

District Governor 2019 - 2020 + Lion Jarvis MacDonald

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"Lions Serve to Create a Better World for All"

Matters of Moment



DG Lion Jarvis

Date

- te Activity
- 4 February Carterton Lions Official Visit
- 8 February Chippenham Charter Anniversary
- 10 February Melksham Lions Official Visit
- 19 February Marlborough Lions Official Visit 23 February - Young Ambassador Final
- 29 February Burnham Lions Charter

1st VDG Lion Steve

4 February - Havant Lions Official Visit 10 to 14 February - 1st VDG training

2nd VDG Lion Brian

3 February - Outhbourne and Boscombe Official Visit

- 8 February Fareham Charter Anniversary
- 12 February Gillingham, Mere and Shaftsbury Official Visit



At the end of February, Lion Lesley and I will be at the Court Theatre at Tring. Lesley will be performing in the chorus of the Aylesbury Opera Group as they present two single act operas and I will be running the lighting desk.





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 Jawis

BASINGSTOKE - Lion William Lenihan EASTLEIGH - Lions Ursula Nicol FLEET - Lion Jacquelime Jolly HAYLING ISLAND - Lions Judy Blake and Roger Parsons JERSEY - Lion Christopher Palmer MARLBOROUGH & DISTRICT - Lions Brian Carter, Jane Carter and Kent Yates NEWBURY - Lions Gwen Ekins and Margaret Payne SOUTHBOURNE & BOSCOMBE - Lion Isobel Johnson WARMINSTER - Lion John Walpole

Lions Clubs International

An invitation to all Lions Members to attend the :-Regional Lions Leadership Institute (RLLI)

venue...... Chesford Grange Hotel, Kenilworth 27th to 29th March 2020

Cost £75pp (non refundable) to include 2 nights' accommodation and all meals

For further details and to express an interest, please contact: **PDG Lion David Merchant** Global Leadership Co-ordinator david_merchant@btinternet.com or tel: 01760 441260



Anyone can get old. All you have to do is to live long enough. Groucho Marx

The DG's Leader...

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

My Fellow Lions

- SO JANUARY has come and gone, we all needed cheering up as it was a case of going to work and coming home from work in the dark.
- There was one Club visit to New Milton Lions where a very warm welcome awaited me. I felt at home as the meeting is held in the local rugby club with a number of the members having played for the rugby team. I also had the great pleasure of celebrating the charter anniversary of Loddon Valley Lions at their lunch with the added bonus of badging up a new member.
- I had a very busy weekend on 11 and 12 January as we had both the Young Ambassador competition and our Cabinet meeting in Bournemouth. We had two very inspirational young people involved, after a hard-fought battle the representative from Jersey Lions won the day. We will see her again representing 105SC in the finals at Dudley in February. The confidence of these young people is staggering and could teach a number of experienced Lions a thing or two about presentation. A big thank you to the youth team for their hard work on putting on a great weekend.
- At the end of the month I spent the weekend near Birmingham at the Council of Governors where a number of topics were discussed including the appeal for the Australian Bush Fires where an interim £27,000 was sent immediately from the MD 105 disaster fund. In total LCIF have sent more than £250,000 so far.
- At the weekend of 25/26 January the Vice District Governors voted for our new MD105 Council Chairman. It will be Lion Peter Dilloway from 105SE. Lion Peter was District Governor in our very own Lion Ken Staniforth's year. Lion Peter and his good lady wife Lisa were very close to Lion Ken and his partner Jean and have continued their friendship supporting Jean over the last few months. I personally think Lion Peter will have a cracking year and will continue the good work that the current chairman Lion Stewart Sherman-Khan is carrying out at present. Lion Peter is especially passionate about youth. I would like to take this opportunity to wish him all the best for his coming year.
- The District Convention team are working very hard to get things ready for what is shaping up to be an excellent Convention. The Convention chairman Lion David Firth is reporting very healthy numbers of Lions booked for both evenings and the business session. There are still places available for both the Host Evening and the Banquet and Ball. To book go to the District website <u>www.lions105sc.org.uk/convention2020</u>. It will be a good opportunity to meet both the current Council Chairman Lion Stewart Sherman-Khan and the incoming Council Chairman Lion Peter Dilloway.

Lion Jarris



The bigger picture

Global Service Team News

TYPE 2 DIABETES occurs when the pancreas cannot produce enough insulin to control the level of sugar in the blood. About 90 per cent of people with diabetes have Type 2 and more are being diagnosed every day. Many people have no symptoms when diagnosed or what symptoms there may be are often dismissed as the effects of aging. People have been known to be diabetic for as long as ten years without knowing it.

What can Lions do to help people get diagnosed?

