



Turning Wheels of Bulawayo Rotary Club



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April 2003.



From the President's Computer

What a month April is already turning out to be, as DG Phil says, our running shoes are working overtime!

I have already bid farewell to PP Charles Chiponda on his Group Study Exchange Tour to East Africa and to PP Gordon Geddes who is participating in the Flora London Marathon to raise funds for Rotary Food Relief-both Past Presidents have bought great honour to our Club.

President Elect Kingsley has attended a very inspiring Pets Seminar in Harare and rearing to go for his incoming year!

The 'War on Terror' is well underway in Iraq and as I see all those young lives being lost, one hopes that Rotary can continue to try and nurture peace, goodwill and world understanding, so this never happens again.

The District Conference is looming even closer as the thrust for registration and final preparations are underway and the committee are being to feel very harassed, but they are all so dedicated and "it'll be alright on the night" and it will be a conference not to be missed! It's in our own City of Kings - please support!

Our RI President Bhichai Rattakul wrote in an article these words. 'The only way to experience the true meaning of Rotary is through personal involvement.' So true and I have often said the more you put into Rotary, you get returned to you twofold in special ways.

President Maureen Bond

Rotary Thoughts for the Month!

'If you think you are too small to have an impact, try going to sleep with a mosquito!

Anita Roddick

'You can have it all, you just can't have it all at one time!'

Oprah Winfrey

It can be truly written about Paul Percy Harris as is written of Sir Christopher Wren and St Paul's Cathedral:

'For his memorial, look about you!'

Rotary International designates each month to a particular subject. This is part of each club's year planner.

The month of April is dedicated to:

Magazine Month

Although email and the Internet are increasingly gaining popularity as communication tools, most Rotarians still look to the print medium as the prime source of information. There are two main magazines that I know of on the Rotary Circuit, 'The Rotarian' and 'Rotary Africa'.

'The Rotarian' was first published in 1911 in Chicago and then known as the 'Rational Rotarian', the 12 pages being the best way to publish an essay by Paul Harris, and also to advertise Club news. It snowballed from there and in 1912 became a monthly publication with a name change to 'The Rotarian'

17 Nobel Prize winners and 19 Pulitzer Prize winners have written for the magazine, names such as Helen Keller, Eleanor Roosevelt, Mahatma Gandhi and Winston Churchill.

In 1996 selected articles have been placed onto the Rotary Website. Each month about 500 000 copies of this publication are printed and distributed worldwide. There is a network of 27 regional magazines with a cumulative circulation of 730000 readers.

One of these Regional magazines are our very own 'Rotary Africa' unfortunately becoming unaffordable to us in forex strapped Zimbabwe. Aably run from Durban by Editor Derrick Cooper and his team, they adhere to the mission of 'building Rotary's image and supply information'.

Our own Club Bulletin is an equally important tool, yet how often is it that our Club members have not read the Bulletin and noted important dates for instance.

We are always wanting your interesting Rotary anecdotes, feedback on field trips and projects to enhance the overall knowledge of the club of what's actually happening within.

These magazines, as mentioned above, serve as effective communication tools, in recruiting new members and promoting Rotary to other organizations and community leaders.



Group Study Exchange Team to East Africa

Our very own PP Charles Chiponda, the selected Group Leader, leading a team of two ladies and two men from Zambia and Malawi departed from Bulawayo Airport on Saturday 5th April with rather a small fanfare of Pres Maureen and PP Laurie only as the fuel crisis prohibited other Rotarians' from joining us.

They looked so smart in their uniforms provided by Rtn Julie Bonett and PP Eric Rensberg and I am sure will be superb ambassadors for our District 9210. The ladies especially, were bubbling over with excitement!

PP Charles is the most natural speechmaker, he speaks right from the heart, and I am sure will make an outstanding impression on all the East African Rotarians.

I am hoping to get feedbacks from the various host clubs to update you all on their 'tour of duty'.

Their itinerary as follows:

5 th April	- 14 th April	= Dar-es-Salaam
15 th April	- 25 th April	= Kampala
26 th April	- 3 rd May	= Nairobi
4 th May	- 11 th May	= Mombassa

They will present all the highlights of their trip to our Club upon their return and at the District Conference.

Well done PP Charles-a credit to yourself and Bulawayo Rotary Club on this wonderful achievement!

President Maureen Bond

DISTRICT CONFERENCE 9210 AMPHITHEATRE – BULAWAYO CENTENARY PARK

MAY 14TH TO SATURDAY 17TH MAY

Those Rotarians that have not yet registered, **time is running out!**

The registration forms are on the email / Internet and can be also be obtained from your President and Julie Bonett.

