

**JUNE 2019**

**A  
FOND  
FAREWELL**



**FINAL EDITION**

**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](mailto:dg@lions105d.org.uk) ♦ [www.lions105d.org.uk](http://www.lions105d.org.uk)

**LOVE  
BEING A  
LION**

**“Working Together For Those We Serve”**

# The DG'S Leader...

## *Good Morning / Afternoon / Evening Fellow Lions*

If over the last ten months you have read my 'Message to the Masses' in **your 105D Times**, thank you very much. You have witnessed the inner workings of a man who, ten years ago this year, joined our fantastic organisation and found a vocation, a purpose, a better way of giving service to our communities whether locally, nationally or internationally. You gave me a voice, reason and purpose to at least try and 'do things better', maybe make a start to new ways of thinking, doing and recognising.

You then allowed me to be a part of the Team of 105D, serving in several roles. Did you not know when to stop? Because the next phase was to encourage, teach and allow me to put my stamp on a fantastic District with a wonderfully diverse heritage of service. Some have called me inspirational. That is very humbling. Some may consider me a complete a\*\*e. That's OK too and no insult is taken whether meant or not. **That is Lions**. We are all different. We all have different views, beliefs, attitudes, strengths, weaknesses...and then, somehow...it all comes together...and we **DO...TOGETHER**.

If over the last ten months you have skimmed over 'my bit' and read **your** magazine in preference, thank **you** very much. Your editor's work and the Clubs' efforts may have rightfully taken preference over the well-intended views and ramblings of your 'leader', opened up the work that your colleagues have been doing, the antics that they have been up to and the service that **you** have provided.

If you have contributed articles or information to **your 105D Times**, thank you very much. **YOU**, are the informers, the ideas sharers, the knowledge makers. Your input has made the *105D Times* possible.

It is no secret now that I have been having a wee skirmish with a condition called multiple myeloma and a lot of my decisions and actions have had to have been 'timed' and dictated by this miniscule 'c' (big c does **NOT** exist, it is miniscule, it is a total s\*\*t, it cares for, or about, nobody and so does **NOT** warrant any title starting with a capital letter).

In July, I started visiting Clubs, events, Charter Anniversaries and meetings at one helluva pace, because somewhere in my mind, I was told to do so. I successfully 'pulled off' the majority of these tasks, listening to you, watching you, joining in with you and most importantly, **learning from you**.

As we got closer to Christmas, things went a bit awry, and I was booked into the Salisbury District Hilton for the Festive and New Year period.

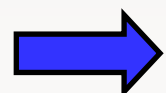
MY support network kicked in big style with Salisbury & District Lions taking the lead at a very early stage. They have been amazing. Past District Governors, District Officers, My DG Team, Fellow Multiple District Governor's and Multiple District Officer Teams **ALL** lending support, love and respect to allow 'my vision' of 'Governance' and 'Leadership' to shine through. I have made it a mission to be involved **at every level**, and am proud to have succeeded in that mission.

But the foundation of my support network supplying the strength, dedication and determination to ensure that I stayed level headed, rigid to 'my cause' and sane (really???), has been Jean. She has been absolutely amazing throughout. She not only fought my corner against the miniscule 'c', but has had her own health issues to deal with, her own emotional stability to address and her own 'life' to live.

She has witnessed and benefitted first-hand from the support, caring and love from all the above...and more.

But it is her resolve, humanism and stature that has grown and made me a very proud District Governor and Lion. You have all made Jean feel welcome and you have allowed her to represent me with dignity, pride and confidence. I am proud to have her as my right arm.

We now embark on the final phase of my 'DG Year', celebrated in BIG style at Weymouth, bringing the final sunset down over a fantastic District 105D. Sad? NO. Challenge? YES. Opportunities? You can bet your sweet little butts on that. Change? YES, a golden opportunity to let the masses know just exactly WHO WE ARE and WHAT WE DO. SHOUT it out, don't be shy, **WE ARE LIONS**.



