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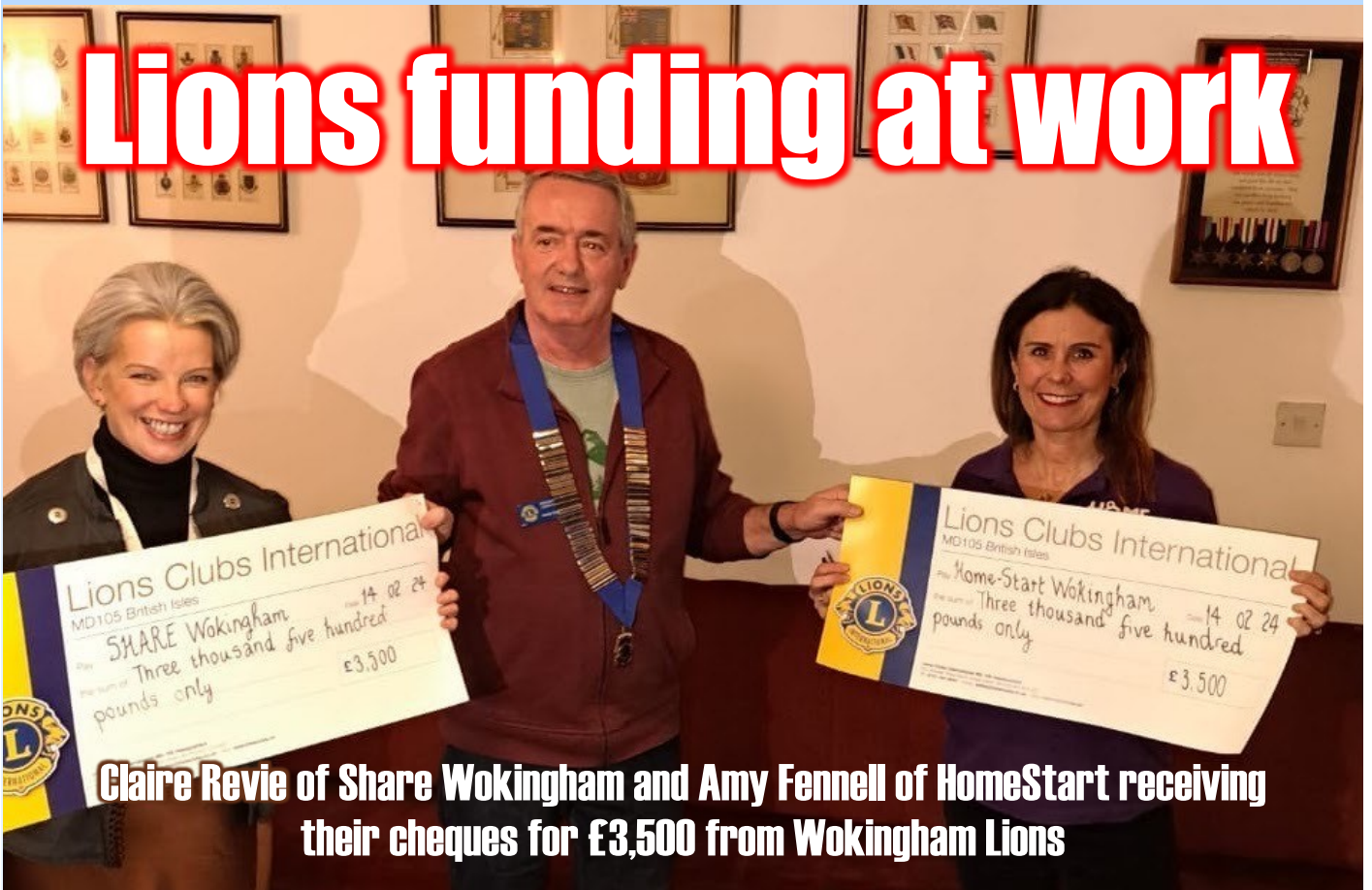


Pre-Convention Edition!



SENTINEL

Lions funding at work



Claire Revie of Share Wokingham and Amy Fennell of HomeStart receiving their cheques for £3,500 from Wokingham Lions



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”

MARCH 2024 EDITION



The Acting DG's Leader...