A unique opportunity to meet with Rotarians from District 9210, learn about the District's aims and projects and be overtaken by the 'Wheel of Fellowship!'

London Marathon

Our PP **Gordon Geddes** is participating in London's Elite race in a week's time, this race being considered one of the most prestigious marathons in the world!

It is described as: "One amazing race, one amazing day, one amazing charity!!"

The Flora London Marathon is the greatest charity fund raising event in the world and has become Britain's largest fundraising event. It is not just about who crosses the finish line first, but also about the millions of funds raised for charity every year.

The London Marathon was the brainchild of a former middle distance runner, Chris Brasher, one time holder of the 5000 m world record. He returned from taking part in the 1979 New York Marathon, with the seeds of an idea implanted in his brain and totally enthralled by the comradeship of the New Yorker's. After studying the organization and finances of both the New York and Boston marathons, Basher put together a budget to the Greater London Council and the various Athletics governing bodies in early 1980.

The authorities gave a cautious 'green light' and a 50000 British Pound sponsorship was received from Gillett's. The Inaugural run was held March 29th 1981 with 7747 people starting from 20000 hopefuls. The next year saw more than 90 000 runners from all over the world apply for the 1982 race! In the last 20 years over 445129 runners have completed the London Marathon.

One of the contributing factors is the massive amount of time and energy invested by charities themselves to recruit runners and help support them through the training and importantly with their fund raising. This year the Marathon Committee has selected two main charity organizations to support, being 'Children with Leukemia' and 'Outward bound' for the Disabled.

GBP 24 million was raised for charity last year (2002)!

The race begins in Greenwich Park and this year 32000 runners are taking part, as good causes are the main motivators for dragging themselves round the grueling 26.2.mile course!

Our PP Gordon has been drawn as one of the runners this year of which we are all immensely proud of and running and giving his total sponsorship for 'Famine Relief for District 9210' which I feel along with DG Phil is a wonderful demonstration of the spirit of Rotary. In DG Phil's own words. 'Gordon you are our hero going to run the London Marathon for the 14 million now affected and needing food support in 9210'

Our thoughts will be with Gordon on the 14th and we are looking forward to his write-up upon his return.

President Maureen Bond
Bulawayo Rotary Club.

From **DG Phil's** Computer (you Rotarians beware!)

Just in case you've had a rough day, here's a stress management technique recommended in all the latest psychological texts. The funny thing is that it really works...

1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one but you knows your secret place.
4. You are in total seclusion from the hectic place called, "the world".
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you're holding underwater.

Some Letters from Our Children

Hello everyone back in Zimbabwe!

I bet you all are tired of the heat back there. Well piece of advice - appreciate it, thank God for it because this side is a whole different story. It's supposed to be spring but instead we are having a winter storm. Isn't that funny!

Everything in Wisconsin is good except for the minor set backs of the weather. You can't decide to go take a walk by the lake because it is so freezing. Believe me I tried it, my host dad warned me but stubborn old Gloria missed walking outside so she did her own thing. By the time I got back into the house I couldn't feel my toes, fingers, nose and lips even though I had a thermo vest on and thermo toe gloves and hand gloves. They don't call Wisconsin one of the coldest states for nothing.

I spoke at school yesterday about my country and where I'm from. People here think we live in mansions and seeing pools in a backyard to them is like seeing Bill Gates' house.

I also went to our weekly Rotary club meeting yesterday and I got a raise in my allowance. It's so difficult to resist the temptation of shopping, a bad habit, but my friends and host mum don't help me much in controlling the crave because they are just as bad as me.

I haven't really started missing home yet. I guess I'm still in my culture shock period. I have a district assembly to go to this weekend and I will be talking about Zimbabwe and the health situation and then the week after that there is the district conference in which I'm singing the South African National anthem (by popular demand). Also on Thursday of this week I'm participating in an International High School's Night. So I have to dance and cook up a few traditional foods. I can't wait.

Otherwise nothing really dramatic or major has happened in my life. Just the usual school, homework, the gym (a necessary activity). Sport isn't enough to control the pounds I'm packing in this body of mine. American food is the DEVIL!!! - very tempting and very nice to eat but some serious consequences.

I hope you all are well and that through hard times back home you keep smiling. I often think of what a blessing it is for me to be here and that just makes me want to be the best ambassador I can be for Zimbabwe.

