



# WANKIE LWENDULU NEWSLETTER

**VOLUME 4 ISSUE 1**



## WELCOME LIONS CLUB OF VICTORIA FALLS ZAMBEZI



**Lions Club of Mosi-Oa-Tunya's** Charter was cancelled due to dwindling membership and arrears to the Lions Clubs International. This meant the Victoria Falls community could not benefit from Lions humanitarian and community activities. Where there is a need there is a Lion, Lions Club of Wankie Lwendulu spearheaded by the Zone Chair Lion Thompson Dube

embarked on a campaign to resuscitate Lions Club of Mosi-Oa-Tunya or sponsor a new Club.

Overwhelming support came from Region 3 Conference in Zvishavane held from 27th to 28th September 2014 where \$206.00 was raised for the cause.

An Informational Meeting between Lions Thompson. Barnabas, Larry and Judith from The Lions Club of Wankie Lwendulu and the Prospective Lions was held on 20th October at The Victoria Falls Municipal Library.

Since the Membership of prospective Lions was less than 20 it was decided to form a Club Branch to The Lions Club of Wankie Lwendulu. Lion Larry Tsaga was appointed The Liaison Officer

A follow up Organizational meeting



*Informational Meeting at The Municipal Library*

was held on 30th October. Five prospective Lions paid joining fees. The club name of Lions Club of Victoria Falls Zambezi was adopted. An executive was elected into office. President—Lion Israel Secretary—Lion Rumbidzai Treasurer—Lion Inkosinathi

By 30th November there were 14 registered members of the Club Branch.

**Where there  
is a need  
there is a  
Lion**

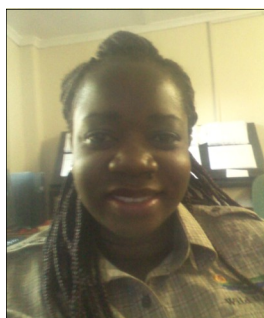
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### CLUB BRANCH EXECUTIVE



**Club President**  
*Lion Israel Rupiya*



**Club Secretary**  
*Lion Rumbidzai Hinda*



**Club Treasurer**  
*Lion Inkosinathi Khaka*

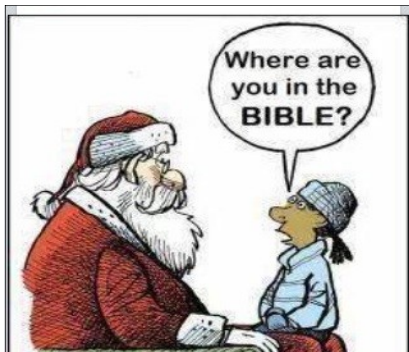
## HEALTH MATTERS

**Obesity** is a complex disorder involving an excessive amount of body fat. Being extremely obese means you are likely to have health problems related to your weight, like, heart disease, diabetes and high blood pressure.

**Symptoms.** Obesity is likely when an individual's body mass index (BMI) is 30 or higher. It is calculated by dividing your weight in kg by your height in metres (m) squared

**Causes.** Although there are genetic and hormonal influences on body weight, obesity occurs when you take in more calories than you burn through exercise and normal daily activities. It results from causes and contributory factors including

1. **Inactivity.** If you are not active you do not burn many calories
2. **Unhealthy diet** and eating habits. Having a diet high on calories, lacking in fruits and vegetables, full of fast foods, missing breakfast and laden with high calories, beverages



and over sized portions all contribute to weight gain

3. **Pregnancy.** During pregnancy, a woman's weight increases. Some find this weight difficult to lose after the baby is born. This may contribute to development of obesity in women.
4. **Lack of sleep.** Too little sleep can cause changes in hormones that increase your appetite
5. **Medication.** Some medications can lead to weight gain if not compensated through diet or activity. These include some antidepressants, anti-seizure, diabetes, antipsychotic medications
6. **Genetics.** Your genes may affect the amount of body fat you store and where that fat is distributed. They also play a role in how efficiently your body converts food into energy and how your body burns calories during exercise.



7. **Family Life Style.** Obesity tends to run in families. Family members tend to have similar eating, life style and activity habits. If one or both parents are obese, your risk of being obese is increased.

**Good News** is, even modest weight loss can improve or prevent health problems associated with obesity. Dietary changes, increased physical activity and behavior change can help you lose weight. Prescription medication or weight loss surgery may also be options for treating obesity.