I recently attended a Diabetes UK event organised by Petersfield Lions Club to learn how to help people determine their risk of developing Type 2 diabetes. Obviously Lions are not qualified to diagnose the condition but they can point people to how to establish their level of risk of developing the disease.

The event started with facts about Type1 and Type 2 diabetes. The programme helps prevent people contracting diabetes and we learned the importance of diet, exercise and losing weight.

We were then told about helping people know their risk. This can be done as a special Lions event or as part of a Wellness Day. People need to know their height, weight and waist measurement and fill in a questionnaire which asks age, gender, ethnicity and whether relatives have the disease. These are unalterable factors but the questionnaire then asks about things that can change – waist measurement, BMI (body mass index) and blood pressure. Each item is given a value and these are added up and determine the risk. Risk can range from 'Low' to 'Increased' to 'Moderate to High. All except low risk are given a booklet *"What to do if you are at risk"* and the Moderate and High risk participants a letter for their GP and High risk are advised to ask to be tested for diabetes.

The role of the Lion is to tell the person how the assessment is done, assist with taking the measurements (remembering to ask if the person minds being touched) and filling in the form. Finally they talk to the individual about the risk, emphasising that this is only a risk assessment and not a diagnosis.

Diabetes UK do not have the staff to carry out many sessions with the public, so welcome Lions' help. They will provide equipment for taking height, weighing and working out BMI plus an extra long tape measure. The equipment is available from Diabetes UK for about £350. **Could this be a Zone project to buy it?** There may be grants, through Lions Clubs International, available to help purchase these items.

I thank Petersfield Lions for allowing me to take part in the day and wish them well in their first Diabetes Risk Assessment Day.

Lion Judith Goodchild

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

CAMPAIGN | 100



THERE cannot be many who have not seen and been affected in some way, by the devastation caused by the bush fires in Australia. Since November LCIF has awarded grants of over \$343,000. There are sure to be more grants awarded as time goes on. Thank you to the Clubs who have supported the recent appeal; your generosity enables LCIF to support those who need help most in the knowledge that the funds will be overseen by fellow Lions.

I have mentioned before the Model Club Scheme that is in place during Campaign 100. Please go to the website and have a look to see if this is something your Club would be interested in or contact me. There is also still in place a scheme for individual donors who can be rewarded with a special pin. Three are on offer, **1 star**, **2 stars** and **3 stars**. To be eligible for the 1star a donation of £40 is required, for 2 stars it is £80 and 3 stars it is £160 and above. Again, if any member is interested in this please get in touch with me.

Those Clubs who have ordered an MJF Fellowship recently will know that the delivery service UPS is making a delivery charge. This can be claimed back by downloading form C920 from the HM Revenue & Customs site, completing the form and in the box 'purpose of award', putting 'Melvin Jones Fellowship Award in recognition of service given to Lions Clubs International', then e-mail the completed form to <u>ukpostclear@ups.com</u> you should then be reimbursed the delivery charge. **You will need to have the label on the packaging for reference.**

I am sorry for this inconvenience to Clubs; we have raised the issue with LCI, and this is the only solution at present.

Thank you for continuing to support LCIF, your foundation.

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

Lion ann Huntley MJ7 District 105SC LCIF Coordinator

News from the District

Emily is our Young Ambassador

Our District Young Ambassador Finals were held in Bournemouth in early January and although we only had two candidates the quality of those two was outstanding. I am pleased to say that our Young Ambassador for 2020 to 2021 is Emily Grace who is sponsored by the Lions Club of Jersey. Emily will go on to



represent District 105SC at the MD Young Ambassador Finals in Dudley in February. She goes with our very best wishes. Here are a few words about Emily.

Emily, 17, is in her last year at Jersey College for girls studying for A levels in Biology, Chemistry and History. She has applied to several colleges to study medicine from next September. She is a very keen dancer, last year gaining Grade 8 in ballet. She has since added tap dancing as a further skill, and is preparing to take Grade 3 as the next step. She is a regular swimmer, for which she has a teaching qualification, and has taken part in the Jersey Lions Swimarathon, a major fundraising event. A further hobby/ interest is playing clarinet (grade 6), which has lead to participation in the school orchestra. Within the local community she has worked with the JCP after school club as part of her D of E silver, has been a valued volunteer with Radio Lions at the hospital, and also volunteered with St John Ambulance. Her most challenging work has been with the international Women's Academy with a trip to Ghana last year. She took along her own sustainable project, for the community to continue, based on making reusable sanitary pads, ensuring that the women were able to use a clean product rather than the old cloths they had used before. She took along and gave out 100 hand-made pads for samples and prototypes, and the group also set up a library area and started first aid instruction. She continues to fund raise with IWA as, for obvious reasons, this community in Africa holds a very special place in her heart. We are very pleased to celebrate, through Emily, the remarkable community service being carried out by so many young people, and are delighted that she has represented the Lions Club of Jersey.

