

# Zambian Knightly News

Final Edition Step It Up Make a Difference Zambian Knights



We started our journey in Livingstone, Zambia. Where we visited the magnificent Victoria Falls.

The children we met in Choma stole our hearts with their big smiles.



The trip would not have been complete without the visits we made to ZOCS. The SNC students and staff truly made a difference at the Chifwema School



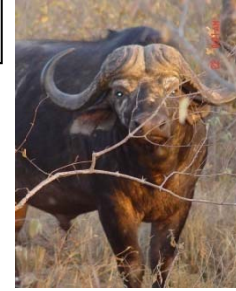
This view was worth the walk on the dirt track to the Lunsemfwa Wonder Gorge.

The Bangweulu Wetland is a great place to fish or go bird watching. One of the rare and peculiar looking birds found here is the Shoebill Stork, which resembles the extinct Dodo.



## North Luangwa National Park

Bird watching was a colorful adventure as you can see from the Carmen Bee-eater. The park is a great place to see Cookson's wildebeest, hyenas, zebra, vervet monkeys and small herds of elephants.



We ended our journey here in the scenic South Luangwa National Park, where our walking safari gave us a deeper appreciation for the abundance of beauty found in the land and in the herds of zebra, elephants, lions, antelope, hippopotamus and giraffe. We will not soon forget our Zambian travels or the people who journeyed with us.

A special **“Thank You”** to all those individuals who made a difference in the program.

Pat Christman for all her extra “above and beyonds” which reveal her true passion and commitment to this program every year.

The entire Health and Wellness staff for all their involvement and unending support. A big hug to Mary, Kathy, Barb, Lyla, Pat, and Lisa

Jerry Turba for the amazing photos. Judy Turba for her involvement and support. Amanda Loewen for her weekly “Volunteer Opportunities”. Dan Robinson, Corday Goddard, and the Zambia Project for their partnering efforts.

Thank you to Linda Clay who used her “Zambian Connection Shoppers” to purchase the team prizes in the markets in Lusaka.

Katie Ourada’s Health Communications class for their contributions.



### BEST BUTTON

The **Walking on the Wild Side** team won the Best Team Button. The **African Queens, The African Violets, Evictee of JMS, and Killer Bees** rounded out the top five.

### Top 10 Best Team Names

- African Queens
- Brenner Beauties
- Cool Walkings
- Killer Bees
- Safari Trekkers
- The African Violets
- Walkie Talkies
- Walking on the Wild Side
- Zimbria Project
- Zippy Zambian Zebras

### The Top 10 Step Teams

1. Cool Walkings
2. Zambian Gazelles
3. The African Violets
4. Roxy’s Rockets
5. Killer Bees
6. The Cheetahs of Math
7. A Step in the Right Direction
8. Survivor Striders
9. Walkie Talkies
10. Zippy Zambian Zebras

**Congratulations!** You have stepped it up! The total steps logged during the “Step It Up” program was 138,951,072 or 69,476 miles.

We encourage you to continue walking! Use your pedometer if it helps to keep you motivated. Refer back to your passport booklet for “make a difference” opportunities. We welcome your feedback and ideas. Because of you, the “Step It Up” program continues to grow each year!

A sincere, **THANK YOU**, to each of you who journeyed with us.  
We walked together. We made a difference. We feel the change.

## *DO IT ANYWAY*

*People are often unreasonable, illogical,  
And self-centered;  
Forgive them anyway.*

*If you are kind, people may accuse you  
Of selfish, ulterior motives;  
Be kind anyway.*

*If you are successful, you will win some  
False friends and some true enemies;  
Succeed anyway.*

*If you are honest and frank,  
People may cheat you;  
Be honest and frank anyway.*

*What you spend years building,  
someone could destroy overnight;  
Build anyway.*

*If you find serenity and happiness,  
they may be jealous;  
Be happy anyway.*

*The good you do today,  
people will often forget tomorrow;  
Do good anyway.*

*Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got anyway.*

*You see, in the final analysis  
it is between you and God;  
It was never between you and them anyway.*

*Thank you, Mother Teresa!*