning each & every meeting - meaning each & every club visit – meaning each & every DGAC [Zone] Meeting – meaning each & every Region Conference - meaning each & every conversation with a Lions Club Officer & with a Lions Club member, ASK THIS....

What amount of money has your Lions Club given to LCIF this quarter??? NOT during any given Lionistic Year – BUT each Quarter this Year ???

### D-412 Contributions – Past Three (3) Lionistic Years:

**US\$ 0.00** 2014-15

**US\$3 022.50** 2013-14 [Botswana (1) & Zimbabwe (3 Clubs)]

**US\$5 960.00** 2012-13 [2 Lions Clubs – Botswana]

### DOES THE ABOVE INFO MAKE YOU PROUD ?????

OR, make you think it's time for D-412 Lions & Lions Clubs to take action?

Lion Jean Mathanga, DG '14-15, highlights prioritizing LCIF contributions by inclusion in Zone Chairperson Report Formats



To demonstrate that D-412's caring & compassion extends beyond the country borders of Botswana, Malawi, Mozambique & Zimbabwe, I proposed in the LCIF Report to D-412's Cabinet Meeting EACH & EVERY Lions club and/or individual club members contributes US\$100 per Quarter to LCIF [Measles Initiative Need].

I mean Each & Every Quarter paying in US\$100 to the relevant Cabinet Assistant Treasurer.

In response, I will organize recognition as follows:

1 x US\$100 LCIF Contributing Member Pins

2 x US\$50 LCIF Contributing Member Pins

5 x US\$20 LCIF Contributing Member Pins

This Quarterly contribution should be in addition to a YEARLY contribution, being US\$1000 for a Melvin Jones Fellowship or an installment payment for a MJF or PMJF.

Each Global Lions Club District is to submit a Contribution Goal for the Lionistic Year –

D-412's DRAFT 2014-15 PROPOSAL IS:

US\$ 5 000.00	Club Donations
US\$ 5 000.00	Club MJF/PMJF Donations [Club and/or Individual Lions]
US\$ 2 000.00	Contributing Members @ US\$20 x 100
US\$ 2 500.00	Contributing Members @ US\$50 x 50
US\$ 2 000.00	Contributing Members @ US\$100 x 20
=====	
US\$16 500.00	
=====	

**This Challenge . . . This Request . . .can be accomplished**

BE PASSIONATE – STRENGTH THE PRIDE – WE CAN DO IT!

### CORE MESSAGES --

Lions Clubs Globally & Lions Clubs Locally . . .

We Serve Where We Live

We Are Rich in Heritage & Pride

We Are Global

We Are In Good Company

We Give 100%

We Are Open

We Do It Ourselves

We Are Dedicated To Sight ...And More

*PDG James Harold*

District Chairman LCIF



**ONE SHOT  
ONE LIFE**  
Lions Measles Initiative



## BEER FESTIVAL



We waited for this day for so long, the 25<sup>th</sup> of October 2014! The stage was well set for Lilongwe City to bring together diverse culture at the evergreen Kumbali Village aka Madonna Village.

**Bwaila Lions Club** joined hands with our partner Lilongwe Rugby Club to raise funds for the development of rugby and Maula Prison social interaction. The day brought together people from all walks of life, diplomats, expatriates, locals to sample different types of beer from all over the world. There were plenty of games, Tombola, competitions, food as well as good music played by a local band and DJ's.



## CHRISTMAS LUNCHEON

### Garden Park Bingo Club Christmas Luncheon

On Saturday 15 November 2014 the **Lions Club of Matopos** hosted a Christmas luncheon for thirty elderly patrons from the Garden Park bingo group, at the Club Den. These players attend the monthly bingo Saturday afternoon sessions, which the Matopos club members run at Garden Park Retirement Trust. The lunch was delicious, Christmas "cheer" was plentiful and Father Christmas visited and delivered presents. We all had an enjoyable afternoon.



LEFT: The Senior Citizens enjoy the Matopos Treat!





## Laughter is the Best Medicine



### WHY DO COUPLES FIGHT?

My wife sat down on the couch next to me as I was flipping channels.

She asked, 'What's on TV?'

I said, 'Dust.'

And then the fight started....

\*\*\*\*\*

My wife was hinting about what she wanted for our upcoming anniversary.

She said, 'I want something shiny that goes from 0 to 100 in about 3 seconds.'

I bought her a weighing scale.

And then the fight started....

\*\*\*\*\*

When I got home last night, my wife demanded that I take her someplace expensive.

So, I took her to a petrol pump

And then the fight started....

\*\*\*\*\*

My wife and I were sitting at a table at her high school reunion, and my wife kept staring at a drunken man swigging his drink as he sat alone at a nearby table.

I asked my wife, 'Do you know him?'

'Yes,' she sighed, 'He's my old boyfriend.'

I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since.'

'My God!' I said to my wife, 'why would think a person could go on celebrating that long?'

And then the fight started....

\*\*\*\*\*

My wife is standing & looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment.'

I replied, 'Your eyesight's perfect.'

And then the fight started....

\*\*\*\*\*

I asked my wife, "Where do you want to go for our anniversary?" It warmed my heart to see her face melt in sweet appreciation. "Somewhere I've not been in a long time."

So I took her to the kitchen.

And then the fight started....

\*\*\*\*\*

Dedicated to all married couples..

I sent to my wife and then the fight started

\*\*\*\*\*

Kids really do say the weirdest things!!!!

**JACK (age 3)** was watching his Mom breast-feeding his new baby sister. After a while he asked: 'Mom why have you got two? Is one for hot and one for cold milk?'

**MELANIE (age 5)** asked her Granny how old she was. Granny replied she was so old she didn't remember any more.. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'

**BRITTANY (age 4)** had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: 'How does it know it's me?'

**CLINTON (age 5)** was in his bedroom looking worried When his Mom asked what was troubling him, he replied, 'I don't know what'll happen with this bed when I get married. How will my wife fit in it?'

**MARC (age 4)** was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his dad: 'Why is he whispering in her mouth?'

