



Volume 1 Issue 1

August/September 2013

## Lions Reading Action Program Campaign

Education and literacy are key to overcoming poverty, disease and other social issues. Yet today, nearly one billion people worldwide are illiterate. Literacy is the essential foundation for participation in our global society. Without literacy, the world cannot fight poverty and disease, reduce child mortality, achieve gender equality and ensure sustainable development, peace and democracy. Yet, nearly 800 million people across the globe lack the ability to read and write. Of all the illiterate people in the world today, two-thirds are female and over 90 percent live in developing countries.

New access to digital information has the power to change lives and make communities stronger, but according to the Gates Foundation, nearly 5 billion people almost 90% of the world's population do not have Internet access.

Lions everywhere are changing the lives of children and adults who have little or no access to schools, libraries, educational materials and the Internet. Whether they are involved with tutoring programs, book donations, or helping to build classrooms, Lions share a common goal: expanding our impact. The Lions Reading Action Program Campaign challenges Lions to make an even greater impact.

With other Lions worldwide, the Phoenix Lions are also involved in the Reading Action Programme. On the 17<sup>th</sup> of August the club, took story books and spent the day at a children's home in Marlborough, Harare. Shalom Children's home is an orphanage that has 25 children. This was the setting for the Phoenix Lions, in their yellow vests with books in hand exchanged hugs and greetings



with the little ones. They then moved to the garden in the lawn and Lion Priscilla Musonza was the story teller. All the kids gathered around here and the challenge was keeping the little ones still for a long period. It was indeed an art and skill as she dramatised the novel and brought all the characters to life. As they say all reading, no play makes one dull, the book was then swapped for a football and it was game time. The score line did not matter, the idea was having fun. Am sure the national coach would

have been proud as we unearthed future soccer players. With the sweat and energy of the little one, the Lions could not cope, and they decided to call the meeting to order, typical Lions!! But then, all good things come to an end.

The Lions donated books, pencils and crayons as part of their efforts to promote reading. These were well received and those old enough to read promised to do the reading next time the Lions would visit. Also an assortment of goodies was handed to the home. These included soap, food stuffs and clothes. By then it was sunset and time to head home, it was indeed an afternoon well spent judging from the smiles and the energy in the waves as they shout-ed bye bye to the Lions

Phoenix Lions believe that we can work together to bring hope for a brighter, more fulfilling future to millions ... through literacy.

**793 million people cannot read these words- (UNESCO)**

## From the Lion Presidents Desk



Lions Club of Harare The Phoenix was chartered in June 25, 1981. The club suffered a setback when members lost interest and no new members added. So after a few years of inactivity the club was thus revived in November 2011, as it had lost all members and was threatened with Charter withdrawal. So three members of Harare West were tasked in resuscitating the club, these members are Lion John Mwinjilo, Lion Jona Machaya and Lion Edmund Machingura.

This was a start of a journey that saw membership growing to 11 by end of Lionistic year 2011-12. As of March 2013, club membership had grown to 17 members with five prospective Lions. By the end of the Lionistic year, we hope membership will be 25. We meet weekly for projects and meeting held the 2nd Thursday.

To attract membership, the club has recruited young and vibrant members who have the zeal to serve the community.

Our theme this Lionistic year centers around fulfilling our dream of a stronger club in a stronger community resulting in stronger Lions. This is in line with the International's President's theme.

We will do this through participation in the following as service is more than a dream - it's our identity :

**Global Service Action** – Get involved in our year-round service initiatives that impact youth, vision, hunger, and environment.

**Tree Planting** – Plant a tree and better our environment.

**Reading Action Program** – Make reading and literacy a focus in your community and share the dream of education.

As we do these, we will be fulfilled Lions serving the community effectively.

Lion President

Lion John Mufaro Mwinjilo ( Melvin Jones Fellow)

## Who are Lions ?



In 1917, Melvin Jones, a 38-year-old Chicago business leader, told members of his local business club they should reach beyond business issues and address the betterment of their communities and the world. Jones' group, the Business Circle of Chicago, agreed. After contacting similar groups around the United States, an organizational meeting was held on June 7, 1917, in Chicago, Illinois, USA. The new group took the name of one of the invited groups, the "Association of Lions Clubs," and a national convention was held in Dallas, Texas, USA in October of that year. A constitution, by-laws, objects and a code of ethics were approved.

Within three years, Lions became an international organization. Since then, we've earned high marks for both integrity and transparency. We're a well-run organization with a steady vision, a clear mission, and a long - and proud - history.

Whenever a Lions club gets together, problems get smaller. And communities get better. That's because we help where help is needed - in our own communities and around the world - with unmatched integrity and energy

Our 46,000 clubs and 1.35 million members make us the world's largest service club organization. We're also one of the most effective. Our members do whatever is needed to help their local communities. Everywhere we work, we make friends. With children who need eyeglasses, with seniors who don't have enough to eat and with people we may never meet.

