

105  
SC



From Leo to Lion  
See page 8



# SENTINEL

DECEMBER 2019 EDITION

I'm a Lion.  
I suppose you lot  
are Rotarians and  
Round Tablers!



Christmas Greetings  
to all our readers



The International Association of Lions Clubs

## District 105SC



District Governor 2019 - 2020 ♦ Lion Jarvis MacDonald

✉ [dg@lions105sc.org.uk](mailto:dg@lions105sc.org.uk) ♦ [www.lions105sc.org.uk](http://www.lions105sc.org.uk)

**“Lions Serve to Create a Better World for All”**



# Matters of Moment

## DG Team December 2019

### DG Lion Jarvis

<i>Date</i>	<i>Activity</i>
2 December:	Westbury Santa Float
3 December:	Westbury Santa Float
4 December:	Salisbury Lions Christmas Market
5 December:	Westbury Santa Float
16 December:	Westbury Santa Float
17 December:	Westbury Santa Float
19 December:	Westbury Santa Float
21 December:	Westbury Aldi Father Christmas bucket collection
22 December - 1 January:	Just relaxing!

### 1st VDG Lion Steve



*With my best wishes for  
Christmas and the  
New Year!*

### 2nd VDG Lion Brian



On Santa and sleigh pulling duties during December

*A thought for Christmas...*

WE MAKE A  
**LIVING** BY  
**WHAT WE GET,**  
BUT WE MAKE A  
**LIFE** BY  
**WHAT WE GIVE.**

~WINSTON CHURCHILL

### **AN IMPORTANT MESSAGE REGARDING SENDING SPECTACLES TO CHICHESTER LIONS**

During the past year we have received complaints from Parcel Force about the way boxes are packed as many are splitting open in the vans or at the depot. Also, many boxes are not packed to capacity which means they collapse on stacking. Please ensure that boxes are made of sturdy cardboard and are filled with using other materials such as newspaper or polythene.

Boxes should be a good size (shoe boxes are too small!) and must not weigh more than 10 kg. Please do not call Parcel Force for single boxes - wait until you have several boxes. This helps them cut costs since they provide this service free of charge.

Spectacles should be packed loose and not individually wrapped nor put into plastic bags. Please do not send cases, cleaning cloths, loose or contact lenses.

For Clubs that bring spectacles to us, of course you can continue to drop them off in boxes or sacks, but please remove the items listed above.

**Please do not send or bring any spectacles in  
December or the first two weeks of January.**

If you have any queries regarding any aspect of the spectacle recycling, please contact Chichester Lions on 0344 963 2443 or email us at [sight@chilions.org.uk](mailto:sight@chilions.org.uk).

Many thanks

*Lion Sue Boucher*

Chichester Lions Club



## **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*

DEVIZES - Lion Paul MacDonald  
EASTLEIGH - Lion Mary Pilkington  
HAYLING ISLAND - Lion Louis Martin  
WESTBURY - Lion Madelin Strout

# The DG's Leader...

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

## *My Fellow Lions*

It's December already! Where does the time go? November was another full month with Club visits including Poole Lions where I was treated to fish and chips and a game of curling. It was a boys versus the girls sort of affair.

Needless to say, the girls won convincingly, a lovely evening full of fun and laughter. I was pleased to meet the lively gang at Devizes Lions which is a thriving Club with many fund raising and service events along with a very healthy social scene.

I had a meeting with my fellow District Governors to discuss membership recruitment ideas, this is a hot topic with all Districts grappling with falling numbers. We have a number of Clubs in our District with very low numbers on whom the Zone and Region chairmen have been tasked to focus their attention to assist where they can.

Heather and I attended the Guernsey and Jersey Lions Charters where we were given a very warm Channel Islands welcome. We were honoured to be able to celebrate the 50<sup>th</sup> Charter Anniversary of Wimborne & Ferndown Lions, which was also attended by our International Director Lion Geoff Leeder and his wife May.

