



**What's special about these Lions?
Find out on page 6**

**And what the DG said and who's
new in 105SC? See page 4**

OCTOBER 2018 EDITION

Delegates vote at the Extraordinary Convention



Photograph by Lion Richard Keeley



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

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

District Governor 2018 - 2019 ♦ Lion Ken Staniforth

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

“Working Together For Those We Serve”

**LOVE
BEING A
LION**

The DG'S Leader

Fellow Lions...

CONGRATULATIONS for organising and executing your Summer Events and now planning your Autumn and Winter ones.

By being 'out there' in your shirts and Hi Viz etc, you let the public know we are still there for them, doing what we do best, **SERVING** the community.

As you will know, Sunday 30 September heralded the dawn of a new District, 105SC (South Central) and in my opening remarks (see page 4) I made a statement that came from my heart. After nearly three years of arguing, bitching and even nastiness, the Extraordinary Convention went ahead mainly in harmony, voting was brisk and decisive with overwhelming majorities recorded for each Resolution.

I would like to personally thank Sergeant-at-Arms Lion David for reminding the audience of some of our Codes of Ethics at the start. Secretary Lion Roger, Treasurer Lion Linda and CNRO Lion Roger for their diligence in ensuring all facts, figures and points of order were accurate and legal. Council Chairman Lion Peter for his succinct clarification on a particular question of order brought to the attention of the committee; Lions Peter Rowe DG 105SW (independent chairman), Lion Sally Marsh, DG 105W and Lion Kamal Sharma, 1st VDG 105A for attending and ensuring fair play. Lions Tom and Juliet for the sound and presentation arrangements and Lion Richard for the photography.

But **MOST** importantly, I would like to thank the **MEMBERS** who gave up their Sunday and travelled to be with us. Your fellowship and friendship **MADE** the day and made me proud to be serving as your District Governor.

GOOD LUCK to everyone over the coming weeks of Halloween, Bonfire Night and Christmas. May your events bring you prosperous funds and many new friendships.

Finally, please say a prayer for the victims of the devastating Tsunami in Indonesia.

DG Lion Ken



Global Team Service News



THE LATEST NEWS ON SPECTACLE COLLECTION IN 105D

WE no longer have Spek Trek in April so the recommended way of recycling the 'specs' that you collect is to use the facilities offered by Chichester Lions Club.

How does the new system work?

There are two ways of getting the 'specs' to Chichester:

- Taking the 'specs' directly to Chichester. There are bins outside the Apuldrum Centre if you only have a few or you can deliver boxes providing you contact **Lion Sue Boucher** first on **0844 963 2443** or email sight@chillions.org.uk If you follow this route a few days notice is required as someone needs to be at the centre to collect and explain what they do there.
- Send the boxes by **Parcelforce**. This is a free service. The 'specs' need to be packed loose in well sealed boxes, each weighing less than 10k. Eight to ten boxes is a suitable consignment. Address the boxes to **Chichester Lions Club, c/o Apuldrum Centre, Common Farm, Appledram Lane South, Chichester, West Sussex PO20 7PE**. Please ring Sue Boucher to check the latest instructions on how to contact Parcelforce even if you have done this before. You should include your name, Lions Club, date despatched and email address inside the parcel. Chichester Lions do try to acknowledge as many deliveries as they can. Regular shipments of spectacles rather than one large annual consignment will work much better. Clubs throughout the MD have been using this method successfully for many years.

After his visit to Chichester Lions before the MD Convention, the then International President helped them to get a \$5,000 grant for storage. Midhurst Lions are also providing help again. As those of you who were at MD Convention, would have seen, Lion Sue and her colleagues were presented with awards by the International President for their project.

Remember that Lions Clubs International encourage us to recycle eye glasses.

In conclusion it is still worth collecting used glasses. As individuals we cannot always tell what is useful or valuable, so sending your collections to Chichester will ensure that all that are useful are indeed recycled in one way or another.