We serve!!

# Make a Difference in 2013-2014

Everyone, anyone can set about Making a Difference in their world. What's more, it fits perfectly with getting the best from people, in ways they will enjoy and in ways which will help them and your business thrive. But, to be clear, this is about more than that - it's about a way of being in everything we do, with everyone.

## Top 10 Things About Making a Difference

So what is this *Making a Difference stuff*?

It's about just being who you are and finding the positives in everything you do and anyone you interact with. This isn't 'Pollyanna'ish' at all - it's leveraging the good and great in you and making someone else's day.

Why would you want to do that? Because, above all, it will make you feel great. And, in business, it will really make your people shine - truly!

## The best at Making a Difference...

### Have a Way of Being

They are able to be 'good' with people and see them for what they are: real human beings trying their best, to do their best

### See the Best in People

They really believe that all people have great potential and our role in life, be it with a colleague or an interaction in, say, a bread shop, is to help that along, in every interaction.

### Have Confidence

Having interactions like this needs confidence in their people skills and these people have it in bucketfuls. Yet, it's subtle and not overt enough to be intimidating.

### Relate Easily

And they do find things in common with people. It comes easily and quickly. They ask the right questions and listen really well.

### Coach!

Rather than fix things for people, they help them find their own solutions. This, 'building confidence in others', is a great talent. They live a

coaching life, facilitating growth in whoever they come across.

### Are Trustworthy and Honest

In all they do, they live and breathe trust and honesty with others. They hold confidences well and give feedback naturally and constructively.

### Follow Through

What they promise, they deliver - even to strangers. They can be guaranteed to come through with what people expect of them and if not, they are clear about what went wrong and explain, with an apology.

### Go the Extra Mile, Making A Difference

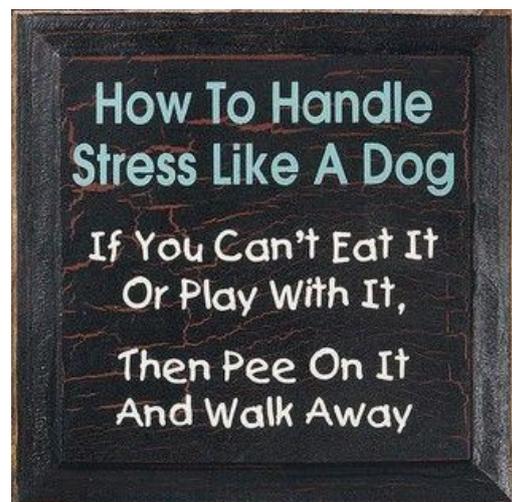
Difference do exceptional things for others - they are constantly on the lookout for opportunities to do a little more, even way after the event. In fact in some, it's just the way they are.

### Are Fair and Consistent

What's more, they are scrupulously fair. Such that, to their people, it's a given—every time. Because it's not what we expect nowadays - it has become exceptional - and our experts at Making a Difference do it very, very well.

### Like People!

Above all as it's a crucial component of making a Difference, the very best love people. They like helping them, turning them on and just being around them!



# PHOENIX LIONS IN ACTION

## READING ACTION PROGRAMS

When the International President, announced the Reading Action Program as a way to encourage literacy among children, Lions Club of Harare The Phoenix, embarked on a blitz aimed at targeting children who may at one point not be at school due to circumstances beyond their control.

The club specifically targeted sick children in hospitals around Harare and Children's Homes. The program happens every week on Saturdays mainly at Parirenyatwa Hospital, Avenues and West End Hospitals.

The club did a total of 17 Reading action Programs as follows:

14 Reading action Programs at Parirenyatwa Hospital

2 programs at West End Hospital.

1 program at Danai Children's Home in Sunridge, Harare



## PARIRENYATWA PAEDIATRIC AND ONCOLOGY WARDS

To improve the health of children, the club has made it a point to visit them every week and spend time with them, reading and playing with them. We have also brought them clothes and foodstuffs to improve their health. We have done a total of 19 visits.

The reading programme also rolled into action, as Lions read for the patients

## EASTER EGGS AND FOOD DONATION - CHILDREN'S HOME

During Easter, on Saturday 30 March 2013, the club visited Danai Children's Home, in Sunridge, Harare and donated foodstuffs sourced from a local supermarket plus Easter eggs

We spent three hours with the kids since they do not have anywhere to go. This was time well spent !!!, the smiles said it all.