# An Editor's Tribute to the DG MJF

I have been editing the 105D Times for five years and have been privileged to serve with five District Governors.

Every year has been memorable but for all the circumstances of which we are all well aware, this past year has been both memorable and distinct - because of the outstanding personality and leadership of our retiring (hardly the right word to describe him) District Governor, Lion Ken Staniforth MJF.

The highlight of the District's year should be the Convention and Lion Ken made it very much his own. Despite having a Past International President as our principal guest - and, as ever, a very erudite one - Lion Ken dominated the proceedings and I suspect that there was barely a dry eye in the house when both he and his partner Lion Jean were awarded Melvin Jones Fellowships.

It was a very special privilege working with Lion Ken.

*Lion Peter Tabb*

I am now resident for a few days in the Salisbury Hilton and at last I am pleased to announce that we have the beginnings of a Specialist Branch Club of Phillippine Medical Team Members who are eager to set up. Phase 1 complete.

As this is my last 'message' in this wonderful publication as District Governor, I would like to thank your Editor Lion Peter Tabb for his enthusiasm, wit, comments, friendship and general guardianship of the 105D Times, and as it evolves, can I respectfully ask that **ALL** Clubs offer a contribution to **YOUR** magazine, keep Lion Peter running ragged for goodness sake, that's why he is in the target range!!

Have a GREAT Summer folks. Be **SEEN**. Show everyone **WHO** we are and **WHAT** we do. Wear our Emblem with **PRIDE**. We **ARE** the biggest, we **ARE** the best. Show **ALL** around you, using our unique secret weapon **FUN, FUN, FUN**. **LAUGH** and **SMILE** your way through.



## 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**

**Blandford & District** - Lion Gordon Cox

**Eastleigh** - Lions Philip Heller and Charles Lewry

**Hook & Odiham** - Lion Mark Hazell

**Woodley & Earley** - Lions Glenda Kennedy and Michael Kennedy

# Matters of Moment

## DG Team Visits

### June 2019

#### 1st VDG Lion Jarvis

<u>Date</u>	<u>Activity</u>
12 June:	Zone H meeting District A meeting
13 June:	Westbury Lions Business Meeting
16 June:	Paultons Park
23 June:	Region & Zone Chair Training
29 June:	Reading Charter Anniversary
30 June:	Westbury Lions' Donkey Derby

## Fareham's Citizen of Honour



Fareham Lions Club congratulates Lion Eric Nixon on becoming Fareham's Citizen of Honour.

Lion Eric was presented with the award for the many years of service he has given to the community by the Mayor of Fareham at a ceremony held on Thursday 9 May .



I hope that by now you will have received the latest copy of The Lion magazine. Inside, from pages 42 – 46, is information regarding LCIF supported projects from throughout the world. It highlights beautifully the wide range of activities that a donation to LCIF has assisted with through this last year. It also ends with ways to apply for a grant. It is a small glimpse into the very varied work that Lions throughout the world can undertake, because of the support from LCIF, which in turn can only help because of the donations made by Clubs and members to LCIF. The information comes from the Annual Report for 2017-2018. If you wish to read more from the report about the work that has been done, visit the International website and look for the LCIF tab. There is all sorts of information available to help you learn more about the work of LCIF, the way Clubs can help and the various grants that are available.

Please do get in touch if you have any queries, I will do my best to help or to find an answer.

My thanks to those Clubs who have donated either directly to LCIF or to the various appeals and programmes, this support is much needed as the article in The Lion shows.

*"Alone we can do so little, together we can do so much".*

*Lion Ann Huntley MBE*

District 105D LCIF Coordinator



# Lions going that extra mile!

## Lion Heidi's Climbing Kilimanjaro!



Hi, I'm Lion Heidi Nathan from the Helen Keller Internet Lions Club.

I am the UK representative in a group of ladies - all Lions from ten countries - the UK, Italy, Russia, Denmark, Nepal, United Arab Emirates, Romania, Switzerland, Poland and Kenya.

