

A fond farewell from Lions David and Diane Merchant - page 8

NOVEMBER 2018 EDITION

Having been so active on World Sight Day, Lennie is preparing himself for World Diabetes Day - page 9

Why do a Litter Pick? - page 4

The DG's Leader - page 2

**PLUS
News from the Clubs**

105D TIMES



**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...

One third of the Lionistic year passed already, and as I look back it has been both fantastic and trying, but that comes with the position.

To date, Jarvis and I have completed approximately 40 Club visits and attended events across the District. I even appeared live on Jersey's BBC Radio with the Jersey president Lion Mike Berry, a great experience.

We are all now building up to our busy Christmas period, a time when we walk the walk raising fantastic amounts of money to fund our charity requests and service activities that we are renowned for.

As you may know, the idea of bringing Cabinet to the Clubs has not been successful, so future Cabinet meetings will be 'centralised' for want of a better word. If it ain't tried, we ain't going to know, rather like our membership recruitment ideas, now please take a moment to read on.

I put forward an approach to all Club Presidents and Secretaries an idea of how to maybe achieve Membership growth **from our homes**.

Without knowing about this idea, on or about 6 September Lion Nikki Shepherd from the Hayling Island Club (who only joined the Club in November 2017) invited 14 people to her home and explained about Lions. When I visited the Club on Thursday 13 September, **13** of those people attended the meeting.

Since then, **five are becoming Members**, **two** have become Friends of and **two** have become helpers for the shop and events.

What a result! No room hire. No flyers. No printing. No newspaper ads.

Have a great month and stay safe through Hallowe'en and Bonfire Night.

DG Lion Ken



Membership matters

New member Information

Do not forget to run New Members' information sessions for any new members that you induct into your Club.

Ideally these information sessions should be part of the mentoring protocols for a new member. This does not need to be carried out by your Membership Officer but could be delivered by another member of your Club who may be that new member's buddy.

New member information can be broken into four sections:

Who Lions are - This would cover of worldwide membership numbers, Lions Club vision and mission statements, our Code of Ethics and Purposes:

Your Club - A brief history of your Club, highlighting any significant achievements;

Your Club structure - Trustees and Club Officers and their roles and responsibilities;

Election of Officers - Any traditions particular to your Club;

Your meeting programme - to include business and social activities as well as any key service and fundraising events;

Club dues - covering Club, District MD and International;

How your Club communicates

District & Multiple District - Currently UK has eight Districts each with a District

Governor and circa 50 Clubs. HQ is in Birmingham – *The Lion* and other promotional literature. Our District is 105D which covers Dorset, Hampshire, Berkshire, most of Wiltshire plus Burnham and Henley;

District Convention - takes place annually in March;

Lions Club International - History of Lions name and logo, organisational structure, International Convention, HQ located at Oak Brook, Illinois;

Lions Club International

Found- ation (LCIF) - grants an average of US \$30m annually.

For more information please go to the LCI website - <http://members.lionsclubs.org/EN/lions/strengthen-membership/member-orientation.php> and look at:

- New Member Orientation Guide
- Basic Mentoring Guide
- Welcome to LCI

Lion Tim Hanton

Membership Team



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*

Hayling Island – Lion Alan Hutchinson

Reading - Lions Cheryl Taylor and Simon Taylor

Swanwick – Lion Kate Scott

Weymouth & Portland - Lion Julie Storey

Wimborne & Ferndown - Lions Lena Garrett and Daniel Whittle



Global Team Service News

WHY DO A LITTER PICK?

The Environment has been part of Lions Clubs International policy since October 1972 when it was stated that *"Lions Clubs International, recognizing the profound impact of man's activity on the inter-relationships of all components of the natural environment, declares that it is the continuing policy of Lions Clubs International to foster and promote the general welfare; to help create and maintain conditions under which man and nature can exist in productive harmony and fulfil the social, economic and other requirements of present and future generations of mankind"*.

Unless we look after our own communities' environments, and encourage others in the wider world to do the same, our successors will have a much poorer place to live in.

A **Litter Pick** is an excellent way to celebrate World Earth Day which is on Monday 22 April 2019. This is actually Easter Monday but some Clubs will have activities planned for then so the Litter Pick will be from that Monday through to Sunday 28 April.

A Litter Pick is a relatively easy project to carry out;

It is a service activity and should be reported as such;

If reported well, it can increase awareness of your Club and Lions in general; and

It could increase your Club's membership.

HOW TO ORGANISE A LITTER PICK

Survey your community and choose an area which is well used and has an accumulation of litter. In such areas you are really providing a service and you will get people observing what you are doing.

