



ROAD



MONTHLY NEWSLETTER OF LIONS CLUB INTERNATIONAL DISTRICT 412

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KINSHASA 1ST – 10TH FEBRUARY 2011

The All Africa Conference and the Senior Lions Leadership Institute were held in the DRC Capital Kinshasa . It was an opportunity to network and fellowship with a lot of lions from all over Africa. The welcoming delegation at the airport was quite good and the transfer to the convention venue was well handled .We immediately felt at home away from home .

The programme content itself was quite good and the organizers should be applauded for this aspect. For me personally the highlight of the trip was meeting the International President Dr Wing-Kun Tam, Past President Sid Scruggs and the two Vice Presidents, Wayne Madden and Barry Palmer and the Association's CEO Peter Lynch for the first time. It was indeed a joy to rub shoulders with the top brass from Lions Club International.

Major Take Home Points (Conference Resolutions) include -The local organising committee (Host Country) is now required to report to the Africa Leadership at least 6 months before the conference and ensure that at least 200 local lions would have registered for the conference and they should source sponsorship from local donors and other districts could also assist in sponsoring some of the events/activities.



The district banner flying high during the parade

The local organising committee is to ensure and advise the Africa Leadership that there would be no elections within 6 months before or after the conference. Should this be the case then the AAC will be transferred to another District.

The LOC is required to give a breakdown of registration fees and what they covered in terms of meals, etc., well in advance. (this was because at the Kinshasa Banquet delegates were surprised that this was not included in the registration fees).

All districts were requested to submit their proposal for the grouping of districts for the purposes of rotating the International Directorship for Africa by 30th June 2012.

The next AAC will be held in Algeria .

We had lots of fun and the District 412 team of PDG Lion Col. T.K. Ramkumar and Lion Vimla, PDG Lion Dr Pateson Mapanda and PDG Lion Faizal Karim participated in the Parade. As you can see from the pictures we had a very colourful costume.

Lion Jean Mathanga, Lion Ken Banda, Lion Alva Senderayi and Lion Eric Musesengwe then joined me for the SLLI where Lion Vimla was part of faculty .

It was indeed an eye opening experience and the district was well represented and we made friends from all over Africa

Lion Clever Mugadza
SVDG D412



FROM THE DG'S DESK



My Fellow Lions and Leos,

Greetings from the desk of your District Governor! We are now in the second month of the second and last half of the 2011-12 Lionistic year; one month away from our third Cabinet Meeting and two months away from our Annual District Convention.

In the area of **membership**, since our last Newsletter, we have added 11 new members and dropped 9 this month, our total membership now stands at 1198. Fellow Lions, I continue to appeal to you not to drop anymore members, let us work towards retaining our members and recruiting new members and even chartering new clubs. Some of us had pledged at the beginning of the year to recruit members and charter clubs, we are yet to see the honouring of these pledges. Remember our goals can only be achieved if we make ourselves more visible during our community and fund-raising activities; also we need to plan meetings that will allow for full participation of all our members. We need to make everyone feel a part of our Lions family, even the new and prospective members by getting them involved, allowing them to share their ideas and skills; this will allow for very good interaction which will in turn provide us with quality clubs.

In the area of **finances**, according to DG's January recap, there are some clubs that are doing exceptionally well as both their International and District dues are already paid up for the entire year; some have paid for the first half of the Lionistic year on both accounts; some have only paid for their International dues; while the remaining clubs have not paid any dues. The time has come for me to make a strong appeal to all clubs with outstanding balances to ensure that they honour their commitment by making good these payments. Remember payment of dues and ensuring that your club is in good standing will allow your respective Cabinet Officers to be reimbursed for their trips as well as allowing you to vote and have your say at elections allowing you to make informed decision of voting for your incoming District Governor's team, during the Annual Convention scheduled for April 2012. I would want to once again appeal to the respective Sponsoring Clubs' Officers, Region and Zone Chairpersons as well as the Guiding Lions of the defaulting clubs to assist the Finance Committee to ensure that clubs honour their commitment of paying their dues. This Committee has and continues to do a great job of continuous monthly updates of the financial status within their regions; it is therefore up to us to take the necessary action to update our financial status of clubs to that of good standing where there are defaulting clubs.

Please stress the importance of paying dues during your Zone meetings.

