

CHRISTMAS GREETINGS

DECEMBER 2018 EDITION

105D TIMES



You can relax... the
Lions carol singers
have gone next door.



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

**LOVE
BEING A
LION**

“Working Together For Those We Serve”

The DG'S Leader

Seasons Greetings, Fellow Lions...

As we all knuckle down to our Christmas sleighs, shows, markets, gift boxes and other seasonal activities, raising funds and giving much needed service to our communities, please do me a favour!

Put a little time aside, get together, reflect on your year and toast your fellow Lions and YOURSELF. Recognise the differences that YOU make in **your** local community, **your** country and **your** world and may I congratulate **you**, and thank you, for the way that you promote our wonderful organisation.



We are moving forward to exciting times in a new District, 105SC. We are also moving forward with the knowledge that this last weekend, 'new' Lions from around the UK met for a symposium. They are our future. They have some great ideas that will encourage others to join our ranks and grow our Clubs.

GIVE THEM A VOICE and LISTEN.

Let them use the enthusiasm they came back with to put some oomph back into your Club and our District, a fantastic District, a District of which each day I feel more privileged to be the Governor. In MY view, the BEST District in the United Kingdom and Islands.

I will also ask that on the chimes of midnight on New Year's Eve, you not only wish everyone a Happy New Year, but also leave all the petty arguments, back-biting and personal attacks behind in 2018, **never** to be resurrected, and please, stop looking for things to moan about and people to put down in the future.

Let 2019 be the start of a **positive**, **tolerant**, **happy** and **fun** period of the **years** to come and carry on in the same vein.

I look forward to being with you on the journey.

DG Lion Ken



Membership matters

Where can we get these new members from?

For any membership activity to succeed there needs to be a commitment at Club level to carry out this campaign/activity.

Within the Zones, stronger Clubs should be looking to support and give aid to Clubs that are looking to hold a membership drive.

Do not forget that there is assistance and funds available from District to help with any campaigns, please ask for more information.

New members breed additional members and are themselves an excellent potential source for further new members. Ask them to invite some of their friends to a Lions meeting/event or to hold a session along the lines outlined in the **Back to Basics** session. As mentioned in the last *105D Times*, this has Service Projects

Service activity is key to Lions - there is increasing evidence that Clubs who ask, are receiving voluntary assistance and recruiting members on the back of it. Please consider asking for assistance with your Christmas activities, with a view to gaining volunteers and ultimately increasing your membership.

PTA groups

PTA members have already given community service and could be attracted to Lions. The best way into schools is to encourage Clubs to work with schools, using Lions Youth programmes. This may assist in "opening" doors to the school and to PTA groups.

Round Table/Ladies Circle

Both of these organisations "retire" their members at the age of 45. Check to see if you have a group locally and try to make contact with them.

Publicity

Ensure that we have good publicity at our events advertising the Lions and what we do - we are often our own worst enemies at promoting ourselves! Start on the basis that the public have minimal knowledge of Lions.

Facebook.

Facebook can be used to target potential members and costs involved are minimal. Woodley and Earley recently obtained 7 prospective members through Facebook.

If you would like any further information on any of these ideas, please let me know and I would be more than happy to assist.

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*

Dorchester & District - Lion Alan Ng
Eastleigh - Lions Ildi Clayton, Graham Cook and Illia Cook

Hook Odiham - Lion Alyson Euridge
Loddon Valley - Lion Loic Youinou



Community Relations News

I attended the GSR meeting in Birmingham on Saturday 6 October and am pleased to report that progress is being made in all five areas.

Regarding my own, the Environment, I will be heading up another programme on planting trees. The Council of Governors wanted a sustainable project and have endorsed Tree Planting as this project.

You will soon be receiving a press release regarding the Litter Pick in April which VDG Lion Jarvis is helping me with.

Please let me know if you carried out activities on World Sight Day on Sunday 14 October.

December is one of the busiest months for Lions Clubs both in terms of fund raising and community service but sometimes the two can be both. While Clubs raise large sums of money from Father Christmas Sleighs, they are also performing a community service by providing pleasure to the young and not so young. Turning out on a cold wet night can be daunting, especially if there are a lot of nil responses, but the sheer joy on a child's face from seeing Father Christmas can make the whole evening worthwhile, so good luck with all your Christmas activities. Sometimes a chance meeting on a doorstep can lead to a new member so please take a little time to answer any questions that a householder may have and be prepared to give a contact number.

We are nearly at the time when entries for the Environmental competitions need to be in.

Entries for the Photographic Competition need to be with me by Monday 7 January. Entries must be sent to me. And not and not directly to MDHQ.