Lion Judith Goodchild

GST Co-Ordinator and Community Relations Portfolio Holder

gst@lions105d.org.uk or welfare@lions105d.org.uk

Tel : 0118 981 2260



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 *Ken*

Eastleigh - Lion Mark Campbell

IOW Newport - Lion Janet Starnes

Loddon Valley - Lion Linda Johnston

Petersfield - Lions Diana Cole and Peter Cole

Trowbridge - Lion Rosie Jewell

Warminster - Lions Patricia Fellowes and Paula Thorpe

Westbury - Lion Helen Smith

Weymouth & Portland - Lion Kevin Brookes

Woodley & Earley - Lion Val Oakley

Who's now who in 105SC

DG Elect for District 105SC Lion Jarvis MacDonald from Westbury Lions Club thanking Convention for putting their confidence in him as District Governor for the new District 105SC



The new District Governor Team for 2019/2020. DG Elect Lion Jarvis MacDonald (centre) and 1st DG VDG Elect Lion Steve Perry from Calne Lions Club (right) and 2nd VDG Brian Donovan of Abingdon Lions Club.



The DG's speech to Convention in full

Fellow Lions,

For the last nearly three years, we have been dogged with that word, **REDISTRICTING**.

I, like my fellow District Governors, District Officers and Multiple District Officers past and present, have taken a **lot** of flak over this issue, have received vociferous comments, even received personal verbal attacks as if redistricting was at **our** instigation.

What utter rubbish! A decision was made by the **Members**. We are taking forward the will of the **Members** as is our **duty**. It was agreed at **two** Multiple District Conventions. It was sanctioned by Lions Clubs International. **End of!** Yet we still have **a few** who are battling against it, instead of embracing the opportunity to move forward, learn from the past and **get it better for the future**.

When I joined this wonderful organisation, I was inducted in to **Salisbury Lions Club** and was presented **the same emblematic pin** as every other Lion Member. During the same ceremony, I pledged allegiance to **Lions Clubs International**. **Everything in between is just bureaucracy**, links between the Member and the International President via Zone Chairs, Region Chairs, District Governors, Council Chair etc., etc.

I personally do not give a flying whatsit what District, Region or Zone **number** I am in. I have friends in Multiple Districts, Districts, Regions, Zones and Clubs throughout the United Kingdom and Ireland. I have hundreds of friends in **CLUBS** all over the World. If my Club has been working close with Clubs nearby, **it will make no difference whatsoever after 30 June 2019**. We will **still** work closely with them.

For the record, I voted **not** to redistrict, but that is another story and is very much in the past, dead and buried. I have done what **a few** seem to have a very hard job in doing, **accepted and moved on**.

Instead of using negative energy regarding redistricting, convert it to **positive** energy **building Memberships in our Zones, Regions and Districts** that **WE** are going to be forming. These are exciting times, starting from new, hopefully with new energy to make Lions Clubs in the UK bigger, stronger and maintaining what we stand for, our **SERVICE** to our communities

Finally, **We Are Lions!** I am **not** Ken Staniforth of Salisbury & District Lions Club, Zone 2D, Region 2, District 105D in Multiple District 105 United Kingdom and Islands, in the Western Hemisphere..... **I AM LION KEN**. **That** is the most important thing.

Other Matters of Moment

DG Team Visits October 2018

DG Lion Ken

<u>Date</u>	<u>Activity</u>
1 October:	Meon Valley Club Official Visit
8 October:	Jersey Club Official Visit
9 October:	Guernsey Club Official Visit
10 October:	Wokingham Club Official Visit
11 October:	Trowbridge Club Official Visit
14 October:	Cabinet Meeting and Maidenhead Charter Anniversary Lunch
17 October:	Gillingham, Mere and Shaftsbury Official Visit
19 - 21 October:	Council of Governors Meeting Birmingham
28 October:	Salisbury & District Charter Anniversary Lunch

1st VDG Lion Jarvis

<u>Date</u>	<u>Activity</u>
1 October:	Henley-on-Thames Club Official Visit
2 October:	Wimborne & Ferndown Club Official Visit
3 October:	Lymington Club Official Visit and Westbury 10k Fun Run
9 October:	Woodley & Earley Membership Drive
11 October:	Burnham Club Official Visit
19 - 21 October:	Council of Governors Meeting Birmingham

Thought for the Month

**When it is darkest, we
see the stars**
Ralph Waldo Emerson

Lions Clubs International FOUNDATION

The year is slipping by so fast but the work of LCIF continues wherever there is a need in the world. For instance, Lions in Japan are helping those affected by the recent natural disasters. Parts of the country have been affected by earthquakes, torrential downpours, flooding, heatwaves and landslides! LCIF has awarded a total of \$410,000 in grants to aid those who need the help. Any Clubs who have contributed to the disaster fund will have helped the efforts to begin to rebuild lives in Japan.

