



PSA Screening for prostate cancer – Is it worth the effort? Read the small print on page 7

A demand for 'money with menaces' from the DG. Find out how and why on page 6

Is that all?

105D LIONS INTERNATIONAL TIMES

SEPTEMBER 2017 EDITION



**The International Association of Lions Clubs
District 105D**

Incorporating Lions Clubs International District 105D Charitable Trust
Registered Number 1072984

District Governor 2017 - 2018 ♦ Lion Peter Burnett

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**“Putting Fun into Fundraising and giving
Service with a Smile”**



The World Wide Week of Service in Sight takes place from Monday 9 October until Sunday 15 October with World Sight Day being on Thursday 12 October. Sight or vision has been at the heart of Lions Service since Helen Keller asked us to be "Knights of the Blind" back in 1925 and it continues as part of the Centennial Challenge and the Forward Service Framework.

During the week of service, and especially on World Sight Day, Clubs are asked to do something to help the blind or visually impaired within their community, or to raise awareness of vision issues within their community. Many Clubs collect used spectacles so why not make 12 October an extra special day for collecting them.

If you have a club or organisation which supports the blind in your community why not do something special for them during October or help a blind person living in your area.

Make the community aware of one of the difficulties of being blind or having low vision by arranging a blind-folded walk for your Club and a local dignitary, such as the Mayor, to experience problems of obstacles on pavements. Believe me there are more than you realise!

To increase your knowledge of what happens to used spectacles, visit Chichester Lions at their workshop at Apuldram (PO20 7PE) between 10.00 am and 1.00 pm.

If you just want to donate to Sight Projects then consider Sight Savers, Guide Dogs for the Blind or Living Paintings (highlighted in *105D TIMES* in June).

I am attending an MD Sight meeting on Sunday 3 September and World Sight Day is on the agenda. I will post any additional ideas on the 105D website under Sight matters.

Whatever you do, please remember to record it on the **mylci** web site.

PDG Lion Judith Goodchild

105D Community Relations Portfolio Holder

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Meon Valley's Centennial celebration



A combination of some great weather, plus the usual fantastic support from local people and businesses, meant that the Meon Valley Lions' Centennial Swanmore fete was a great success!

Featuring live music, dancing, classic cars and bikes, drone-flying demonstrations, charity stalls, plus great food and drink provided by the Meon Valley Lions, the Centennial fete attracted around 2,000 people this year.

The good news is that, having just reconciled the accounts, the Club will clear well in excess of £6,000 for our charity account, as a result of all the day's activities.

Meon Valley is a Club spanning a number of small, rural villages like Swanmore, so this is a great result financially. In fact, it's the best-ever total for this particular event, since the Club took over its running some 13 years ago.

There has been some very positive feedback from stall-holders, musical acts and visitors alike and we were extremely well supported by the dozens of Friends-of-Lions, who volunteered to help us out. Now the planning starts for 2018!

Photographs

Above: The
Roynon School of Modern
Dance at the fete
Right: Centennial
cupcakes!



Peter's Page



Three months in already, the time is really flying by.

Firstly and I think most importantly this month is to give an update on First Vice District Governor Lion Ken Staniforth's welfare. As many of you know he has recently undergone a stem cell transplant in his fight against the myeloma from which he has been suffering. As I write he is being transferred to Salisbury District Hospital for a period of solitary confinement to build up his immunity levels. Normally this takes around four weeks but Ken being Ken wants to beat the 19 day record which Salisbury Hospital has and is aiming to be out and back in circulation in just over two weeks. I am sure that you will all join me in sending Ken every good wish from all the Lions of District 105D and that you will also agree with me that he has to listen to the medical staff and not rush things. *(Since this article was written Lion Ken has left hospital and is recuperating at home. If any Lion sees him overdoing it, they have my permission to chastise him accordingly!)*

At Chicago Lions Clubs International launched the Global Service Framework which intends to focus the efforts of Lions and Leos on five main service areas with the ultimate goal of tripling our humanitarian impact by serving 200 million people a year by 2021. The new target areas are diabetes, environment, hunger relief, paediatric cancer and vision.