One of my last engagements in November was to celebrate the life of Lion Derek Knight who recently passed to higher service. Lion Derek was one of the guys who was instrumental in forming District 105D. I only met him on a few occasions but his energy and zest for life was infectious; he was a great story teller who put his heart and soul into Hayling Island Lions, the Club he loved. He will be sorely missed.

The Brian Tumour Research Centre appeal has been launched. This is a great cause since more people under the age of 40 die from brain tumours than from any other cancer. The plan is for the Lions Clubs in MD105 to raise £1,000,000 over the next four years to pay for an institution which will bear the name of "Lions Clubs International – Brain tumour Research Centre", a great legacy for generations to come.

It is that time of the year when the Santa float has been given a lick of paint and had its lights replaced in time for the busy period that is upon us. Many Lions Clubs will be embarking on their busiest time in the Lions year and I will be donning the red suit on a few occasions this month, including a visit to the Christmas market with Salisbury Lions and a number of outings with Westbury Lions, my own Club. No doubt there will be plenty of "Ho Ho Hos", mince pies and the occasional hot toddy to keep the cold at bay.

Instead of giving Christmas cards this year I am making a donation to the Brain Tumour Research Centre through our District website [www.lions105sc.org.uk/donations](http://www.lions105sc.org.uk/donations). As I mentioned earlier it is a great cause so, if you are in the Christmas spirit, please feel free to click on and donate to this superb appeal.

**I wish you all a very Merry Christmas and look forward to a busy and prosperous New Year.**

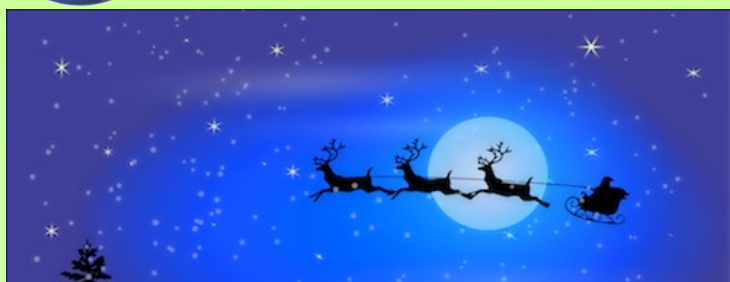
*Lion Jarvis* District Governor 105SC



# The bigger picture



## Global Service Team News



December is one of the busiest months for Lions Clubs both in terms of fund raising and community service but sometimes the two can be both. While Clubs raise large sums of money from their Santa's Sleighs, they are also performing a community service by providing pleasure to the young and not so young. Turning out on a cold wet night can be daunting, especially if there are a lot of nil responses, but the sheer joy of seeing Father Christmas on a child's face can make the whole evening worthwhile, so good luck with all your Christmas activities.

Sometimes a chance meeting on a doorstep can lead to a new member, so please take a little time to answer any questions that a householder may have and be prepared to give a contact number or leaflet about your Club.

We are getting towards the time when entries for the environmental competitions need to be in.

Entries for the Photographic Competition need to be with me by Monday 6 January. Entries must be sent to me and not directly to MDHQ. This way they can be entered into the District Competition. I will ensure they reach MDHQ on time. Please send printed photos to me. This way you will know what the photos look like.

You have until 1 March for your Environmental Posters to reach me. The theme this year is "The Change in Weather Patterns"

In both cases please send your entries to me at 88A, Franklin Avenue, Tadley RG26 4EU.

Finally I hope you all have a very happy Christmas

*Lion Judith Goodchild*

PDG Judith Goodchild  
105SC GST Coordinator  
gst@lions105sc.org.uk Tel: 0118 981 2260



SOME of you reading this will remember the Campaigns SightFirst I & II. Some of you may also have heard of the Carter Centre which was set up by former US President Lion Jimmy Carter. How many of you know that since 1984 SightFirst and the Carter Centre have worked together to eradicate river blindness? Since 1984 LCIF has approved more than 60 river blindness and trachoma grants totalling over US\$67 million. In fact, during that time the partnership has resulted in more than 236 million treatments and over 117 million treatments to halt trachoma. This is just a small example of the fantastic work done by your LCIF. The two campaigns were hugely successful and now we want to build on that with Campaign 100. However, where the two SightFirst campaigns focused on sight, we want to have an impact in many other areas.

