

The International Association of Lions Clubs

DISTRICT 105D - FEBRUARY 2013



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“Service with humility: Fellowship with fun”



Hello Fellow Lions

Well here we are just about through the dark days of January. Like a lot of people going to work in the dark and coming home in the dark is horrible and I certainly find it quite depressing. Now it is getting lighter and the journeys for Christine

and I are about to begin again and we look forward to them as we look forward to the lighter days of spring.



We enjoyed the few days of snow particularly as our dogs had a ball. Unfortunately the chickens have been up to their knees in mud, then snow and now mud again. Even so they are

still keeping us in eggs.

Enough of the domesticity and back to our ‘Life with the Lions’. There has not been much activity during this month. We hosted a small dinner with the two vice District Governors and their wives which was very pleasant. This was to review the year so far and



to make some plans.

The next weekend saw us in Bournemouth for the Young Ambassador selection. What a privilege to meet those young people who give so much of themselves and their time for others.



I asked the sponsors to sign them up for Young Leaders in Service as they all do so

much in their communities. Christine and I have already said we will be there again next year because their enthusiasm inspired us and we feel the next group of youngsters will recharge our batteries.



The snow and ice was very bad when we woke up on the morning of Lodden Valley’s Charter but like a lot of people we set off with care and arrived safe and sound. We had a wonderful time and the time

passed very quickly and we did not realise how late we were in leaving!!! As you can imagine the chickens were late in being let out into the snowy world on Sunday morning.

I also had a very good visit to Newbury, the first one of the year. Christine was pleased by their support of her Charity, ‘Hope for Tomorrow’.

The last weekend in January is always the Council of Governor meeting. My year is halfway through and at this meeting First Vice District Governor David joined me for all the sessions. It seemed like only yesterday I sat next to IPD Ron experiencing C o G for the first time. At this meeting next year’s Council Chairman is selected. The results should be on the MD website fairly soon. Time certainly flies when you are having fun; and I certainly am. Christine and I are thoroughly enjoying meeting you and hearing about all the club activities. We also would love to see as many of you as possible at District Convention at the end of March. So, don’t be shy, come and join us at the Wessex Adventure. Life with the Lions is very fulfilling, and helping and serving those less fortunate than ourselves is made all the more rewarding because it is a time spent with friends in fellowship as well.

District Governor Visits	Roger’s Rambles
PDG Lunch	3rd February
Lymington	6th February
Weymouth & Portland Charter	9th February
Burnham Charter	10th February
Hook & Odiham Charter	16th February
Blandford Charter	23rd February

Members Passed to Higher Service

Sadly we lost the following members.
Charles Slater— Goring, Woodcote & District
Phillip Allchurch— Woodley & Earley

New Members

We welcome the following new Lions and we hope you are with us for a long time and that you enjoy the service and fellowship:

James Porter	Andover
Dalton Hopkins	Basingstoke
Diane Hopkins	Basingstoke
Maurice Stone	Basingstoke
Andrew Rollison	Eastleigh
Nigel Lock	Newbury
Phillip Smith	Portsmouth
Steve Smith	Reading
Tony Franklin	Trowbridge
Linda Smith	Waterlooville
Josephine Scott	Westbury
Alan Rose	Wokingham

Yours in Lionism

Lion Roger Munday

The Wessex Adventure" – Theme Night News !

The Lions Club of Fleet are hosting the 48th Annual District Convention on 22-24th March 2013 in the historic town of Old Windsor at the Beaumont Hotel.

The Beaumont House Hotel has been selected as venue for its offering of location, quality and value.

This years conference is shaping up to be a real treat with a broad range of dynamic informative seminars and speakers, a busy exhibition area and a wonderful partners outing to Eton College and Windsor.

One of the convention highlights is always the 'theme night' and the Wessex Adventure theme night will not disappoint !



Take a journey back to the Kingdom of Wessex and join the Mayor of Casterbridge and his good lady when they visit the country folk at the 19th century village fair.

Ladies, raid the dressing up box for long skirts, shawls and bonnets to dress as a serving wench, villager or milk maid.



Gentlemen you can come as a country yokel, knight of the realm, a gentleman of the time or even a jester.