In August this year we will be meeting in Tanzania to climb Kilimanjaro, the highest mountain in Africa with its summit 5,895 metres above sea level, making it the fourth highest mountain in the world. It will take us eight days to complete the climb and descent.

Altitude sickness will be our main enemy, this can strike anyone regardless of fitness level and at the summit the temperature can fall to -29 degrees C! Thermals are definitely called for! In preparation for this amazing adventure I'm attending a daily pilates class, swimming, hiking, cycling (when the weather's good) and weight training at the gym. It's not doing much for my Weight Watchers as I have had to increase my carb intake but the extra weight might be good on the mountain if I don't like the food!

Our goal is to raise \$10,000 each to reach \$100,000 for the Amrita Centre Kenya (although this is a group project so moneys will go towards the collective goal). The project is schooling for orphans. The Amrita centre is home to 250 to 300 orphans at any time. We are planning to build four classrooms to give these children an opportunity for an education to enable them to get a job and to break the cycle of poverty. Each of us has an individual target to reach. My costs for flights, accommodation, mountain guides and equipment have been met by me personally so all funds so far have been towards my target as I am determined to get there!!

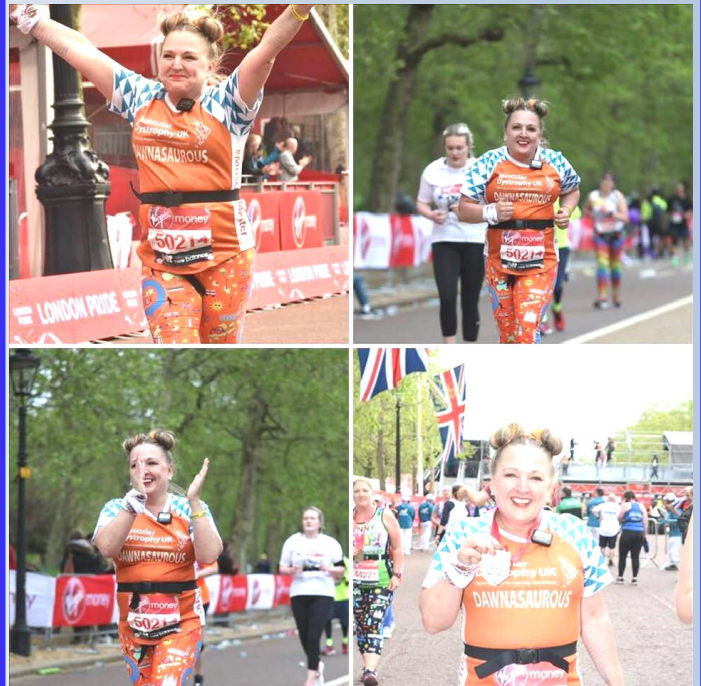
The project will be managed via LCIF, PID Lion Manoj Shah who is in Kenya and the Phoenix Club of Nairobi who will be overseeing this project so the moneys will not just be given to the centre. Lions will be managing this project from start to finish.

I'm not particularly fit, have just hit 50 and think I must be going mad to attempt this. However, I have a choice. These children do not have a choice. They are orphans and need all the help that we can give them to give them a better life. Help me to help these children towards a brighter future.

For all the details of how you can support this great cause, please contact me at the email address below.

**email:- [Heidisami@yahoo.co.uk](mailto:Heidisami@yahoo.co.uk)**

## Lion Dawn completes the London Marathon



Fareham Lions Club congratulates Lion Dawn Armitage on completing this year's London Marathon and at the same time raising a significant sum to support the work of Muscular Dystrophy UK.

Lion Dawn put in many hours of training to complete this fantastic feat. She says: 'It was a great event with so many supportive people. I really enjoyed the whole occasion.'

Fareham's president Lion Rob Armstrong-Collet, says: "This is a wonderful achievement and the whole Club sends her our congratulations and we were delighted to see her medal at our recent meeting."