Tree planting continues to be our focus, most clubs are now involved in this exercise and these reports are placed on our District Website as they are reported. Fellow Lions and Leos let us continue to send in our reports to the Website teams. At this time allow me to congratulate the Region One and Two Lions for their efforts in this exercise. Special mention and credit should be given Lions Club of Lilongwe who has planted two thousand five hundred trees (2500) during the month of February 2012. Fellow Lions and Leos, if you have planted trees and have not reported then the District will not be aware of the club's activities. We are yet to get an update from the club that has pledged to plant 100, 000 trees.

Clubs visits I am happy that delegation of responsibility of visits to Senior Officers in our regions has yielded success. These officers have already started visiting clubs and reports have started coming in. My appreciation is expressed to these officers for their total commitment of taking up the task and ensuring that clubs are listened to and appropriate advice provided where necessary. I would also like to thank the clubs for their co-operation during these visits.

Cabinet Meetings: Fellow Lions and Leos, we have had two successful Cabinet meetings so far and this was mainly due to your presence and important contributions made before and during the meeting. Our next meeting is scheduled for March 3rd 2012 at Gweru Lions Club, Gweru, Zimbabwe. Dinner invitations have already been sent to all our PDGs some of whom have communicated their intentions to attend this prestigious occasion which is in their honour. Other activities have been planned for this day that includes a parade through the streets of Gweru, and a visit to the Antelope Park. Those who can attend; let us come in numbers to share ideas and have fun and fellowship. Fellow Cabinet Officers, please be reminded of the timely submission of your reports that should be with the Cabinet Secretary two weeks prior to the meeting.

Leadership Training: I would like to offer congratulations to our team of Lions who were successful at the recently concluded FDI and SLLI. They include PDG Lion Faisal Karim (FDI); SVDG Lion Clever Mugadza, Region One Chairperson Lion Jean Mathanga, Region Two Chairperson Lion Dr. Alva Senderayi, Zone ID Chairperson Lion Ken Banda, Zone 2E Chairperson Lion Eric Musesengwe and Zone 3A Chairperson Lion Jona Machaya (all of whom attended the SLLI). Fellow Lions, this was indeed a large contingent, however it is worth noting that no Lions from Region 4 were able to attend, let us hope that members from all regions will be represented at the next two institutes scheduled for Algeria in 2013. We must however not forget our Faculty Development Instructor Lion Vilma Ramkumar who was part of the team of trainers for the SLLI; she continues to make our district proud with her well planned presentations, during these training

sessions. Well done! Keep up the good work! Within our district Leadership training has continued in Region One, thanks very much to the team who have seen the need for training in this region and have planned and conducted these sessions. There are also two Region Conferences that are being planned for March 2012 in Regions 3 and 4 where training is also expected to be conducted. I am also aware that there are a number of training sessions being conducted during zone meetings, thanks to the Zone Chairpersons who see the need and ensure that such activities are conducted.

Quest: Fellow Lions we need to offer our congratulations to our fellow Lions Quest teams from Botswana and Malawi, special mention must be made of our District Quest Coordinator, Lion Meera Chandra and Lion Venunadhan Pillai – Secretary Blantyre Lions Club together with the other members who attended the Quest meeting in Tanzania. These Lions were given tasks to complete with all the necessary deadlines; including formulation of a Lions Quest Steering Committee and schedule of five workshops in each of their regions and they have displayed commitment well within the set time. Thanks very much for the co-operation of Lions and Community members who have agreed to be part of the respective Committees. Fellow Lions and Leos let us give them our full commitment in this very important activity. Remember we have been two of the five privileged countries (and are fortunate to be in the same district), to have been provided with grants to ensure continuity of this very important project. To you Lions Quest teams continue with the enthusiasm.

Lions, I would like to once again appreciate all the individual Lions and/or clubs who have submitted articles for this month's Newsletter; we continue to increase our activities in all regions, however I am still not happy with the rate at which articles have been submitted. There are some clubs that are yet to submit articles. I am aware that there are quite a number of activities that are ongoing, but there is no communication of these to the Newsletter team. I am also yet to view at least one article from District 412 in the Lions Magazine. I continue to express my profound gratitude to the Newsletter team, especially Lion Melusi Lusaba for his total commitment to this portfolio which is very challenging; yet he continues to ensure its completion before the ending of every month. I really feel honoured to be working with this team. I urge all of you to continue sending your articles for publishing to the Newsletter Editor "Lion Melusi Lusaba" newsletter412@gmail.com or the Website Manager "Lion Piraishe Mabhe-na"

piraishe@gmail.com, and by using all resources available. The resources referred to include Club Officer Training organized by Region & Zone Chairpersons, individual Senior Lions, the LCI Magazine, our District Directory, our District Newsletter, the LCI Website, www.lionsclubs.org and, of course, our District Website - www.e-district.org/sites/412.