[www.mayoclinic.com](http://www.mayoclinic.com)

## HINTS FOR DRINKING—THIS FESTIVE SEASON

1. Know your limit avoid drunkenness
2. Eat high protein food such as cheese and peanuts while you drink.
3. Accept a drink only when you really want one.
4. Beware of unfamiliar drinks such as zombies and other fruit and rum drinks can be deceiving as the alcohol is not always detectable.
5. Make sure drinking improves social relationships rather than impairs them
6. Respect the right of individuals who do not want to drink
7. Alcohol should be avoided while taking certain antibiotics, arthritic, antidepressant and many other prescription medications.
8. Appoint a designated driver who will not be drinking and will drive all drinkers home.
9. Upper limit of drinks for males and females per week is 21 and 14 respectively

## CHRISTMAS MESSAGE — ZONE 3C CHAIRMAN

Once again, it is my honour and privilege to convey my sincere Christmas Greetings to you all. Christmas means a great deal to us Christians, it is the day we celebrate the birth of our saviour. It is a day of Peace and Good will to all mankind.

As Lions it is also an important time above all to reflect on our activities measured against our motto "We Serve" which is not only a motto, but a definition and philosophy. How well we have served the community where we live in. As you are aware Lions are men and

women who volunteer their time for humanitarian causes in their local and world communities by conducting service projects and raising funds. Lions strive to help those in need wherever need exists.

After the very low morale of the last couple of years, our community is gradually on the way to recovery. Our local mother companies were going through difficult economic and political challenges and it adversely affected our membership growth as well as ability of Lions to perform their respective activities and projects. This Christmas, I

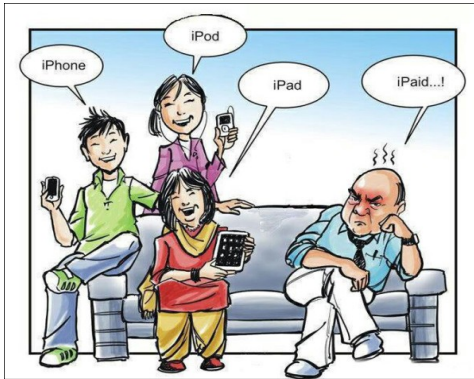
hope we will show some thanks giving by buying presents and spoiling our beloved ones. Above all we should greatly remember the less fortunate in our community

As we celebrate during the festive season, let's prevent accidents. My family and I, and on behalf of Lion members wish you a Merry Christmas and a Happy and Prosperous 2015

May God bless you all

Lion Thompson Dube

## LAUGHTER THE BEST MEDICINE



### THREE BUDDIES & PEARLY GATES

Three buddies die in a car crash and they find themselves at the Pearly Gates. They are all asked, "When you are in your casket and friends and family are mourning, what would you like to hear them say about you?"

The first guy says, "I would like to hear them say that was the greatest doctor of my time, and a great family man."

The second guy says, "I would like to hear that I was a school teacher who made a huge difference."

The last guy replies, "I would like to hear them say.. LOOK.. HE'S MOVING!"

Wife: "How would you describe me?"

Husband: "ABCDEFGHJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"

### Virtual Humor

by Kevin Duffy



Santa's sexual harassment trial takes a dramatic change for the worse

Q: Why did President Obama get two terms?

A: Because every black man gets a longer sentence.

A lawyer calls his client, a giant company's CEO, and tells him:

"I have bad news and good news for you"

The CEO says: "I had a hard day, pleased me, start the good news".

The lawyer: "your wife has invested \$ 20,000 in five pictures worth a minimum of 2 million dollars ...!"

The CEO enthusiastically says: "very nice indeed!! great news!! You made my day. What about the bad news?"

The lawyer: "these images are you in bed with your Secretary."

### 10 Facts About You:

1. You're reading this now.
2. You're realizing that this is a stupid fact.
4. You didn't notice I skipped number 3.
5. You're checking now.
6. You're smiling.
7. You're still reading this even though it is stupid.
9. You didn't realize I skipped number 8.
10. You're checking again and smiling because you fell for it again.
11. You're enjoying this.
12. You didn't realize I said 10 facts not 12.



Light travels faster than sound. This is why some people appear bright until you hear them speak.

**Three men all die on Christmas Day** and arrive at the pearly gates. Peter greets them and tells them that they are all evil men who should go to hell, but because it's Christmas, he'll let them into heaven if they have something representing the holiday with them.

One of the guys has a Christmas ornament, and gets let in. Another guy has pine needles on his shirt, and gets let in. The third guy pulls out a pair of panties. "How do those represent Christmas?" asks Peter. "These are Carol's."