Take Care,

Gloria Mlotshwa.

Dear Dad,

I really enjoyed talking to you the other night at the Harare Club and appreciated your visit and the time you spent with me - it was like those old times again.

As I mentioned that night, the hardest thing about you folks being in Bulawayo and us being so far away in Headlands is not being able to ask your advice or not being able to ask your opinion or how you coped with a very similar situation in 1980.

Our main concerns now, as yours were, are for our kid's futures -

How will we keep our schools open?

How do we maintain a decent standard of health care?

Are we to be the only ones left at the end of this ?

How will we afford to feed the kids, let alone dress them?

These are a few of the nagging questions that torment us each day, more so than the likely hood of us losing our farm and our home!!

And yet with all these negatives, we have no desire or wish to leave.

This is our home and country and we need to make our future here work for ourselves and our kids.

Maybe I'm lazy, but I still believe that it is easier here than over seas to bring up functional children who won't be exposed to "1st world life" here in our little backwoods country.

Perhaps I'm more fortunate than some, thanks to you parents, in that I've been to Aussie with the Boy Scouts to attend the Scout Jamboree, farmed in Canada, visited America, worked in England played rugby for CBC in Ireland, stopped over in Portugal while on Martin Sanderson and Erith Harris's School tours and toured extensively in Southern Africa - Kenya, Malawi, Namibia, Zambia, Botswana with yourself and the Boy Scouts and recently spent some time in South Africa.

I have worked and farmed in Zimbabwe, fished in Mozambique, the Zambesi and local waters and have hunted in the Valley so I've got a pretty good idea as to what our and those other countries have to offer me and my family.

There is no doubt in my mind that we could settle overseas, and make a go of it, but I also know that I would never truly be happy, and my kids would never lead the carefree life that I can offer them here.

I still believe things will come right, not right as we knew it but right as it is meant to be, and so I want to stick it out to the end or the new beginning.

I'm pretty sure that the misgivings we have were much the same as yours in 1980 and beyond, but I thank you for "sticking it out" and letting me have the life and education I've had thus far.

I have no regrets for having lived in Zim all my life and I only hope that one day my kids can say the same.

I have just received my Section 7 which is Governments answer to my appeal against acquisition. We withdrew the appeal when agreed to subdivided so it just goes to show how the system works!!!

I will let you all know how things go from here.

Love from all of us.

PS. A special thanks for having the forethought to let us kids learn the African languages - it must have cost you a fortune at today's exchange rate for every poem, story or song you paid our domestic staff to teach us.

Speaking both languages fluently has stood me in good stead both on the farm, in business and socially.

I wish that all Makiwas would take the opportunity to learn to speak at least one of our languages while they are young.

How can we understand and be respected by our fellow people if we can't even communicate with them?

Don't walk in front - I may not follow.
Don't walk behind - I may not lead.
But walk beside me and be my friend.

13 Rules of Life

1. Never give yourself a haircut after three margaritas.
2. You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use the tape.
3. The five most essential words for a healthy, vital relationship are, "I apologize" and "you are right."
4. Everyone seems normal until you get to know them.
5. Never pass up an opportunity to pee.
6. If he/she says that you are too good for him/her - believe them.
7. Learn to pick your battles. Ask yourself, "Will this matter one year from now? How about one month? One week? One day?"
8. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
9. If you woke up breathing, congratulations! You have another chance!
10. Living well really is the best revenge!
11. Work is good, but it's not that important. Money is nice, but you can't take it, or anything else, with you. Statistics show most people don't live to spend all they saved; Some die even before they retire. Anything we have isn't really ours; we just borrow it while we're here - even our kids.
12. Be really good to your family and/or friends. You never know when you are going to need them to empty your bedpan.
13. If you are going to be able to look back on something and laugh about it, you may as well laugh about it now.

And remember the Four Way Test.

THE ROTARY FOUR WAY TEST

Of the things we think, say, or do.

1. Is it the Truth?
2. Is it Fair to All Concerned?
3. Will it Build Goodwill and Better Friendship?
4. Will it be Beneficial to All Concerned?



IF

- (Apologies to Rudyard)

If you can start the day without caffeine or pep pills,
If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when loved ones are too busy to give you time,
If you can overlook when people take things out on you when, through no fault of yours, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can do all these things...

Then you are probably the family *d o g*.