"Changing the World"



Dear Fellow Lions

By the time you read this I will have completed my District Governor training in Chicago – three days of continuous lessons! It apparently takes 35 minutes to walk from one end of the conference centre to the other, so I have been brushing up my mapreading skills.

Convention 2024 is fast approaching – 8 to 10 March and I have been getting ready to hold my first Cabinet meeting on 8 March – the other ones held this year were led by other members of the District Governor Team. I am looking forward to meeting up with Lions I have not met before and reacquainting myself with other Lions. Apologies if I do not remember your names!

The Convention team has worked incredibly hard behind the scenes to make it a memorable event. Many District Officers will be around so please do chat with them. There will be an opportunity to buy a balloon for the Lions/Brain Tumour Research Appeal virtual balloon race – no impact on the environment as this is online. A poster will be on the Global Service display board with a QR code.

Charter anniversaries are coming thick and fast. I have had the pleasure of attending Chippenham's 50th Charter – a wonderful evening with an Elvis Tribute act. I also attended Fareham's 62nd Charter and Wareham's 52nd Charter.

Despite the wet weather we have had in February it is good to see signs of Spring – daffodils which bring a splash of colour reminding us that Easter is just around the corner with lots of Clubs buying their Easter Eggs ready for fund raising.

Thought for the month:

We are all different with our individual gifts and qualities. An orchestra made up of all the same instruments would be very dull. The more instruments that are blended together in perfect harmony in the orchestra, the richer and more wonderful the sound which comes forth.

Wishing you all a marvellous March.

Lion Sandra Acting District Governor

Matters of moment

Acting DG's Month March

- 1 Mar: Return from Chicago DG training
- 3 Mar: Blandford & District Lions Charter Anniversary Lunch
- 4 Mar: Wareham Lions Official Visit
- 6 Mar: Brain Tumour Research Officers' meeting via Zoom
- 8 to 10 Mar: Cabinet and 105SC Convention
- 12 Mar: Lions UN Day
- 15 Mar: Loddon Valley and Hook & Odiham Lions Joint Charter Anniversary
- 16 Mar: Petersfield Music Festival
- 17 Mar: Swindon Lions Charter Anniversary Lunch
- 18 Mar: Chippenham Lions Official Visit
- 21 Mar: Isle of Wight Newport Lions Official Visit
- 22 Mar: Petersfield Lions Music Festival
- 23 Mar: Fleet Lions Charter Anniversary
- 25 Mar: Petersfield Trustee meeting
- 27 Mar: 1st VDG Catch Up via Zoom

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 is doing, and I will put together ideas for our District to share.

Lion Sandra

GST coordinator
Acting DG
gst@lions105sc.org.uk

HOT OF THE PRESS!

I have just heard that Lions Brian Donovan and Richard Weaver have both passed their IOSH with flying colours. Congratulations and my thanks to both for the training they undertook.

Lion Sandra

Acting District Governor

BE CREATIVE. IT'S ALL ABOUT THE BRAND - Part 2

We've talked about 'touchpoints', all those areas where our brand, mostly personified by ourselves, impacts on those around us. Very much earlier in this series of articles we talked about every product (or service) having a USP, a UNIQUE SELLING PROPOSITION. If something exists, there will be a unique reason why it does. All you have to do is find it.

Products or services are either product or market orientated. What does this bit of jargon mean? It is really quite simple. If you have a product to sell you have to find a market for it. If a market exists then you have to find a product that meets its needs.

Marketing is simply the means whereby the provider provides to the provided and most of its sophistication is devoted to assisting the provider. Marketing defines how to sell even if, as in our case, we mostly provide our service by giving.

So let's then, this once, look at the provided. The provided too have a neat three letter acronym and it's their UBS. This is not related to the device you use to link odds and ends to your computer or mobile phone but a UNIQUE BUYING SITUATION.

In short, there is always a time when the provided are ready to be provided to and the secret of successful marketing is to recognise a unique buying situation. In fact, this should be readily perceived by Lions since we serve to help those in need and we succeed by recognising the form that this need takes and seek to meet it.

In next month's article we'll be examining that last point in some detail. In the meantime let's all pick up some great ideas at the Convention.

