



# Simply the Best

LIONS CLUB OF TRIANGLE



We serve

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## *Our Theme for 2013/2014 - From our President's desk...*

I HAVE A DREAM.

Martin Luther King repeated this phrase in one of his emotional speeches. He never lived to see his dream come true yet he spoke about it with such passion that one could not help starting to believe in what he believed in. Needless to say at that time, his words made a lot of people uncomfortable and even the beneficiaries did not readily believe it could happen – sounded too good to be true! Of course it took a long time after his death for his belief to become reality and up to now there are still pockets of racial discrimination not only in America but even around us! Indeed when we have the passion for what we 'dream' of, the dreams come to life.

Our theme for the year is "Your dreams are your wings, lets fly!" We all have dreams, but most of them will remain just that – dreams. Yet most of what we enjoy today started off as 'just a dream'. Murray MacDougal dreamt of stretches of lush green cane fields, busy roads and a sugar mill, smoking his pipe at Mac's hill at sundown looking at the drought afflicted Lowveld forests. We can all understand how happy he was when it finally materialized, yet what we do not think of is how he wrestled with obstacles, discouragements and negatives of all sorts BEFORE anything happened! That is the stuff that blows away many a dream and reduces it to a worthless idea.

We need not only to just move forward but we need to change and adapt otherwise we will become extinct! Dreams are necessary to rejuvenate the club and propel us to greater heights of service! We will come across obstacles and need to keep the dreams alive and keep going. I am one who believes in trying – new methods, new projects. Of course

the dream has to 'fly' for it take off – convince us that it will work and we will try it out! Let's dream!

On the home front, there are a couple of outstanding dues and some members with a string of 'apologies'. We have since been reminded that only two apologies are allowed per year otherwise it is considered absent. **Lions, let's put out our hands to the plough!** We cannot keep posting apology after apology! If anyone has a genuine reason (probably sensitive/private) please approach the membership chair or President and make your situation known. If one is out of town for some, the secretary/President should know and will accept your apologies for that period. The membership chair is going round asking some serious questions, please do not be surprised, only house keeping!

Until next issue – happy dreaming! (Remember to wake up!)

In Lionism  
Lion Eliphas.  
(President)



## Lions & THZ - helping us, help you!

### *Triangle Bailing Machine Project*

Triangle produces on average of 39 000kg of paper and cardboard waste per year with an average waste generation rate of 3000kg per calendar month. The main generators of paper waste include Human Resources department, Marketing Department and Transport department. Disposal of paper waste has to be done at a properly constructed landfill site that meets the requirements of Solid Waste Disposal Regulations as read in the Environmental Management Act. Such waste can also be recycled through registered waste management enterprises.

The current company's cost cutting initiatives deferred the construction of a standard landfill site that will meet the legislative requirements. To this end, management of paper waste becomes a challenge since local waste management enterprises are currently facing economic viability challenges.

Waste management initiatives to reduce the amount of waste disposed through the landfill have been explored. The key initiative in the management paper waste is to prepare a bailing facility that would compress and binds paper into solid bales making it easy to handle and store. The bailing facility would also be having a storage shed where the bales would be stored prior to collection.

The paper bailing facility once implemented will reduce landfill burden from paper waste by approximately 95%. The facility will reduce paper waste volumes by 90% providing an easy to handle end product for recycling or even use as fuel source.

The Lions Club of Triangle have been exploring initiatives to deal with current environmental challenges poised by the disposal of containers

made of plastic and metal, as well as paper from within Triangle Premises. The first viable project done and is running, is the Plastic Recycling Centre where the Triangle Lions are chipping plastic and making plastic cups and plates. This has proven that funds for charity work can also be made through doing another service, that of cleaning our environment.

"Making money from Rubbish". This is now an established project which may be further developed and can sustain itself in the future.

The 'dream' now is to run a parallel project for soft plastic and various types of paper waste.

The first objective is to reduce the volume to a more manageable size by using a Paper Press,

"The Bailing Machine", and improve storage to avoid the nuisance caused by loose paper left in the open.

The construction of a Shed to house the sorting, bailing and storage will

make this project a 'smart' operation which will add a lot of value to the end product and increasing the earning from it.

The proposal at the moment is to design and construct a low cost Structure, manufacture 2 more Bailing machines and have 3 fully operational machines by July 2014.

Once this project becomes operational, the disposal of waste paper and soft plastic will become very manageable. The focus will be on improving waste separation and collection by educating the residents and carrying out a vigorous awareness campaign.

The Lions Club of Triangle has a vision for a cleaner environment and converting waste for economic gain. Our future depends on how we handle the waste we generate today. It's not the waste that poses a threat to our environment, but the way we deal with its disposal. Re-cycling and re-use is the way forward.