This is a good place to remind Clubs of my request that you all plan a service activity for October. Just think of the things you could do which would meet the new targets, how about a lunch for the elderly (hunger relief), diabetes screening (diabetes), path clearing or bulb planting (environment). Please let me know what you are planning to do.

I know a number of Clubs made donations to the MD disaster fund for the Grenfell Tower appeal. At the recent Council of Governors meeting we were told that the first of the moneys had been spent on two projects with more planned later. Initially all the children affected by the fire were given new school bags complete with contents, everything from pens to lunchboxes. All the schools in the area were given the Lions Lifeskills resource on Life Changes, which include loss, change and bereavement. As well as giving the schools these resources, teachers in each school have been trained in using them.

I mentioned last month about the Retention Evening being planned for Monday 4 September and at the moment numbers are very poor. The Lions who prepare these evenings do it in their own time and spend a substantial amount of time in preparation. We all have retention issues so it should be a subject close to all our hearts. Please try to send representatives from each Club to either share good practice or pick up ideas.

Finally I would like to thank the Lions Clubs who have made all the DG team very welcome on our visits. The bookings for Charter Anniversaries are now coming in and we look forward to being able to share these celebrations with as many of you as we can. We are accepting bookings, so if you want us, please let us know as soon as possible.



DG Lion Peter

Matters of Moment

DG Team Visits September 2017

DG Lion Peter

Date	Activity
4 Sept:	District Retention Event - Holiday Inn, Eastleigh
6 Sept:	Lymington Club Official Visit
10 Sept:	CIO Trustee Training - Bristol
11 Sept:	Blackmore Vale Club Official Visit
25 Sept:	Zone B Meeting - Bournemouth
26 Sept:	Maidenhead Official Visit

2nd VDG Lion Jarvis

Date	Activity
11 Sept:	Bracknell Forest Club Official Visit
12 Sept:	Crofton Club Official Visit
14 Sept:	Isle of Wight Ventnor Club Official Visit
23 Sept:	GMS Charters Anniversary Dinner
28 Sept:	Trowbridge Club Official Visit

Welcome New Lions!

I am delighted to welcome the following new members into Lions Clubs International and wish them a long and happy time as a Lion.

DG Lion *Peter*

Fleet - Lions Christopher Gerard and Paul Hayes

Isle of Wight - Newport - Lion Linda Lynch

Isle of Wight - Ryde - Lion Tony White

Loddon Valley - Lions Peter Tolson and Vanessa Tolson

Romsey - Lions Maureen Geere, Pat Geere and Malcolm Skinner

Warminster - Lion Alun Maddocks



Lions Clubs International FOUNDATION

Introduction:

Thank you from LCIF to those Clubs that donated to LCIF these last few weeks.

LCIF was formed in 1968 so we are now in the 50th year. Your Clubs' contributions have helped people near and far by providing disaster relief, saving sight, supporting youth and meeting humanitarian needs. LCIF has set a target to raise US\$50 million (£38 million) this Lionistic year. I do hope all Clubs will consider a donation to our own charity during this Lionistic year.

LCIF Club Coordinators:

I would like to repeat my comments from last month relating to Club LCIF Coordinators. If there are any unanswered questions relating to LCIF please do not hesitate to contact me to resolve them.

Please record the details of the nominated LCIF Club Coordinator Lion in your Club on 'My LCI'.

Disaster grants

Once again natural disasters continue to cause major problems around the world. A further 21 disaster grants were awarded in July to Lions Clubs in various parts of the world to assist with disaster relief following floods, cyclones, hailstorms, fires and earthquakes, with the majority being made following floods.

Sierra Leone:

Following questions from Clubs as to what LCIF is doing to assist those areas affected by the mudslides, I would point out that LCIF can only respond when a request is made from a Club or Clubs in the affected area for an emergency grant.