Lion Peter Tall MJF MCIM MCIPR

The bigger picture



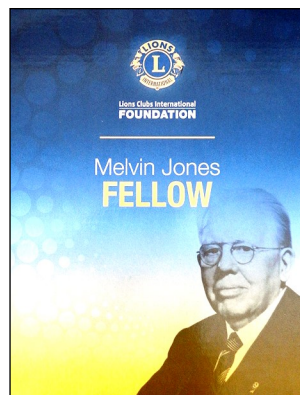
Lions Clubs International FOUNDATION

I hope a lot of you reading this will be attending our Convention in Swindon. If you are, please have a look at the LCIF stand while you are there.

Included in the recent District mailing was a PowerPoint concerning stoves for Ukraine. This follows on from last year when the need was to get generators. The result - 2,260 portable generators being donated to schools and kindergartens.

This year Lions in Europe wish to supply wood burner stoves to heat homes and so food can be cooked. If your Club or you personally would like to support this appeal, then please send donations to our District Treasurer designated, Ukraine Stoves. This will then go via the usual

channels.



Another reminder to you about Melvin Jones Fellowships. If you are wishing to honour someone with an award and want it for handover, then it would be wise either to ask me to make the application or to go to

the website and fill in the form.

Thank you for your continued support of the Foundation.

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,

A while back, I heard some great advice that changed the way I look at life. First, get better at everything you do; second, help others; third, get better at helping others get better. That's exactly what Lions and Leos do every day. LCIF enhances our service impact in our local and global communities, empowering us to help people when they need us most.

When you support LCIF, you are playing an important part on increasing our collective impact in the world. When you read this month's online newsletter, I hope you are inspired to continue supporting our Foundation through both your service and generosity. And, remember to continue sharing your LCIF stories with us, so we can celebrate your grant-funded service projects together.

Make a great day,

Lion Brian Sheehan

Chairman, Lions Clubs International Foundation

More Matters of Moment

Welcome New Lions

A warm welcome to 17 new members to Lions International and best wishes to them for a long and happy time as a Lion.

ALDRSHOT Branch - Lion Samantha Hinder

CROFTON - Lions Jane Cadman and Paul Cadman

DEVIZES - Lions Irene Brock and Theresa Morcombe

FLEET - Lions Gary Roberts and Janet Roberts

HAYLING ISLAND - Lion Sandra Triston

HIGHWORTH & DISTRICT - Lion Sue Subow Miss

LODDON VALLEY - Lion Rowanna Scouse

MELKSHAM - Lions Dave Elms and Mia Pasi

NEWBURY - Lion Sarah Greenall

READING - Lion Jane Parker

WOODLEY & EARLEY - Lions Ian Gardiner, Colin Gibson and Robbie Walkinshaw

Acting DG *Lion Sandra*



Changing the world
with International
President
Lion Dr Patti Hill

Dear Lion

This incredible planet is our home and taking care of this Earth starts with each one of us.



As we celebrate Earth Day on Monday 22 April, I encourage you to inspire others to join you in an environmental service project, such as planting trees, reducing waste or cleaning up a beach. There are so many ways that you and your Club can make a real impact on our planet, and we have great resources on our website that can help you get started.

Caring for our environment is one of the most important issues that we are facing, so let's all work to ensure the health of our planet and of our communities so that we can look forward to a brighter tomorrow.

Yours in service

Lion Dr Patti Hill

A tribute to a much loved Lion of Burnham (Bucks) Club

Lion Marilyn Rolfe sadly passed to higher service on 26 January 2024, a highly regarded active Lion for almost 20 years, during which time she was Club President twice, Zone Chairman twice and Club Youth Chairman for several years.

In addition to being a dedicated Lion, she played an immense community role for more than 25 years, running Burnham Youth Club and bookings of Farnham Common Village Hall.

105SC District Convention

Friday to Sunday 8 to 10 March



“LET’S ALL GO TO THE ZOO TOMORROW”

Well, not tomorrow, but our 105SC FUN DAY will be at Marwell Zoo on Sunday 9 June.

The cost will remain at £20 per person - children under three years and carers go free (no need for carers to bring any identification).