Please send printed photos to me. This way you will know what the photos look like.

The Environmental Competition ends on Saturday 15 December when entries should be with me.

In both cases please send your entries to me at 88A, Franklin Avenue, Tadley RG26 4EU.

Finally I hope you all have a very happy Christmas.

Lion Judith

*105D Community Relations Portfolio Holder
and GST Co-Ordinator
welfare@lions105d.org.uk
Tel: 0118 981 2260*

Wimborne and Ferndown do Mastermind!



We traditionally hold a general knowledge quiz for teams of up to six players in Spring (Wimborne Allendale Centre) and Autumn (Ferndown Barrington Theatre) and 2018 was no exception.

The format is for six rounds of questions plus a picture round interspersed with a little Card Bingo and an interval for refreshments (a cold platter and rolls on each table). Quizmaster Ken Taylor controlled proceedings more or less. Thanks to all those who supported the Lions and helped us to raise approximately £1000 for local good causes. The pictures are from the October quiz at the Barrington (Lions in red).



Other Matters of Moment



DG Team Visits December 2018

DG Lion Ken

Date	Activity
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5 December:	Amesbury Christmas Market
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11 December:	IOW Ryde Club Official visit
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1st VDG Lion Jarvis

Date	Activity
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5 & 6 December:	Westbury Lions Christmas Float
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10 & 11 December:	Westbury Lions Christmas Float
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13 December:	Burnham Lions Club Official Visit
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17, 18 & 19 December:	Westbury Lions Christmas Float
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Lions Clubs International FOUNDATION

Campaign 100 is a huge fundraising effort that was launched in Las Vegas. It is hoped to raise \$300 million in three years.

The money raised will help Lions around the world carry out more service. LCIF will continue to do what it has always done, to be there when it is needed to help those in desperate need and help with large service projects that Lions wish to carry out. It is hoped that with this fundraising effort we as Lions can increase our service impact in vision, youth, disaster relief and humanitarian causes. The hope is that Lions will take on the challenge of fighting diabetes and expand our global causes such as hunger relief, childhood cancer and the environment.

The basic way that LCIF works isn't changing. Clubs can continue to donate in the same way as they always have, and again I offer my thanks to those Clubs who continue to support LCIF.

In the meantime, I take this opportunity to wish you all a very happy Christmas and hope that your Christmas fundraising activities go well.

Lion Ann Huntley M.J.

District 105D LCIF Coordinator

**“Christmas is coming,
the geese are getting fat, etc.”**

Have you done your Christmas shopping? Whether or not, make one of your presents to yourself a visit to the extravaganza that is:



DISTRICT CONVENTION 2019 **22-24 March 2019**

Come to Weymouth and join us in saying goodbye to District D, after an amazing 54 years - something to be proud of and to celebrate. Book now and either pay in full, or pay a deposit of £40 and then pay the balance by 8 March 2019. Book online at:

<https://2019.lions105d.org.uk/>.

Hotel accommodation is booked separately, and we have agreed special Convention rates for bed and breakfast, £105 per night twin/double, £85 per night single. Call the hotel on **01305 764000** and quote **Lions Allocation**. (Full marks to those who spotted the error in my letter with the October District mailing, this is the phrase to quote).

As well as all the usual fun and fellowship of a Convention, we have a great venue in a fantastic location, so don't miss out.

Lion Steve Spencer

District Convention 2019 Host Committee

News from the Clubs

What's gone on in Weymouth and Portland? Lions show the way to the Hub

Weymouth and Portland Lions have supported the Veterans by providing them with a sign for their Community Café.

President Lion Roger Hogbin, seen here with Hub director Darren Bowden, said: 'It was an honour and pleasure to meet Darren.

The Hub provides excellent support to the veterans and a warm welcome to visitors and I am very pleased that the Weymouth and Portland Lions have contributed to their efforts in some way.'



New wheels for Sian from the Lions

Weymouth and Portland Lions have donated a set of



new wheels for Sian Moorcroft's special wheelchair.

From Nottingham, a grateful Sian said:

'Thank you so much for my new wheels.

Due to having Spinal Muscular Atrophy Type II, I rely on my wheelchair and without the Lions

Club's help I would have lost my independence to do the things I love to do.'

President Lion Roger Hogbin (right) commented: 'Sian is a very inspirational and remarkable young lady and all the Weymouth and Portland Lions were delighted to help which we hope will help her live her life more fully.'

Lions pay their respects at Weymouth Cenotaph



President Lion Roger Hogbin lays a wreath at the Weymouth Cenotaph. Prior to laying the wreath, Club members placed two Silent Soldiers on the Weymouth seafront.