There is a Lions Club in Sierra Leone.

Other grants:

I am disappointed not to be able to give you any information on other grants made following the May Board meeting but the information does not appear to have been published as yet. I have taken up the need for such information to be available with Oak Brook.

Melvin Jones Fellowships (MJFs)

I am repeating my comments from last month as there are a very large number of Clubs with sufficient credits to be able to award one or more (in some cases many) Melvin Jones Fellowships. Please let me know if you wish to be made aware of your Club's credits. Even if these do not amount to US\$1,000 a Club can pay the difference between the credit and the required amount and still obtain the MJF.

Presentations on LCIF

As mentioned previously, part of my role is to provide presentations to de-mystify LCIF. These can be given to individual Clubs but preferably to Zone meetings. Please liaise with your Zone Chairman and request a presentation on LCIF.

Other LCIF matters

Please contact me if you have any questions relating to LCIF, MJFs, etc.

Why not take a look at the LCIF website. The link is

<http://www.lcif.org/EN/index.php>.



PDG Lion Patrick Hamblin

District 105D LCIF Coordinator
patrick.hamblin@lions105d.org.uk

News from the Clubs



Windsor Lions'

Diabetes - Know Your Risk awareness campaign a great success

Windsor Lions have been actively supporting the awareness campaign promoted by Diabetes UK of the risks associated with diabetes, a growing health issue in our society.

With Charlotte Harrison Webb from Diabetes UK, at the end of July the Club distributed hundreds of awareness leaflets to shoppers aimed at helping to spread the word about the condition and the risks associated with diabetes.

Diabetes can affect anyone. In the UK 4.5 million people are living with the condition and around 11.9 million are at increased risk of developing Type 2 diabetes. Its impact and complications can be devastating, causing blindness, amputation and even early death, but with the right treatment, knowledge and support people with diabetes can lead a long, full and healthy life.

Health related campaigns are not new territory for Windsor Lions. In the Spring of next year, the Club will be holding a third prostate cancer awareness event at Windsor Racecourse. Previous events have proved very successful directly benefited hundreds of 'at risk' males and, according to the medical experts, saved the lives of several of them by the early medical intervention that resulted.

Lion Lindsey MacGregor, Windsor Lions' diabetes campaign manager, comments: "We are delighted to be working with Diabetes UK to drive forward the *Diabetes - Know Your Risk* campaign. We had a great couple of days which proved very worthwhile and all our members involved thoroughly enjoyed the event. What's more I was pleasantly surprised by the interest shown by the general public."

Diabetes UK's Charlotte Harrison Webb adds: "Thanks to Windsor Lions this important event boosted local awareness of this serious condition. Knowing your risk is key to prevention and treatment."

Proving 'We Serve'

Gosport and Lee-on-the-Solent Lions Club President Lion David Andrews along with Past President Lion David Chamberlain realised that being one of the smaller Clubs in the District, it is not always possible to fundraise and donate as much as they would like. However, taking literally our motto 'we serve', they both volunteered to assist the British Red Cross in their recent collections.



BRC are struggling in Gosport to find collectors so the two Daves (no, not a double act - well, not yet!) gave up their Saturday to stand outside Morrisons collecting for BRC but dressed as Lions. Win, win!



GMS Lions have added a splash of colour to the towns of Gillingham, Mere and Shaftsbury.

The newly planted flower beds celebrate the Centenary of Lions Clubs International.

More news

WOKINGHAM LIONS' FUN-FILLED DAY OUT

A fun-filled day out for all ages is planned for Saturday, 16 September at WADE Day Centre, 40 Reading Road. The Wokingham Lions Club has teamed up with WADE (Wokingham and District Association for the Elderly) to organise the **WADE Music & Real Ale Festival**, with live music, drinks, food and activities for children. All profits will go to the WADE charity.