You are invited to bring along those less fortunate than ourselves - school children, disabled people (there are facilities including a toilet with a hoist), families who otherwise couldn't afford a treat, and also Lions, Lions' families and friends.

Full details will be sent out before Convention and there will be information available at the Convention itself.

We do hope that you will join us on 9 June. It will be even better than last year!

Lions Judith and Di



Yateley & District Lion to take on Ride London 100 in May

Lion Tim Clark from Yateley & District Lions is raising money for Diabetes UK by completing Ride London 100 in May.

Tim started riding with a new commuter buddy last year. This new buddy, Matt, has diabetes. This partnership opened Tim's eyes to people taking part in sport who have challenges beyond fitness. He himself has had a heart condition since August 2000 and he uses cycling to get fit for surgery. Matt has to check his blood sugar level regularly but today's investigative technology means that Matt can now check his levels on the go. This means he is rocking his cycling to the next level and Tim's prime concern now is keeping up with him!

It was Matt's idea to undertake a 100 mile ride so the duo hatched the plan to do the Ride London 100 together and raise funds for Diabetes UK.

If any reader would like to sponsor Tim's ride, visit - <https://2024fordridelondon.enthuse.com/pf/tim-clark>.



'I've just told you that'

To the person, it is the first time they have said it & they still will not be able to retain the information

'What did you do this morning?'

This can be stressful for the person if they cannot remember.

Remember when ... ?.

This can highlight a memory problem and be distressing.

'Do you recognise me?'

This can make the person feel guilty or anxious

'Your died ... years ago'

This will be like receiving the news for the first time.



7 THINGS TO AVOID SAYING TO SOMEBODY WITH DEMENTIA

'I'll just help you use your little spoon there, love.'

This is patronising

"Let's have a cup of tea now, then after that we can go for nice walk and get lunch and something else to drink in that café you like next to the big church in town."

Long complex sentences are difficult to process

For more information and guidance - www.alzheimers.org.uk

Dates for your diary

20 - 21 March: UK Care Week

13 - 19 May: Dementia Action Awareness Week

14 May: Alzheimer's Society Annual Conference

20 - 26 May: Dementia Action Week



IT'S ALL HAPPENIN' AT THE BUNFIGHT AT THE DOUBLE TREE!



Hello Fellow Lions,
I look forward to receiving your Club's monthly updates on anything you are doing for Dementia Awareness, any relevant news or fundraising activities. If you need any help with finding information, then I am happy to assist and only an email away!

With every good wish
Lion Denise Deacon
adao@lions105sc.org.uk



WOKINGHAM WINTER CARNIVAL'S DONATIONS TO MAIN BENEFICIARIES

Wokingham Lions Club organise the Wokingham Winter Carnival at the end of November each year, an event that heralds the beginning of the festive season.

Last year's main beneficiaries were **SHARE Wokingham** and **Home-Start Wokingham District**. Claire Revie from SHARE and Amy Fennell from Home-Start were at the Club's February meeting to receive cheques of £3,500 each for their charities. Both Claire and Amy were delighted and thanked Wokingham Lions Club for their support and generous donations.

Claire explained that SHARE Wokingham started four years ago to help those in need and reduce food waste. It now works from 15 sites throughout Wokingham Borough and each month around 40 tonnes of food are processed that would have otherwise been wasted.

Claire also talked about two new schemes. The first, called the Roots Community Food Store, has been set up to help residents who can't afford a full, healthy diet and is run from Norreys Church. This membership-based store is a joint venture by SHARE Wokingham, together with Wokingham Foodbank and First Days Children's Charity. Claire also talked about SHARE Wokingham's pilot scheme in conjunction with Keep Hatch Primary School called The JAM Club (Just About Managing) to offer school children fruit, vegetables and other healthy items. For more information about SHARE Wokingham, please visit www.sharewokingham.co.uk.

Amy Fennell from Home-Start Wokingham District said that they are a small charity, supporting families in crisis, the only proviso being that there is at least one child under five in the family. Last year they helped around 45 families by matching them with one of their trained volunteers. The volunteers can provide both practical and emotional support to the families and can also signpost them to other services that may be useful. Home-Start is hoping to help around 90 families in 2024. More details can be found at www.home-startwd.org.uk.