FOOD PARCELS FOR CHRISTMAS!



Wokingham Lions collect for the needy during their annual Christmas collection

As the holiday season approaches, many elderly residents, as well as young families, in Wokingham are needy and on tight budgets. The Wokingham Lions Club is collecting foodstuffs for delivery to them before Christmas. The annual Christmas Collection at local supermarkets kicks off on Saturday 1 December for a week.

'We are hoping that shoppers will support our Christmas Collection by purchasing an extra item of shopping and donating it to the Wokingham Lions Club,' says Lion John Cleary, the Christmas Collection organizer. 'We are looking for canned soups/vegetables, canned fish/meat, biscuits, non-perishable food, mini Christmas puddings and other treats.'

Club members separate the food and assemble the items into parcels which are then delivered to private homes and care homes before Christmas.

HELPING THE SUNFLOWER CAFÉ

Hook and Odiham Lions recently helped the Sunflower Café in Odiham following a very interesting talk by two of the members of the Mother's Union who run it.

The café was set up to help people living with dementia, their carers, families and friends to enjoy refreshments and activities once a week. They provide many games, have music sessions and with the help of the Hook and Odiham donation will be adding chair based exercise sessions.

And more news...

How two 105D Clubs commemorated World Diabetes Day

The Windsor Lions were busy at Tesco in Dedworth supporting World Diabetes Day promoted by Diabetes UK. The Club had a stall in the foyer of Tesco where the risks associated with diabetes were highlighted by distributing flyers and staging a competition.

Lions Teresa and Nick Jones headed up the event and, together with other Lions, found there was a lot of interest, due in part to the national publicity programme Diabetes UK have implemented.

To help illustrate the problems caused by too much sugar, a simple 'sugar' quiz was provided. Passers-by were asked to match various soft drinks to small bags of sugar. It surprised many that even some small bottles soft drinks contained more than 13 spoonfuls of sugar! The Lions had a great day and were very grateful to Tesco at Dedworth for their support.

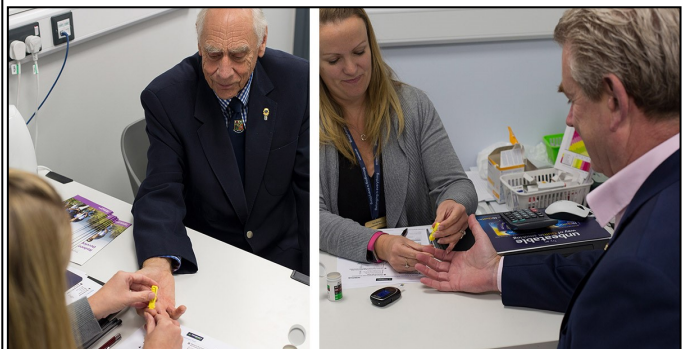
Andrea Baganz-Pritchard, Diabetes UK's Regional Fundraiser, attended the event and was delighted to see so many members of the public talking about their own experiences of living with diabetes. She said: 'We are really grateful to the Windsor Lions for this event. The funds raised will help change lives for those with diabetes.'



The Lions Club of Jersey joined forces with Diabetes Jersey, an independent Jersey charity, to commemorate World Diabetes Day by helping to generate publicity about Types 1 and 2 diabetes. In Jersey every day at least one more person contracts diabetes.

On World Diabetes Day itself, the joint effort had full page coverage in the local daily paper, a full hour's programme on BBC Radio Jersey, live local BBC and ITV television interviews, significant online coverage and free testing for Type 2 diabetes offered by the Channel Islands Cooperative Society. This event, held in two of the Coop's busiest supermarkets in Jersey, attracted several hundred Islanders to be tested and is being continued on a weekly basis until early December.

To generate further publicity, half a dozen Jersey Lions were tested under the eyes of the local media and the Lions also sponsored the printing of 3,500 copies of a special booklet, given out at the Coop, commemorating the life changing discovery of Drs Banting and Best.



Lions Peter Mourant and President Mike Berry are tested

WOKINGHAM LIONS CLUB HELPS REMEMBER THOSE WHO SERVED BY SUPPORTING TOWN COUNCIL'S 'WOKINGHAM REMEMBERS' INITIATIVE

To honour those who have served in the military, the Wokingham Lions Club has helped in several ways this year. To assist with the Wokingham Town & Borough Council's initiative, "Wokingham Remembers" and "Royal British Legion Poppy Appeal," members of the Lions Club ran a pop-up refreshment bar in the Wokingham Town Hall on Saturday 27 October. Tea, coffee, squash and homemade cakes were served at the launch of "Wokingham Remembers." As a result, £208.50 was raised for the Wokingham Poppy Appeal, and the Wokingham Lions Club increased the amount to £250.