The event takes place from 11.00 am until 10.30 pm, and entry is £8 for adults (including a free drink, redeemable at bar with ticket), and children under 14 are free. There are ample awnings and gazebos, in case of the rogue shower.

"There is a limit on the number of tickets available, and they are selling very quickly. We have put together this fabulous event to help raise money for WADE, and offer a full day of entertainment for all ages. We would like to thank our main sponsor, Prospect Estate Agents for their on-going support and help with ticket sales, as well as the assistance of WADE staff," said Lion Sue Jackson, Wokingham Lions Club president.

Lion John Cleary, Wokingham Lions Event Organiser, said: "It's been great fun putting this event together, to raise funds for WADE, a local charity providing a vital service for our senior citizens in Wokingham. The Day Centre is set in lovely grounds and is an ideal venue for an event like this. We have a great day lined up with live music from Pauly Zarb, Mega-Rush, Rick Sinfield, The Gas Trick Band and The FiLF. We hope to be announcing more bands in the next couple of weeks."

Beer lovers will have a choice of ten local craft ales along with real cider, wine, fizz and a range of soft drinks. A selection of hot and cold food will be on sale throughout the day.



The WADE Day Centre offers pleasant surroundings near the centre of Wokingham for use by those who are over age 60 and residents of the Wokingham Borough area. It offers a friendly and stimulating environment, and is open from Monday to Friday, 10.00 am to 4.00 pm.

Please visit the website, www.wokinghamlions.org.uk/wade-festival for more information or to purchase tickets, or call Jess on 01189 787025. Tickets can also be purchased at Prospect Estate Agents, 12-14 Broad Street, or at the WADE Day Centre, 40 Reading Road.

A Fayre way to celebrate the Lions' Centennial



Lions Clubs on the Isle of Wight celebrated the Centennial Year by joining together for a Fayre which was held at Sandown Airport on Saturday and Sunday, 22 and 23 July.

The Fayre was a not-for profit event as we wanted our guests to celebrate the Centennial with us, enjoy the many stalls and entertainment on offer and learn more about Lions Clubs International and hopefully, want to join us.

The Fayre was opened by the Isle of Wight High Sherriff Ben Rouse and District Governor Lion Peter Burnett.

Despite the bad weather, there was entertainment from, among others, the Wight Diamonds Marching Band, Guith Morris Dancers and renowned Jazz Singer Aydenne Simone.

Our guests enjoyed the Sandown and Shanklin Lions Vintage Tea Room, Ryde Lions Barbeque, Newport Lions Raffle Tent and Cowes Lions very popular Bottle in a Bag stall.

We held a Raffle in which the main prizes were a microlight flight and a flying lesson. Music from the Fayre was streamed live by Sunshine Radio to listeners in St Mary's Hospital, Newport.

It was a very busy – and wet - weekend but we all enjoyed it and hope that those who braved the weather to join us enjoyed it too and went home knowing a lot more about Lions generally.

Lion Val Lockwood demanded "money with menaces" from DG Lion Peter Burnett. Glad to say he paid up without too much of a struggle! (See the picture on the front page).

Read the **small print**

PSA Screening for prostate cancer – Is it worth the effort?

An article by Lion John Mack and Dr Steve Allen

Many Lions Clubs are now organising events where men can come to have a blood test for prostate cancer — the PSA (Prostate Specific Antigen) test. It takes a lot of time, effort and expense to run such events. Is it really worth the effort?

The facts about prostate cancer are stark and clear:

Prostate cancer is the commonest major cancer in men in UK with more than 40,000 new cases reported each year and more than 11,000 deaths per year. The UK has one of the highest death rates from Prostate Cancer among developed countries

So, why is there no National Screening Programme?

The vast majority of guidelines, both national and international, recommend PSA testing for appropriately selected men. Many countries, including the UK and USA, do not have a specific national screening programme. However, opinions are beginning to soften and change. In the USA, for example, the death rate from advanced prostate cancer has begun to rise since 2012 when advice was issued against PSA testing in asymptomatic men. In UK also there are continued discussions concerning the current guidelines in the Prostate Cancer Risk Management Programme.

