

105
SC



Anyone want a wishing well?
See page 8



SENTINEL

OCTOBER 2019 EDITION

Another fine mess you've got me into!



**A former Chairman of the Council of Governors
awaits the onslaught of wet sponges at the Lions'
Zone Fun Day (see page 8)**



The International Association of Lions Clubs

District 105SC



District Governor 2019 - 2020 ♦ Lion Jarvis MacDonald

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

“Lions Serve to Create a Better World for All”

Matters of Moment

DG Team Visits October 2019

DG Lion Jarvis

<u>Date</u>	<u>Activity</u>
2 October:	Visit to soon to be newly chartered Chautari (Swindon) Lions
3 October:	Newport IOW Official Visit
6 October:	Cabinet meeting
8 October:	Sandown and Shanklin Club Official Visit
9 October:	Abingdon Club Official Visit
10 October:	Westbury Lions Business Meeting
13 October:	Melksham Club Charter Anniversary Lunch
14 October:	Melksham Club Official Visit
18 October:	Carterton Club Charter Anniversary Dinner
19 October:	Fleet Club Charter Anniversary Dinner
20 October:	Marlborough Club Official Visit
21 October:	Hook and Odiham Club Official Visit
25 - 26 October:	Council of Governors
27 October:	Woolmer Forest Charter Anniversary Lunch

1st VDG Lion Steve

6 October:	Cabinet meeting
7 October:	Henley on Thames Official Visit
9 October:	Zone 1A meeting
10 October:	Westbury Club Official Visit
14 October:	Southampton Solent Official Visit
22 October:	Blandford and District Club Official Visit
25 - 26 October:	Council of Governors

2nd VDG Lion Brian

6 October:	Cabinet meeting
7 October:	Petersfield Club Official Visit
8 October:	Crofton Club Official Visit
13 October:	Membership and awareness stand at an event in Abingdon
14 October:	Bournemouth Club Official Visit
18 October:	Carterton Club Charter Anniversary Dinner
19 October:	Woodley and Earley Club Charter Anniversary Dinner
20 October:	Marshalling the Abingdon Marathon
22 - 26 October:	Car parking for Abingdon Operatic's Autumn Show, Evita
26 October:	Dispersal of Poppy Appeal trays to shops in Abingdon town centre

Child Sight UK - Project

THE EYE CAMERA project that has been discussed for a while is moving on to the next stage. The MD105 sight team are looking to get match funding from LCIF for the purchase of eye cameras and have asked the Districts to let them know how many each district feel they may require.

District 105SC has committed to purchasing a camera, as have Westbury Lions, making it two in total.

I know a number of Zones/Clubs are interested in purchasing their own cameras. For those who are interested, can you let me know so I can add your Zone/Club to the collective list as we may get financial assistance from LCIF. At this stage it is to register an interest only, it does not mean that Clubs/Zones are committed to purchasing cameras.

Short notice I know but they have asked for an answer by 1 October 2019.

Kind Regards

Lion Jarvis Macdonald

**Westbury Lions
DG 105SC**



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 Lions.

DG Lion *Jarvis*

CALNE - Lion Kenny Welch
CROFTON - Lion Peter Das
GUERNSEY - Lion Valerie Walker
HAYLING ISLAND - Lion Nicola Wright
HOOK & ODIHAM - Lion Mike Gwyer
NEWBURY - Lion Matthew Johnson
PETERSFIELD - Lion Jo Huxley

The DG's Leader...

"Fund Raising, Fun Seeking, Service Giving, Life Saving – Creating a better world for All"

My Fellow Lions

WOW! Another month come and gone and it seems like only five minutes since Lion Peter (our esteemed Editor) was asking me for a few words for the September edition.

The month started off with a bang - a cracking classic car show hosted by Trowbridge and Westbury Lions. I was put to work marshalling cars and flipping burgers and I felt I had earned my hot dog by the time I finished at the end of the day. We were blessed with super weather, an enormous crowd and more than £14,000 raised, all in all an excellent day well done to all the Lions involved.