- Wear gloves and use litter pickers;
- Contact your local Council to inform them of your intentions. Ask your local Council if they can supply litter pickers, bags and gloves. If they are unable to do so then supply your own;
- Invite youth clubs, organisations such as Scouts and Guides and schools to help you. This will help to make them more litter conscious in the future. Providing free hi-viz tabards to them, complete with the Lions logo, could be a way of achieving this;
- Advertise your litter pick and ask for volunteers to

to come along to help;

- Suggest that this could be a way into Young Leaders in Service for your younger volunteers;
- Report fly tipping to your local council. It is their job, not Lions, to clear this up and prevent it; and
- Report what you have done to your local media, to your District Environment Officer and to LCI via your monthly activity report.

After the event either provide refreshments or find somewhere to enjoy a cuppa or a drink. This will help to make the occasion more fun and allow you to talk to your non-Lion helpers.

PLEASE DON'T:-

- Tamper with the litter, or think of taking it home for your own use, if something appears to be new. You do not know who has dropped it.
- Confront people who drop litter. This can lead to arguments. Let your actions show them the errors of their ways.
- Collect along a major road. It can be dangerous and the councils do pick up litter from time to time.
- Put yourselves in any danger such as collecting from steep banks which could be slippery.

IN CONCLUSION.

Many will not immediately think of this as a Lions activity and objections are often raised such as:

"I pay my taxes for the council to do this...";

"I don't want to catch AIDS from being pricked by discarded needles...";

"I'm too old to go scrambling through brambles..."; and

"It's not my job to clean up after ungrateful yobboes..."

And what could be worse than picking up litter only to see someone drop some more right behind you!

I would like this to be a MD wide activity with as many Clubs as possible undertaking a Litter Pick during the week commencing 22 April 2019. If it is reported properly then it can be seen as a major Lions activity to improve our environment.

Consider carrying out further picks during the year. It can be a very worthwhile activity as well as helping your own community.

My thanks to PDG Lion Dave Wheeler for his helpful suggestions.

Lion Judith Goodchild

GST Co-Ordinator and Community Relations Portfolio Holder

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

Tel : 0118 981 2260

Other Matters of Moment

DG Team Visits November 2018

DG Lion Ken

<u>Date</u>	<u>Activity</u>
5 November:	Southbourne & Boscombe Club Official Visit
11 November:	Salisbury Remembrance Day
12 November:	Bournemouth Club Official Visit
13 November:	IOW Sandown Club Official Visit
14 November:	Wokingham Club Official Visit
17 November:	Wimborne & Ferndown Charter Anniversary

1st VDG Lion Jarvis

<u>Date</u>	<u>Activity</u>
4 November:	Bradford-on-Avon Charter Anniversary Lunch
7 November:	Warminster Club Official Visit
11 November:	London Cenotaph Remembrance Service
13 November:	Maidenhead Club Official Visit



Lions Clubs International FOUNDATION

Wednesday 14 November is World Diabetes Day. Some of you will be aware that as an organisation Lions Clubs International has diabetes as one of its Global causes and we are encouraging members to look at their own lifestyles to help prevent the onset of this disease, as well as helping those in our communities.

Diabetes is one of the most pervasive and fastest growing diseases in the world today and affects people of all ages and races. LCIF does have grants available for Clubs who wish to undertake a project in this area. Information about the grant process is available on Lions Clubs International website or I can be contacted.

I would like to take this opportunity to thank any Club that has responded to the recent appeal from Council Chairman Lion Peter Burnett regarding the situation in Indonesia. I know some Clubs have donated to the MD Disaster fund which sends water purification tablets, some have responded to the LCIF Indonesia Appeal, and some have sent an amount to both. Your support is really appreciated, Thank you.



Lion Ann Huntley MBE

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

“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

Weymouth 22-24 March 2019

***You can book your places at the Convention
from Thursday 1 November.***

Please make your bookings as early as possible!



Lion Steve Spencer

District Convention 2019 Host Committee

News from the Clubs

On the beach - another record event for the Weymouth Lions



Twenty thousand motocross fans descended on Weymouth to watch the annual Beach Motocross, staged by the Lions of Weymouth and Portland with the Purbeck Motocross Club. Three hundred and sixty riders took part and the line-up was headed by four times World Enduro Champion Steve Holcombe, former European and British Enduro Champion Daryl Bolter and alongside them three times winner of the BREach Race, local rider Jake Shipton and no less than eight British champions including Women's Champion Catherine King. This spectacular and thrilling event raised around £4,000 for the Club's charity fund..