So, what is wrong with the PSA Test?

All too often the media describe the PSA test as '*inaccurate*' or '*unreliable*'. In our opinion this is a totally unacceptable use of words and at best may lead to a gross misunderstanding of the test and at worst may discourage men potentially at risk from being tested at all. The PSA test is highly *sensitive*: it accurately and consistently measures a very wide range of PSA levels. It is *specific*: it measures PSA which can only be produced by prostate cells. Results are not skewed by the presence of other substances. If PSA is raised then it is due to increased activity of prostate cells. But it is not *selective*: it cannot distinguish between PSA produced by cancerous or non-cancerous cells. It is not the test itself that is the problem but the interpretation of the more equivocal results that can give rise to difficulty. Accurate diagnosis may then need further invasive tests. However, more modern sophisticated techniques such as multi-parametric MRI (mpMRI) can now very accurately identify the cancer within the prostate and may avoid the need for such biopsies in many men.

There is considerable ongoing research to find a better screening test, but it is highly unlikely that one will be available in the next five years or more. So, the PSA test is the best that we have at present and in combination with improved investigative techniques can achieve early diagnosis of localised disease, earlier and less invasive treatment, less long-term side effects from treatment and ultimately a better outcome and quality of life of the patient.

There is now emerging evidence that a PSA at the upper end of normal in mid-life may well indicate an increased risk of developing an aggressive prostate cancer in the future. We may well have to re-examine the way we interpret even seemingly normal results.

Are PSA testing events successful?

Our experience is undoubtedly YES! Over the five years that the Reading Lions Club has hosted PSA screening we have seen a rise in attendance each year. In 2017, we tested 1500 men in one day - of which around 80% were new attenders. This is arguably the most successful Lions event in UK. This year 49 men were sent 'red' letters indicating that their results were of great concern and that they need to seek urgent further attention. We also saw a significant increase in 'amber' letters where the results were not of immediate concern but need careful monitoring. One of the reasons for this may well be that the computer programme analysing results for the urologist who oversees the event can now process the changes in the results of repeat attenders and identify those men where the rise in PSA levels is worrying — even though the actual PSA levels are still within the range regarded as normal for that age group.

Is PSA testing worth the money?

It is undoubtedly true that PSA testing events are not cheap to put on. They cost the Lions a lot of money. Are they worth that financial outlay?

The cost of saving a life is almost impossible to either assess or even justify. However, anecdotal feedback from every event has been incredibly positive. We have identified men who would probably have not sought advice until it was too late and when the cancer had become advanced. Our argument is that if we can diagnose men at a very early stage then treatment can be given earlier, long-term outcomes will be better and the quality of life of the patient vastly improved. The cost of a PSA test is minimal compared to the huge cost of long-term palliative care. PSA testing undertaken appropriately is, in our opinion, the obvious way forward.

Is this going against the opinions of GPs?

It is true that some GPs are strongly opposed to PSA testing — particularly in men who have no symptoms. We would argue that we are not doing anything more than is recommended by current Government guidelines. The Reading Lions PSA events adhere closely to these guidelines and always with adequate medical supervision.

Where do we go from here?

The simple answer has to be 'more of the same'. A huge need has been identified; we cannot now go back on that. In the ideal world we should see the numbers attending decreasing year on year as men and GPs are made more aware of prostate cancer.

John Mack & Steve Allen - July 2017

Acknowledgement: We sincerely thank Mr Chris Booth, retired Consultant Urologist, for his enthusiasm and knowledge which have encouraged us to write this article.

Special Report on the Special Olympics

PDG Lion David Taylor was there

Last year I asked the Lions of 105D to rally round and support the Special Olympics National Games and athletes from our region. I was proud that we raised over £8,000 and, as Venue Manager for the Football Tournament in Sheffield I was able to witness the event first hand. There were 24 sports in several venues around the city but my time was, of necessity, spent with the footballers and I have to admit for the second games running I was privileged to be involved. What a week it turned out to be!