Lion Yorky Tuke

Young Ambassador Co-Ordinator

STEAM INTO SWINDON!



Celebrate the start of a new decade and the start of District 105SC at:

DISTRICT CONVENTION 2020

20-22 March 2020

As well as all the usual fun and fellowship of a Convention, we have a great venue in a great location, so don't miss out. On Saturday there is a partners' trip by free minibus to Swindon Designer Outlet and STEAM, the railway museum

Friday night dinner and cabaret with a theme of "Wheel Tappers and Shunters Social Club" (get it?)

Saturday night gives you the chance to dress up in your formal best and enjoy another cabaret with a live band performing 80s hits.

See more at: <u>https://2020.lions105sc.org.uk/entertainment.html</u> Book online at: <u>https://www.lions105sc.org.uk/booking</u>

If you are coming for the day don't forget to book online, as this will register you for your participants pack, and give you the opportunity to provide your car registration to avoid paying for car parking.

Remember if you are to be a voting delegate or alternate for your Club, this is registered with the District Secretary on a separate form noting this on the booking form does not make you a voting delegate.

Hotel accommodation is booked separately, and with excellent Convention rates for bed and breakfast, £65 per night twin/ double, £60 per night single.

Call the hotel on 01793 881777 and quote GLICL. Or book online at: https://doubletree3.hilton.com/en/hotels/united-kingdom/ doubletree-by-hilton-hotel-swindon-SWI-ND/

again quoting "GLICL" where it says "add special room rate codes" $% \mathcal{A}^{(1)}$

Lion Steve Spencer

District Convention 2020 Host Committee

News from the Clubs...



Highworth and District Lions Treasurer Lion Rodney Davis shopping for groceries for the food bank just before Christmas. There is $\pounds500$ worth of food. It is sad that so many people need to turn to the food bank to feed their children. The Club also gave more than 200 senior citizens a Christmas card containing a $\pounds15$ voucher to help with their Christmas shopping.



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

To enter a team please contact Ron Neave on 01202-873551 or e-mail ronneave@yahoo.co.uk To avoid the queue, please pay in advance at **Ferndown Post Office**. If that is difficult then we will accept payment on the night.

IN AID OF LIONS CHARITIES wimborneandferndownlions.org.uk

Windsor Lions give away thousands at Awards Night

Windsor Lions gave away thousands of pounds to local and national charities and good causes at their annual Awards evening on Friday 24 January at Windsor Guildhall.

The moneys donated were raised by Windsor Lions at two big fundraising events - the Horseride in Windsor Great Park in September and their Swimathon at Windsor Leisure Centre in October.

Diverse charities and local groups benefited including larger charities such as Riding for the Disabled and SportsAble, and many local Scouts, Guides and school groups. Cheques were also presented to the five winners of the third Lions' Den competition - based on TV's *Dragons' Den.* The recipients included The Baby Bank, the British Disabled Waterski and Wakeboards Association and The Swan at Clewer project. In total almost £40,000 was given away.

Windsor Lions were delighted to present awards and certificates to successful riders and swimmers from the two events and to welcome representatives from the Club's backers, the Shanley Foundation and Windsor Great Park without whom the Club would struggle to stage such successful events.

Club president Lion Judy Hill says: "It's a wonderful event in a spectacular setting and to enjoy such a successful year makes us all proud to be Windsor Lions."



The beneficiaries in the spectacular setting of Windsor Guildhall.

More news...





THIS YEAR Paultons Park have asked the Lions to split the attendance over

two days - Sundays 7 and 14 June. Tickets cost £12.75 per person - children under one metre tall get in free, as do guests in wheelchairs—no tickets required. Packed lunches will cost £5.70 and cannot be returned - if ordered they must be paid for.

When completing your booking form, please ensure you select your preferred date.

In order to make sure ticket allocation is fair for all Clubs, an initial number of 60 tickets per Club will be allowed. Once all the order forms are in, remaining tickets can be allocated to Clubs requesting more. There are two spaces to complete on the booking form to show initial request and additional request. In order for this system to work, order forms mst be returned as soon as possible and no tickets will be issued without a completed form.

Please return forms as soon as possible but by Friday 8 May at the latest. The earlier forms are returned, the greater the likelihood of securing tickets for the date requested.

This year all tickets issued will have printed on them the name pf the Lions Club ordering them. This will mean that Paultons Park can invoice the District Treasurer with a total for each Club. Any unused tickets can be returned to the ticker sales window at Paultons Park on the day but only tickets that have been used to access the Park will be charged for.