**I was at my bank** today waiting in a short line. There was just one lady in front of me, an Asian lady, who was trying to exchange yen for dollars.

It was obvious she was a little irritated. She asked the teller, "Why it change? Yesterday, I get two hunat dolla of yen. Today I only get hunat eighty? Why it change?"

The teller shrugged his shoulders and said,

"Fluctuations." The Asian lady says, "Fluc you white people too!"

## REGION 3 LIONS & CLUB OFFICERS ORIENTATION & LEADERSHIP TRAINING ZVISHAVANE 27TH AND 28TH SEPTEMBER 2014

Topics covered were:-

**Lions and Club officers orientation and leadership training conference** for Region 3 Zimbabwe South Western was held at Zvishavane Lions Den from 09.00 hours Saturday 27th September to 12.00 hours Sunday 28th September 2014. The conference convener was the Region Chair Lion Cosmas Chisare.

The Presenters and resource persons were

1. PDG Lion Dr Patterson Mapanda
2. PDG Lion Ray Sibanda
3. SVDG Lion Dr Alva Senderayi
4. DAC Lion Piraishe Mabheha
5. Zone Chair persons
6. Club Presidents

1. Lions Orientation—Lions Purposes, Ethics and Lions Club International history.
2. International Presidents Joe Preston's Theme 'Strengthen The Pride'
3. Club Officers Responsibilities
4. Zone Chairpersons Roles and Duties
5. State of Region 3
6. Region 3 challenges, membership, dues payment, Activity reports, PU101 submission and new club extension
7. Setting goals & action plans & calendar of Events
8. My LCI –Club Secretary, My LCI club Treasurer
9. Conference evaluation



*Zone 3C Chair receives attendance certificate from FVDG Lion Dr Alva Senderayi being assisted by PDG Lion Dr PTT Mapanda*



*Lion Khetiwe at Zvishavane Conference*



*Lion Judith receiving certificate from FVDG Lion Dr Alva Senderayi*



*Lion Larry receives certificate from FVDG*

**Right** –Zone 3C Chair Lion Thompson Dube & Lwendulu Club Secretary Lion Barnabas hold the Conference donation for save Vic Falls Lions Club campaign



## APPEAL TO SAVE LIONS CLUB OF MOSI-OA-TUNYA VICTORIA FALLS

At the conference Zone 3c Chair Lion Thompson Dube and Lwendulu Lions Club members present; Lion Barnabas Male, Lion Larry Tsaga Lion Judith Male and Lion Kethiwe Ndlovu made a passionate plea for the conference to assist revive the Lions club in Victoria Falls whose Charter had been cancelled due to dwindling membership and overdue arrears to Lions Clubs International.



*Zone 3C Chair Lion Thompson Dube receives a contribution from the conference of \$206.00 presented by FVDG Lion Dr Alva Senderayi towards sponsoring a Lions club for Victoria Falls*

There was overwhelming support from the conference and \$206.00 was raised and handed over to the Zone 3C chairperson Lion Thompson Dube.

The conference advised that Lwendulu Lions Club sponsors a new club instead of trying to revive the defunct Lions Club of Mosi-Oa –Tunya.. The Zone 3 C Chair thanked the conference for the kind gesture

**Lions Leadership at Zvishavane Conference showing support for save Lions Club of Victoria Falls**



## FROM THE CLUB SECRETARY'S DESK

The half year of our Lionistic year has not been an easy one especially having come from a position where we were about to lose our Charter. Thanks to the Lions Club of Lwendulu because they revisited the original reason as to why they had volunteered to become Lions. They met and cleared the outstanding dues with Lions Clubs International.

Attendance at meetings has been erratic but I still encourage the Lions to come in their numbers.

Projects have been getting a very good support, because all our running projects were carried out religiously. This was shown by the support we did to Carlton our adopted physically challenged boy. His fees for 2014 were paid in full. We also

provided the groceries to Badala Old Peoples Home. Thanks go to the Lions bar for the contributions.

During the same period we also lost one of our friends, Mandla. He had volunteered on his own accord to assist manning the Lions bar. The bar had gone on to do well. Again the bar contributed with the money for the food during the funeral gathering.

At last an appointment was made for the club's Membership Director. Thanks for the coming back of seasoned Lion Soneni who got the crucial position in the club.

As we enter into 2015, I wish all the Lions of Wankie Lwendulu Club a Prosperous New Year. Let us all pull together to make the load light. Visibility in our community

is number one priority because they are the ones that can make our club a success. We are here for them.