The Opening Ceremony

The weather was awful but it didn't dampen the spirit of the event one bit. The athletes came in by region and you could see the smiles as each athlete took their turn in the spot light. Families cheered with all their might as their teams walked in. I can only describe the atmosphere as electric.

The headline act was former Spandau Ballet star Tony Hadley, supported by Kyle Tomlinson whose voice is sensational and then by Toseland who debuted their Special Olympics song. The presenters were Chris Kamara, Suzi Perry and Jim Carter. Although Bramall Lane was sodden it actually felt like it was bathed in a sunshine of smiles that brightened the evening and made the event even more spectacular. It was a great start to the event.

Competition Gets Started

As Venue Manager for the Football my first problem was the rain of the previous evening actually delaying the start, but once it all kicked off you knew that this was going to be a serious competition. The sun soon started to burn through the cloud and the atmosphere was added to as the cheers of the fans started to go up as the goals started to go in and we enjoyed the celebrations of the scorers.

The Special Olympics caters for all abilities and the lowest ability group provided us with the greatest feeling. Each time they did something that would seem quite simple, such as kick the ball out there were some of the loudest cheers of the day. Any first timer would then start to understand why, because their disability means that they do not have full control over their physical movements. It was so heartwarming seeing their every move being cheered to the rafters. You could not help but smile when you see a keeper stop a shot turn round and fist pump to the crowd behind. One player even celebrated scoring by running across to hug the linesman and the volunteer that led his team out!

Medals Day

The final day had come around very quickly and players were focused on the prize ahead of them. Everyone played for something, even if that was for the participation ribbon in the bronze/ribbon games. It meant that everyone took something away from the event. After all it is more than just medals that these athletes were there for. This event gives every athlete a sense an aim, a goal and a purpose. Some of these people may have been left in their own world going about their day to day lives but instead the Special Olympics gives them friends, competition and something to look forward to. The hours and hours of planning and organisation is massive but is worthwhile once you see the celebrations of the athletes who compete.

Final Word about my team of Volunteers

What an effort from all of the volunteers; we had 70 (out of more than 900 overall) that came together to make sure the football event ran smoothly. The days, although sometimes long, flew by in no time at all and it was so worthwhile to see the enjoyment of the athletes and their families. It gives you a sense of pride to know that you played a small part in helping support all the achievement and smiles. I know we all went away with memories and stories that will last a lifetime.

The countdown is on for the next national games in four years' time, I hope it can be a bigger spectacle than Sheffield 2017 but that will take some doing!





TAIL TWISTER

The Editor has the last word

I was surprised (although perhaps I shouldn't have been) at how many complimentary messages I received agreeing with my comments about 'management speak' creeping into what we do. It has even been suggested that it may well be those 'corporate management concepts' that are dimming the enthusiasm and dedication of some members to the point of resignation. In my own Club, a recent survey among members showed that what they wanted was less formality, not more, and that being a Lion involved much more than complying with imported jargon. Above all being a Lion must be enjoyable.

I have been very impressed by Reading and Windsor's successes with PSA testing for prostate cancer. Sadly, in my neck of the woods, the health authorities (and many local GPs) are very much against any such event, despite, to me, the evident benefits. I will be sending a copy of this edition to our Medical Officer of Health and will seek her reaction.

Lion Peter Tabb

Lions Horse's Tail...

STOP PRESS

EVIDENCE OF INSURANCE CERTIFICATE 2017 to 2018

A copy of the evidence of insurance certificate is now available on the District website:
www.lions105d.org.uk/lionsclubsin105d.insurance.html



Please send all articles and pictures for publication in the

DISTRICT 105D TIMES

to the Editor, Lion Peter Tabb, e-mail : news@lions105d.org.uk and/or peteretabb@gmail.com
at least a week before the end of the month