105SC District Convention

Friday to Sunday 8 to 10 March



WORLD EARTH DAY

Our International President Lion Dr Patti Hill reminds us that World Earth Day is on Monday 22 April and now is the time to start planning a great project that will get your Club and your community involved in protecting and preserving our planet.

Check out the new environmental resources for inspiration for your project. Be sure to watch President Hill's video, #LionsGoGreen, to see how you can use creativity and fun to raise awareness about taking care of our planet. And don't miss the winning videos for the Leo Video contest highlighting Leos' environmental projects.

Often Clubs in this District carry out a Litter Pick on or around World Earth Day and I urge you to think about doing this if you are not already doing so. More information is on the 105SC website under Projects. Of course, any other environmental project is equally valid.

Whatever you do, please let me know about it and report it on My Lion.

Lion Judith Goodchild

Judith.goodchild@lions105sc.org.uk

Good luck with your endeavours!

We need your help!

This summer we have international students attending our Lions Youth Camp in London.

Could you welcome an overseas student into your home for a few days to stay? We need Lions in our District to help host a student between 2 and 11 August 2024. We can help with some costs.

Below Verity from the UK is pictured enjoying a meal with her host family in Japan and has kindly provided a few words about her experience.



"I spent three weeks living with a host family. My host parents were most welcoming and gracious people. When I arrived at Osaka Airport I was slightly nervous as to who would be waiting for me but, as soon as I spotted the Japanese couple smiling brightly at me and holding a placard with 'SAREL VERITY' (in Japanese the family name comes first) written on it, I knew I was in safe hands.

Even though they could speak no English, we managed to communicate through sign language and, of course, Google Translate. They tried very hard to understand me; sometimes it got a little confusing but we always ended up laughing about it!

I cannot express how grateful I am to the Lions for such a positive and life-shaping experience! I was amazed at the generosity the Lions showed to me in Japan and I hope in future people can appreciate what a truly magnificent organisation this is!"

For more information about hosting, please contact Lion Stephen Sherring at: youthexchange@lions105sc.org.uk or call 07341 275176



Nine local charities will benefit from the 52nd Jersey Lions Swimarathon

Nine Jersey charities have been selected by the Jersey Lions to be the principal beneficiaries of the 2024 Lions Swimarathon which takes place from Wednesday to Sunday, 13 to 17 March. The five day event is Jersey's

largest sporting fundraiser having raised more than £3.8 million since the first event in 1972. The Jersey Lions chose the 2024 theme as "Supporting Outdoor Wellbeing and Therapy Projects" and asked locally registered charities to apply to be the named beneficiaries alongside those local good causes the Jersey Lions already support throughout the year. The charities chosen are Acorn Enterprises, Autism Jersey, Beach Ability, Brighter Futures, Healing Waves, Jersey Mencap, Jersey Sea Cadets, Les Amis Jersey and Wet Wheels Jersey, all charities meeting the organisers' criteria. More than 400 teams (circa 2,500 swimmers) will be taking part, including schools, businesses, charities and government departments. The event is sponsored by Channel Islands finance group Ravenscroft whose sponsorship covers the events costs and thus guarantees that every penny raised by the swimmers will be donated to the Principal beneficiaries and other Lions good causes.

"We were thrilled with the number and quality of the applications received and the organising committee spent considerable time debating which of the 20 or so projects under consideration best fitted the theme," says Jersey president Lion Ian Robins. "We hope that by choosing nine very different projects we will inspire swimmers to raise as much individual sponsorship money as they can. It is amazing that 52 years after the first Swimarathon we continue to have such incredible support from the Jersey community." The largest sum raised by any one Swimarathon to date was £147,000 in 2012.

Wimborne and Ferndown Lions Club present the 2024



LIONS' SPRING QUIZ

At 7.30
Thursday Barrington Theatre
18th April Ferndown

SUPPORTING LOCAL LIONS' CHARITIES

For teams of up to 6 players. Entry £10 per player, includes a cold platter of food and rolls on each table. Bar open

To enter a team (pay later) please email Ron Neave at events@wimborneandferndownlions.org.uk, or call 07722 025789, with the team name and size if known. Please pay by bank transfer to a/c 11328301 sort code 40-21-21 (preferred) or on the night by cash preferably or cheque (not card) cheques payable to Wimborne and Ferndown Lions



IT'S ALL HAPPENIN' AT THE BUNFIGHT AT THE DOUBLE TREE!