Lords and Ladies will also be very welcome.

After you have enjoyed a served buffet supper, time will move forward and the group, 'Why' will

entertain you with favourites from the sixties onwards.



So if you and your partner fancy a fun and informative weekend in a great location surrounded by friends old and new make your way to the convention web site right now.

Full conference details and all booking information is available at www.wessexadventure.org.uk

Volunteers Needed for Cabinet Roles

Following on from my letter in the November District mailing I am still looking for Lions to join my Cabinet. I am indebted to those who have already volunteered their services, however if you feel you have something to offer, or a specific area of interest, please contact me.

As often happens I still need to hear from those Lions who have served as a Club President and would be interested in the role of Zone Chair. This is an essential role within our organisation and one which can bring immense rewards to those prepared to make the necessary commitment. In addition there are some vacancies for specialist roles where the opportunities exist to use your personal interests and talents to bring about significant steps forward in developing the way we respond to the specific needs of those we seek to serve.

Irrespective of your role, it will be as part of a team and you will receive all the support and assistance you need to undertake your role successfully. There will be a published structure which will show Cabinet Officers how their roles link together and this will make it clear to all the Lions of our District how Cabinet operates.

My aim is to create a balance which couples experience with Lions who are new to Cabinet. If you have not yet contacted me and in particular those who have not served on Cabinet before, and believe you can help to make a difference please let me know.

I look forward to hearing from you either by email david_merchant@btinternet.com or by telephone on 01635 46495.

Thank you, *David Merchant*

COMPETITIONS

The 2012 Visiting Lion Competition is now closed but now is the time to begin the new 2013 competition.

The Environmental Poster Competition. If you have entries please send them to me ASAP Look out for details of next year's competition coming very soon.

Details of these competitions and all the others can be found on the District website. Go to Clubs and then select District Competitions from the sub menu. Outline details are given on the first page and more details from the sub menu on the left.

Good Luck Lion Judith 105D Competitions Officer

Fire and Ambulance Service team up to promote the Lions Message in a Bottle Scheme

Following on from the initiative by Alton Lion Brian Lazenby, Hampshire Fire and Rescue Service (HFRS) have now joined forces with South Central Ambulance Service (SACAS) to promote the 'Message in a Bottle' scheme that encourages people to keep their basic personal and medical details on a form in their fridge to save lives in the event of a medical emergency. Users can now feel confident that in case

of emergency both HFRS & SCAS know exactly how to access this key information.

Kerry Carlton, Community Safety Officer at HFRS, said: 'This is a simple, free idea that can help so many people, that's why along with South Central Ambulance Service, Hampshire Fire and Rescue Service is backing the scheme 100 per cent.'

SCAS paramedic, Alex Montogomerie, said: 'For a paramedic to have access to a 'Message in a Bottle' in an emergency situation, it could be a real lifesaver. When a patient is in pain or distressed the last thing they need is to be quizzed about their life. Often we have to waste valuable time in rummaging around for a patient's medication, time that could be much better spent in getting them definitive care at hospital.

'A Stroke can prevent a person speaking and result in a reduced level of consciousness. If any patient has a condition that we need to know about and is not in a position to tell us having a 'Message in a Bottle' in their fridge can make a real difference to the outcome for them.'

Brian Lazenby from Alton Lions Club commented: 'It's great that SCAS and HFRS are backing our simple but effective scheme, and I would urge the public to contact us to get a 'Message in a Bottle' so that in the event of an emergency, the services are able to act quickly.'

The Lions 'Message in a Bottle' is free from outlets in and around Alton (surgeries, Community Centre, Herald Office etc) or direct from Alton Lions 0845 833 2701.



The incidence of these diseases in men is similar to that of breast cancer in women but because men have been reluctant to talk about it many have denied themselves the benefit of early treatment.

Perhaps we could see participation by other clubs throughout the M.D. next year.

Remember remember don't shave in November!