As mentioned in last month's newsletter LCIF doesn't just hand out grants in emergency situations, but also for a huge variety of projects around the world. The number of people that Lions help via LCIF is something we can only imagine. Remember LCIF is our foundation, we support it, and in turn it helps millions of members around the world live up to our motto of 'We Serve'.

If you get a chance, please look at the LCIF section on the International site, there is also a blog to read.

Please get in touch if you have a questions either about LCIF or Melvin Jones Fellowships, I will do my best to help.

Thank you for your continued support.



Lion Ann Huntley MJI

District 105D LCIF Coordinator
www.lions105d.org.uk/links or www.lcif.org



More Teams wanted to make it a really Big Splash!!

Windsor Lions are looking for even more teams to enter this year's swimara-
thon, the Big Splash!, being held on Sunday 14 October at Windsor Leisure Pool.

At least 40 teams have entered so far but there's room for 60. This is a great event to boost funds for many good causes. Interested? Contact Lion Mike Sells on mikepsells@gmail.com.

More Matters of Moment

“A Change is Gonna Come” – Sam Cooke 1964 (when District D was created)
“I know, and you know, a change is gonna come”

DISTRICT CONVENTION 2019

The end of an Era

22-24 March 2019

We are about to see the end of District 105D – but no need to be sad because we will be District 105SC, and can continue the great work that we have always done.

We will have our last ever District D Convention in Weymouth, when we can bid farewell (or perhaps I should say “see you again”?) to the clubs in Zone 1A.

As well as all the usual fun and fellowship of a Convention, we have a great venue in a fantastic location.

The Venue is the Rembrandt Hotel, with its leisure and spa facilities. All residents can use the heated pool, gym, jacuzzi, sauna, and steam room, and for a small charge a sun bed. Those not staying at the hotel can use the facilities for a small charge. There is also Spa Neo with various treatments at what I am told are reasonable prices.

For those wishing to join DG Ken, there is a very nice bar. When you join us for the Host Night dinner and Banquet and Ball you will find the food is excellent, and the wine a reasonable price. And did I mention there is a bar?



The Location – In the middle of the World Heritage listed Jurassic Coast, there are so many things to do – you can go on a Jurassic Coast safari, visit the Sea Life Centre, or even get a little history at the Tutankhamun Exhibition or Terracotta Warriors Museum in nearby Dorchester, to mention just a few.

Or simply relax on the beach in Weymouth or wander round the picturesque harbour. It will be your weekend, enjoy it as you will.

Come and join us - you will soon be able to book online. I'll be back to you on that!

Lion Steve Spencer

District Convention 2019 Host Committee

Congratulations!

The warmest congratulations to Lion Ivor and Lion Anne Phipps on their Diamond Wedding Anniversary that took place on Thursday 6 September, from all their friends of the Lions Club of Burnham (Bucks). “They are one of the loveliest couples you could hope to meet,” says Club president Lion John Shephard, “who have graciously served our Club and the local community for the past 15 years. Their only regret is that they didn't join Lions when they were younger - they are a fine example to us all.” The happy couple also received a special card from the Queen, very fitting since they live at Farnham Royal, Bucks!



News from the Clubs

Reading Lions' Dragon Boats raise £12,500



THE third Reading Dragon Boat Festival was held on Sunday 19 August and was a huge success, attracting a crowd of more than 3,000 with some 400 people competing for the coveted 2018 Dragon Trophy.

The Reading Lions organise this event in conjunction with a professional organisation ('Race the Dragon') and it is held on the River Thames at Reading's Wokingham Waterside Centre. The main objective is to enable teams to raise funds for a variety of local and national charities.

BBC Radio Berkshire's Debbie McGee broadcast her weekly programme signalling a mass warm up and for the weather to clear for a sunny afternoon and an exciting day's racing. Dragon boat racing is understood to be the fastest growing team sport worldwide (after football), with twelve-metre dragon headed boats surging along in heats of three boats under the beat of a drummer and up to 16 paddlers.

Twenty teams took part, including a team of vision impaired paddlers, proving the event is for everyone.

The event raised raising £12,500 for the fourteen charities the various teams supported.