I had lovely welcomes at both Swindon and Hart Lions Club visits and then journeyed across to the furthest part of our District to see both Guernsey and Jersey Lions where the pace of life is a little slower but the endeavour and hard work of the Lions clubs on the Islands matches that of the Clubs on the mainland. In fact, Jersey shows the way with their biggest fund raiser: the Jersey Lions Swimarathon raising in excess of £135,000 every year. Chippenham and Loddon Valley were both friendly hosts as I came to the end of my monthly Club visits.

I am looking forward to a very busy October with six Club visits, four Charter Anniversaries, one Cabinet meeting and finishing off with a Council of Governors meeting at the end of the month.

Many of you may have heard of the wonderful Kid Sight UK project which involves a special camera that checks children's eyes (ideally under the age of seven) to test for any irregularities. It is reckoned that if there are any problems that detecting them before the child reaches the age of seven gives the best possible chance of correcting the issues.

Three trials were undertaken in the UK, one of which was in our District and of all the children inspected 13 per cent have been referred to their opticians for further tests. There will be further information sent out to all the Clubs as requested. It is easily operated, so much so that even I can operate it. The Cabinet have voted to purchase a camera to be used by Clubs within the District. This is a great opportunity to serve your local community and a good potential membership recruitment tool.

Watch this space!

Lion Jarvis

District Governor 105SC



The bigger picture



Global Service Team News

A CHALLENGE!

DIABETES is a worldwide epidemic and 4.7million people in this country have the disease. Like me, 90 per cent of these have Type 2 diabetes. However a million or more have the condition without being aware of it. Untold damage could be happening to these people and it is vital that we try to get the message out. Diabetes is one of the five pillars of LCI's Global Services.

I therefore CHALLENGE YOU to do something about this during the current year. It would be especially good if you could do something on World Diabetes Day, 14 November, the birthday of Sir Frederick Banting who discovered how to extract insulin from the pancreas of animals to treat people with Type 1 diabetes.

What to do?

RISK ASSESSMENTS

Find your own risk by taking the Diabetes UK **Know Your Risk** <https://riskscore.diabetes.org.uk/> You will need to know your height, weight and waist measurement to do so.

Take some time at your November meeting to get all your members to take the above test. Encourage them to ensure their families do the same.

Arrange for a Risk Assessment for the public – could this be part of a Wellness Day or could you do it with a Prostate Cancer Screening? To hold such an event you either need to be trained by Diabetes UK or ask them to send volunteers to your event. It **cannot** be done by untrained Lions. To find out about regional contacts go to the Diabetes UK website and scroll down to Diabetes UK in your area.

A similar challenge has been issued by LCI earlier this month which asks us to help screen one million people. **More ideas on how you can raise awareness of diabetes are on page 9.**

Lion Judith Goodchild

PDG Judith Goodchild

105SC GST Coordinator

gst@lions105sc.org.uk Tel: 0118 981 2260

CAMPAIGN | 100



LCIF • EMPOWERING SERVICE™

I BEGIN with a thank you, a rather large one in fact. During the last Lionistic year Clubs in the District donated \$49,286 to LCIF, which is tremendous. It doesn't matter how large, or small, if it was for a specific project or not, the money donated will go to help Lions worldwide help those who need it, or just to set up projects to help local communities.

One of the recent campaigns has been the **One Shot, One Life** measles fundraiser. In 2013 LCIF committed to raise \$30 million by December 2017. Lions exceeded that goal. Along with match funding from The Department for International Development and the Gates Foundation, \$61 million was given to Gavi Pharmaceuticals and 110 million vaccines were produced.

Over the years more than \$1 billion has been awarded in grants.

\$118 million given toward disaster relief.

Two successful sight campaigns mean \$415 million has been invested in SightFirst.

Improved or restored eyesight has been given to 30 million people.

These are staggering amounts to think about and we can only guess on the impact this has made on many lives worldwide.

