

105
SC



ROAR 2024 is launched!
See page 7



SENTINEL



Images from Naomi House. See page 9

Pictured (l. - r.) Tash Haji from Naomi House events team, ADG Lion Sandra Manktelow, Lion Mary Putnam and Lion Paula Thorpe



The International Association of Lions Clubs



District 105SC

Acting District Governor 2023 - 2024 ♦ Lion Sandra Manktelow

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

“Changing the World”

FEBRUARY 2024 EDITION

The Acting DG's Leader...

"Changing the World"



Dear Fellow Lions ...

January was a busy month with visits to the Lions Clubs of Crofton and Hook & Odiham. I've also attended planning meetings with the DG Team thinking about next year's Cabinet and beginning to set goals.

Succession planning has cropped up time and time again this month. We do need to look to the future and nurture and encourage Lions to take on 'leadership' roles whether regarding running an activity, taking on a Club officer role or District role. I have heard of so many Clubs that do not have Vice Presidents in place for the forthcoming year so if your Club does not have one in place yet, please consider stepping up. Remember that we are all unique and so bring different things to the role.

As my 'Acting' year progresses, I am heartened by the comradeship and support Lions give each other for whatever reason. This was brought home to me when I Zoomed into a Zone meeting, and it was obvious that the Clubs were there for each other – helping when there were not enough members at events and offering suggestions for membership drives, etc. Don't forget that you are not restricted by Zones – we are all one big District.

Not long to go now until our District Convention where I am looking forward to being Lion Jarvis's 'Deputy' but before that I will be off to Chicago with my fellow Vice District Governors to do my District Governor training.

Thought for the month:

Every accomplishment starts with the decision to try.

I do hope you have all seen the Acting District Governor's Special which has been sent out recently. Don't be frightened to try – support is there for you.

Wishing you all a fantastic February.

Lion Sandra Acting District Governor

Matters of moment

Acting DG's Month February

- 1 Feb: 1st VDG Webinar
- 3 Feb: Chippenham Lions Charter Anniversary
- 5 Feb: Petersfield Lions Business Meeting
- 6 Feb: Swanwick Lions Official Visit
- 7 Feb: Brain Tumour Research Officers meeting via Zoom
- 9 Feb: Zone Skittle Social
- 16 Feb: Butser Home Start Quiz
- 17 - 18 Feb: Young Ambassador
- 19 Feb: Finance via Zoom
- 21 Feb: Fareham Lions Charter Anniversary
- 22 Feb: GAT via Zoom
- 24 Feb: Wareham Lions Charter Anniversary
- 25 Feb - 1 Mar: Chicago DG Training

Ideas, ideas and more ideas!

Fed up with the same old same old?
Want to try something new?
Clubs – send me information about what your Club did for Christmas, and I will put together ideas for our District to share. It's never too soon to think of Christmas!

Lion Sandra

GST coordinator Acting DG gst@lions105sc.org.uk

PASSED TO HIGHER SERVICE

It is with sadness that the 105SC Sentinel reports the passing to higher service of:

- ♦ **Lion Edith Moore** of the Lions Club of Bournemouth and Christchurch
- ♦ **Lion Graham Jamieson** of the Lions Club of Calne
- ♦ **Lion Janet Godden** of the Lions Club of Gillingham, Mere and Shaftesbury

The 105SC Sentinel offers sincere condolences to the Lions' families, friends and fellow Lions.

BE CREATIVE. IT'S ALL ABOUT THE BRAND

Having, as I intimated last month, already disposed of my NewYear resolutions, I have turned my attention, once again, to how we build our brand.

In one respect we are fortunate that our brand already exists, is the same worldwide, and we all know what it is and already make use of it.



What we are now all about is how we build it up, make it work harder for us and how it achieves what we expect of it.

Last month we talked about 'touchpoints', all those areas where our brand, mostly personified by ourselves, impacts on those around us; advertising, sponsorship, relationship experience, (how Lions react to people and how people react to them), word of mouth, news coverage (managed or otherwise), social media activity, and our websites. I reiterate that these touchpoints must render the same experience to those being touched.

What we will do in subsequent articles will be to analyse these touchpoints so that we can use them for both our benefit and particularly for those we set out to serve.

Our most important tools, other than ourselves by what we say and do as Lions, are the media. One aspect of all media - online and mainstream—is what marketers call 'dwell times'. I can picture readers thinking that I am starting to load this article with marketing jargon but bear with me. Dwell times are very important. Quite simply they are how long our 'customers' are prepared to look and listen to what we are putting before them. How we ensure that we don't actually bore them, starts next month.