*Club Secretary 2014 –2015*

*Lion Barnabas Male*

## CURRENT PROJECTS



*Club President Lion Cathy and SV President Lion Florence with Badala Old Peoples Home in mates during handing over of groceries*



*Some of the groceries that were bought and delivered to Badala Old Peoples Home as part of the Clubs on going projects*



*Club President Lion Cathy hands over school fees for Carlton to his guardian*

## CHRISTMAS BOX—FOR THE LESS FORTUNATE—TM SUPERMARKET



*The Xmas box in TM Supermarket Hwange*

Every year end The Lions Club of Wankie Lwendulu puts up an Xmas box in TM supermarket where shoppers are encouraged to drop items of non perishable groceries, which will later be donated to the less privileged in our society, giving them a cheer during the festive season. The box was launched on 8th December and received an improved support from the public as compared to last year

*Lions of Lwendulu purchasing groceries during the launch of the Xmas Box in TM Supermarket Hwange*



## PHOTO GALLERY



Launch of the Xmas box at TM Supermarket

**Left** - Lions Club members ready to deposit groceries into the box

**Right** - Members pose with TM supermarket Tills manager



**Left**— Lions Club members with Carlton handing over Xmas groceries.

**Right**—Fundraising Chair Lion Larry poses beside the Xmas box



**Left** Second Vice President Lion Florence handing over some Xmas groceries to Carlton.

**Right** - Club Treasurer Lion Sindiso recording items donated to Badala Home



**Left** - Lions; Barnabas, Clemencia & Robert socializing with Badala residents

**Right** - Zone Chair Lion Thompson and Lion Larry at the handing over of Xmas groceries to Badala Old Peoples



## MORE PHOTOS - A PICTURE TELLS A STORY



**Left** - Lions with groceries for the funeral gathering for the deceased son of the visually impaired parents

**Right.** Past president of Lions Club of Lwendulu Dominic Moyo paid a courtesy visit to the Lion Den during the festive season



**Left** - Lion Soneni the Clubs New Membership Director

**Right** - Lion Khetiwe And the Zone Chair Lion Thompson Dube at Zvishavane Region 3 Conference



**Left** - Prospective Lions (seated) during Orientation at The Lwendulu Lions Den on 06 September 2014

**Right**– Carlton at home in Empumalanga township Hwange. Carlton is physically handicapped and the Lions club pays school fees and buys uniforms for him.



**Left** - TM Supermarket deputy manager shares a lighter moment with Lion Larry during the launch of the Xmas box

**Right** - Lions Club of Victoria Falls Zambezi meeting in session at the Municipal Library



## RECOGNITION



During Region3 COOL conference at Lions Club of Matopos, Lion Judith (Left) vowed that the Lions Club of Victoria Fall Mosi-Oa-Tunya would not die. Later on at Zvishavane conference when a contribution of \$206.00 was made towards the campaign to save the Victorial Falls Lions Club, she was moved by the gesture and she told the conference of her joy at seeing her wish being fulfilled. The GLT D412 and PDG Lion Dr PTT Mapanda was impressed by her drive and enthusiasm that he gave her the DG's pin (shown right)



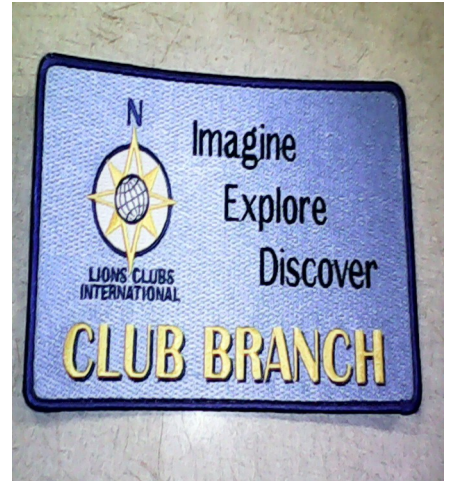
## MOTIVATION



*Lion Larry was appointed the Liaison Officer for the Victoria Falls Club Branch*



*The pin for the Liaison Officer*



*The Club Branch Banner Patch*

### LIONS CLUBS INTERNATIONAL OBJECTS

- TO CREATE and foster a spirit of understanding among the peoples of the world
- TO PROMOTE the principles of good government and good citizenship.
- TO TAKE an active interest in the civic, cultural, social and moral welfare of the community.
- TO UNITE the clubs in the bonds of friendship, good fellowship and mutual understanding
- TO PROVIDE a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members
- TO ENCOURAGE service minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors

