



Wokingham's 24th annual May Fayre is on Bank Holiday Monday, 7 May. Started in 1995 by the Wokingham Lions Club, the May Fayre is one of the largest street fairs in the south of England.

The main beneficiaries from this year's event will be two local charities, Alexander Devin Children's Hospice Service and Thames Valley Air Ambulance

105D LIONS TIMES

MAY 2018 EDITION



**The packed entrance and waiting area for the Windsor Club's prostate testing event
See report page 6**



**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

✉ dg@lions105d.org.uk ♦ www.lions105d.org.uk



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



Community Relations News

At the Convention Dr Charles Fox gave a very interesting and sometimes amusing talk about diabetes, a very serious topic. He was very concerned about the number of people who do not realise they have the condition.

He asked those there to find out their risk factor and I would ask that members do the same at their next meeting. Talk to your neighbour and make sure you know their phone number so that you can ring them in two or three days to ensure they have checked their risk factor. To do this go to <https://riskscorediabetes.org.uk>.

It could change your life! Hopefully you will find your risk is low but if it is higher then follow the advice given by Diabetes UK.

A WARNING

If you are diabetic please do watch your feet because small problems can become big ones very quickly. Just before Convention I noticed a small blister on my big toe. I immediately covered it with a blister plaster. On the Friday morning of Convention it seemed to have got bigger but I did not take any action. By the afternoon it was again bigger and I was limping. This continued through Saturday and Sunday and on the Monday morning while drying my foot this, by now, very large and obviously infected blister burst. I rang the duty doctor. Luckily the surgery is only a few minutes away so I was able to hobble there. The doctor took one look and said "You need antibiotics and the wound needs dressing". Luckily a nurse was able to see me and she drew a line around my toe to show the extent of the affected area. I was told to come back in a couple of days and having made an appointment and collected my tablets I went home. I tried to keep off my feet as much as possible and not wear shoes indoors so there was less chance of the wound being rubbed but it was more than a week before it really started to heal. In fact I had several trips to see the nurse and I was put back onto more antibiotics after 10 days. Finally after three weeks the toe was finally healed. So beware – if you have a blister DO NOT IGNORE IT!

Lion Judith Goodchild

105D Community Relations Portfolio Holder and GST Co- Ordinator
welfare@lions105d.org.uk or gst@lions105d.org.uk

Good news from Reading

Good news the PSA test delayed because of the inclement weather causing chaos to Reading's transport system is now back on again. It has been rearranged for **Saturday 12 May** at The Circle Hospital off the A33, post code RG2 0GQ for all with satnav options.

The rest of the arrangements remain unchanged with an 8.30 am start and 5.30 pm finish, the usual parking at the Mad Stad with a continuous circular shuttle bus operation to the hospital.

It is anticipated the registration and test will take approximately 30 minutes and the results sent confidentially to each individual.

We urge all men of 45 and over to come and have what could be a lifesaving free testing to help reduce the large numbers of possible suffering together with the anxiety and worry to loved ones that goes with this condition.

So please take advantage of this opportunity and bring along a relative or friend who is within the age range.

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*

Blackmore Vale - Lion John Milton

Gillingham Mere & Shaftsbury -

Lion Lynne Gray

Isle of Wight Sandown & Shanklin -

Lion Stephen John Parkes

Meon Valley - Lions Carole Dash & Gary Martin

New Milton - Lion Robert Murrow

Poole - Lion Carol Starks

Warminster - Lion Stephanie Stevens

Westbury - Lions Carolyn Goss, Laura Kelly & Roy Williams

Windsor - Lion Dudley Target

Wokingham - Lion Dianna Anthony



A Postcard from Knock, County Mayo



I am writing this month's newsletter article sat in a very crowded airport lounge at Knock, County Mayo, on our way home from the inaugural District 133 Ireland Convention.

This was the second convention of the week having also been to the District 105W one in Port Talbot last week. It is amazing how different each District's convention is but they are all interesting and thought provoking.

This coming week as District 105D we host the Multiple District Convention in Basingstoke. It really is an opportunity for local Lions to see the workings of MD and if you have no plans next weekend, why don't you come for the day on Saturday or the morning on Sunday. I know that DGE Lion Ken will appreciate as many 105D Lions there as possible when he parades in on Sunday morning.

This past month has flown by again and thank you to all the Clubs who have invited Debbie and me to their Charter Anniversaries. They are all so varied but also every one of them is fun. As I have been saying all year we need to remember to have fun and be seen having fun if we are going to attract and keep new members.

Both the Districts we have visited this month are also suffering from a lack of new members and also have retention issues. We really do need to change to survive and GMT Officer Lion Tim, (who I know is trying to visit all the Zones) has a number of ideas as to how to turn things round BUT this will only work if you members give it chance and are willing to try new and different things. There are still far too many Clubs insisting on having two meetings a month but have next to no social events. You will not get and keep new members unless you change, unless Lions is fun and unless new members are involved and encouraged.

Something else which I have picked up on this month is that Clubs who are successful in attracting younger members are not insisting on attending three or four meetings, a number of events and then taking a vote on whether they want a new member to be allowed to join.

The world is moving at a faster pace nowadays and we need to react. If someone is interested and has attended a couple of meetings get them signed up before they try something else.

Debbie and I look forward to seeing a lot of you in Basingstoke.



Postcard from Basingstoke!

DG Lion Peter

Matters of Moment

DG Team Visits May 2018

DG Lion Peter

Date	Activity
3 May:	Interview panel for new Council Secretary
3-4 May:	May Council of Governors, Basingstoke
4 May:	Charing Council-elect, Basingstoke
5-6 May:	MD Convention, Basingstoke
11 May:	Trowbridge Charter Anniversary
12 May:	Christchurch Member 50 year presentation lunch
13 May:	Hart Charter Anniversary
18 May:	Southborne Quiz
19 May:	Westbury Charter Anniversary
20 May:	District Cabinet
26 May:	Wimborne & Ferndow Fun Run
26 May:	Bracknell 50th Charter Anniversary

1st VDG (DGE) Lion Ken

Date	Activity
5-6 May:	MD Convention, Basingstoke
14 May:	Portsmouth 200 Club
16 May:	Salisbury Club meeting
19 May:	Yateley Charter Anniversary
20 May:	District Cabinet
23 May:	Zone H (105W) meeting
26 May:	Basingstoke Charter Anniversary

2nd VDG (1 VDGE) Lion Jarvis

5-6 May:	MD Convention, Basingstoke
11 May:	Trowbridge Charter Anniversary
19 May:	Westbury Charter Anniversary
20 May:	District Cabinet

GDPR

The General Data Protection Regulation (GDPR) applies from Friday 25 May 2018. The District website now has a one page statement giving practical advice on what Clubs need to do prior to that date. You may have seen the comprehensive notes from the MD Data Protection Officer and by all means use the guidance and templates he has provided. The District website complies with the regulations.

<https://www.lions105d.org.uk/privacy.html>

Lions Clubs International FOUNDATION

Introduction:

Once again on behalf of LCIF I would again like to thank all Clubs that have made donations to LCIF since my last newsletter.

Disaster Grants:

I still have not received information on recent disaster grants as yet. I am taking up with the MD LCIF Officer the lack of information. It might be no disaster grants have been made but I think this is unlikely.

Melvin Jones Fellowships (MJFs):

I am repeating my comments from last month as this District has over US\$325,000 of credits for MJFs. I would remind you again that a very large number of Clubs have sufficient credits to be able to award one or more (in a number of cases many) Melvin Jones Fellowships. Please email me 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. MJFs can be used to recognise local dignitaries and others outside of Lions and thereby promote Lions in their locality.