**If you cannot feed hundred people, Then just feed one- Mother**

# PHOENIX LIONS IN ACTION



### TREE PLANTING

On the 26 January 2013, the club planted 50 trees along Samora Machel Avenue in the city, and was given that area to look after by the City of Harare. This stretch will be managed us and we are hoping to turn it into a green belt , and then put a sign post to showcase Lions going green

On 23 March the club went to the area to remove weeds and the trees are coming up good. We hope to plant some more trees in the rainy season

### TOYS, CLOTHES AND BOOK DONATIONS

The club donated toys and books to the Parirenyatwa Cancer (Oncology ward on 26 February 2013

Toys were also donated to the children's wards A2 and A3 at Parirenyatwa on 2 March 2013

As part of awareness to the plight on children with cancer, the club was on live Radio ZiFM on 12 March 2013. This was streamed live on the Internet and accessible to anyone around the world. Many people phoned in and pledged to donate to cancer victims.

The Club donated more clothes and toys to the children's wards at Parirenyatwa Hospital on 14 March 2013



### CLEAN UP CAMPAIGNS

Lions Club of Harare The Phoenix on 9 March 2013, joined Proudly Zimbabwe and Bin-It Harare and other organisations, to embark on cleaning Harare CBD area. The event was very successful as the whole CBD area was cleaned with bins placed in strategic areas. this culminated in a closing ceremony that was attended by 1000 people including the Mayor of Harare and other civic leaders.

On Saturday 22 March 2013, the club also participated in the cleaning up of the Kamfinsa area of Greendale in conjunction with LaFarge Zimbabwe and City of Harare.

**Reduce >>>>>>>>> Reuse >>>>>>>>> Recycle**

# PHOENIX LIONS IN ACTION

## PUBLICITY

Lions Club of Harare The Phoenix has raised the profile of the Lions in Zimbabwe and worldwide by taking advantage of the print, electronic and the internet.

During this past Lionistic year, the club has been on Radio on 5 different occasions and on TV on three occasions. This coverage was during projects and awareness campaigns.

The newspapers covered the two diabetes awareness campaigns, with the TV also covering the same (17 and 24 Nov 2012)

Radio Zimbabwe which covers the whole of Zimbabwe covered the Children's Christmas party (Dec 2012) that the club hosted for 45 orphans from three Orphanages namely Chinyaradzo Children's Home, Mother Hope and Mathew Rusike Children's Homes. The event attracted the best musicians in Zimbabwe, Jah Prayzah and Kapfupi.

ZiFM a popular radio station in Zimbabwe and that streams world-wide featured the club on three occasions in their programs to highlight three projects : Diabetes Awareness, Tree Planting and Clothes and food donations to Parirenyatwa

The club also took part in high profile Street Storm involving more than 1000 people and this brought Lionism on the forefront. (9 March 2013)

The club has extensively used the internet in for public awareness namely

The club website, Facebook Page, Twitter Account, Whatsapp



**My StationYour Station**

## LEOS



Lions Club of Harare The Phoenix has also encouraged the establishment of Leo and Omega clubs. Leos are essentially young Lions , who serve in the same way as the Lions do.

Harare The Phoenix sponsors three Leo Clubs namely :

- Leo Club of St Johns
- Leo Club of Conway College
- Leo Club of Westridge

The club is in the process of having Omega Club of Harare the Phoenix chartered by end of the Lionistic year, and already the Omega club has 23 members.

The club has also helped host the Leos region meetings and at one meeting the club President inducted 45 youths into Leoism

**In youth we learn; in age we understand." - Marie von Ebner-Eschenbach**



## Editors Note



To many a Phoenix may represent a new beginning, that no matter how bad or hot things may get you will get back up on your feet (rise out of the ashes).

The name of this mythical bird comes from Greek, meaning red, purple. Corresponding with this Greek myth, Phoenix is an oracular bird, which can periodically burn up and then regenerate from it's own ashes. It's the symbol of immortality by resurrection. The legend says that the bird was seen feeding itself with dew, gathering smelling herbs, burning with them waiting for the moment of resurrection after three days.

In Egyptian mythology, Phoenix was associated with the Benu bird, in the state of the Sun's God.

In Roman mythology, the bird was associated with the resurrection of the Empire and was popular on roman coins and mosaics.

Christians believe that Phoenix is the symbolic model of Christ's Resurrection after three days.

In China, Phoenix has it's correspondent in Feng-huang bird, where the Ying and Yang principles reunite.

Jewish legends name it Milcham and explain its immortality by its faithfulness. It was said that when Eve bit the apple of knowledge, she tempted the animals with the forbidden fruit. The Milcham bird refused and received for its faithfulness a town where it can live a thousand years.

The Phoenix always rises from its own ashes. It can be a metaphor for always picking yourself up when you are down.

As Harare the Phoenix Lions Club, this legend of the Phoenix can be simply interpreted to mean that the end is only the beginning. The Phoenix symbolizes long life, rebirth, and especially resurrection or reconstruction after destruction by fire.