I finish with another thank you, this to the Clubs who have responded to the appeal for funds after Hurricane Dorian. Emergency grants have already been awarded. To aid the recovery after so much devastation.

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

Lion Ann Huntley MJE

District 105SC LCIF Coordinator

News from the Clubs...

Yet another 'Best Ever Event' for Windsor Lions Fun Ride

RIDERS were galloping over each other to come up with the best superlative for the latest Fun Ride which was staged by the Windsor Lions in stunning Windsor Great Park on 7 September.

More than 650 riders took part to raise money for a range of local charities including Riding for the Disabled.

The superb weather, as well as a spectacular new course within the prestigious Deer Park, led many riders to take to social media to express their delight at the ride. Comments included: "Was this the best thing ever?", "Amazing ride. Thank you so much to all involved. This is the best run ride I've ever come across. Beautiful day and the route this year sensational!"

Windsor Lions' event organiser, Lion Mark Fraser, also expressed himself very happy. "I know we say this every year but the new course made this year's event even better. The park is a magnificent setting and many riders aren't normally able to ride in it. We are so grateful, not just to all the riders who took part to enable us to raise so much money, but also to the authorities in the park who allow us the privilege of using it."

Windsor president Lion Judy Hill with Deputy Mayor Cllr Muir and his partner Karen



It's here! Wimborne and Ferndown

LIONS' QUIZ

7.30

Thursday

10th October

Barrington
Theatre
Ferndown

For teams of up to 6, £8 per player including refreshments. Bar open.

To enter a team please contact Ron Neave
56 Victoria Gardens Ferndown BH22 9JH
01202-873551 e-mail ronneave@yahoo.co.uk
Payment by cheque please if possible. If this is difficult then pay on the night

IN AID OF LIONS CHARITIES
wimborneandferndownlions.org.uk



Friday October 11th 2019 at 7:30pm

Wokingham Cricket Club

Tickets £12 Including Food

Full Bar Available

Visit wokinghamlions.org.uk or
@WokinghamLions for details

More Club news...

Meon Valley's Summer fun brings out the crowds!

THE July 2019 Swanmore fete, organised by the Meon Valley Lions Club, turned out to be one of the most memorable in recent years. The weather was glorious, but not too hot, and the New Road recreation ground was packed from top to bottom with families enjoying themselves.

In addition to the hundreds of Swanmore residents, the event was also brilliantly supported by dozens of classic car and bike owners who brought along their shiny pieces of pride and joy to put on display. There was wonderful music from local bands, including the Soberton Strummers and (making a fine debut) the Swanmore Wind Band and displays from regular favourites Roynon School of Dance and Kristian Bediako's Djembe Drum workshop.

A dog show was introduced to the fete and the Club was overwhelmed with the response, with dogs of all shapes and sizes competing across the handful of interesting and novelty classes. Its popularity means that it's already in the programme for the 2020 event!

The final figures have yet to be ratified, but it looks like the Club's charity account will be around £7,000 better off as a result of everyone's generous support. **That's £2,000 better than the previous record.**

The raffle proved particularly successful with receipts swollen by the extensive prize list with an estimated value in excess of £1,000. Club President Lion Andrew Brown said, "We've organised the Swanmore Fete for many years as part of our commitment to community involvement in the Meon Valley, so when villagers respond so generously and support our charitable work, it's very rewarding."



WOKINGHAM LIONS CLUB DONATES £5,000 TO SUE RYDER DAY HOSPICE

The Wokingham Lions Club has donated £5,000 to the Sue Ryder Wokingham Day Hospice. The funds will be used to purchase two new specialist chairs and a new IV drip to help patients with limited mobility.

"We at Sue Ryder Wokingham Day Hospice are so grateful to the Wokingham Lions Club for their generous donation. It was lovely to have them come over to the hospice, and for them to see first-hand how their donation will be used. It also helps with understanding our services in the hospice and the local community. We rely heavily on support from groups such as the Lions, and their support and amazing donation are so very much appreciated," says Abi Hurst (right above) community fundraiser for the Sue Ryder Wokingham Day Hospice.

