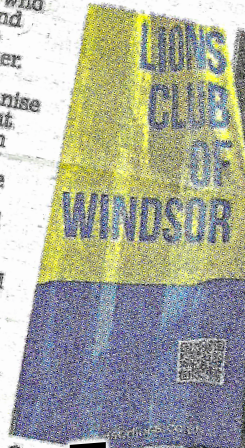


The simple test that could save your life

IT'S shocking that unlike women who are checked regularly for breast and cervical cancer, there is no routine screening of men for prostate cancer. Instead, it's down to organisations such as my local Lions Club to organise a mass screening. At the most recent event, blood tests found that 67 men had a high reading of PSA, a protein found in the prostate. Some will have an enlarged prostate, like me, which will need to be monitored. Others will require cancer treatment. The Lions don't receive NHS funding and pay to have the samples processed by a private lab. We were overwhelmed by the generosity of the men attending the screening, whose donations covered the costs. After a previous screening, we received letters from two wives thanking us for saving their husbands' lives.



TED SHEPHERD, Windsor, Berks.

AS LEGENDARY Soccer host Jeff retires, I for helping to save Danny and I were wa one weekend and were Man of Men badge on Je Googled it and found out about Prostate Cancer UK. Danny was suffering some of the described on the went to his do with an aggress Eight years on, he's still with us and his experience has inspired us to raise

people think and have changed what cancer. Just imagine ho fans tuning for a I DIDN'T have any symptoms before I had my first PSA test in 2018. The result was borderline and my GP didn't

recommend further invest Annu tests were a year. Su I had cells. After a course of the latest PSA test was a very low monitor me until the middle of 2024. Thank you to the medical staff who looked after me with such care and understanding during my treatment
IAN STROMDALE, Wokingham, Be

Windsor Lions making national news



JULY 2023 EDITION

SENTINEL



The International Association of Lions Clubs

District 105SC

District Governor 2022 - 2023 ♦ Lion Dave Ebsworth

✉ dg@lions105sc.org.uk ♦ www.lions105sc.org.uk



“Service with enthusiasm and pride”

The DG's Leader...

Lions serving with enthusiasm and pride

My fellow Lions ...

We are nearly at the end of my year which ends formally on 11 July with the swearing in of the new District Governors in Boston. Firstly I would like to say what will happen this Lions year. On 19 June a meeting took place with all the Past Council Chairmen and Past District Governors, as is required by LCI with no-one taking up this year's DG role. On behalf of this District, a suggestion has been put to LCI for their consideration and once I get a reply I will share with you.

I want to thank every Lion in our District for the support you have given me and Annie in our year in so many ways, making us welcome at your meetings and for your kind donations to our charity My Cancer My Choices. I am proud to say you have raised more than £10,500.00. **Thank you.** This will make a vast difference to the lives of the many people who are suffering. On Saturday 9 September I have been asked to be one of the models in their fashion show to be held at John Lewis, Reading, and I have said yes.

I have been overwhelmed by the kind words and cards received while I am going through my chemotherapy; one down, nine to go. **Thank you.** I have had a great year. It's had its ups and downs but I have enjoyed it and must say one of the highlights has to have been the Convention. What a fabulous weekend! And another was being the Lion at Marwell Zoo and seeing the faces of the children. I hope you have enjoyed reading the DG's blog.

Could I ask that if you haven't completed your Club's new officers for 2023-2024, then please do so as soon as possible and also advise Lion Tom Sayers for the District Directory. Please make sure your Club venue is correct and the timings are right.

Now, what have we done in June?

It started with a visit to the Eastleigh Club which was very enjoyable and it was nice to meet new faces.

On 5 June I visited the Swindon Club and had the pleasure of presenting service chevrons and a DG's Certificate of Appreciation to Lion Richard High for his work as a Zone Chairman and behind the scenes at the Convention.

Two days later, for a short while I attended the Zone Chairmen's training and I thank them for giving up their time to attend.

The next day another visit down south to Ringwood and Fordingbridge Lions together with some of the DG team. A great meeting where the President presented a Club Certificate to Dot Tuke, I presented some chevrons and then had the great pleasure of presenting Lion Yorky Tuke with the Bert Mason Trophy awarded to him at MD Convention and a bouquet for Dot. Well done!