Plus diabetes and blood pressure tests

At the event the opportunity was taken to have diabetes and blood pressure testing. This was provided by a local chemists' group and more than 160 persons were tested. Of these 16 persons were recommended to see their doctor in connection with their sugar levels and four in connection with blood pressure levels, etc.

Zone 3F learns all about food waste

Fareham Lions were pleased to host this year's first Zone 3F get-together with Zone chairman Lion Rob Armstrong-Collett inviting a speaker from Fareham Borough Council to talk to the group about food waste - including the severity of the issue, some of the reasons why food waste occurs and ways in which it can be reduced.

The evening was relaxed and informal with 18 Lions from across the Zone attending. There was a fun quiz to get everyone thinking about wasting food that led to an interesting discussion. Did you know that 1.4 million bananas and 24 million slices of bread are wasted in Britain every day? The discussion has allowed the Zone to consider initiatives and ways in which Lions can help reduce this waste.

After the presentation, Clubs discussed news and events from across the Zone to keep everyone informed and up to date before time to socialise and catch up.

Lion Rob Armstrong-Collett said, "The evening was a great success - the speaker was very enthusiastic and everyone enjoyed discussing food waste. It was also great to hear everyone's news and about the exciting events that are coming up."

Regional chairman and president of Gosport and Lee-on-the-Solent Lions, Lion David Andrews, attended and said, "It was a very interesting and thought provoking evening with a good turnout."



And more news...



A romantic interlude makes the Windsor Lions' spectacular Horseride one of the best ever!

This year's Windsor Lions' biggest fundraiser, the Horseride in the Great Park, lived up to all expectations when almost 650 riders successfully completed the nine mile course. It is anticipated that circa £40,000 was raised for local charities and good causes.



Event organiser Lion Mark Fraser enthused, "What a wonderful event! The weather was just right, the Great Park looked spectacular and all our riders and horses had a great time."

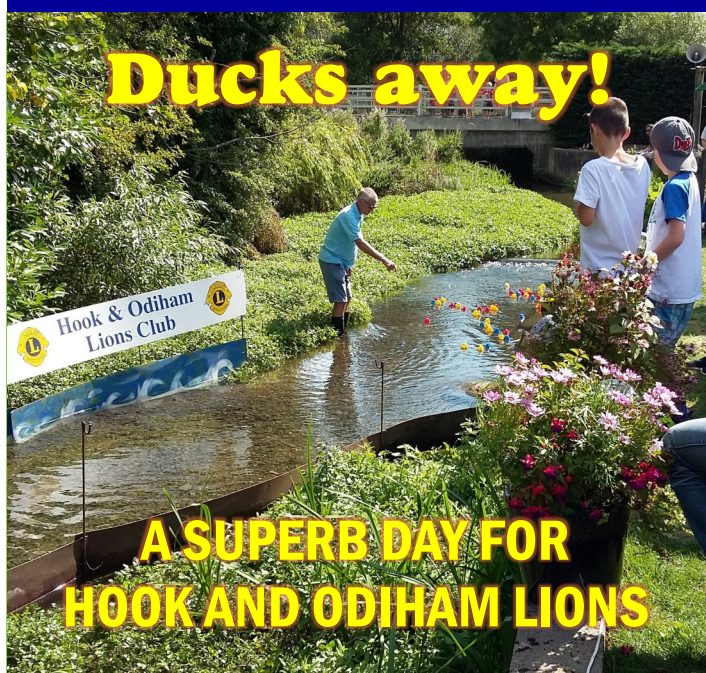
This year's event was also marked by a romantic interlude (see picture below) when rider Ben Pinion proposed to Zoe Griffiths on the Long Walk. Thankfully Zoe, who had had no inkling this would happen, said 'yes' and the Windsor Lions wish them well!

Lion Mark summed up, "We now have the enjoyable task of determining the charities and good causes that will benefit. We are keen to spread the funds across a wide range of local organisations as well as retaining funds for the support of local people and projects that come to our attention during the calendar year. The beneficiaries, as well as the riders who have had a particularly successful event, will all be announced at our Awards evening which I expect to be held in January next year. And, of course, none of our success would have been possible without the incredible goodwill and support of Windsor Great Park and The Shanly Foundation who sponsored the event. We are indeed very thankful to both these organisations."

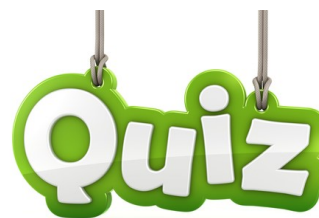
Photographs by MHPHOTOS of Windsor.