I continue to express my gratitude to all of you for your continued support of me as your overall leader. At the same time I want us to remember to always "**Initiate, Consult and Communicate**", this is the only way we can be visible to our communities, zones, regions, district and global lions' family.

Fellow Lions allow me to close by once again making an appeal to continue to work together to change the membership and financial status of our district, as well as register in large numbers for our 2012 Convention; which can only be done through collective effort and commitment by all.

DG Lion Frances Palmer



LIONS FROM DISTRICT 412 IN DRC ALL AFRICA CONFERENCE

The Dark Origins Of Valentine's Day

Valentine's Day is a time to celebrate romance and love and kissy-face fealty. But the origins of this festival of candy and cupids are actually dark, bloody — and a bit muddled. Though no one has pinpointed the exact origin of the holiday, one good place to start is ancient Rome, where men hit on women by, well, hitting them.

Those Wild and Crazy Romans

From Feb. 13 to 15, the Romans celebrated the feast of Lupercalia. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain.

The Roman romantics "were drunk. They were naked," says Noel Lenski, a historian at the University of Colorado at Boulder. Young women would actually line up for the men to hit them, Lenski says. They believed this would make them fertile.

The brutal fete included a matchmaking lottery, in which young men drew the names of women from a jar. The couple would then be, um, coupled up for the duration of the festival — or longer, if the match was right.

The ancient Romans may also be responsible for the name of our modern day of love. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the 3rd century A.D. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day.

Later, Pope Gelasius I muddled things in the 5th century by combining St. Valentine's Day with Lupercalia to expel the pagan rituals. But the festival was more of a theatrical interpretation of what it had once been. Lenski adds, "It was a little more of a drunken revel, but the Christians put clothes back on it. That didn't stop it from being a day of fertility and love."

Around the same time, the Normans celebrated Galatin's Day. Galatin meant "lover of women." That was likely confused with St. Valentine's Day at some point, in part because they sound alike.

As the years went on, the holiday grew sweeter. Chaucer and Shakespeare romanticized it in their work, and it gained popularity throughout Britain and the rest of Europe. Handmade paper cards became the tokens-du-jour in the Middle Ages.

Eventually, the tradition made its way to the New World. The industrial revolution ushered in factory-made cards in the 19th century. And in 1913, Hallmark Cards of Kansas City, Mo., began mass producing Valentines. February has not been the same since.

Today, the holiday is big business: According to market research firm IBIS World, Valentine's Day sales reached \$17.6 billion last year; this year's sales are expected to total \$18.6 billion.

But that commercialization has spoiled the day for many. Helen Fisher, a sociologist at Rutgers University, says we have only ourselves to blame.

"This isn't a command performance," she says. "If people didn't want to buy Hallmark Cards, they would not be bought, and Hallmark would go out of business."

And so the celebration of Valentine's Day goes on, in varied ways. Many will break the bank buying jewelry and flowers for their beloveds. Others will celebrate in a SAD (that's Single Awareness Day) way, dining alone and binging on self-gifted chocolates. A few may even be spending this day the same way the early Romans did. But let's not go there.

by Arnie Seipel

How to be Intentionally Happy

What makes you happy? Money? The newest iPhone? The good health of your family? A promotion at work?

Some interesting work by University of California, Riverside researcher Sonja Lyubomirsky not only suggests where our happiness comes from, but shows how to get more of it.

Pieces of the happiness pie

Dr. Lyubomirsky proposes that there are three components to happiness:

- A genetically-based "happiness set point"
- Life circumstances
- Intentional activities and practices.

She has broken these three areas into percentages regarding how much they are responsible for your happiness.

Although the variability of the happiness set point is currently undergoing more research, Lyubomirsky cites studies that indicate the set point is responsible for 50% of your overall happiness.

Life circumstances - things like the aforementioned iPhone, family health, and work promotion - account for only 10% of your happiness.

That leaves intentional activities aimed toward positive emotion providing you with 40% of your happiness quotient.