Wokingham Lions Club members also helped with the Winnersh British Legions Poppy Appeal by manning the poppy stall outside Sainsbury's, Winnersh, selling poppies and other poppy-related merchandise.

On Sunday 11 November Wokingham President Lion Debbie Slay and Vice-president Lion Lyn Bailly (pictured) laid a wreath at Wokingham's War Memorial outside the Town Hall.



Newbury Lions Club event is the best - it's official!



Newbury Lions were thrilled to be shortlisted in this year's Best in Business Awards organised by the *Newbury Weekly News*. In a new category, Best Regional Event, the Club entered their Fireworks Display held annually at Newbury Racecourse for over 35 years. Judging examined planning, financial objectives, donations from proceeds and wider community involvement. At the awards dinner on Friday 2 November, Newbury Lions Annual Fireworks spectacular was named as the Best Regional Event of 2018. The judges were impressed with the drive and passion of members who, despite falling membership, are determined to keep the event going for the benefit of the local community.

The picture shows Lions Judith Colby, John Coleman (Fireworks Director) and VP Peter Wood with the trophy.

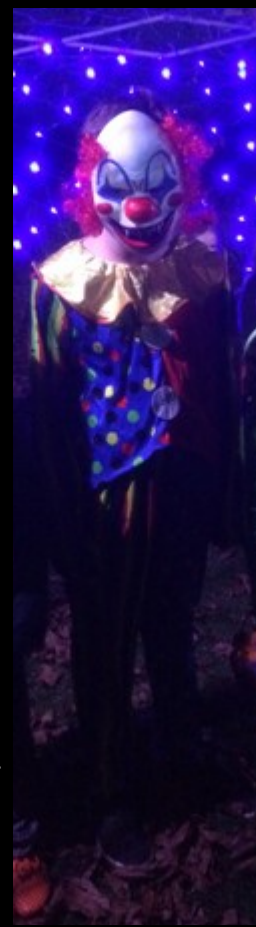
Despite only having 12 active members, Newbury Lions are determined to keep working hard to support those in need in their local community.

ODIHAM FIREWORKS & HALLOWEEN SPOOKTACULA 2018

Were you at the Odiham Spooktacula 2018 on Beacon Field on the evening of 27 October?

If not you missed a really great evening! Not only did you miss the fantastic fireworks, a fancy dress competition, which was closely fought by even more entries this year, but you also missed our first ever carved pumpkin competition!

If you were there, you would have enjoyed all of the usual favourites; wine and beer from our friends at the Bowls Club, the ever popular German Sausages, the equally popular 'Tea Cup Ride', and Flashy Lights, while new this year was 'Coffee in a Horsebox,' mulled wine and hot chocolate from our local Scouts and their Leaders, a Bouncy Castle and a fantastic fireworks display. This year the Lions listened to requests and introduced debit card readers at the gate - an overwhelming success and will be a fixture at all our future events.



Wokingham Lions Club Sainsbury's TROLLEY DASH



TICKETS £2 each

Available at Sainsbury's, Winnersh

The draw will take place on
Sunday 2nd December 2018

The Trolley dash will take place at 9:00 am
on Sunday 9th December 2018
At Sainsbury's, Winnersh

Terms and conditions:

- No clothing, general merchandise, electrical, alcohol, cigarette or tobacco products.
- Maximum spend is £300 and you get 3 minutes. You cannot have anything over £300.
- You will be given 5 minutes to look around the store first to plan your route.
- You will be given one trolley and can collect another if you need it.
- Only one item of each product allowed.
- No discount cards or nectar cards allowed.

All proceeds will go to local charities

Sainsbury's



CINDERELLA



Sat. 5th Jan. 2019

**Kinson Community Centre,
Pelhams Park, Millhams Rd, Bournemouth,
BH10 7LH**

Matinee 2pm, Evening 6pm

Adults £6.00. Child £1.00 (under 12)

To book tickets contact:

0844 963 2417 (local rate)



The Lions Club of Bournemouth
All monies raised to Charity
Registered Charity No: 27164:

And now for more news...



Every year thousands line the harbour at Weymouth to witness this annual Lions spectacular which has become a landmark event for the town. In 2017, a record 498 swimmers took the plunge, raising more than £20,000 for a whole host of local and national charities. Online tickets are selling fast and for safety reasons the number of swimmers is capped at 500 so potential participants are urged to 'shop early for Christmas' at www.weymouthlionsclub.co.uk and help the Weymouth and Portland Lions make this year another record-breaker.