Please take time to read the information inside your Lion magazine which touches on some of the areas Lions want to have an impact in. It talks about ways individuals can give to the campaign. However, there is also a model club programme which is another way a club can contribute. The week of 13 to 17 January is LCIF week. Maybe your Club would consider putting on an event for the campaign. As usual there is plenty of information on the website, or I can be contacted directly.

**Finally, I would like to thank the Clubs who support LCIF. It is appreciated and I would like to wish you all a very Merry Christmas and all the best for 2020.**

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

*Lion Ann Huntley MGF*  
**District 105SC LCIF Coordinator**

# Around the Clubs...



LODDON VALLEY Lions held another successful Fireworks Extravaganza on the evening of Saturday 2 November. Severe weather earlier in the day had threatened to cause the event to be cancelled for safety reasons, but website and Facebook pages were updated through the day to give the public the latest available information and, finally around mid-day, it was agreed that the event would go ahead.

Set up work proceeded at full pace and all was ready for the gates to open at 5.00 pm. There was plenty to do, with a large bonfire, refreshment stands, fairground amusements and a licensed bar provided by Calleva Football Club.

Not surprisingly, attendance was lower than in previous years, but those who did attend were treated firstly to a display designed for younger children and then at 7:30 pm, the main event which was a truly spectacular show. By 6.00 pm, the wind had dropped and both displays proceeded in spectacular fashion and without incident.

Children who attended were admitted free of charge if they brought a Guy along with them. Sadly there were only two entrants in this competition, one from the Parlane family from Tadley and the other from the Mellish family from the Chineham area of Basingstoke, with the Parlanes turning out to be the winners by a very narrow margin. After the judging, the Guys were paraded to the bonfire to suffer their fate!

Loddon Valley Lions now turn their attention to preparing their Santa float for action in December, when it will be out and about for 19 evenings touring the towns and villages in the area we serve, in Tadley and neighbouring communities of the Hampshire/Berkshire border.

## WOKINGHAM LIONS DONATE PROFITS FROM FIRST COMEDY NIGHT TO WADE DAY CENTRE AND OLLIE YOUNG FOUNDATION

THE WOKINGHAM Lions Club donated proceeds from the first #Woky Comedy Night at their November meeting to WADE Day Centre and the Ollie Young Foundation.



A cheque for £500 was presented to Jackie Wilson, chairman, WADE, and the Ollie Young Foundation (OYF) received a cheque for £1,000, which was accepted by Sarah Simpson and Barbara Young. The cheques were presented by Wokingham Lions President Lyn Baily and John Cleary, organiser of the event.

"WADE are so grateful for the continued support of the Wokingham Lions. Their recent donation of £500 will be used to enhance the activities and services we provide for our day centre clients, many of whom are suffering from various stages of dementia, or physical challenges," said Jackie Wilson.

Sarah Simpson, founder and trustee of the Ollie Young Foundation, said, "We are also so grateful to the Wokingham Lions for choosing the OYF as one of their charities from their #Woky Comedy Night. The money received from their brilliant evening will be put towards securing our fourth PhD student, who will work towards researching a cure or prevention for paediatric brain tumours, like the one Ollie had. Thank you!"

Lion John Cleary, organiser of the event, said "Our first comedy night in September was such a special night. The sell-out audience had a great night out, and many of them asked when the next show would be. I'm delighted to announce that we have secured four of the hottest acts on the comedy circuit for our next #Woky Comedy Night on Friday 13 December at the WADE Centre."