Lion Peter Tabb MJF MCIM MCIPR

The bigger picture



Lions Clubs International FOUNDATION

MELVIN JONES FELLOWSHIP

A gentle reminder that if your Club wishes to honour someone with a MJF maybe at Club handover, the time to start doing something about it is now.

A Melvin Jones Fellowship is the highest award a club can give to a member, and is named in honour of our Founder. Clubs that make donations to the Foundation, earn 'credits' which can be used to purchase the award.

So if your Club has decided to honour someone, now is the time to set the wheels in motion. The first thing is to check with me that the Club has enough 'credits' and then an application form needs to be completed either by somebody at the Club, or I can do this on behalf of the Club. If the Club fills the form, I strongly recommend sending a copy to me just in case there are any issues.

Oakbrook has recently been in touch to offer sympathy and support for any District who has suffered severely due to the recent flooding. Please look at the Grant Toolkit section on the International website (which has been updated), to see if they can help. There is also a Multi-District Disaster Fund that your Club may be able to access. Contact Acting District Governor Lion Sandra for help and details.

I was recently asked about grants that have been awarded by the Foundation in the last year, this means looking at our International site again and going to LCIF and following the links. Be warned, it is quite small print!

Don't forget that you can donate as an individual and maybe be in line to receive one of IP Lion Dr Patti's donation pins.

Thank you for your continued support.

Lion Ann Huntley MJF

District 105SC LCIF Coordinator
lcif@lions105sc.org.uk

From the LCIF Chairman, Lion Brian Sheehan

Hello Lions, Leos and fellow humanitarians,

I continue to be impressed by the projects Lions are implementing in their communities, made possible through LCIF. This month's LCIF newsletter highlights ways Lions and LCIF are helping alleviate hunger worldwide through our service together. I hope you are inspired to continue to support LCIF both financially and as an ambassador for our Foundation. As we work together to achieve Mission 1.5, and invite new members into our awesome organisation, your stories of service empowered by our global Foundation can inspire potential members to join us in our work to improve health and well-being, strengthen communities and support those in need across the globe.

Special thanks to everyone who participated in the 2023 Melvin Jones Photo Contest for sharing your photographs and reasons for supporting the mission of LCIF. Congratulations to the winners. I encourage everyone to visit *LCIF: Stories of Pride* to share your grant-funded projects with your fellow Lions and to read about humanitarian projects around the world.

Make a great day,

Lion Brian Sheehan

Chairman, Lions Clubs International Foundation

More Matters of Moment

Welcome New Lions

A warm welcome to 12 new members to Lions International and best wishes to them for a long and happy time as a Lion.

ALTON - Lions Dina Pote and Frank Pote

CALNE - Lions Beverley Hawkins and Dave Hawkins

GUERNSEY - Lion Vivian Walker

HENLEY-ON_THAMES - Lion Georgina Gibson

MAIDENHEAD - Lion Vadiraj Tilgul

MELKSHAM - Lion Trevor Stokes

NEWBURY - Lion James Jerome

PETERSFIELD - Lion Madeline King

WOODLEY & EARLEY - Lion Kenneth Craig

YATELEY & DISTRICT - Lion Alistair Wren

Acting DG *Lion Sandra*



Changing the world
with International
President
Lion Dr Patti Hill

Dear Lion

As a Lion, you proudly serve every day in so many ways. While you are busy making a local impact, it's important to remember that you are also part of a powerful global network of volunteers committed to making our communities - and our world - a better place. Together we are changing lives one service project at a time.

Even though we serve in our own corner of the world, the beauty of being a Lion is that we are all guided by the same mission and are continually inspired by one another. If you want fully to immerse yourself in the world of Lions, join us on June 21 - 25 in Melbourne Australis, for our International Convention.

There is no greater feeling than joining together to give our time and our talents to help those in need. Thank you for your commitment to creating the change that empowers others to achieve their potential. Once again, I thank you for proudly showing the world what it means to be a Lion.

Yours in service

Lion Dr Patti Hill

PASSED TO HIGHER SERVICE

The Lions Club of Fleet reports with sadness the passing to higher service of the Aldershot Branch President, **Lion Ian Hambleton**. Ian joined the Club Branch on its formation on 1 February 2012 and became the first President, a role he held in several subsequent years. He has also been Secretary and was the current District Hunger Officer. Lion Ian was also a Leo many years ago and has been an enthusiastic and hard-working member throughout his 12-year Lion membership.