# News from the Clubs...

## WOKINGHAM LIONS DONATE £500 TO DAISY'S DREAM AND TO INVOLVE COMMUNITY SERVICE

The Wokingham Lions Club has donated £500 to each of two local charities, Daisy's Dream and Involve Community Services. Cheques were presented to representatives of the charities by Lion Debbie Slay, Wokingham Lions Club president.



Pictured above: (l to r): Lion Andy Slay, Philip Cook, Lion Debbie Slay and Ellen Ludlow with the presentation cheques

Accepting the donation, Ellen Ludlow, fundraiser, Daisy's Dream, said: "We are a small local charity, based in Twyford. Started 22 years ago, Daisy's Dream gives support to children and families in Berkshire who have been bereaved. Advice and support are provided to more than 700 children each year. This £500 will support a family for one year."

Philip Cook, general manager, Involve Community Services, said: "We are a unique charity, now in our 40<sup>th</sup> year. We support other local charities and community groups. This £500 will be used for our Community Navigation Scheme, which helps people navigate to find help and support for a variety of issues, such as self-care, social care, housing, anxiety and mental health. People can access the service through a referral from a GP, social worker, family member or a self-referral."



## RDA FANCY DRESS AT ROYAL SHOW

The Windsor Lions sponsored the RDA (Riding for the Disabled Association) regional groups who had entered the Fancy Dress Competition at the Royal Windsor Horse Show on Thursday 9 May. More than £1,000 was distributed to six different groups from all over Berkshire and adjoining counties in both the Riding and Carriage Driving categories. The teams had a lot of fun and all were exquisitely dressed, including the horses, and extremely colourful as the fancy-dress theme of the day was 'countries'. Eventual winners of the highly prized Lions Club of Windsor Cup were Park Lane RDA representing Wales.

*Fun and laughter as Windsor Lions distribute more than £1,000 to disability riding groups*

This popular event has been sponsored by Windsor Lions for many years and is just one element of Windsor Lions' support of disability sport and specifically riding. The other event from which the RDA regularly benefits is the annual Windsor Great Park Cross Country Horseride (this year on Saturday and Sunday 7 and 8 September.) which has raised tens of thousands of pounds for the RDA over its 40 years.



Park Lane RDA being presented with the Windsor Lions Cup by Lion Diane Purchase, president of Windsor Lions



# More news from more Clubs...



## Birthday bus!

For many years, the Meon Valley Lions Club has operated a minibus service across the communities in the area. You'll see their blue and yellow minibus being driven through the villages by Lions and other volunteers on most days, providing a free travel service for clubs, societies and individuals who otherwise might not be able to get out and about.

One of the organisations regularly helped is the Wickham Wednesday Lunch Club. The club's oldest member, Deirdre, celebrated her 100<sup>th</sup> birthday recently, but following a fall, had stopped coming to Lunch Club because she had not regained her strength and confidence. However, a call from regular driver, Lion John Sharpe, to Deirdre's daughter, confirmed that she would like to try one more trip to the Lunch Club. Apparently, it was the ride in the bus she had missed as much as the lunch!

By coincidence, Deirdre's 100<sup>th</sup> birthday was on a Wednesday, so arrangements were made to collect and take her to meet her regular Lunch Club friends at the local hall. Although helping Deirdre on and off the bus required some strength and patience, she was delighted to have the opportunity to meet up with her old friends once more. At the hall, everyone sang Happy Birthday, toasted Deirdre with a glass of sherry and enjoyed a lovely slice of birthday cake at the end of the meal. Eventually, Deirdre was ready for home, but later, her daughter Sarah rang to say just how much Deirdre had appreciated the trouble taken and that she had thoroughly enjoyed herself. Well done Lion John Sharpe for making Deirdre's day! Pictured below, Dierdre (centre) and her friends and the 'birthday bus'.