\*Let's create a partnership to deal with this menace.\*

Lion Cossie Chisare

(Den Convenor)



## *Band Night - Gwarimba!*

Lions Club of Triangle has never been known to turn down an opportunity to have a charity event. When Lion Pres sent out notification of an urgent meeting on Wednesday the 4<sup>th</sup> September, I raced to the Den out of curiosity – a Lions function surely? When Lion 'King' Eliphaz arrived (late), he filled us in. Earthset, the local business, running from Buffalo Range, were planning an Official Opening ceremony on Friday 6<sup>th</sup> September and were keen to do



something for charity as well. Earthset had partnered up with an Afrojazz band from Harare, called Gwarimba, who were set to play at their opening. Gwarimba had kindly offered to play at the Lions Den on Saturday, at no charge, on the condition that we split our gate takings with the band. Sounded simple enough and a 'win win' for all parties concerned.

Organizing took place within just 2 days, food ready, bar stocked, and even Police Clearance done. Saturday came around quite quickly, with great anticipation of a good evening. The night did start off slow, but the band were fantastic and definitely know how to entertain any crowd. The small audience who did come out to watch the band were quite pleased with what they saw. Around 11pm, our Club was suddenly starting to fill up, with people walking through the gates. We were joined by our very

own MD of THZ, Sydney Mtsambiwa, his wife Caroline, accompanied by a couple of 'top managers' from THZ and other guests included a couple of Ministers. Finally the band night was in full swing and in a serious festive mode. The crowd were enjoying, and at one point, one of the VIP's got onto the stage and did a fantastic performance with his harmonica. As with most functions, we had a couple of 'speed bumps' in the evening, but I can proudly state that the members of our Club 'stuck together' to sort out all the unfortunate incidents that did occur.

WE SERVE! ☺

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## *Karaoke & Bar Night..*

These days, it seems that we cannot keep up with the public's requests for assistance. It is also in our nature to try and assist where we can, when we can. October 26 2013 was no exception. Like the Gwarimba function, our Karaoke Bar night was also organized from start to finish in just a couple of days. It took just a couple of 'yes's' from the members and it was going ahead.

We had put up our dart board for the night, and are pleased to say that it was always occupied. Karaoke started off slowly, with Lion Les breaking the ice, by singing an 'out of tune, and creating her own lyrics, by singing an Afrikaans song. As the night progressed, or as people had a couple of drinks in their belly, everyone got involved and we all ended up having a fun evening. We made a small profit that night, and although attendance could have been better, we did have fun.

A big thanks goes to Triangle Butchery, who are always assisting us with our braai packs. Much appreciated.

Let's keep going Lions Club of Triangle. We are here to Serve.

Lion Les (1<sup>st</sup> Vice)



## The Grade 6 Bushtrip

September seemed to be a busy month for Youth and Environment. The Grade 7 kids of Murray MacDougall school had just returned from their almost 3 week tour around Zimbabwe. They were accompanied by Lions Lewis, Glenn and Karl. Not to be outdone, Lions Shelton and Lion Les accompanied the Grade 6 kids on a week long trip to Malilangwe. (Lions have fun)

From day 1 the trip was action packed. Hyena Den visit on the first night, followed by Mock charges by some pretty massive Elephant. Some creepy 'black mamba' stories, a couple of resident Cheetah. A visit by world renowned film maker, Kim Wolhuter (the man who never



wears shoes). Running in the Chiredzi River, VERY HOT SAND, visiting the Chilojo Cliffs, ankle injuries – Lioness Chris. Real lions, swagger, visiting the Shangaan Village, impala dissection, obstacle course, and then more lions. This time they were scary. Broken down bus, and did we mention being stalked by lions?

The kids this year, were not as exposed to the wildlife as evident in the previous years, so once they had gotten used to being out in the bush, being surrounded by elephants, every day showed a positive improvement. Some exciting characters were built just within 1 week.

The highlight of the trip was watching the Malilangwe team of experts translocate 2 white Rhino – this event taking place on world Rhino Day on 22<sup>nd</sup> September. The kids got to see the process from the time the rhino was darted, to the time when the rhino was put into the crates to be transported.



Malilangwe also included a photo with the children next to one of these magnificent creatures and even got the chance to feel what the horn feels like. A couple of days later, Sarah Clegg from Malilangwe, came to give the children a talk on Rhinos and why it is so important to protect them.

The bush trip is such a great opportunity for these young kids, to not only become aware of their surroundings, but also to become aware of THEIR FUTURE.