The Club extends sympathy to his wife, Carole, and all their family.
Lion Ian will be missed by all.

Bournemouth and Christchurch Lions are sad to advise the passing to higher service of **Lion Anita Byers**.

Anita was a Lion for many years and was well known. She was a Past President and long-term member of the Bournemouth Club and continued, following the merger with Christchurch. She too will be much missed.

“Until the lion learns to write, every story will glorify the hunter.”
- J. Nozipo Maraire

FRIENDSHIP OR TWINNING? **What's in a name?**

One of the many pleasures of membership of Lions International is the opportunity to meet like-minded people in other countries, share experiences of Lions events and activities and also to understand a bit more of their culture.

One such opportunity arose when on holiday in Malta which led to a Friendship Agreement between the Lions Clubs of Abingdon 105SC and Sliema, Malta, VO 0146.

I'm no stranger to visiting other Lions Clubs, having visited Clubs in New Zealand and the United States. My wife and I made contact with Lion Doreen from the Sliema Club who invited us to join them at their next Club meeting. It came as no surprise that we had many things in common. I introduced Message in a Bottle and Message in a Wallet and explained how our Santa evenings operate, including collecting in rain and snow, which they found amusing. Language was not a problem as most spoke excellent English. There are a number of expats in the Club, including the Past President who is Scottish.

Over the years, we remained in contact with Club members and visited whenever we were on holiday in Malta. We were always invited to their business, Club and social events - they know how to party!

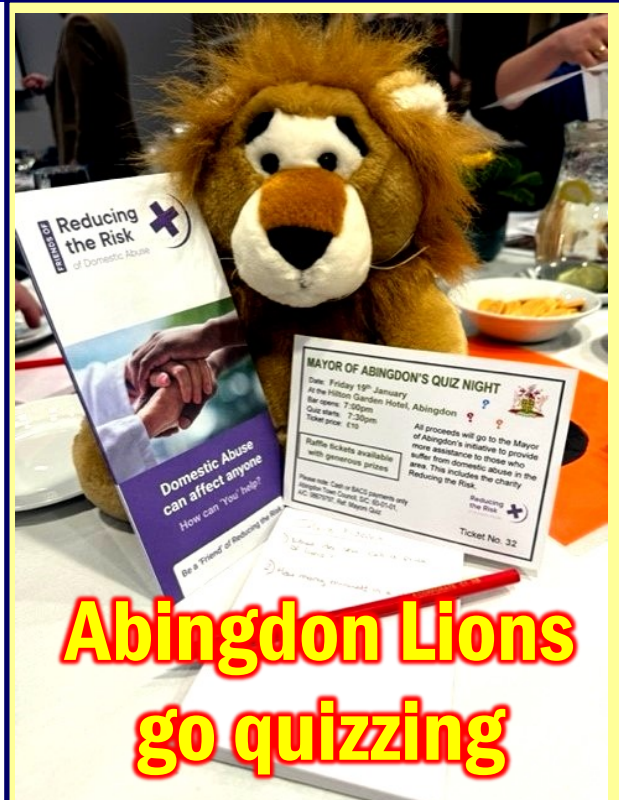
At dinner, following a business meeting, the subject of twinning was raised. I took the suggestion back to my Club and following discussion they agreed to a Friendship Agreement between the Clubs.

It was my pleasure to represent Abingdon Lions at the Sliema Lions Christmas Party. The picture below shows me presenting President Lion Karl Grima Bezzia with a Certificate of Friendship with the Lions' motto 'To unite the Clubs in the bonds of Friendship, Good Fellowship and Mutual Understanding'.

We have had the wonderful experience of meeting Lions from other countries and cultures and would recommend it to other Lions Clubs. Take the plunge and enjoy the company of other Lions. You might be surprised!

PP Lion Bill Russell

Lions Club of Abingdon



Recently PDG Lion Brian Donovan led a team of the best brains of Abingdon Lions to the Mayor's fundraising quiz night. The team are unsure how many times they pinched the answers from neighbouring teams but eventually came fourth (out of 13).