The DG's Leader continued

Up at the crack of dawn on 11 June and back in the car southbound to Marwell Zoo. What a great hot day, especially in the Lion costume. Two and a bit hours. Say no more! A superb day out, very well organised by Lion Sandra, and made extra special by the outstanding Marwell Team who have agreed we can go back next year and have also agreed in principle that we could have a Service Day there.

The next day started with Annie and I attending King Edward Ward at the Royal Berks Hospital for my chemotherapy assessment which lasted nearly two hours and in the evening I attended my Club meeting.

On 14 June I attended Romsey and Waterside Club where again I met new Lions and presented service chevrons. A very pleasant meeting.

Two days later we got in the car again and headed south to Southampton airport to fly to Guernsey and where we were met by Lion President and Zone Chairman Paul Allaway and his wife Karen. They showed us around the island and then in the evening we attended a Club meeting which was held at the hotel where we were staying. Was it hot out there! On Saturday we had a look around and then met up with an ex-colleague who lives on the Island who we hadn't seen for more than 20 years and it was great to catch up. That evening, along with members of the Club and members of a visiting French Club, we went to an Italian restaurant and had a lovely evening of good food and good company. Sunday was goodbye to all and the return home.

On 19 June we held the meeting, via Zoom, referred to earlier, with the PCCs and PDGs.

How fitting that our last Charter Anniversary be that of my own Club Reading - a lovely afternoon tea with good friends and nice music.

On 29 June we held a Prostate Cancer Club meeting via Zoom and in person to arrange Reading Lions' PSA testing event on Saturday 30 September for 1,500 men.

That's it for June, I have one event left on 7 July which is a tree planting at Maidenhead with the Club and Maidenhead's MP Theresa May.

Please don't forget handover on Sunday 23 July at the Hilton at Swindon, the booking form is live on the website, please come along have lunch with us.

Thank you once again for making my year so memorable for us.

Lion Dave



A First Rate First District Fun Day!



Well, it finally came around.

On Sunday 11 June, 27 Clubs converged on **Marwell Wildlife Park** to celebrate our first Fun Day since Covid. With the planning in place there was nothing else to do except enjoy the day.

Guests from all over our District arrived by coach, bus and car. A wonderful sight to see the guests walking down to the fast-track gate. The weather was overcast to begin with but during

the day the sun came out. It was lovely to see groups sitting outside Marwell Hall relaxing and enjoying each other's company.

From start to finish the staff at Marwell were wonderful – nothing was too much trouble for them. It was lovely to see all of us supporting each other. The staff at Marwell are rightly proud of the park and enjoyed talking to interested guests about the animals and the history of Marwell Hall.

Here are some of the comments received after the event:

- ◆ *Marwell was amazing! We were made to feel like VIPs and we were so lucky with the weather. The boys loved it and such wonderful memories were made.*
- ◆ *Right from the moment we arrived our small group was treated like VIPs. The lunch arrangements were perfect despite my worries which were totally unfounded. Everyone had a fantastic day and were so grateful to Lions for their organisation and attention to detail. Marwell Zoo staff were so accommodating nothing was too much trouble.*
- ◆ *We're back. Thank you for a wonderful day. Everybody loved it. We had awful weather on the way but blue skies and sunshine when we got there. In fact, it was hot enough for two ice cream stops.*
- ◆ *Please pass on our thanks to the Lions Clubs. We had a fantastic day today at Marwell Zoo. The children loved seeing all the animals. The Lions Club members were so kind and friendly. A great day.*

All our guests seem to have enjoyed themselves immensely - especially the children! It was a real pleasure to see so many happy faces. And we were so lucky with the weather! We were just approaching Four Marks as the heavens opened and the storm descended in force. When we arrived back in Alton, families were having to wade almost ankle deep across the car park to get to waiting cars! But nobody minded because they had enjoyed a great day out - we've received several letters of thanks - it makes it all worthwhile!

My thanks to all the Clubs who participated in the Fun Day. It was great to see so many people with smiles on their faces. Together we can and do make a difference.



Lion Sandra Manktelow 1st VDG

The bigger picture



Lions Clubs International
FOUNDATION

Melvin Jones Fellowships



I am sometimes asked what this is and what it is for. The award is made by a Club to an individual who has gone that extra mile in their service to Lions Clubs International. It is the highest award a Club can be bestowed and is named in honour of our founder.

The recipient does not necessarily have to be a Lion. It can be someone who has supported Lions activities, a Club, or contributed outstanding service to their community.