**Whoever is happy will make others happy too - Anne Frank**

# More Club news...

## Ordeal by fire for Petersfield Lion



## And a Great South Run too!

ON A typical Friday night down at the pub, Petersfield Lion and Zone Chairman Lion Sandra Manktelow took part in the Fitzroy Fire Walk across hot coals. "An amazing experience!" she said. "This was my first fire walk and I loved it!" Her walk raised £270 for Fitzroy (and probably a few blisters).



Petersfield Lions Club. Afterwards she said, "All I can say is NEVER AGAIN!" Nevertheless a great effort and a good sum raised for the Club's charity account.

The same weekend, Lion Dee Cann, after months of training, took part in the Great South Run and raised £612 for the



## Another Lions' successful prostate screening event

FLEET LIONS recently organised their fifth prostate screening event at Fleet Hospital. The testing was free of charge to men over 45 and was fully subscribed with 250 attending. The event was funded through the restricted funding the Club has built up for screening in memory of former member Lion Philip Daubeney. The cost of holding an evening like this is circa £5,000, largely due to the cost of the laboratory analysis carried out at Frimley Park Hospital.



Lion Brian Proctor led the organising team. "It's quite a logistical feat to keep an event of this type running smoothly, from booking the appointments, providing the minibus to the hospital, to getting the samples off to be tested," he said. "Everything ran like clockwork, so thanks to everyone who helped. It was particularly pleasing seeing the SERV Wessex Blood Bikers in action as we had supported them in the past."

The results of the tests were sent directly to retired consultant urologist David Baxter-Smith who advised those tested whether they were clear or needed to follow up with their GP. Ten men were so advised after this year's event and it's a sad fact that 200 men across the country are diagnosed with prostate cancer every working day. If detected early enough, the condition can be cured. The Lions want to help with that and to date 136,000 men have been screened at Lions' events.

# Even more Club news...

## TREE OF LIGHT

THIS YEAR Hook and Odiham Lions started a new venture inspired by Lion Judith John whose late husband had started a similar scheme 23 years ago in Tavistock in 105SW and then three more in that District.

Local people are asked to sponsor a light on a Christmas Tree for a donation so that a loved one can be remembered at a short service of dedication. This is not primarily a fund raising event and moneys raised should be given to a specific local charity in the area concerned, such as an Alzheimer's club or a club for the visually impaired.

On Thursday 28 November, Hook and Odiham Lions gathered in the High Street in Odiham for this ceremony. By 6:30 pm quite a good crowd had gathered and the ceremony began. People were welcomed and Lion Judith explained the concept and then the chairman of the Parish Council lit the tree.



This was followed by a short service of dedication led by the local vicar which included reading out the list of those to be remembered and concluded by singing carols. Afterwards cards were given to those who had asked for loved ones to be remembered.

Hopefully this will become an annual event and even be introduced to another village.

## Lennie and the Foodbank



Usually he boogies and at Christmas supermarket tinshakes there's no stopping him as he jiggles to the usual Yuletide classics. But on Saturday 23 November, at the Chineham Tesco where, for the third year, he took part in a Basingstoke Foodbank promotion, there was no music and so Lennie had to restrain himself and stand almost still!

Working with local referral agencies Food Banks issue vouchers to those in need in times of crisis, providing a minimum of three days' nutritionally balanced foodstuffs (tins and dried foods) donated by the local community.

Basingstoke Lions were pleased to loan Lennie to help with the promotion - what gets put in the collecting tin tends to increase when a furry Lion is present! And children always love hugs, a cuddle or a 'high five' from Lennie.

Only blip on the very successful day was Lennie's memory for when it came to doing the Clark Kent bit and changing back into human form, he (or was it really Lion Annie Vicars?) couldn't find his/her street clothes. Reports of a 'big cat' roving around Basingstoke are still coming in!