Lion Lyn Baily, president of the Wokingham Lions Club, added: "Lion Patrick Allen and I visited the Sue Ryder Hospice, and it was good to see the facility and meet the wonderful staff. We are very pleased to make this donation to such a worthy cause."

The Wokingham Day Hospice provides expert palliative care and services for people who are living with life-limiting conditions.

More Club news...

Great day for the ducks!



HOOK & ODIHAM Lions held their 13th Annual Duck Race at The Crooked Billet on the Whitewater River on Saturday 31 August.

There were eight exciting heats during which the lead changed several times. Racing had to be postponed for a while as a family of swans (see below) decided to come and see what was happening on their river!

Thanks go to the local businesses who kindly sponsored all of the heats and the final race. As a result of the day £1500 was donated to the Lions Community Store based in Fleet. The lucky winners included one Terry Cheesman from Hook and one Judith Goodchild from Tadley!

Very grateful thanks, once again, go to Richard and Sally Sanders from The Crooked Billet who kindly allowed the Club to run the event in their garden and sponsored the grand final.



Jersey Lions' new Muddy Fun Run raises £10,000



THE JERSEY LIONS held their first Muddy Fun Run on 14 September. Taking place across three large fields and featuring a dozen specially constructed (or excavated) obstacles, almost 500 participants took part in ideal weather conditions although rain the previous day meant that there was mud galore. The participants (aged seven years and upwards) could choose either a three or five kilometre course, most choosing the shorter.

A full turn out of Jersey Lions and some helpful Rotarians were stationed at each obstacle and every participant received a commemorative medal.

The event was almost entirely accident-free with just one participant spraining an ankle while attempting a short cut at one daunting obstacle.

The event was a success and raised over £10,000.



Even more Club news...



A new home needed for Fleet Lions' wishing well

FLEET LIONS have a wishing well they no longer have a home for. It cost more than £3,000 a few years back and has paid for itself. It's about five feet high and is on sale for just £500.

Unfortunately the Rotary Club have the best slot in town (in an indoor shopping centre opposite Costa) and none of the supermarkets or garden centres in town have room for the well now. The way to get pots of money is by placing it where children can ask parents for coins to roll down into the well to amuse themselves (that's why being opposite a coffee shop works well). Once a month put a notice on it telling where the money donated has done some good. It's also a handy spot for sitting events posters!

If you are interested or know someone who might be, please contact pete.pickett@fleetlions.org.uk

Lions Zone Fun Day at Avon Heath - the pictures



Lions Zone Fun Day at Avon Heath

It was a beautiful sunny day on Sunday 15 September when Lions Club members from the Poole/Bournemouth region ("The Zone") gathered at Avon Heath Country Park, kindly made available as the venue for the day.

The object was to put on a day of fun for children with disabilities and their carers. The event was by invitation and 173 (children, carers and Lions) from the Zone area attended.

There were train rides, hoop-la, fishing for ducks, musical rods and more. There was an "Aunt Sally" with water pistols and "The Hedgehog Hoard", a nature treasure hunt. With a burger barbecue and other refreshments, a good time was had by all.

Clubs taking part were from Wareham, Blandford, Southbourne and Boscombe, Poole, Bournemouth and also Wimborne and Ferndown who hosted the event.

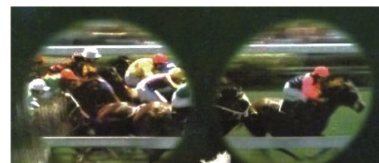
Wimborne and Ferndown Lions Club

RACE NIGHT



Saturday
26th
OCTOBER
7 for 7.30

ROYAL
BRITISH
LEGION
FERNDOWN



with Fish and Chip Supper

TICKETS **£10**

FROM FERNDOWN POST OFFICE

or telephone Joan on 07795 950616

IN AID OF LIONS CHARITIES

wimborneandferndownlions.org.uk



Sentinel's eye on...