When a Club donates to the Foundation, all the money goes to where it is supposed to, but a bit like a store loyalty scheme, a Club earns 'credits' which is measured in US dollars and is referred to as status of instalments.

Each award costs \$1,000. It is always advisable to check with me to see if your Club has enough 'credits' for an award application.

Clubs can make the application themselves by completing the form on the international website. However, I suggest that I am sent a copy of the application or, I can apply on behalf of the Club. Just recently there have been a few issues with applications and it is easier if I have a copy so that I can try and sort out the problems. If a Club decides to apply and does not hear anything, then I need to know sooner rather than later. As I have mentioned in previous articles, this time of year is particularly busy, and the waiting time is over two months.

If anyone has any questions regarding MJF or the Foundation, then please do get in touch. As of Friday 9 June 2023 105SC, the donations' total is \$96,764.65. It is vital that we continue to support our Foundation so that Lions can do the vital work they do.

Thank you.

Lion Ann Huntley MJF

District 105SC LCIF Coordinator

MBE in King's Birthday Honours List for a Jersey Lion

Past-president of the Lions Club of Jersey, Lion Bill Harris, has received the award of Member of the Most Excellent Order of the British Empire in the King's Birthday Honours List. Lion Bill's MBE follows a lifetime of community service including being twice President of the Jersey Club, and a very long serving stalwart serving the Island's sailing community and the RNLI.



Matters of moment and ideas

DG's Month July

1st VDG's Month

- 1 July: Petersfield Lions Handover
- 3 July: Petersfield Lions Business meeting
- 17 July: Petersfield Lions Social
- 23 July: District Handover in Swindon
- 26 July: 1VDG Get-together via Zoom
- 28 - 30 July: Council Meeting

2nd VDG's Month

- 1 July: Abingdon Lions Charter Anniversary
- 8 July: Loddon Valley Lions Handover
- 12 July: Basingstoke Lions Business meeting
- 17 July: 2VDG Get-together via Zoom
- 23 July: District Handover in Swindon
- 26 July: Basingstoke Lions Dinner meeting



**Together we
can with
International
President Lion
Brian Sheehan**

When you love what you do as much as we do, you can't help but share that joy everywhere you go. And this year, I am so amazed at all the incredible ways that you have shared your service and joy of being a Lion.

I am so proud to have been a part of this extraordinary year of innovation, optimism and generosity. Your service has made a difference in the lives of millions of people around the world. And I want you to continue to share the joy, the fun and the incredible pride of being a Lion everywhere you go.

Make a great day.

Lion Brian Sheehan

CREATIVE IDEAS

How do we assess creativity? What makes a great idea work? How does dressing up as a mermaid and climbing your county's highest peak - about as creative as you can get - resonate with the public. Is this an idea you can keep repeating?

Striking a chord with the audience is paramount. People understand a good idea effortlessly - if they don't, it's not that good. Our mermaid struck a chord because he looked like a mermaid and his 'audience' were as taken with his exploit as they were by his bizarre persona.

Despite the fact that lions and mermaids are not two species with an immediate association, that the mermaid also identified as a Lion with the Lion brand was central to the idea. The brand's purpose also provides the link between the brand and the idea.

A limitation on this particular very successful idea - both in terms of achieving its objective as a fundraiser and also considerable publicity for the brand - is the difficulty in following it. What does the mermaid do next? Abseil down the Portsmouth Spinnaker? Perhaps not.

A sure sign that an idea has true potential is if it is easy to find many ways of bringing the idea to life or it is worthy of being repeated. Fundraising walks, beer festivals, horse shows and swimarathons are ideas capable of running and running. Each one started off as someone's idea.

We try to find workable creative ideas mostly for two reasons - to raise funds or to raise our Lions profile. This can be a chicken and egg situation. Does being a Lion make it easier to raise funds or does raising funds make the Lions better known. Nevertheless, beware of the idea that becomes bigger than the brand.

Well done, Lion Barrie, and many thanks for the inspiration for this article.

Lion Peter Tabb MJF MCIM MCIPR

More Matters of Moment



In the Friday 2 June 2023 edition of the Daily Mail, Windsor Lions were featured under a simple, but dramatic headline.

The accompanying text published three letters referring to the Club's PSA testing for prostate cancer.

The lead letter is well worth reproducing here.