# And finally...

## WOKINGHAM LIONS CLUB TO COLLECT FOOD FOR THOSE IN NEED DURING ANNUAL CHRISTMAS COLLECTIONS

AS THE HOLIDAY season approaches, many of the elderly residents, as well as young families in Wokingham, are in need and on tight budgets. The Wokingham Lions Club is working to collect and deliver food parcels to them before Christmas.



The annual Christmas Collection kicks off on Saturday 7 December with Wokingham Lions collecting outside Waitrose. They'll be collecting again at Tesco on Saturday 14 December.

"We're hoping shoppers will support our Christmas Collection by purchasing an extra item of shopping and donating it to the Wokingham Lions Club," says organiser Lion John Cleary. "We are looking for non-perishable food, mini-Christmas puddings and treats. We appreciate the generosity of Wokingham residents as well as the efforts of our Lions Club members who will sort the food into parcels which are then delivered to private homes and care homes before Christmas."

## A Leo becomes a Lion

A WESTBURY Leos Club member has become the first Leo in the town to progress to becoming a full member of the Westbury Lions Club.

Maddy Strout (19), daughter of the current Westbury president Lion Michelle Strout, was a Charter member of the Alpha Leos Club in Westbury when it was formed at Matravers School in 2015.

"It was a real bonus for me to welcome Maddy to the Lions," said Lion Michelle, "As this is my year as president of the Westbury Club and also as I am the Club's Leos officer, overseeing all our Leo activities. When the current Leos Club started, Maddy was the first president and she has shown a great commitment to being a Leo. She is always willing to turn up and get stuck in, working hard alongside the other Leos and Lions and always giving something back to our community. My husband Craig and I love being Lions and I think Maddy believes in the good things we achieve as a group to help others and she felt that it was a natural progression to become a full Lions member."

District Governor and fellow Westbury member, Lion Jarvis MacDonald, conducted the badging up ceremony during the Club's November business meeting.

Lion Maddy commented, "I am really keen to get more involved in the youth side of the Club and I hope I can be a real asset and encourage more young people from our community to come and join us. Having fun and caring for the people around us."



## IN FOND MEMORY

With great sadness the 105SC Sentinel reports the passing to higher service of Lion Derek Knight of the Lions Club of Hayling Island and also the passing to higher service of Lion Mick Gauntlett of the Lions Club of Wareham.





# Sentinel's eye on...

## A Santa coming to town

It's that time of year again when Windsor Lions help Santa Claus and his elves dust off the sleigh and load it with gifts and sweets to bring seasonal cheer to the people - and specially the children - of the town. Santa will be taking to Windsor's streets over the weekends in December and will also be found in the town centre later in the month. Any moneys collected (and donations are encouraged!) will help fund the many activities that Windsor Lions carry out for the town and surrounding community during the year - such as the Silver Party for the older folk, prostate cancer screening and the donations to local good causes like the Windsor Foodbank, Thames Hospice Care and Thames Valley Adventure Playground.



## What to do with the tree after Christmas



After Christmas please remember to recycle as much as you can.

Some charities will collect Christmas cards for recycling into new ones and some supermarkets will collect them.

You can find ideas of how to dispose of Christmas cards on many websites.

I have also heard of ways of re-using Christmas trees rather than just throwing them away. One is brush bundling which involves using old trees to help prevent erosion on river banks and also helps provide nesting space for birds and homes for animals and insects.

I know of a farmer who collects trees as he "chips the trees for his chickens and they love them".

You can also rent a Christmas tree at <https://www.facebook.com/bbcnews/videos/renting-christmas-trees/10155417781712217/>

We continue to recycle spectacles but please see the letter from Chichester Lions, elsewhere in this edition, regarding the sending of spectacles by Parcel Force. In particular please do not send during December or the first two weeks of January.

The next edition of the LION will feature the environment.

Please let me know of any environmental projects, big or small, that you have carried out in the past few months so that they can be passed on.