Lion Les (on behalf of Lion Shelton)  
Youth & Environment





## Grade 7 - Around Zim Tour

On the 29<sup>th</sup> of August 2013, fellow Lions Glenn, Karl and I accompanied 16 girls and 14 boys on a 17 day tour of Zimbabwe.

We spent the first night in Masvingo, after visiting Great Zimbabwe and the Lake Mutirikwi dam wall. Days 2 and 3 saw us in Harare where we visited The National Archives, Kuimba Shiri Bird Gardens, the Museum of Mankind and Mukuvisi Woodlands. We had lunch with the Mabelreign Lions at the latter on the Saturday. Children also had a bit of fun that Saturday morning at the Zimbabwe College of Music, where there was a singing and dancing competition. A few of them impressed enough to win themselves some CD's.

On the fourth day we arrived in Kariba, via the Chinhoyi Caves. The 3 night Kariba leg of the tour included an inside and outside tour of the dam wall, the Chapel, the Control Tower, a boat cruise and a game drive.

A horticulture farm, Waterfalls Chicken farm and a tobacco farm summed up day 8 in



Chegutu.

Apart from having lunch with the Redcliff Lions, the children visited Lamcast Refractories, the mining museum and the R J Davies School's



Culture Centre. The children also toured Lion Corn Smit's knife-making venture in Kwekwe. After a 2 hour stop over at Gweru's Military museum, we arrived in Bulawayo on the 10<sup>th</sup> day. We toured the Art Gallery on the same day. Sunday Lunch with the Matopos Lions at the Maleme Dam, the Natural History Museum, Khami Ruins, Matopos National Park and the Railway museum completed our sojourn in Bulawayo.

On day 13 we visited the Colliery and the Hwange Thermal Power Station.

The last and probably the best part of the whole tour were the 3 nights in Victoria Falls. Other than crossing over to the Zambian side as part of the Victoria Falls Bridge tour, the children also engaged in viewing the falls, canoeing, elephant riding, a game drive, a boat cruise and visiting the crocodile farm.

Days 16 and 17 were spent travelling back to the Lowveld, via Bulawayo.

Many thanks to all the Lions Clubs, Lion Glenn and Lion Karl for their immense contribution towards the success of the tour.

Lion Lewis Tsododo  
(Youth & Environment Officer)



## Food Distribution Stories

The recipients in this case are from Nandi Primary School. The kids come from the surrounding farms. Among them are 114 from disadvantaged families of which 33 are orphans (no father, no mother) under the care of relatives and an HIV infection rate of 90%! The level of poverty is evident in the school dress of the kids involved. Fees (\$20) are a problem for a good number of them! This school seems to be 'out of sight' and most of their needs gone unaddressed.



We managed to give flour and soap to the 30 orphans who had come to school on the day (23/10/13) and they were very well received. The staff was very

co-operative and helpful. The school wishes to embark on an Environmental drive for which I referred them to Chiredzi Lions because of distance (and give them something to do!)

We also gave out two bags of flour to Chiredzi Orphanage Village on the 25<sup>th</sup> September, 2013.

On the 2<sup>nd</sup> November, Lions Cos, Onismo and I handed out food hampers to 6 recipients, 4 of them senior citizens in Rufaro, Mufakose and Section 6. We need to step up on these items as they stand a chance of going bad if they sit for any longer.

Lion President Eliphaas.

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We have had a number of food items in our possession at our Lions Den, donated to us by a local well wisher. The food stuffs include some laundry soap, self raising flour, fruit tins, just to name a few. Some of the members of Lions have been scouting the communities to find out who would best benefit from such items. One of our ongoing projects is to assist the Lirhanzo Children's Village in the Chikombedzi area.

The grocery items, along with donated clothes, shoes and even some toys, were given to the orphanage on the

morning of 13 October 2013. Lions Les and Glenn lead the team of 10 people, which included 6 adults and 4 children.



On arrival, the kids sang songs and our local kids, tried to lead them in dancing to 'Gangnam Style'. As usual the children were thrilled to be visited by us again, and are definitely opening up to us more and more on each visit.

We spent a bit of time presenting grocery items to them, and the 'day mothers' welcomed the flour, as they bake their own bread at the orphanage, so this came at the right time. The younger children were also given a toy each, and were really happy with that.

Margaret, who runs the orphanage has asked Lions Club of Triangle if we could assist them by bringing some much needed pens and pencils on our next visit, which is scheduled for 1 December 2013.