And even more!



Your Starter for Ten! WOKINGHAM LIONS CLUB'S



Join a fun Quiz Night for local charities on Friday, 19 October!

The annual fundraising Quiz Night is being organised by the Wokingham Lions Club, and all proceeds will support local charities and those in need.

Doors open at 7.00 pm, and the quiz starts at 7.30 pm at the Wokingham Cricket Club (The Pavilion, Sadlers End, Sindlesham RG41 5AW). The event is open to the public. The cost is £12.50 per team member, and there are eight participants per team. Included in the price is chilli and baked potato, or a vegetarian option. Drinks can be purchased at the Cricket Club's licensed bar.

"There will be prizes for the winners, plus a raffle. We are looking for donations for raffle prizes, so please contact us if a local company would like to donate a service or product. It promises to be a fun evening, a chance to learn a few things, and also help worthy causes in the community." says Lion Ian Grange, organiser of the event.

If you want to join in, but don't have a team, arrangements will be made to join a team. If you want to share on Facebook, the link is <https://www.facebook.com/events/216543725647486/>

Please buy tickets in advance via PayPal at the website, <http://wokinghamlions.org.uk>, and then email mail@wokinghamlions.org.uk, with your team name and members. Also please advise of any vegetarians.

We arrived at the Crooked Billet, to set up for our Annual Duck Race, on a warm and sunny September morning. By 12:30 pm we were able to begin the first heat, and in all we ran nine heats.

This year the races had been sponsored by local business men and the races were named in their honour. Local children helped Lion Bryan Hailstone start the races. All went well and the new finishing gate, made by our President Terry Cheesman, made the judges' decisions very easy to make. At the end of the day we were able to tell Fiona from Victoria's Promise that we would be giving them just over £1,500.

Victoria's Promise is a local charity based in Hook who support young women, under the age of 40, suffering from cancer. It is named after Victoria who was diagnosed with the disease at the age of 29. She vowed to help other people like herself and after her death her mother Fiona and other members of the family set up a charity in her memory. It provides things to make life easier for patients, which are not provided by the NHS, such as special life-like wigs, oncology massage, counselling, help with child care and chemotherapy beauticians.

At the moment the charity helps women being treated at the Basingstoke and North Hants Hospital but are also looking to help women in the Winchester and Frimley Park Hospital areas.



Charlotte, a keen shooter, was selected to represent Great Britain at the International Sport Shooting Federation World Championships held in Changwong, South Korea, in September 2018. After receiving a presentation from her, the Loddon Valley Lions agreed to make a contribution towards her expenses. Charlotte was a member of Womens Team GBR 2 in the Target Sprint Event, which won the Bronze Medal. Charlotte also represented Great Britain in the individual Womens Junior Target Sprint, where she won another Bronze Medal. Contenders from over 33 countries participated in the Championships and this was the first occasion that Great Britain had been represented. Loddon Valley Lions are obviously very proud of Charlotte for helping us to demonstrate that 'Ordinary People' really can achieve 'Amazing Things'.

And finally...

£6,000 plus for Different Strokes

Different Strokes, a charity which supports younger stroke survivors, recently received funds of £6,038 from the Lions District 105D.

The charity was established in 1996 with the aim of improving the lives of younger stroke survivors. Historically, stroke support has focused on those over the age of 65, but across the UK around 25,000 people of working age and younger have a stroke every year. Stroke is especially isolating for working age people; often with young families

to support and relying on employment but suddenly unable to work. It can affect all aspects of life - wellbeing, communication, mobility, employment, independence, social life, relationships - with disabilities including paralysis, memory issues, depression, anxiety and severe fatigue.

Different Strokes provides peer support, information and guidance to younger stroke survivors, through a range of activities including peer support and exercise groups, an online support group, an information line offering practical information and signposting, and through providing information packs covering areas such as return to work, benefits entitlements, emotional support, sex after stroke and carers information.