IT'S shocking that unlike women who are checked regularly for breast and cervical cancer there is no routine screening of men for prostate cancer. Instead it's down to organisations such as my local Lions Club to organise a mass screening. At the most recent event, blood tests found that 67 men had a high reading of PSA, a protein found in the prostate. Some will have an enlarged prostate, like me, which will need to be monitored. Others will require cancer treatment. The Lions don't receive NHS funding and pay to have the samples processed by a private lab. We were overwhelmed by the generosity of the men attending the screening whose donations covered the costs. After a previous screening, we received letters from two wives thanking us for saving their husbands' lives.

TED SHEPHERD, Windsor, Berks

Dear Lions and Leos

It has been my sincere pleasure to serve as chairman of Lions Clubs International Foundation for the past year. While we continued to face challenges throughout the world, including the ongoing war in Ukraine and natural disasters worldwide, we remained resilient and continued our important work in all our global Foundation's focus areas. Throughout my year as chairman, I have had the opportunity to travel around the world and hear from many of you about the things you have accomplished this year because of LCIF. I've heard stories of service in communities near and far. As well as stories of generosity as Lions, Leos and others donated to our Foundation to support people in need across the globe. Whether you helped your District apply for a grant, participated in a grant project, shared the importance of supporting LCIF or made a donation to our global Foundation this year, you played an important part in creating a better world.

Lion Douglas X. Alexander
LCIF Chairman

PASSED TO HIGHER SERVICE

The Hart Lions Club reports with sadness the passing to higher service of Lion Jean Fox on Sunday 2 July. A Hart Lion for only a short period, Lion Jean was a very enthusiastic member and will be missed by all.

The 105SC Sentinel extends sincere condolences to Lion Jean's family, friends and fellow Lions.

“It’s easy to be tolerant when you do not care.”

- Clement F. Rogers



More Lions “talking benches”

Six new ‘talking benches’ will be sited in various locations around Guernsey ahead of the Island Games being held in the island later this month. The “talking benches” have been funded by the Lions Club of Guernsey and local builders’ merchants Norman Piette and built and painted by GO charity staff.

The benches are part of an initiative to get people talking about suicide, which organisers said could be the difference between a person’s life and death.

They provide a safe space to open discussion with people who are struggling, and show there are others willing to listen and support.

‘It was recently published in the Guernsey Press that there has been a spike in suicides here. That is not good news at all, but shows the importance of these benches and the importance of talking to people,’ says Talking Benches founder Sarah Bamford. ‘It could be as simple as making conversation about the Island Games, but you could be the only person that someone has spoken to that day.’

Lions Club president Lion Paul Allaway said that anything which could improve someone’s mental health was worth the investment of time.

Pictured (l. to r.) Jax Robin, Sarah Bamford, Jo Cottell, chief executive of Guernsey Mind, Mandy Le Bachelet, Paul Allaway, president of the Lions Club, Dalen Vile from Norman Piette, and Mike J of GO.

Lions combine business with pleasure

Wimborne and Ferndown Lions Club decided to combine the annual hand-over of officers with a dinner at the Bear Cross Inn which was enjoyed by members and guests alike.



The picture at left shows Lion Michael Zeck handing over to new president Lion Ken Taylor (left).

The members also agreed to a new meetings structure to reflect more the social side of the Club.

From July the Club will meet as before on the first Tuesday but the third Tuesday will be a social evening with only urgent business discussed. What’s more the Club intends to use different venues across its region. So if you are in Wimborne or Verwood or Colehill, you may see the Wimborne and Ferndown Lions around.

“It’s best to read the weather forecast before we pray for rain.” - Mark Twain

June 2023 has been a very busy month for the Devizes Lions Club

First off the Club staged their third Lions on the Green event on Sunday 11 June which was opened by Deputy Mayor Ian Hopkins. Despite the unfavourable rainy weather for half of the day, there was a good footfall and the event raised between £4,000 and £4,500. The Club’s thanks to everyone who braved the weather and supported the event.

On Wednesday, 14 June, the Club had its Presentation Evening at Devizes Town Hall, attended by Mayor John Stevens CBE when the Club distributed £10,300 to almost 40 local groups selected by the Devizes Lions for their support of people in the town and surrounding areas.