Full information can be found by Googling Movember Roger F Green

READING LIONS CLUB LIFE SAVING SESSION



In 4.5 hours, nearly 500 men had their blood taken for PSA analysis in an event held by Reading Club in January at the Royal Berks Hospital in Reading. When the event was being planned there was no idea whether 10 or 100 persons would turn up for testing. After liaison with Bridgnorth Club, who had run a number of similar events, extensive advertising of the event by leaflet drops, posters, mailshots, press items and others and liaison with Mr David Baxter Smith, a consultant urologist and the Royal Berks Hospital the event was held and the turnout was excellent, with a constant stream of persons waiting to be tested. Mr Baxter Smith gave several short talks on prostate cancer while people were waiting.

Once the blood samples have been analysed, Mr Baxter Smith will write to each person tested with their own results and advise if a visit to the person's doctor is recommended.

In a sample of 500 men, approximately 10% of the results will be abnormal. Of those 50 men, 75% will be called back (i.e. 37). Approximately 50% of those will need life-saving treatment, so approximately 20 lives are saved in every 500 men.

Reading Club was very satisfied with the evening and is planning to hold another similar evening in a year's time as PSA testing is a little like the MOT test – periodic testing is necessary.

Lion Patrick Hamblin

Close Shave for Havant Lions



Barber Mark Griffiths of The Hayling Barbershop entered the Lion's den when he agreed to shave off the hairy appendages of members of Havant Lions Club 105D "Movember" team.

The event took place at a social "Grand Shave Off" at Denvilles Club Havant

with Chef Sam providing light refreshments, the team and their wives, having endured a month of whisker cultivation.

The nine man team raised a total of £1004.00 and wish to thank all who sponsored them.

This year one point one million men, world wide, took part in the event to raise awareness, encourage men to act promptly in seeking treatment and fund research into Prostate and testicular cancer.

FESTIVE FUN WITH THE LIONS AT PARKSIDE



Parkside Group



Kitchen Helpers

Pictured here are the smiling faces of the members of the Gateway Club at Parkside (Aldershot & District Mencap) Christmas Party with members of Farnborough and Aldershot Lions Clubs.

For over 25 years Farnborough Lions Club has helped organise the annual Gateway Club Christmas Party at Parkside. The Gateway Club is a social club for those with learning disabilities who live in the Aldershot area. It has over 100 members on the books with 65 who regularly attending on Wednesday evenings.

For the second year now Farnborough Lions have been joined by members of the newly formed Aldershot Lions Club to help organise this party.

Farnborough Lions President Richard Keeley said "It is always a pleasure to help run the Gateway Christmas Party at Parkside. For many years Parkside, as a charity has given both children and adults with learning difficulties the opportunity to develop their individual life skills and take part in activities within the local community. Parkside develops and strengthens links with local people and organisations such as the local Lions Clubs, creating opportunities for everyone to become involved and be included."

Richard Keeley Farnborough Lions Club



90 Christmas Food Parcels from the Lions

The annual delivery of food parcels to local people has been made again by

Wimborne and Ferndown Lions club. In a process somewhat resembling musical chairs, club members fill bags with about 25 food items from bulk supplies purchased from Morrisons of Verwood. The bags are then delivered to people most in need who have been

notified to the Lions from local Social Services, CABs and GPs etc.

This year the Club was ably assisted by Verwood's Mayor, pictured with Councillor John Wilson and Michael Zeck, Club President.



Petersfield Lions say a fond farewell to John Sheeley and his wife Doreen.



At a dinner at La Piazzetta President Lin Piatek presented John and Doreen with an engraved flower vase to recognize the tremendous commitment and contribution they have made to serving the community

over so many years. John has been a member of Lions for 38 years – the last 21 of them in Petersfield. During his time with the Club he has been a very active member. He was President three times, held most of the offices and has been Zone Chairman. Before he joined Petersfield he was a member of Merton Club in south London. In 2010 he was presented with a Melvyn Jones Fellowship. The award to Lion John is only the second in Petersfield Lions 39 year history. John and Doreen have continued to serve the local community but are now retiring to Salisbury. John is an example of the very essence of what Lionism is all about and a role model for new Lions joining the club. We wish them health and happiness in their new life in Salisbury.



The Annual Christmas Day Harbour Swim

Despite an anxious run up to the annual Xmas Day Harbour Swim as a result of the exceptionally heavy rain and flooding and even torrential showers first thing on Christmas Day, come the time, come the hour the sun

shone and the Harbour Swim went ahead in all its fun filled glory! As usual swimming attire varied from bikinis to funny animals, Christmas outfits and even tinsel!