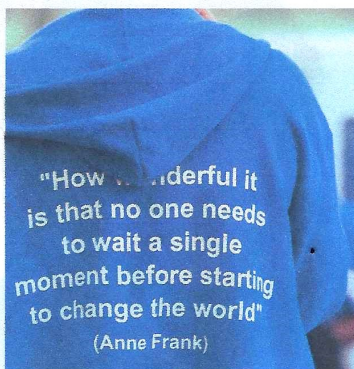


ROAR 2024 LAUNCH



#lionsandkidzroar

- 134 Schools entered ROAR last year with 66 Lions Clubs involved
- 100,000 children have been engaged with the Lions ROAR Competition
- Have you seen the trailer? Visit www.lions-roar.com/lions-clubs



You can be part of ROAR 2024, an exciting, innovative ideas competition for primary schools. It's an inspirational and fun learning experience for children aged 7 to 11, encouraging them to use their imagination to create 'world changing ideas', it helps them to 'think big and dream big'.

Be part of the growing number of Lions Clubs who have discovered how rewarding the ROAR programme is. Join Steve Scall and Viv Diggins on Zoom on the following dates:

District Governors, Multiple District Officers and the ROAR Team - 7 February

Club members - 12, 13, 20 and 21 February

Zoom meetings - 7.15 pm for a 7.30 pm start - finishing at 8.30 pm

If you're able to attend, please send confirmation to Steve Scall stevescall@gmail.com or Viv Diggins diggins2000@hotmail.com

Join through the Zoom link below:

<https://us06web.zoom.us/j/8293744613?pwd=NC9KQIR3ZkZBRmZDa0NQQWVlelpQZz09&omn=88599298774>

Meeting ID: 829 374 4613

Passcode: 154509

“Life is the art of drawing conclusions from insufficient premises.”

- Samuel Butler

A prestigious award

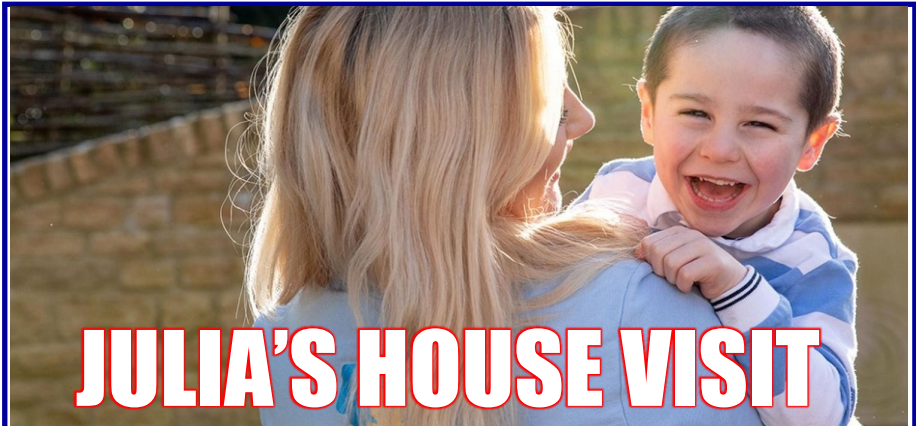


The Town Council of Wareham decided that their volunteer award for 2023 should go to Mary and Colin Appleton for their work in the year for the parish church, Rainbows and the Lions.

Colin is a long-standing member of Wareham Lions Club and is often seen driving the Club's bus carrying the elderly, the infirm and anyone who needs to go to hospital without the means to get there. Mary is heavily involved with the Rainbows, a group of primary school pupils who she mentors and teaches. They are both involved with the parish church.

The citation reads "Mary and Colin Appleton were praised for their dedication to the community, their support and encouragement for people both young and old, their cheerfulness and willingness to go the extra mile."

Wareham Town Council selection committee felt that they exemplified all the qualities that made for an outstanding volunteer and were pleased to grant them the award.



JULIA'S HOUSE VISIT

Julia's House have two hospices, one in Devizes and another in Dorchester, providing practical and emotional support for families caring for children with life-limiting or life-threatening conditions, as well as regular support in their own homes or community.

When a family finds out that their child has a very serious medical condition, life-limiting or life-threatening, their world falls apart. Julia's House exists to help these children and their families keep together and create memories.

Westbury Lions visited the Devizes centre in September 2023 and were struck by the family centred approach that is tailored around the needs of each case. In particular the dedicated sibling group that helps brothers and sisters build resilience and confidence in a fun, friendly environment is a crucial layer to their support programme. What was clear to the visiting Lions was that there is no limit to the support that Julia's House provides. Their service organises social activities that enable families to spend quality time together, forming and cementing friendships with other families in similar circumstances.

Families have access to free complementary therapy and every child in their care has a dedicated play plan. Their family support service gives families opportunities to relax, recharge and make the most of every precious moment while they can. They even extend their support beyond the loss of the child to ensure the family continues to cope and receives care so often neglected.