Donations:

It is disappointing that only 50% of Clubs in the District have donated to LCIF this fiscal year. If your Club has not made a donation to LCIF this fiscal year please discuss and remember LCIF is **our** charity. Perhaps a donation can be made during the last couple of months of this fiscal year. Your Club can decide if it wishes its donation to be for 'area of greatest need', disaster, sight or youth. Funding directed to 'area of greatest need' provides LCIF with the ability to financially support any programme and allows the flexibility to supplement initiatives where additional funding is necessary or where the need is most urgent and to fund projects that meet diverse community needs beyond sight, disaster and youth, such as water wells and vocational training programmes for the disabled. The Measles Initiative is still continuing, with the aim to eliminate measles and rubella by 2020/2030. Payments should be made via the District Treasurer in the usual way, specifying 'LCIF' and the area for which the donation is intended.

Personal donations to LCIF:

If any member wishes to make a personal donation to LCIF please have a private word with me regarding the process of making the donation under the 'Contributing Member' programme. These do not have to be large donations and £20.00 would be beneficial to LCIF.

Leo Service Grants:

If your Club has a Leo Club take a look at <http://www.lcif.org/EN/apply-for-a-grant/leo-grants.php> as grants are now available.

Other LCIF matters:

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

PDG Lion Patrick Hamblin

District 105D LCIF Coordinator
(patrick.hamblin@btinternet.com)



News from the Clubs



The Great Dorset Beach Clean

Weymouth & Portland Lions Club members and their wives turned out in force for the Great Dorset Beach Clean. President Lion Roger Hogbin said that the Lions were only too pleased to be involved in this very worthwhile annual event to improve the environment.



Four new Lions for Maidenhead

At the end of March Maidenhead Lions officially welcomed four new members into Lions Clubs International. They had all been volunteering with Lions for some months and were keen to get more involved directly with the Club and get their 'hands dirty' with its many local service activities and fundraising, including the Duck Derby, Swimathon, prostate awareness, Christmas parcels, Charities Fair, Children's Fun Train and many more.

Pictured above the new members are (l. to r.) Lion Karen Brown, Ayo Oyewusi, Joy Lewis and Yvonne Piekut.

HAYLING LIONS WELCOME 291 MEN!

On 21 April the Hayling Lions gave men between the ages of 45 and 75, living on Hayling, the chance to have a PSA test. Last year 121 accepted the invitation but this year it was a splendid 291.



Pictured above, organiser of the day, Lion Cathy, presenting a cheque to representatives of PCaSO to support the costs of the tests and the phlebotomists for the event.

There was an excellent atmosphere in the Community Centre and a sense of gratitude for the chance to have the test without having to go to the surgery. Anyone who was nervous about having a blood test was soon reassured by the PCaSO volunteers and the trained nurses who took the blood. These samples are sent to Queen Alexandra Hospital, Portsmouth for analysis and the results are posted to the men in two weeks.



Martin and David Lockley proud of their plasters.

More news from Clubs



Windsor Lions hail Prostate Cancer event as a roaring success



A small section of the arrivals queueing to enter for prostate testing

Windsor Lions staged a very successful prostate cancer awareness event at the Royal Windsor Racecourse last Thursday where more than 1,000 'at risk' men attended for a free blood test.

Despite the attendance being more than double two years ago when the Windsor Lions last ran such an event, the organisation and flow of attendees through the testing process went without a hitch. Compliments and thanks were showered upon Club members for the care and efficiency demonstrated at the event.

Lion Diane Purchase, event manager, commented: "We were all absolutely delighted with the event. Attendance was at record levels and while we planned for 1,000 test kits (which included a contingency supply) unfortunately we ran out and sadly had to turn away some potential attendees. Prostate cancer has hit the headlines with some high profile personalities reporting that they have contracted the condition. It is clear that this publicity, together with our significant promotional programme across all forms of media had a real impact."