Fellow Lions, enjoy this newsletter and welcome to our 2013-2014 Lionistic year.

Lion Tariro Bonga and Lion Thabani Gambiza

*The more you read, the more things you'll know.  
The more that you learn, the more places you'll go."*

*Dr. Seuss, author of children's books*

## The Best in District 412

The Phoenix Lions are currently the best Lions club in the District 412 which covers Botswana, Malawi, Mozambique and Zimbabwe. The club came tops after looking at the projects, the administration of the club and also the impact the club has had in their community. Thus the club walked away with the award of Best Club.



Lion President Lion John Mwinjilo accepts the award on behalf of the club, with the Immediate Past District Governor Lion Clement Ndala looking on

That's not all the club won at the annual district convention held along the sand beach of Lake Malawi in Mangochi in May.

The club also got : Best Club Administration Award  
Best Club Involvement Award  
Best Public Relations Award

So not only did the Lions enjoy the swim in the lake at the Sun and Sand Resort., they basked in glory knowing that, they came, they saw and they conquered the district! Considering that the club sprang back into life in November 2011, and getting all these awards in 2 years speaks volumes of the impact and service in our community. All this is testimony of the hard work that the club is putting in to make the community a better one and beyond and above that representing the Lions family in Zimbabwe.



Oh yes, we are the best

## Be a Lion

If you're interested in volunteering, leading projects, networking and having fun – you can do all of this and more as a Lions club member. As a Lion, you'll perform local volunteer work to improve your community – and communities around the world

As a Lions club member, you'll join a local group of service-minded men and women who are doing local volunteer work to support your community – right now. You'll also become a member of Lions Clubs International, a respected international organization, a leader in your local community and a friend to people in need.

There are many reasons to become a member. As a Lion, you will:

- Help your community and gain valuable skills
- Make an impact on people's lives – locally and internationally
- Learn to be a leader – and lead a respected organization
- Network with business people in your community and around the world
- Energize your life and have fun

You'll grow personally and professionally. And you'll know that the community volunteer work you perform is worthwhile and appreciated.

The Phoenix Lions meet every 2nd Thursday of the Month at 6pm  
Realtime , 1st Floor  
Cnr 3rd Street/ Central Avenue  
Harare

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

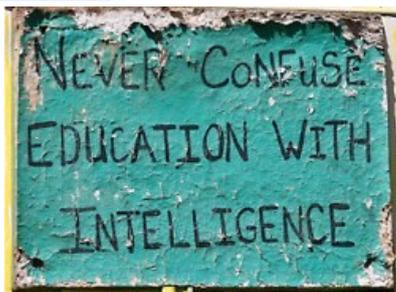


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## Awesome Body Hacks

### 1.If your throat tickles, scratch your ear!

When you were 9, playing your armpit was a cool trick. Now, as an adult, you can still appreciate a good body-based feat, especially if it serves as a health remedy. Take that tickle in your throat; it's not worth gagging over. Here's a better way to scratch your itch: "When the nerves in the ear are stimulated, it creates a reflex in the throat that can cause a muscle spasm," says Scott Schaffer, M.D., president of an ear, nose, and throat specialty center in Gibbsboro, New Jersey. "This spasm relieves the tickle."

### 2.Feel no pain!

German researchers have discovered that coughing during an injection can lessen the pain of the needle stick. According to Taras Usichenko, author of a study on the phenomenon, the trick causes a sudden, temporary rise in pressure in the chest and spinal canal, inhibiting the pain-conducting structures of the spinal cord

### 3.Cure your toothache without opening your mouth!

Just rub ice on the back of your hand, on the V-shaped webbed area between your thumb and index finger. A Canadian study found that this technique reduces toothache pain by as much as 50 percent compared with using no ice. The nerve pathways at the base of that V stimulate an area of the brain that blocks pain signals from the face and hands.

### 4.Make burns disappear!

When you accidentally singe your finger on the stove, clean the skin and apply light pressure with the finger pads of your unmarred hand. Ice will relieve your pain more quickly, Dr. DeStefano says, but since the natural method brings the burned skin back to a normal temperature, the skin is less likely to blister.

### 5.Breathe underwater!

If you're dying to retrieve your keys from the bottom of the pool, take several short breaths first—essentially, hyperventilate. When you're underwater, it's not a lack of oxygen that makes you desperate for a breath; it's the buildup of carbon dioxide, which makes your blood acidic, which signals your brain that somethin' ain't right. "When you hyperventilate, the influx of oxygen lowers blood acidity," says Jonathan Armbruster, Ph.D., an associate professor of biology at Auburn University. "This tricks your brain into thinking it has more oxygen." It'll buy you up to 10 seconds.