With Children's Hospices only receiving eight per cent government funding which considerably less than the government support for adult hospices, the donations from organisations such as Lions Clubs are even more critical to allow these vital services to continue in the community.



“Grief is the inevitable and worthy burden of loving another.”

- Joanne Cacciatore

A VISIT TO NAOMI HOUSE & JACKSPLACE

ADG Lion Sandra, Lion Mary Putnam and myself visited Naomi House and Jacksplace on Friday 12 January.

It may seem an oxymoron to describe a visit to a children’s hospice as uplifting! However this was one of many emotions we all felt. It is emotionally challenging to face the prospects of young people being unable to enjoy a long and fulfilling life. At Naomi House and Jacksplace, the emphasis is on the quality of life that they can live. It encourages them to be as independent as possible and to have a rich, stimulating and enjoyable stay.

Naomi House was opened in 1997 in the grounds Sutton Manor with the rent being a dozen red roses each year . It offers care to children who are not expected to reach adulthood. Since 1997 it has cared for more than 1,000 children from Berkshire, Dorset, Hampshire, Isle of Wight, Surrey, West Sussex and Wiltshire. It is one of 54 children’s hospices in the UK. There are only two in the South of England. The many facilities offered are individualised nursing care, sensory rooms, music therapy, a hydrotherapy pool (shared with Jacksplace), art and messy play areas.

There are communal areas, sibling rooms where two or more sick siblings can be looked after together and suites to allow families to have time together without having to worry about the practicalities of day-to-day life. The play team organise stimulating games and activities. Sibling and Dad days are also arranged. All diets done to the last gram can be catered for and meals are provided for children and families alike. There is a landscaped garden that can be accessed by children with all disabilities. Many rooms link directly onto the garden.

Jacksplace opened in 2010 and is the only hospice to offer specialist care for young adults aged 16 and over. The emphasis is to give 24 hour care and support while providing the opportunity for independence and dignity. It provides space from being cared for at home, a place to meet friends (many book the same dates to meet up) and a chance to be alone from daily routines. All areas are named - the TV games room is Vegas and the kitchen Hollywood.

Both places offer “care and support for good days, difficult days and last days”.

Specialist Bereavement Counselling is available for siblings and parents. The care and support they receive may be continued for as long as they are needed. Chaplains are also available to offer support if required. The memory garden may be accessed from the car park at any time. Stones are laid for children up to the age of 18 with their name and engraved leaves for 18 plus - a private quiet place to remember and treasure those happier times. There are many ways we can offer help. Finance of course is most welcome as it costs £8 million per annum to run the facility. They receive 10 per cent in government funding. Also many events need volunteers to run them and as they say, every little helps. Thank you

Lion Paula Thorpe

District Officer for Childhood Cancer

“Choice usually isn’t choice, only what you’re left with.” - Richard Ford



Windsor Guildhall hosts Lions’ Annual Awards Event

Members of the Lions Club of Windsor were delighted to host a variety of guests at the prestigious Guildhall in Windsor on Thursday 18 January. This annual event celebrates the Club’s achievements over the year and hands out awards to those who made a splash at their Swimathon in October.

Generosity abounds in the Meon Valley

The Meon Valley Food Banks are well known to many and provide essential support to families really struggling. In the run up to Christmas they helped more than 270 people. Meon Valley Lions made a contribution of 60 tubs of Celebration Chocs just to brighten up Christmas a little for those families.



Joining the Lions were the Mayor of the Royal Borough, Councillor Neil Knowles, and his Consort plus representatives from various charities who benefit from the work of the Club. Councillor Knowles galvanised the room to a rousing cheer and rounds of applause for Windsor Lions in acknowledgement of their tireless ongoing work in the community. He also vowed to swim in the Swimathon again in 2024 as well as participating in the Club’s Cross-Country Horseride in Windsor Great Park in September! Club president Lion Judy Salmon promised to hold the Mayor to his pledges. She thanked the participants and supporters of the Swimathon. To date the event has raised more than £260,000 in the 25 years since its inception.

Short presentations were given to the audience on the Windsor Defibrillator Partnership where Windsor Lions work with Windsor St George Rotary Club, Windsor Street Angels and the Town Centre Manager to provide automatic defibrillators around the town, local food bank Windsor Foodshare and the recent work by Windsor Christian Action on the establishment of the Alma Beacon which brings together the Windsor Homeless Project, Windsor Foodshare and Windsor Street Angels under one roof and to which the Windsor Lions recently made a significant donation.