Membership Matters

A warm welcome to the 18 new members inducted during the first two months of this year and well done Hayling Island, Loddon Valley and Swindon who all inducted two new members.

New members are vital to the survival of Lions Clubs. They provide fresh blood and ideas and new members themselves can bring additional new members to their Clubs.

At the start of the Lions' year, I set a challenge for each Club to bring in three new members during the year.

Where can we find these new members?

While it very much depends on your locality, I believe that the focus on new members should be those in a age group of 45 - 65, "empty nesters", those people who now have more time on their hands as their children have left home and those who have taken retirement and are looking for new activities to become involved in.

Some pointers

1. Service activity is a major way we can promote Lions. When you organise a service activity consider linking it to an awareness evening, e.g. Windsor publicised such an evening in the publicity they put out for their prostate cancer testing day.
 2. Develop links with local groups interested in community/service activities, e.g. PTA members have already given community service and could be attracted to Lions. Round Table, Ladies Circle and Young Farmers - these Clubs have age restrictions for their members - Round Table and Ladies Circle have an upper age limit of 45.
 3. New Members themselves are an excellent potential source for further new members. Ask them to invite friends to a Lions event.
- There is assistance and District funds available to help with any campaigns, please email me on gmt@lions105sc.org.uk if you require more information.

Lion Tim Hanton

Membership Team

The Diabetes Challenge - part 2

SRIDES WALKS FOR DIABETES

This is based on one of the Centennial How 2 Guides—

- 1 Select your Organising Committee.
- 2 Hold your first meeting. Establish a regular schedule for meetings.
- 3 Identify community contacts from among committee members. This can include potential sponsors, media supporters, entertainers, poster distributors, and groups of participants.
- 4 Set the event date and start time.
- 5 Establish a safe route and check distances.
- 6 Seek official approval from city, parks, and other departments.
- 7 Organise local sponsor solicitation for giveaways, food and beverages.
- 8 Approach the media (radio, television, print) for publicity and possible sponsorship.
- 9 Inform and invite local health care professionals, officials and celebrities for support and presence on event day.
- 10 Check the optional opportunity, through sponsorship, to raise funds for diabetes projects in a club, district or for Diabetes UK.
- 11 Check all participants have completed their registration details.
- 12 Encourage the participants to wear Lions' T-shirts, Hi-vis Lions Safety Vests.
- 13 Visit site and route to determine volunteer needs, placement of equipment, and potential concerns.
- 14 Follow up participants after the event to collate information on the total distance covered by all the participants is reported.
15. Get media coverage of the event.

OTHER IDEAS

Go to <https://lionsclubs.co/MemberArea/projects-appeals-and-service-areas/service-areas/> for more ideas.

Lion Judith Goodchild

105SC GST Co-Ordinator

Tel: 0118 981 2260 gst@lions105sc.org.uk



OLD MONARCH

The Editor has the last word...

Much of our ability to attract new members depends, often critically, on how well we are known in our own community. And what we are known for. These pages frequently illustrate just how diverse our involvement is with our communities and yet, in the street (or in the Fleet Lions' case, near the coffee shop) the first name that often springs to the public mind is Rotary. In marketing terms they have a very strong brand.

There is no reason why the Lions brand should not be every bit as strong but the reality is that it isn't. Therefore we must work to make it so.

Much of the material I receive often makes great (and well deserved) play of how valuable a community service activity is but less so on who is actually responsible for it happening. Make sure everyone knows. And say it again and again. Lions serve to make a difference. Altogether now...

Lion Peter Tabb



**Lions
tail...**

Don't start
without me!



**The Jersey Lions' Muddy Fun attracted almost 500
runners - plus one!**

Please send all articles and pictures for publication in the

DISTRICT 105SC SENTINEL

to the Editor, Lion Peter Tabb, email : news@lions105sc.org.uk and/or peteretabb@gmail.com
ideally at least a week before the end of the month