## NEW MILTON LIONS STAGE PSA TESTING EVENT

The Lions Club of New Milton, with Prostate Cancer Support Organisation (PCaSO), staged their first ever prostate cancer awareness event in March 2019. The event, held at the local Community Centre, was extremely well attended with some 300 men tested. Testing involved taking blood samples to measure the level of PSA (Prostate Specific Antigen) present.

Despite around 12,000 men dying every year from prostate cancer, currently there is no national screening programme. New Milton Lions therefore decided to hold an event of their own in an effort to raise awareness among men in the local community and to help those found to be affected to combat the disease.

The PSA test is not, in itself, a test to diagnose cancer but it is currently the best method of identifying an increased risk of contracting the condition.

Having taken advice from other Lions Clubs who had held such events, the New Milton Lions' role was to identify, hire and pay for a suitable venue, publicise the event, provide a small number of people to deal with routine administration on the day, including managing people flow, and provide refreshments for those attending.

All men tested were expected to receive their results within seven to 10 working days of the event. Within the limitations of the PSA test, the Club believes that it provided a worthwhile service and enabled 34 men to take steps to tackle a potential threat - a real reward for the Club's efforts.

## Ryde helps Haylands Farm

The Lions Club of Ryde recently visited Haylands Farm to view their latest project, an old building being transformed into purpose-built flats to accommodate six residents with special needs.

Ryde Lions have a long standing association with Haylands Farm having helped on numerous projects in the past.



## And even more...

### ROMSEY LIONS' GIFT



Romsey and Waterside Lions have presented a cheque for £850 to the Cedar School in Nursling which caters for children with disabilities. The money came from a well attended and successful Fashion Show held in the Crosfield Hall, Romsey. The funds have been used to purchase Makaton software for the school. This software will teach pupils how to use the symbol and signing language which can benefit those who find it difficult to communicate through speech. In addition to the software the Lions also purchased wind chimes, flower mirrors and road signs for the youngsters to enjoy. Lion Andrew Trowbridge, Romsey and Waterside Lions' president, said it was a pleasure to help the school and praised the dedication of the staff and the enthusiasm of the children.

In the picture above, with the Lions and headteacher Jonathan Howells are teachers Emma Symonds and Lesley Wing and, representing the middle school, pupils Lewis, Shai-Leigh, Charlie and Dylan.

### ISLE OF WIGHT LIONS SUPPORT 'WALK ON WIGHT'



Lions Clubs on the Isle of Wight recently provided marshals for the annual 'Walk on Wight', a major fundraiser for Mountbatten Hospice in Newport, IOW. Around 8,000 walkers took part raising on excess of £250,000!

*Thought for the month*

*Cherish yesterday  
Dream tomorrow  
Live today*



### Fareham Lions hold a race night to support dementia

Fareham Lions held a fun race night on Friday 17 May to raise money to help Kitbags Move On, an organisation that supports veterans with dementia.

Racegoers brought picnics, enjoyed being jockeys and racing 'horses' and trying to pick a winner. The evening was a great success raising £390.





# OLD MONARCH

*The Editor has the last word...*

This is the last edition of the 105D Times since as we all know, we morph into District 105SC on 1 July. From that day forth the 105D Times will be no more but your Editor is staying in post and is currently working on the new District's next newsletter with a new name and some changes in format. However its role to report the activities of the Clubs will remain unchanged - it will remain the voice of the District just as long as the contributors keep sending me their copy.

Having been a Lion in District 105D for almost half a century, will I miss it? No, because fundamentally, as DG Lion Ken has so often pointed out, our boundaries might have shifted but we have not moved and above all we are still Lions serving our communities as, thanks to Clubs' efforts, your newsletter has been able to show.

That will not change.

*Lion Peter Tabb*

**(LAST)  
SIGN  
OF THE  
(105D)  
TIMES**



Please send all articles and pictures for publication in the  
**DISTRICT 105SC NEW NEWSLETTER**

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