Lions on the Green and (inset) the Mayor with the President
Photograph by Simon Folkard



On Monday 19 June, the Lions revisited Caenhill Countryside Centre, President Lion Andy Trotter’s project for his year in office, for the official opening of the new kitchen funded by the Club and fitted by the President himself with the help of Lion Robert Postlethwaite, chairman of the Club’s Activities Committee. The Club made three tranches of funding for the project - £500.00



for the installation of the electricity supply to the Portacabin, £2,600 for kitchen units and a further £1,000 for fittings, a total of £4,100. The social gathering at the Centre was a successful and fitting end to Lion Andy’s year in office.

On Sunday 25 June, the Club’s new president Lion Debbie Wilson took over from Lion Andy at a handover ceremony.

Enormous thanks are due to Lion Andy for a successful presidential year and the members’ best wishes go to Lion Debbie for her term of office.

An MJF for Lion Richard



Lion Richard Loverock has been a Trowbridge Lion for more than 28 years, during which time he has held almost every official post within the Club and is just starting his eighth stint as Club president. He has also been Zone Chairman and represented the Club at District. At the Club’s Charter Anniversary lunch Richard was presented with a Melvin Jones Fellowship by PDG Lion Jarvis Macdonald.



Sentinel's eye on...

The Events Calendar

Club events for the next three months and updated month by month are listed here

Club Events: July, August and September 2023

- ◆ ABINGDON - Saturday 1 July, 42nd Charter Anniversary Lunch
- ◆ ALDERSHOT - Friday 14 July, Lions Quiz Night
- ◆ ALTON - Second Saturday of every month, Lions Craft Markets
- ◆ BRADFORD-ON-AVON - Saturday 15 July, Crafts, Choirs, Coffee and Cakes.
- ◆ BURNHAM - Saturday 1 July, Burnham Classic Car Show
- ◆ CHIPPENHAM - Monday 17 July, Jazz on a Summer's Evening
- ◆ EASTLEIGH - Sunday 9 July, Marshalling Hotton Heath 10k run; Saturday 22 July, Marshalling Fun Mudder at Southampton "Race for Life"; Sunday 23 July, Teddy Stall at Eastleigh Recreation Ground; Monday 28 August, Duck Race with Swanwick Lions
- ◆ GUERNSEY - Saturday 19 August, Lions Donkey Derby
- ◆ HOOK & ODIHAM - Sunday 2 July, Lions Village Show;
- ◆ JERSEY - Sunday 2 July, President's Swansong; Saturday 26 August, Lions Great Muddy Fun Run
- ◆ MEON VALLEY - Saturday 8 July, Swanmore Village Fete
- ◆ NEW MILTON - Sunday 20 August, Lions New Milton Town Show
- ◆ READING - Friday 7 July, Charity Golf Day
- ◆ ROMSEY & WATERSIDE - Saturday 1 July, Bookstall in Romsey Cornmarket; Sunday 2 July, Mayor's Picnic; Wednesday 9 August, Club Business Meeting; Monday 28 August, Nomansland Village Fair; Wednesday 13 September, Club Business Meeting; Saturday 16 September, Bookstall in Romsey Cornmarket
- ◆ WESTBURY - Sunday 3 September, Vehicle Show

Webpage - www.lions105sc.org.uk/events

Woolmer Forest Lions distribute Wild Tribe books to local schools



WFL president Lion John Lewis delivers the Wild Tribe book to Sarah Stevenson, Head Teacher of Holme Primary School, Headley.

The book is called Ziggy's Frightening Flight, and Lion John was very busy also delivering to the following schools in the area including Bordon Junior, Grayshott, Greatham, Liphook, St Matthews Blackmoor, Weyford and Woodlea.

In addition to the book, the Club also gave each school a large packet of wildflower seeds.



OLD MONARCH

The Editor has the last word...

We are entering a new Lions year in unusual circumstances but I am sure that we can rely on our retiring DG and his team to sort matters out.

Any new year has its challenges and one of ours is still the recovery from the impact of Covid but with the resilience that Lions are noted for, we shall succeed!

The front page of this edition is an example of how valuable Lions are in their communities and my congratulations to the Windsor Lions on their achievement, not only in organising such successful testing for prostate cancer, but also attracting national coverage to their efforts that will benefit us all.

Lion Peter Tabb



**Lions
tail...**



Please send all articles and pictures for publication in the
DISTRICT 105SC SENTINEL
to the Editor, Lion Peter Tabb, email : news@lions105sc.org.uk
ideally at least a week before the end of the month