Almost all Windsor Lions were involved plus 23 phlebotomists recruited from various hospitals and general practices in the area. An important component was the marvellous volunteer tea ladies, the wives of Lions, who worked non-stop for four hours serving hundreds of cups of tea and coffee. Attendees were tested at a steady rate of 300 per hour, a staggering statistic. While no charge was made for each blood test, attendees were encouraged to make a voluntary donation to help towards the significant costs of the event which they gladly did and the momentous sum of £2,300 was collected as a result.

Lion Diane continued: "Our two previous events revealed that approximately seven to eight per cent of those tested showed signs of prostate cancer at various stages, a few in a serious condition. On this basis it is possible that 70 to 80 of the men tested could show some signs of prostate cancer and, if followed up appropriately, the early intervention that results will undoubtedly help and in some cases may even save lives.

"We are very grateful to Royal Windsor Racecourse for their help - the racecourse is such an ideal location - and the fantastic support we have received from our sponsors Savills of Windsor and the Shanly Foundation without which we could not have staged the event. We are most appreciative of them all."

Postscript: The Reading Lions are staging a Prostate Cancer Awareness Event on Saturday 12 May at The Circle Hospital in Reading, 8.30 am to 5.30 pm for those that missed this event.

Even more news from **Clubs**

Hook & Odiham Lions support World Earth Day



Sunday 22 April was World Earth Day and Hook and Odiham Lions Club decided to do a Litter Pick in Hook to mark the occasion. We actually did it the day before (Sunday was inconvenient) and we met at 9.00 am by the defibrillator that the Lions had installed, and spent the next hour and a half picking up litter along Station and London Roads between the two White Harts plus the footpath linking the roads.

We collected eight sacks of rubbish whose contents included two bicycle chains and locks, numerous disposable plastic gloves from the petrol stations, a man's cap, an interdental tooth brush, bottles, cans, paper and cigarette ends. These last were everywhere!

At the end we felt we had done a good job and had a sense of achievement as well as Hook being a rather cleaner place.

Wimborne and Ferndown Lions 3rd Annual Muddy Fun Run

The third Wimborne and Ferndown Charity Fun Run will take place on Saturday 26 May from 10.00 am to around 1.00 pm.

The five kilometre route is centred on Homelands Farm, Three Legged Cross, near Ringwood (car boot sales site). Entry is £5 for ages five to 17, £15 for adults or £35 for a family of two adults and up to four children.

To enter search Facebook for Wimborne and Ferndown Charity 5K Muddy Fun Run. More, including last year's video, can be found at wimborneandferndownlions.org.uk.



One of the enduring images from the 2017 event

***Without obstacles,
life would
just be a
race - and
that
wouldn't
be half as
much fun***



Even more news from Clubs



Lions Pick Plastic!

To commemorate World Earth Day on the Sunday 22 April, members of Christchurch Lions Club carried out a litter pick at Stanpit Marsh Recreation Ground.

President Lion Ann Allen, who organised the event said: "We all know that rubbish is unsightly and spoils many of our beauty spots like Stanpit Marsh but, more than that, plastic waste is dangerous to animals and other creatures. World Earth Day was our opportunity to do something for our community by cleaning up one of our favourite places in

'LIZ BERRY GLITTER BALL' **SUPPORTS BOWEL CANCER** **SATURDAY 12 MAY** **AT HILTON HOTEL, READING** **Tickets still available for** **Fundraiser Evening**

The "Liz Berry Glitter Ball" to support Bowel Cancer UK is scheduled for Saturday, 12 May, at the Hilton Hotel in Reading. The event is in honour of Liz Berry, who died of bowel cancer in 2015. She was the best friend of Clare Dando, who is organising the ball, with support from the Wokingham Lions Club.

All proceeds from the ball will go to Bowel Cancer UK, to help raise awareness of bowel cancer and fund research projects. The evening on Saturday 12 May (from 7:30 'til late) will include a three-course dinner, live band, and pay-to-play casino.

For tickets to the Liz Berry Glitter Ball,
please email Clare Dando
cjdando@hotmail.com.