Now, here are a couple of important things to know:

- Your happiness set point is genetic and therefore impervious to change. The theory is that no matter what happens - good or bad - you tend to eventually settle back into your inherited level of happiness. So, there's no use trying to make an impact on your happiness set point.
- You could try to improve your life circumstances by getting more stuff, striving for career goals, and finding the perfect partner. But not only do life circumstances only account for a small percentage of your happiness, they are subject to a very human process: *hedonic adaptation*. In a nutshell, this means that we very quickly adapt to new things in our lives, so our happiness about it is short-lived.

Taking action toward happiness

So that leaves us with intentional activities as the remaining piece of the happiness pie, a piece that creates 40% of our well-being. Lyubomirsky believes it is this component that we have the most control over and that allows us to **take action** rather than merely **react** when it comes to creating happiness.

So what are these activities that promote positive emotions and well-being? Lyubomirsky suggests three well-researched practices:

1. Committing acts of kindness. Doing nice things for others tends to up your happiness quotient. Curiously, Lyubomirsky found that doing several acts of kindness on the same day - rather than spreading them out through the week - generated the greatest jump in well-being.

2. Expressing gratitude and optimism. Keeping a list of things you are grateful for really does help make you happier. An intriguing note on this component is the discovery that making a list one time per week created a greater boost in happiness than making lists three or more times per week.

3. Processing happy and unhappy life experiences. This is where it really gets interesting. It turns out that talking or writing about your life experiences is helpful in only one of these conditions: the negative experiences.

Why? Apparently, talking to a friend or writing about difficult times in your life helps you to create a story and structure around the event, an act which helps you make sense of it and adjust to the experience more easily.

Positive experiences, however, generate more happiness if they are thought about privately. This allows you to savor and re-experience them without having to analyze them. It's perfectly fine to talk with others about great things that happen to you as this will brighten your friend's day, too. But be sure to remember and relish those good events in your life in your private time, too.

What makes you happy? Slice yourself a bigger piece of the happiness pie using intentional activities. You'll be happy you did.

By Bobbi Emel . You can find her blog at <http://www.TheBounceBlog.com>

Lions Serving children

On Sunday 29th of January in front of the Lions Eye Hospital the Lions of Blantyre gave a Wheel chair to a needy child Manford Razalo . Manford is a boy of 14 years who comes from Chimwanga Village . He is a second born in a family of 3. He was disabled when he was 1. The situation came after suffering from cerebral malaria. Since that time, Manford is unable to speak and hear.

Manford does not walk due to his weak body. He can not use his legs and arms efficiently to support himself for body posture as the body is too weak due to illness and the impairment. Her mother does everything for him like; eating, clothing, and bathing. Due to his problem, Mannford has never gone to school. According to the parents, the availability of a wheel chair will help to ease Mannford's situation, as mobility is key .

Below are pictures of Manford



On Thursday 15 December 2011 the Lions Club of Kwekwe donated a TV, Decoder and Satellite dish to the Children's Ward at Kwekwe General Hospital. This was after the realization that children in the ward had little or no form of entertainment. As entertainment also aides to healing , the Lions saw it fit to fundraise for this initiative. The club also donated and helped put up Christmas Decorations in ward making the mood in the ward merry . Present at the proceedings were the Medical Superintendent, Matron, Sister-in-charge of the ward, Accountant, Hospital Administrator and children from the ward accompanied by their mothers. Below pictures from the hand over ceremony



CLUB UPDATES

Salima Lions Club Tree Planting Activity.

Salima Lions Club of Malawi conducted a tree planting activity with students from Salima School for the Visually Impaired on 28th January, 2012 at the school premises in Salima. A total of 700 trees were planted half of which were fruit trees such as guavas and Mpoza.

School background

The resource school for the blind hosts up to 36 students out of which 21 are girls. The school has an administration block which was also donated by Limbe Lions Club through Salima Lions club in 2006.

There are many challenges that the school is facing which include inadequate teaching resources such as paper, computers, printers and desks.

Salima Lions Club chose to plant trees with the visually impaired students to cement the long standing relationship that has existed with the school from early 2000.

Present on the tree planting day were 12 Salima Lion Club members and 19 non members which included school teachers, school committee members and students from the nearby primary school apart from the blind students themselves.

The club also produced a video clip which is posted on You Tube and can be accessed by typing “ Salima Lions Club Tree Planting @ SALEA” <http://www.youtube.com/watch?v=4DILqMUU7XE>

At the end of everything, the club donated 21 pairs of shoes to visually impaired girl students at the school.