The funds will be used in the local area in the following ways:

To provide additional support to the local peer support and exercise groups, via Different Strokes Group Network Co-ordinator

To provide online support via Different Strokes Facebook group to approximately 200 people that live in the local area

To hold a regional meeting for the local groups, so that group members which represent the views of around 100 stroke survivors in the region can share experiences with each other and discuss ideas for future development

To undertake project work in the local area, ideas for which will be discussed at the forthcoming regional meeting

Austin Willett, Strategic Business Manager of Different Strokes said: "We're really grateful to the Lions District 105D for their support. It's a fantastic amount which they have raised through their fundraising efforts, and these funds are invaluable in our ongoing work of supporting stroke survivors. Stroke is a life changing event for many families, but we know that with the right practical and emotional support stroke survivors can maximise their chances of recovery, and that's where we help at Different Strokes. As a charity which relies on the generosity of individuals and organisations to fund our services, it's fantastic to know that the Lions recognise the impact of our work and are so supportive of us."



Lion Debbie Burnett presents the cheque to Austin Willett

In Memoriam

The 105D Times records with sadness the passing to higher service of Lion Leslie Berry, a member who had given 30 years' devoted service to the Andover and District Lions Club which folded some months ago.



Lions Projects ideas sheets suggest ways in which your Club can make an impact in the five Global Service areas. If you have more ideas, email: pr@lionsclubs.co



Project ideas Sheet #1

Fight against diabetes

#StepForward
#LionsGetInvolved

#JoinUs:

Visit: <http://lionsclubs.co>



Get Involved

Ideas to involve club members

Find out more: Visit websites and social media for organisations and groups such as www.diabetes.org.uk, <https://jdrf.org.uk>, www.iddt.org, and www.drwf.org.uk to learn more about diabetes type 1, type 2 and gestational diabetes (which can occur during pregnancy).

Share experiences: Set aside time in a club meeting to talk about members' experiences of diabetes and its effects, and report in club communications.

Listen and learn: Organise a guest talk by a healthcare professional (local GP, district nurse, representative from diabetes support group) on diabetes, pre-diabetes (warning signs), prevention and management.

Healthy lifestyle: Invite family and friends to a food taster and test your knowledge of food labels and healthy eating options with help from a nutritionist or healthy lifestyle instructor.

Fit and active: Have fun with a health trainer who can share easy exercises and explain the value of smartphone apps, step counters, pedometers, smartbands or odometers (for use with bicycles and wheelchairs).

Fund and support: Offer funds or support for a local group or campaign – to apply for an LCIF diabetes grant see: <http://fightdiabetes.lionsclubs.org/>



Step Forward

Ideas to engage your local community

Promote diabetes awareness: Share news about diabetes and club projects, in community newsletters, media releases, websites and social media. Work with your local GP surgery, pharmacy or diabetic nurse to run a diabetic awareness course or screening event.

Support health campaigns: Plan activities (with local diabetes support groups (such as a pop up stall) for Diabetes Week, Health Information Week or on World Diabetes Day (14 November 2018).

Donate resources: Present a diabetes resource to a local library, provide a Medic Alert bracelet (<http://lionsclubs.co/MemberArea/medic-alert/>) to a diabetic child, or supply Lions Lifeskills resource, 'Health & Wellbeing' to a local school. Donate fitness equipment to a school or community group.

Advice and network: Set up a group meeting where those diagnosed with diabetes and their families can meet for support and advice. Organise a health check event with a range of health professionals.

Get out and about: Organise regular walks or go foraging (with advice from Woodlands Trust or Countryfile). Run a sponsored running, trekking, cycling or swimming event in aid of a diabetes charity or cause.

Organise a community festival: Celebrate health and fitness with an event to showcase healthy cooking demonstrations, dance and exercise, how Lions Message in a Bottle works, cycling tips and checks, local food growers/allotments, table-top gardening or seed-swapping – with ideas and advice on growing your own healthy food.





OLD MONARCH

The Editor has the last word...

Living in the Channel Islands has many advantages but it also has several disadvantages, one of which is the 90 miles and more of English Channel which has to be crossed to reach our oldest colony (1066 and all that). Hence my non-appearance at the Extraordinary Convention. However thanks to District PR Lion Richard Keeley and his generous supply of pictures and, of course, the DG's spirited contributions, I am now as well-informed as anyone else who didn't attend.

I hope that restructuring is now something that is behind us and we can look forward to doing what these pages show we are so good at; serving our now slightly enlarged community. As our Islands' Duke, William the Conqueror, said on landing near Hastings, "En avance!"

Lion Peter Tabb

SIGNS OF THE (105D) TIMES



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