Flying the flag were Savills Estate Agents of Windsor who have been involved in many of the Lions’ projects including sponsoring the Santa Sleigh, the prostate cancer screening event and participation in the Swimathon in which they won a cup for the most laps swum by an adult team. The Savills team are pictured with the Mayor who presented the trophy.



The Events Calendar

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

Club Events: February, March and April 2024

- ◆ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ◆ **BASINGSTOKE** - Saturday 17 February, **Quiz**
- ◆ **CHIPPENHAM** - Saturday 23 March, **Counterfeit Duo tribute concert**
- ◆ **DEVIZES**: Thursday 7 March, **Marie Curie Collection**; Saturday and Sunday 6 & 7 April, **Lions Sports Coaching Weekend for children**; Saturday 20 April, **Charter Anniversary**
- ◆ **HOOK & ODIHAM** - Friday 15 March, **Charter Anniversary celebration with LODDON VALLEY LIONS**
- ◆ **JERSEY** - Wednesday to Sunday, 13 to 17 March, **52nd Swimarathon**
- ◆ **ROMSEY & WATERSIDE** - Saturday 10 February, **Bookstall in Romsey Cornmarket**; Wednesday 14 February, **Business meeting**; Saturday 9 March, **Bookstall in Romsey Cornmarket**; Wednesday 20 March, **Business meeting**; Friday and Saturday, 5 & 6 April, **Street Collection**; Wednesday 10 April, **Business meeting**; Saturday 13 April, **Bookstall in Romsey Cornmarket**;
- ◆ **WAREHAM** - Saturday 24 February, **52nd Charter Anniversary**
- ◆ **WOKINGHAM**: Friday 2 February, **Comedy Night - Guest Charity, Wokingham Foodbank**; Friday 16 February, **Quiz Night**; Friday 1 March, **Comedy Night - Guest Charity, Thames Hospice**; Sunday 28 April, **The Wokingham Walk**
- ◆ **WOODLEY & EARLEY**: Friday 9 February, **Skittles Night**; Saturday 2 March, **Quiz Night**; Saturday 27 April, **Sponsored Walk**
- ◆ **YATELEY & DISTRICT**: Saturday 10 February, **Quiz Night**;

Webpage - www.lions105sc.org.uk/events

District Diary Finance Committee Meeting

Monday 19 February at 7.00 pm via Zoom



Introducing Lion Denise Deacon

I am delighted to have been appointed as Alzheimer's and Dementia Officer for 105SC Global Service Projects.

When I saw the forthcoming vacancy in the 2024 ADG Special, I contacted Lion Sandra Manktelow for more information.

I am passionate about Alzheimer's and Dementia. I cared for my mother for a few years until her passing in 2017 and during that time I became a Dementia Friend. I learned some useful information which enabled me to understand more of what Mum was going through – she was living with Lewy's Body Dementia. I have since lost others close to me with various forms of dementia.

I have been a member of Yateley and District Lions since October 2022 and am loving it!

I look forward to embracing this role.

Lion Denise Deacon

Forthcoming dates for your diary:

- ◆ 18 - 24 March - UK Care Week
- ◆ 13 - 19 May - Dementia Action Awareness
- ◆ 14 May - Alzheimer's Society Annual Conference
- ◆ 20 - 26 May - Dementia Action Week



OLD MONARCH

The Editor has the last word...

The Convention is a great time to catch up on old friends and I shall be there albeit that unless the Bunfight at the OK Tiptree is still going on at midnight, I shall be missing out on that bit since my ferry doesn't land at Poole until nearly 8.00 pm.

I enjoy Conventions because it is good to meet the Lions among whom will be those whose names I mostly know only as correspondents to the Sentinel but one thing we shall all miss is the Young Ambassador. My Club's YA Officer found 11 candidates and we actually chose two (one was just 11 years old but already a seasoned community worker) and the other would have gone forward to the District competition had we had one. As has so often been the case over the past decade and more, only the Jersey Club has supported this very worthwhile enterprise and sadly our candidate has withdrawn. Hopefully ROAR will attract a much greater following. See you at Convention!

Lion Peter Tabb



**Lions
tail...**



Woolmer Forest's Lion Joanne Wilson collecting at the Country Market at Christmas.

Altogether the Club raised more than £2,000 from its Christmas Float collections and other Christmas related themes.

Please send all articles and pictures for publication in the

DISTRICT 105SC SENTINEL

to the Editor, Lion Peter Tabb MJF, email : news@lions105sc.org.uk
ideally at least a week before the end of the month