AN IMPORTANT MESSAGE **SENDING SPECTACLES TO** **CHICHESTER**

Due to increased numbers of spectacles being sent and the pressure on Parcel Force in the run up to Christmas, Chichester Lions Club asks Clubs to please not send any spectacles now until the second week in January. Also, once you do start sending again, we would like to ask Clubs to wait until they have several boxes before ringing Parcel Force, please do not send single boxes. Please ensure that the boxes are a good size (shoe boxes are too small), are full and do not contain glasses cases unless they are in extremely good condition, and please do not pack empty cases.

If you have any queries please contact us via our website www.chilions.org.uk or ring 0844 963 2443.

Many thanks and Merry Christmas,

Lion Sue Boucher



It's time for the Bournemouth Lions and their friends to slap on the make-up, get out the frocks and speak in funny voices! This year they are having a bash at CINDERELLA but, as usual are doing it their own way with a lion, a bear called Henry and two very large Bunny Girls in the cast!!

In Memoriam

The 105D Times records with sadness the passing to higher service of Lion Robert Taylor MJF of the Weymouth and Portland Lions Club and Lion Melvyn Williams of the Lions Club of Henley-on-Thames

Lion Melvyn's obituary in full can be found at
<https://www.henleyherald.com/2018/11/14/obituary-melvyn-williams/>



OLD MONARCH

The Editor has the last word...

I always look forward to Christmas although these days it seems to come round rather too quickly. My Club joins with Rotary, Round Table and the Soroptimists to help spread the festive cheer (we let the youngsters of Round Table drive the sleigh!) and even in an offshore society perceived to be built on wealth, there are still far too many relying on the generosity of the public.

In November Lions world-wide commemorated World Diabetes Day and as part of my Club's marking of the event was a very emotive poem written by a Jersey resident with Type 1. It's attached to this edition and is why Lions combatting diabetes is so worthwhile. In the meantime, have a very good Christmas.

Lion Peter Tabb

FESTIVE 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

A poem that tells of living with Type 1 diabetes

It's 38 years
since unquenchable thirst
and sudden
weight loss
admitted me
to hospital
where I met DIABETES
face to face in that place
where order, uniform and tests were the norm.

Basically my body had lost
its ability to metabolise
sugars and starches into energy.
I couldn't neutralise
my body chemistry.

A chronic disease had hold of me with intention.

Had a virus caused this slip in function?
I need to mention it's not because
I ate too many sweets:
that's not the cause of Type 1.
No, for some other reason
the previously plenteous beta cells
in my pancreas had come undone.
Treason.

I had to learn a number-crunching, glucose-
munching, new way of living,
a life-saving routine of food choosing, insulin using,
injection giving.

And so began the jabbing of an orange
to practice for the real thing
when a hypodermic would pierce my skin
plunge the reviving hormone in.

Back then
the needles were longer, thicker, crueller.
Back then
urine checking was the biz, re-agent tablets to fizz
and show you how out of range you were.

Later, lancet loading, finger pricking, little blobs of
blood would immediately determine
what your sugar level was.

So, back to when it had begun to go wrong:
insulin's depleted, it's injected.
But which type? How much? How often?
How will my body be affected?
What to eat to balance the dose?

Learn to carbohydrate count, weigh each amount.
Every meal's a multiplex of glycaemic index
or a taste waste on a plate.

You've got to know your carb to insulin ratio,
and which foods act quick, which digest slow.

As you juggle with meals and medication
add the struggle of stress, the effect of illness,
exercise and emotion to the equation.
All have an impact, all react
(consistently unpredictably).

Diabetes, Type 1, is misunderstood:
the causes, complications, treatments and the food.

You think multiple injection is the very worst part?
Think again, it's not that, it's the regimen:
the daily grind of test, inject, eat,
test, inject, eat on repeat, repeat, repeat, repeat...
the pressure of trying to keep
blood sugar levels in target range
when so many factors cause it to change.
You have to become the specialist,
know what your GP doesn't know,
and if a medic doesn't specialise you'll be surprised
that you're aware of much more
than they about the condition
you have to balance every day.

And anyway, can this disease be so bad after all
if Jelly Babies are its emergency fuel...

This poem was written by Jersey poet Juliette Hart who has lived with Type 1 diabetes for almost 40 years. The poem was written specially for World Diabetes Day and was broadcast live on BBC Radio Jersey during the hour-long programme devoted to generating diabetes awareness. Also taking part in the programme were the chairman of Diabetes Jersey (who has Type 2 diabetes), the parent of a six-year-old who has been diagnosed with Type 1 diabetes and the Jersey Lions' diabetes officer Lion Peter Tabb.