Organiser Clare Dando writes: Liz Berry had been my best friend since we met at university in 1990. We had been friends for 25 years when she died in May 2015, at the age of 45. I wanted to do something significant to honour Liz and mark our friendship in a way that would hopefully also help others. When I turned 45 in June 2017, I decided to start a healthy lifestyle by exercising every day for 45 minutes, and eliminating alcohol and sugary snacks from my diet. To date, I have lost 4 ½ stone, and taken up new hobbies and sports. In addition, I started a Challenge 45 fund-raising page for bowel cancer: <https://give.everydayhero.com/uk/challenge-45-for-liz>. So far, we've raised £4,000.

For the last year, we have been working with the Wokingham Lions Club to organise the Glitter Ball. I am so incredibly grateful to the Lions for all their help and support with the Ball. It's been a privilege and a pleasure to work with their members.

In Memoriam

The 105D Times records with sadness the passing of Lion John Peters, a Charter member of the Windsor Club, Lion Colin Marshall MIF of the Christchurch Club, Lion Peter Whear of the Dorchester & District Club and Lion J. Peter Cook of the Trowbridge Club.

Membership Matters



As a new Lions year approaches, I would like to challenge you to recruit three new members for your Club between now and June 2019.

On the Sunday morning at Convention I ran a workshop to look at what Clubs could do to attract members. The results of this workshop are listed below.

- a) Keep doing our successful events and activities;
- b) Make it fun;
- c) Improve mentoring;
- d) Encourage new members to take on a role and support them - don't allow them to flounder;
- e) Give new members a job - involve them immediately;
- f) Find out members' life skills;
- g) More women - 50 per cent of the world's population are women, so why not in your Club?
- h) Work on member retention;
- i) Don't say 'we've tried it and it didn't work';
- j) Share good ideas;
- k) Hold regular membership meetings at a District level (or over social media) so that other Clubs are able to share success regularly;
- l) Work together and help other Clubs - e.g. leaflet drops and open evenings - to show solidarity;
- m) Have a young Lion demonstrate to young people the benefits of being a Lion;
- n) Change the Club's committee structure;
- o) Amalgamate smaller Clubs - to increase active membership;
- p) Zone support for smaller Clubs;
- q) Happy and positive membership chairmen (and mentors);
- r) Greater promotion of Lionism within the country;
- s) Community involvement;
- t) CAT (Community Action Team not Global);
- u) Street advertising with the Lions customer. This works as children enjoy and parents think 'Wow!'. You use it at many town events and it then becomes the Lions' thing which they do to bring enjoyment. Wear a Lions shirt:
- v) Use Facebook/social media to promote Clubs;
- w) Contact local Round Table clubs as they have an age limit of 45;
- x) Local marketing; and
- y) Publish a Yearbook and circulate it to businesses charities, politicians, etc

Please see if any of these would work for your Club/Zone. I fully acknowledge that they are not applicable for all Clubs but hopefully there are some you could try in your Club. If you would like any additional information on any of these, do not hesitate to contact me.

Lion Tim Hanton, District GMT Coordinator



TAIL TWISTER

The Editor has the last word

As Lions we serve and by serving we seek to make a difference. Some Clubs (my own among them) raise funds very effectively and then put that funding into various good causes that helps *them* to make a difference. We are very generous middlemen. Other Clubs actually follow a much more 'hands-on' philosophy. In this edition we have some good examples of just that. Lions donning rubber gloves and clearing litter, others organising very successful events where the outcomes could realistically be described as a matter of life and death. I wonder which of these two Club varieties (there are others, of course) find it easier to recruit new members and retain the members they have.

When I first joined Lions in the dim and increasingly distant past we had an activities committee whose function was to get its members' hands dirty digging pensioners' gardens and painting their houses (in one instance carting away - very much at arm's length - one old lady's litter of dead and decomposing cats) and other such acts of community service. Perhaps not surprisingly there was a lot more fun doing that than just giving away money.

Lion Peter Tabb

Lion's Tail...



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