Lion President Francis Zande giving out shoes



Salima lions planting trees with students

Website Update

Fellow Lions,

The PR team has made some updates to the District Website and we hope the information will help your clubs grow.

Tree Planting

Another 2500 trees planted in Malawi! Well done to Lions Club of Lilongwe, read all about it<http://www.e-district.org/sites/412/page-12.php>

We have planted 8177 trees in District 412! How many have you planted? Have you sent through your report to the publicity team? Read all about it.... <http://www.e-district.org/sites/412/page-11.php>

Convention: Juliasdale, Nyanga, Zimbabwe

Don't miss out on this one! It's our 50th Anniversary as a District!!!

Have you made your payment yet?

Club Websites

You are all encouraged to maintain your Club websites and keep them posted with up to date information of the activities of your respective Club and the district!

District Blog

We have a district blog that can accommodate all your stories, pictures or any other media . Any thing that is not featured in the website or the district newsletter and is submitted to the PR team will be posted on the district blog

Yours In service

Lion Piraishe Mabhena

| ICT & Website Manager | Assistant Public Relations | District 412

Serving with Pride

CHARTER ANNIVERSARIES

Francistown-Nyangabgwe Lions

Charter Date: 4 February 1999

Liwonde Lions

Charter Date: 4 February 1968

Shurugwi Lions Club

Charter Date: 7 February 2006

Matopos Lions Club

Charter Date: 5 February 1970

Lobatse Lions Club

Charter Date: 7 February 2006

Chichiri New Century Lions Club

Charter Date: 12 February 2007

I consider my ability to arouse enthusiasm among my people, the greatest asset I possess, and the way to develop the best that is in a person is by appreciation and encouragement.

Charles Schwab.

WANT TO BE HEARD ?

Got something to say, then why not share it with us. We will be glad to hear how your club is making a difference in the community We will be delighted to hear from you.

Email us on – newsletter412@gmail.com

Blog with us on –www.lionsdistrict412.posterous.com

Visit our web page– www.e-district.org/sites/412

Join us on Facebook- District 412 Lions



Editor
Lion Melusi Lusaba PLDP

Dear Cabinet Officers,

NOTICE OF 3RD CABINET MEETING SCHEDULED TO BE CONDUCTED ON 3RD MARCH 2012 AT GWERU ZIMBABWE

Notice is hereby given by the District Governor Lion Frances Palmer for the conduct of the third Cabinet Meeting of our District for the Lionistic Year 2011-2012. Details are as follows:

Venue: Gweru Lions Club, Gweru Zimbabwe

Date: Saturday 3rd March 2012

Time: 13.00 hours to 15.30 hours

Host: Zone 3B Lions Clubs

In the evening Dinner to honour our PDGs

ACTIVITIES FOR SATURDAY 3RD MARCH 2012

10.00 hr – 11.00 hr Parade in Town

11.00 hr – 13.00 hr Visit to Antelope Park

13.00 hr – 15.00 hr 3rd Cabinet Meeting

15.00 hr – 18.20 hr BREAK

19.00 hr ANNUAL PAST DISTRICT GOVERNOR CELEBRATION DINNER

Please note both cabinet meeting and celebration dinner will be held at the Lions Den Shurugwi Road.

Food for Thought

Correction is to correct what is wrong and not to correct who is wrong.

Thought to Ponder:

I need to correct the mistake and not the person. When I am caught up with correcting the person, there are a lot of negative feelings. Also, no one has the power or the patience to listen to corrections. But, when I am focused on correcting the mistakes, I use others' qualities and my own qualities to better the situation. So, there are positive feelings and emotions.

Point to Practice:

Today I will see what I can do to change a situation when something goes wrong. I will not worry about who was wrong, but try and focus my energies on what could be done to better the situation. Thus, I will be able to contribute in the right way.

District Governor's Club Visits



Matopos and Khumalo Lions with the DG



Bulawayo Khumalo President Lion Thembinkosi Zulu receives the DG's banner and pin



Bulawayo Matopos President Lion David Wood receives the DG's banner and pin



Lion Selwyn and Matopos Lion President Lion David Wood relax before the meeting



From R to Left –Lion Selwyn Palmer and Region 3 chair Lion Maurice Nyamuda chat while Zone 4B chair Gibson Kay-Khiwa looks on



PDG Lion Ray Terblance with 42 years of service to Lions club