Some 236 swimmers braved the harbour waters in 5 races (only marginally down from last year's 244 swimmers) and the usual good humoured crowd turned out to cheer them all on. A whole range of charities were supported by the swimmers as set out below, with Weymouth & Portland Lions Charitable fund benefitting from both the entrance fee and the street collection.

Total amount of sponsorship to date as indicated on sponsorship forms £8278.50. Norman Apps

Xmas Collection

Petersfield Lions expressed their thanks to those generous residents and visitors to the town who made a donation to the Lions Christmas appeal on Saturday 15th of December.

The donations totalled £521.76.

As always the money will allow us to continue our work to help needy people and charities in the Petersfield area.





Community Orchard Lapstone Farm

On a beautiful, cold, but very sunny Saturday several members of the club were pleased to become involved in the development of this new facility, organised and

co-ordinated by Fair Oak and Horton Heath Parish Council. Some 50 trees of varying varieties of apple and pear are to be planted but, before planting, protective fencing needed to be built as the site is to be grazed by cows.

Having been shown what was required, the teams soon got to work and the following pictures were taken when the first of the enclosures was completed.

Lions Devan and Tom supplied timber to all 50 sites – no mean feat. Lions Cliff and Chris, aided by Andy, set about the task of construction and soon became a slick team.

The teams continued to work until 12 enclosures were completed, approximately a quarter of the total number

required. Nearly 20 other locals from the area also came to help the parish park ranger.

Ultimately the completed orchard and surrounding fields will form a link to other footpaths in the area.

On a very wet and windy Saturday, two weeks later, the original 'famous' five were joined by Lion President Dave, Lion Margaret and the intrepid Garry.

The very soggy eight, together with a similar number of locals, set about the planting of 50 trees of varying species. Very precise instructions were given as to the method of planting to be employed. Finding the right tree to match the sign already attached to the fencing proved challenging as 50 trees in a heap look very similar!

The task of planting, together with the completion of the fence around each, was completed in two hours. Then we all went home to dry out!

Well done to all. We're now looking forward to picking the fruit in years to come.



Five-star fundraising!

In December, Meon Valley Lions Club was pleased to support the Winchester based Naomi House charity with a barbeque at its annual fund-raising Bauble Hunt in the Bere Forest – raising almost £1,000 on the day.

During the event we had a seasonal Christmas surprise of our own, in the form of a visit by an inspector from the Food Standards Agency (FSA) to

check out our BBQ arrangements. The FSA is an independent government department responsible for food safety and hygiene across the UK and works with businesses and organisations to help them produce safe food, and ensure compliance with food safety regulations. Fortunately, we have trained all our members to ensure

they are properly conversant with the important processes associated with food hygiene, so when the inspector checked us out he was pleased to see we really knew our onions (groan)!!!

Subsequently the Meon Valley Lions have been awarded five stars by the FSA, the highest possible rating in their food hygiene assessment system, making us one of only a handful of Lions clubs in the country with this five-star FSA approval for our catering.

Our quartermaster calculates that in a typical BBQ season we dish up over 4,000 servings at public events, equivalent to just under half-a-tonne of sausages and burgers and the best part of 8 huge bags on onions. If other clubs would like to understand the FSA process and benefit from our experience, please feel free to contact us.



Wimborne and Ferndown Lions Craft Fayre success.

Despite competition from other events and the general belt tightening we all know about, the Lions' first Christmas Craft and Gift Fayre at the Allendale centre on Dec 15th was deemed a great success, raising over £700 for local good causes. Thanks mainly to the hard work put in by organiser and new Lion Neil Godfrey with support from other club members, some 40 trade stands were on display for visitors to sample, as seen in the picture

A Message from your Editor

What a great selection of articles, please keep them coming.

Can I please remind you that on sending via email please send all pictures as JPEG files as it is much easier for me to use when publishing.

Please accept my apologies for this issue as I have been extremely busy. I have left a couple of articles out due to not enough to fit another page but these will be used in my next issue which will close for input on the 28th March.

Lion Peter Garlick