WATER

1. 75% of the World's population is chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Costa and Soula

Mrs Papadopoulos comes to visit her son Costa for dinner. He lives with a female roommate Soula. During the course of the meal, his mother couldn't help but notice how pretty Costa's roommate was. She had long hair, long legs, slim and pretty. She had been suspicious of a relationship between the two, and this had only made her more curious. Over the course of the evening, while watching the two interact, she started to wonder if there was more between Costa and his roommate than met the eye. Reading his mom's thoughts, Costa volunteered, "I know what you must be thinking, but I assure you, Soula and I are just roommates."

About a week later, Soula came to Costa saying, "Ever since your mother came to dinner, I've been unable to find the silver sugar bowl. You don't suppose she took it, do you?" Well, I doubt it, but I'll email her, just to be sure." So he sat down and wrote: Dear Mother, I'm not saying that you 'did' take the sugar bowl from my house, I'm not saying that you 'did not' take it. But the fact remains that it has been missing ever since you were here for dinner. Love, Costa.

Several days later, Costa received a response email from his Mother which read: Dear Son, I'm not saying that you 'do' sleep with Soula and I'm not saying that you 'do not' sleep with her. But the fact remains that if she was sleeping in her OWN bed, she would have found the sugar bowl by now. Love, Mum.

Lesson of the day: Don't Lie to Your Mother (especially if she is Greek!)



Conference Shop

The Dentist

George W. Bush and Tony Blair are at a White House dinner. One of the guests walks over to them and asks what they're discussing.

- "We are making up the plans for World War III", says Bush.
- "Wow", says the guest. "And what are the plans?"
- "We're gonna kill 14 million Arabs and one dentist", answers Bush.

The guest looks to be a bit confused.

- "One ... dentist?" He says. "Why will you kill one dentist?"

Blair pats Bush on the shoulder and says,

- "What did I tell you? Nobody is gonna ask about the Arabs."



BEAUTY TIPS

Audrey Hepburn wrote this poem when she was asked to share her "beauty tips." It was read at her funeral years later.

For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his/her fingers through it once a day.
For poise, walk with the knowledge that you never walk alone.
People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.
Remember, if you ever need a helping hand, you will find one at the end of each of your arms.
As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.

HORMONE HOSTAGE

The Hormone Hostage knows that there are days in the month when all a man has to do is open his mouth and he takes his life in his own hands!

This is a handy guide that should be as common as a driver's license in the wallet of every husband, boyfriend, or significant other.

DANGEROUS: What's for dinner?

SAFER: Can I help you with dinner?

SAFEST: Where would you like to go for dinner?

DANGEROUS: Are you wearing that?

SAFER: Gee, you look good in brown.

SAFEST: WOW! Look at you!

DANGEROUS: What are you so worked up about? SAFER: Could we be over-reacting?

SAFEST: Here's fifty dollars.

DANGEROUS: Should you be eating that?

SAFER: You know, there are a lot of apples left. SAFEST: Can I get you a glass of wine with that?

And my personal favorite.....

DANGEROUS: What did you do all day?

SAFER: I hope you didn't over do it today.

SAFEST: I've always loved you in that robe!

Pass this on to all of your hormonal friends and those who might need a Good laugh! Or men who need a warning.

And remember: **Money talks. Chocolate sings!**



**Dan & Shirley Mooers
The Conference RIPR!**

Final Advice

ONE.

Give people more than they expect and do it cheerfully.

TWO.

Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE.

Don't believe all you hear, spend all you have or sleep all you want.

FOUR.

When you say, "I love you", mean it.

FIVE.

When you say, "I'm sorry", look the person in the eye.

SIX.

Be engaged at least six months before you get married.

SEVEN.

Believe in love at first sight.

EIGHT.

Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE.

Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN.

In disagreements, fight fairly. Please No name-calling.

ELEVEN.

Don't judge people by their relatives.

TWELVE.

Talk slowly but think quickly.

THIRTEEN.

When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

FOURTEEN.

Remember that great love and great achievements involve great risk.

FIFTEEN.

Say "bless you" when you hear someone sneeze.

SIXTEEN.

When you lose, don't lose the lesson.

SEVENTEEN.

Remember the three Rs:

Respect for self!

Respect for others!

Responsibility for all your actions.

EIGHTEEN.

Don't let a little dispute injure a great friendship.

NINETEEN.

When you realize you've made a mistake, take immediate steps to correct it.

TWENTY.

Smile when picking up the phone. The caller will hear it in your voice.

TWENTY ONE.

Spend some time alone.

Support the Conference Advertise!

Deadline: Next week!!!
Cheapy Cheap: Z\$5000-Z\$25000.



Otherwise - this one is going to get you!