Fareham Lions jig to support youth sports

Fareham Lions held a very successful Barn Dance on Friday 12 October with more than 100 guests enjoying a fun evening that included barn dancing, a ploughman's supper and raffle raising £800 that was split between two local youth sports teams – Fareham Tchoukball Club and AFC Portchester U13 Girls Team.

Fareham Lions has built a strong relationship with both sports clubs over the past months and have sponsored lifts for both teams to help young people participate in sporting activities.

Fareham's president Lion Rob Armstrong-Collett said after the event: "It was a very enjoyable evening and it was fantastic to see so many people enjoying themselves and enabling us to raise a wonderful amount to help support two very important local youth sports teams."

The event was so successful that it has already been booked for 2019.

Weymouth and Portland Lions Club welcomes its first lady member

The Weymouth and Portland Lions Club has welcomed its first lady member when Lion Julie Storey was inducted at a dinner meeting held at Weymouth's Rembrandt Hotel (the venue for the 2019 105D Convention). The ceremony was conducted by District Governor Lion Ken Staniforth who said how proud he was to be invited to Weymouth for this momentous occasion.



President Lion Roger Hogbin (left) said: "I am extremely pleased to welcome Lion Julie as both as a member and especially as our first female member which is a significant milestone for the Club."

And even more news...

Wokingham Lions donate £1,000 to Berkshire Women's Aid

To help support victims of domestic abuse, the Wokingham Lions Club has donated £1,000 to Berkshire Women's Aid (BWA).

Liz Terry, Berkshire Women's Aid chief executive, thanked the Club for its generosity. "This money is really timely and very welcome," she said. "BWA are soon to take possession of a new building and this donation will be used to provide furniture. We offer a safe haven for victims of domestic abuse and violence."



Lion Debbie Slay, president of the Wokingham Lions Club, said: "We were pleased to support this important organisation which was founded 40 years ago. We raised £480 at our Tea Tent at the Rock Choir Festival (Cantley Field) on the August Bank Holiday Monday. Our Club matched the amount raised from our charity funds, and rounded it up to £1,000."

Berkshire Women's Aid works throughout Bracknell, Reading and Wokingham.



A (World Sight) Day in the Life of Basingstoke Lions

The Basingstoke Lions really went to town on Thursday 11 October - World Sight Day - with a lavishly decorated gazebo and Lennie the engaging Lion engaging with the public. The result was 1,662 pairs of glasses (plus some singles lenses), 200 more than last year.



Altogether a very successful day and a very valuable public relations exercise for the Club.

And Lennie (on the prowl all day) made a new four-legged friend!



Keeping it in the (Lions) family

Last month saw the enrolment of two new members to the Wimborne and Ferndown Lions Club which brought the total of new members enrolled this summer to four and the Club membership to 22. It has indeed been a bumper summer in more ways than one.

The picture shows new Lions Lena Garrett and her partner Daniel Whittle, Daniel being "badged up" by Lion Ken Taylor. The other new members are Lions Jane Beck and Roger Male.

It is worth noting that all four have helped to bring the club average age down significantly!

This enrolment was a very special occasion as Daniel is the son of Lions legend Albert Whittle, who was a founder of the Club in 1969 and served as a Lion for 48 years until his death in October 2016. Apart from being a champion speed skater in his youth, Albert held all the major offices in the Club, being elected president three times and District Governor.

The email of
the species is
more deadly
than the mail.

Stephen Fry

A Fond Farewell

My Fellow Lions,

I wish to take this opportunity, as we prepare to move to East Anglia and pastures new, to thank the Lions across 105D for their friendship, fun and service.

During my year as District Governor I was privileged to visit every Club as part of my series of Official visits, to help celebrate Charter Anniversaries or attend a Club event, of which there were many different such occasions. I received tremendous support from across the whole District during this memorable and exciting year including my District Convention, the District Service, support for Lion Diana's chosen charity and the many and varied initiatives you embarked upon. Your support for LCIF again topped the total achieved by other Districts and your willingness to support those in need locally, nationally and internationally made me so very proud to have led you all.

I would like to take this opportunity to express my grateful thanks to those Lions who have provided assistance and advice over the years – without you I would not have achieved what I have achieved.

I urge all those Clubs who can, to begin or continue to arrange or support Prostate Screenings. I will be for ever grateful to the Lions Club of Reading, when in 2013 I received a 'red letter' following my screening, but this early diagnosis led to me undergoing a procedure meaning my prognosis is now a positive one.