Sentinel's eye on...

The Events Calendar

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

Club Events: March, April and May 2024

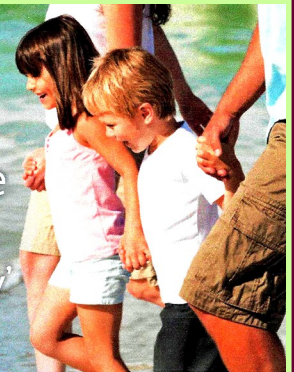
- ◆ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ◆ **BASINGSTOKE** - Saturday 9 March, **Soul & Motown Night**; Saturday 16 March, **Swimathon**; Saturday 6 April, **Health Testing Event: PSA, Cholesterol, Diabetes, Iron, Lidney, Liver, Thyroid, Vitamin D, Female hormones**
- ◆ **CHIPPENHAM** - Saturday 23 March, **Counterfeit Quo 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**; Thursday 9 May, **Joint Charity Golf Day with Devizes Rotary**
- ◆ **HART** - Sunday 19 May, **Charter Anniversary Lunch**
- ◆ **HOOK & ODIHAM** - Friday 15 March, **Charter Anniversary with LODDON VALLEY LIONS**
- ◆ **JERSEY** - Wednesday to Sunday, 13 to 17 March, **52nd Swimarathon**
- ◆ **ROMSEY & WATERSIDE** - 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**
- ◆ **WIMBORNE & FERNDOWN** - Thursday 18 April, **Quiz**
- ◆ **WOKINGHAM** - Friday 1 March, **Comedy Night - Guest Charity , Thames Hospice**; Sunday 28 April, **The Wokingham Walk**; Monday 6 May, **May Fayre**; Friday 17 May, **Comedy Night - Guest Charity Thames Valley Air Ambulance**
- ◆ **WOODLEY & EARLEY**: Saturday 2 March, **Quiz Night**; Saturday 27 April, **Sponsored Walk**
- ◆ **YATELEY & DISTRICT** - Monday 6 May, **Bank Holiday May Fayre**

Webpage - www.lions105sc.org.uk/events

Finance Committee Meeting

Wednesday 22 May - Via Zoom at 7.00 pm

'Mum loved
Maison des
Landes, and the
kids loved our
Spanish holiday'
kids '



Respite holidays at Jersey's Maison des Landes Hotel, a project of the Lions Club of Jersey since 1964 are designed to give everyone a break.

Maison des Landes is the only hotel in the Channel Islands that cares specifically for people with disabilities and it also enables people who care for others to take a well earned break. It's ideal for elderly couples where one is a carer for the other. It also works brilliantly for families who usually care for an elderly or infirm relative, enabling the family to enjoy a holiday themselves while their loved one enjoys a break at the totally refurbished hotel.

AN OFFER TO LIONS CLUBS

If someone in your community deserves a respite break and you might be considering sponsoring them, Maison des Landes offers an unrivalled experience at unrivalled value with at least a 10 per cent discount* off the standard rates to the Club making a booking.

Call General Manager Steve Martin on 01534 481683 for more details.

**There are special extra discounts for March and April*



OLD MONARCH

The Editor has the last word...

It is a matter of days to the Convention and, the ferry service willing, I shall arrive some time during the Bunfight at the Double Tree Corral or perhaps even a bit later. I'm packing my Stetson in hope.

I always look forward to Conventions for that is when I greet many friends and make new ones. This is what Conventions are all about, meeting other Lions. This is particularly so when you lot are isolated from us on your larger rock and often cut off from us by fog and high winds. It might have so much more convenient had we thrown in our lot in 1204 with King Philippe of France rather than King John of England. France is only 12 miles away, closer even than Guernsey, See you at the weekend!

Lion Peter Tabb



**Lions
tail...**



This year's visit to Marwell Zoo is on Sunday 9 June

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