Les Grobler  
(for Lirhanzo Orphanage)

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We donated a bag of flour, laundry soap, tinned pineapple chunks, a box of 2litre mazoe orange, tea leaves to the Chiredzi Leos who are putting together food hampers for chiredzi Orphanage and Buffalo Range Prison to complement their efforts. We are planning to complete the distribution of food hampers in the local villages on 2 November, with Lion Eliphas and Lion Onismo. We received another donation from a local well wisher, ie. More bags of flour, 2ltr mazoe orange, tea, etc. We also donated flour, laundry soap, and cups to 2 orphans, at Nyikavanhu who are looked after by a concerned old lady from the local community.. We also organized a bag of 2kg flour and laundry soap for 6 senior citizens who are taking care of orphaned children around Masasai near Ngundu. This was done through Reverend Rukarwa of MCZ who identified the needy cases. There is still more work to be done to get all the donated stuff to those less fortunate members of our immediate communities to honour the efforts of the donors who share the same vision, 'to serve'.

Lion Coz



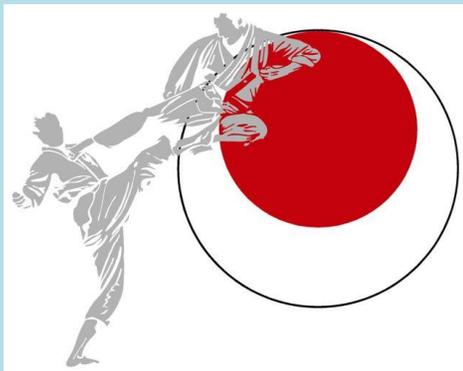
## Thank you Lions

Recently, Lions Club of Triangle donated some money to a well loved and respected lady of our Triangle Community. This is to assist with her medical bills. Lion Diana presented our small gift to Connie Peters. Mrs Peters was ever so grateful for this kind gesture and has since sent our club a 'Thank you' card. We wish her well and hope for a speedy recovery.



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### JKA Zim.Karate Association



**Triangle Karate Team Won 4 Gold and 5 Silver Medals at the Provincial Karate Championship s in Bulawayo**

The above Triangle Karate Team which represented Masvingo Province made us proud on October 5, 2013 when they won 4 gold medals and 5 silver medals at the Zimbabwe Karate Union Provincial Team Championships held in Bulawayo. On the photo above standing from left to right are; Sensei Andrew J. Musiiwa- Instructor and Zone 6 grade A Referee and Masvingo Province Karate Technical

Director, Spencer Ndlovu – Silver medal team kumite, Sensei Golden Musiiwa- 2 gold and 1 silver medal individual kata, team kata and kumite respectively, Wonderful Mamunye – 1 gold and 1 silver medal team kata and kumite, Wonderful was sponsored by Lions Club of Triangle on youth development to obtain a passport to enable him to participate in Zone 6 international tournaments. Next to Wonderful is Patrick Gombwe who is nursing an injury and only came to support the team.

Seated from left to right are; Entony Mudhakera – silver medal team kumite and Collen Mamunye – gold and silver team kata and team kumite respectively.

The word **karate** translated from Japanese means Empty Hand. Karate is a martial art; an art of self-defence which uses the human body and limbs in the most scientific and effective way. Karate incorporates blocking, punching, striking and kicking.

JKA Zimbabwe Karate Style of karate practised by Triangle karate Club uses the above, together with related movements such as grappling and throwing techniques to overcome one or more assailants who may be armed or carrying weapons. With the above being incorporated in our fight plan plus the eight empowering insights which are as follows we always win;

**Have a target** - Without a target, goal or purpose one's life becomes aimless and often hopeless. When you have a target the power to get there materialise.

**Full range of motion** - Shotokan karate is characterised by a full range of motion of the various body parts (mentally too). A stiff body and stiff mind equals oldness and ineffectiveness.



**Don't show** – Means when doing anything (karate or other), don't dither. Don't telegraph, just go (for the goal) without wobbling around.

**Together** – Act as a whole, body, soul and spirit, united and focused.

1/50<sup>th</sup> of a second – on fast moves only tense up for 1/50<sup>th</sup> only.

**Expansion and contraction** – on slow moves, take time to contract the correct muscles to their full potential, then let go. But don't stop breathing.

**Slow and fast** – Learn that a fast move comes from slowness (stillness).

**Hard and soft** – and that a hard blow comes out of softness like lightning out of the clouds.

Basing on the above, under the dynamic instructor who takes karate to greater heights, Triangle Karate Club students have become champions locally and regionally in Zone 6 affiliated countries. However, the success would not have been realised without the financial support from THZ Management and the physical and spiritual support from the karatekas themselves and Zimbabwe Karate Union.

With all your support karatekas have managed to realise their full potential.

Thank you  
Sensei A. J. Musiiwa

*In our Christmas issue...*

*Induction Dinner*

*Christmas Dinner*

*Getting to know Lion Cosmas*



**Drinker's corner!!**