*Lion Judith Goodchild*

PDG Judith Goodchild  
105SC GST Coordinator  
gst@lions105sc.org.uk Tel: 0118 981 2260



# OLD MONARCH

*The Editor has the last word...*

The quest for new members goes on and this is the time of year when the Lions' profile is probably at its highest so, as Lion Judith, our GST co-ordinator, suggests, this is also a good time to spread the message. In today's world where uncertainty in almost all things has become the norm, the fulfilment of being a Lion remains the same as do the benefits of our commitment of service to the society in which we live.

We were delighted to welcome the District Governor to the far-flung corners of his realm in November and his presence was a reminder to us, perhaps in particular, that Lions is an association that both embraces its Clubs' own communities and also the wider world and one of which we can all be proud to be a part.

On behalf of the 105SC Sentinel, please accept my best wishes for a wonderful Christmas and a fulfilling New Year.

*Lion Peter Tabb*



**Lions  
tail...**



Find out why Lennie is so concerned on page 7

Please send all articles and pictures for publication in the

**DISTRICT 105SC SENTINEL**

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

# Living with Type 1 diabetes

## a poem for **World Diabetes Day 14 November**

...because you don't look ill, you look pretty normal  
and still you can run marathons,  
make a quest to climb Everest  
go north south east west or round the world on your  
bike  
and swim and row and dive and hike.

But you can't join the Army: you have a different battle to  
fight  
and it's quite a mismatch, you won't win outright,  
can't win this war,  
no matter how strong, how brave you've been before.

Diabetes is camouflaged you can't tell you're unwell by look-  
ing,  
that you're bearing a high-maintenance death-sentence,  
staring twenty-four-seven at abstinence and ordinance  
with a condition whose prominence provokes persistent  
repentance.  
Its invisibility has substance.

Now, back to the question: can this disease be so bad,  
if jelly babies and diabetes are so platonic?  
From beginning to end it'll all depend on you  
because you're the one who has to be in control  
of your body and soul.

What do YOU consider to be bad?  
The A B Cs have it:  
Amputation? BAD Blindness? BAD  
Cardiovascular disease? BAD  
And with pathos from me  
consider retinopathy, neuropathy, nephropathy...  
no apathy, I've not pulled punches,  
I'm telling it true, no hunches.

This is why your every waking moment  
and your nightmares too urge you to test,  
Inject and all the rest.

Then finally we're in the 21<sup>st</sup> century  
catching up with technology.

Not so long ago you'd only know  
your blood glucose level  
when you jabbed your finger with a lancet,  
fed a reagent strip into a gadget.  
Once, twice a day? More? Four? Eight?

The wait for continuous glucose monitoring was long,  
then in a flash we had it:  
like papyrus to text, smoke signal to satellite,  
this felt right.

It was quick, easy, clean, erudite.  
We instantly had the means to measure,  
wherever and whenever, as long as we had the means  
to pay for it.

A subsidy? That would mean so much to me.  
Hypo awareness at night was never this kind but what  
price peace of mind?  
Actually, it's fifty quid a fortnight  
for improved quality of life,  
for the luxury of tracking each step  
and mouthful of your day,  
for learning to balance  
on the sharp edge of a knife,  
to experiment with food and fitness and, yes,  
to be 100 per cent safe when driving,  
to be so much more in control  
of your own surviving.

And from technology  
to psychology;  
the other price to pay is the mental focus  
needed each and every day.  
It's monumental to carry  
the burden of balancing, knowing  
you must avoid temptations  
to maximise reduced complications.  
Though above every other quest  
I clearly see my presence here  
is thanks to those pioneering scientists  
Macleod, Banting, Best and a dog called Marjorie.

*Juliette Hart*

Diabetes Jersey, supported by the Jersey Lions, commemorated World Diabetes Day with an hour-long programme on BBC Radio Jersey, a live diabetes test of an ITV Channel reporter on the main evening news and a full page in the local newspaper. The charity also hosted a day-long seminar on Type 1 diabetes on Saturday 16 November, featuring nationally-known speakers from the UK and a live reading of the above poem by poet Juliette Hart.