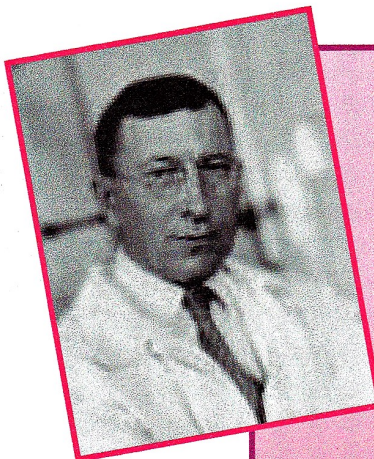
It is time now, while we are still young enough and fit enough, to move much nearer our daughter and explore another part of England. I will remain a Lion – initially within 105EA but soon to become 105CE – and continue with my role as the Multiple District Leadership Coordinator.

We have thoroughly enjoyed our experiences as Lions in 105D and although it may be goodbye to many I am sure it will be *au revoir* to others, when, hopefully, we can reminisce as we meet up at MD Conventions, including Swansea in 2019.

I wish 105D a successful final year as a District and trust 105SC will be at least as successful, as it builds on the foundations of its predecessor.

Thank you all for your friendship,

Lions David and Diana Merchant



Wednesday 14 November is World Diabetes Day

This day was chosen to commemorate the birthday of
Sir Frederick Banting KBE MC FRSC (1891 - 1941)

Canadian doctor Frederick Banting and American biomedical scientist Charles Best co-discovered insulin, the life saving treatment for diabetes, in 1921.

In the early 1920s doctors hypothesised that lack of insulin, a hormone made in the pancreas, caused the condition. However, insulin had proved impossible to extract from the pancreas.

Dr Banting got an idea of how to extract insulin from an article in a medical journal, but he needed laboratory facilities for further investigations. He convinced John Macleod, Professor of Physiology at the University of Toronto, to let him use a laboratory to conduct his research. Macleod appointed Charles Best, a biomedical science student, as Banting's assistant.

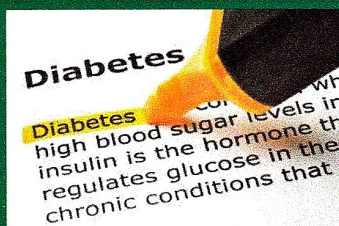
Banting and Best performed pancreas experiments on dogs to measure sugar in their urine and blood. Over a summer they extracted the first antidiabetic substance. In January 1922 a diabetic teenager, Leonard Thompson, was the first person to receive an insulin injection.

Banting and Best received many awards for their discovery. However only Banting and Macleod received the Nobel Prize for Medicine in 1923. In protest, Banting shared half his award money with Best.

Sir Frederick Banting was killed in an air crash in 1941.

What is type 1 diabetes?

Someone with type 1 diabetes has a condition in which his or her pancreas is completely unable to produce insulin. Symptoms of type 1 diabetes tend to manifest during childhood or adolescence and it is usually diagnosed due to patients falling seriously ill from symptoms of high blood sugar. People with type 1 diabetes may have a genetic predisposition to it or it may have developed because of exposure to a virus or other pathogen.



How will your Club be commemorating World Diabetes Day? This day reminds us all of what was one of the greatest medical discoveries of the 20th century and which has prolonged millions of lives ever since.

What is type 2 diabetes?

Someone with type 2 diabetes has a pancreas that cannot produce sufficient insulin or a body that cannot use it effectively. People with type 2 diabetes are usually diagnosed in adulthood and the affected person may not have related symptoms before the condition is discovered. Type 2 diabetes can either be delayed or prevented by eating a proper diet, maintaining an exercise regimen and staying at a healthy weight.

What is insulin?

Insulin is a hormone made by the pancreas. Insulin helps the body turn blood sugar (glucose) from carbohydrates in food into energy. It also helps the body store it in muscles, fat cells, and liver to use later, when the body needs it. After eating, the blood sugar (glucose) level rises. Insulin helps keeps the blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia).



Male or female, if you are over 45, overweight, do little exercise, and have diabetes in the family, you could be at risk of contracting type 2 diabetes. Get tested!



OLD MONARCH

The Editor has the last word...

There's probably not a day nor a week that goes by that is not dedicated to some worthwhile cause and I must admit many tend to just pass me by.

However this month there is a rather more special date and that is Wednesday 14 November - World Diabetes Day. In my home Island, at least one more person is diagnosed with diabetes every day. There appears to be no common cause and while the condition can be controlled if diagnosed early enough, there is currently no cure.

As my Club's diabetes awareness officer I have suggested to my own Club that every member not already diabetic should be tested and I commend the idea to all Clubs. After all what have we got to lose?

Lion Peter Tabb

SIGNS OF THE (105D) TIMES



On World Sight Day Basingstoke's Lennie the Lion chats up a statue

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