Please note that there will be no facility for buying extra tickets this year. Please ensure you buy enough tickets to cover any Lions who wish to enter the Park and ensure that the height of the children is checked with shoes on! Only tickets used will be charged for.

Tickets will be sent by post to the designated Lion at each Club two to three weeks in advance.

For booking forms and information, please contact: Lions Anita and John Drago, 10 Castle View, Westbury BA13 3HR. Tel: 01373 823354 or dragocastle@btopenworld.com

Busy, busy Lions

THE WINTER period has been extremely busy for the Meon Valley Lions with numerous social and charity events each side of Christmas.

During December the annual Christmas collection proved THE BEST YEAR EVER! Everyone must have loved Santa's new sleigh because this year Santa and his helpers raised £5,423.30, nearly £1,000 more than last year. A BIG THANK YOU goes to all the Friends-of-Lions volunteers who helped on those cold, damp evenings. Of course, the Club's biggest thanks goes the generous members of the public throughout the Meon Valley, for digging deep and boosting the funds.

The Meon Valley Lions Club were proud to support two important local charities this Christmas, Home-Start (Meon Valley) provides trained volunteers and expert support helping families with young children through challenging times and The Rainbow Centre which assists children with cerebral palsy, neurological disorders and those recovering from head injuries. They also help adults with conditions such as Parkinson's, multiple sclerosis, strokes or head injuries.

LIONS put the ART Into CARTerton



Carterton Lions Club is pleased to announce its Ninth Open Art Exhibition

To be held from the 20th-23rd February 2020 at the Carterton Community Centre, Marigold Square Shilton Park OX18 1AX

Our eight previous events have been a great success and once again the main Hall will be filled with superb paintings and sculptures by artists from all over Oxfordshire and beyond.



The paintings and artwork **are for sale** and a 20% of the proceeds will be for the Carterton Lions Club for local projects.

Young Artists too!

An exhibition of work by pupils from primary schools and also our local Colleges is an excellent showcase for young talent. This will be held on the Saturday and Sunday alongside the main event.

We look forward to welcoming you.

You will be guaranteed a lovely peaceful setting to view the artworks, to sit and relax, to have a coffee and maybe even to decide which one to buy!

Entry to visit the Exhibition is free. A programme will be available for a small donation.



This superb portrait of a tiger was painted by our talented local artist, Julie Burdon-Stone. It was chosen by our visitors as their favourite artwork last year.



The Exhibition is open from February 20th-23rd

 $\begin{array}{l} \mbox{Opening times:} \\ \mbox{Thursday } 20^{th}: \ 11am - 6pm \\ \mbox{Friday } 21^{st}: \ 11am - 6pm \\ \mbox{Saturday } 22^{nd}: \ 10am - 5pm \\ \mbox{Sunday } 23^{rd}: \ 10am - 4pm \\ \end{array}$

TEL: 01993 772241 Or 01993 842354

Or e-mail maddy_radburn@hotmail.co.uk For full details

News out of Africa...

Bracknell Lions Go for Gambia - a land of vibrancy, culture and community

With the help of a friend of the Lions, former Burnham Lion Kebba Cham; Lions Mike and Brigid Hendy and Marcia Cook represented the Bracknell Lions as they travelled from village to village in the Gambia donating books, school supplies and meeting with officials during their last visit in November 2019.

They were privileged to meet the Leader of the National Assembly – the Hon. Kebba K. Barrow and Minister of Water Resources Lamin Touray to discuss community and maintenance involvement for the current, ongoing school and water projects in the Kungkujang village. They also met with the regional minister of education and school officials across the Serekunda region to see where the Lions can help further. The Sukuta nursery in particular lacks basic school supplies. The children are so well behaved and eager to learn but don't have the requisite school supplies which are always readily to hand for children in the UK.

Overall, this was an extremely rewarding trip that changed and enriched lives in just a few days. There were many special, honourable moments being able to handover donations that the villagers and schools were so very humbled and appreciative to receive in person.

As of November 2019, Kebba had also identified 12 potential Lions who are now working in one of the schools in Sukuta to create a library with books donated by the now defunct Tenerife Sur Lions Club. Bracknell are managing a truly international project!

Next trip April 2020!



Lions Mike and Marcia with the empty shell of the unfinished classroom block which is the current focus of fundraising activity which also be supported in due course by the Jersey Lions Club and the Jersey Overseas Aid Commission.



Bracknell Lions with their Gambia hosts at the school in Kunkujang

And finally...

Romsey & Waterside Lions support local foodbanks

ROMSEY AND WATERSIDE Lions helped three foodbanks over the Christmas period. Romsey and Waterside covers a wide area close to Southampton and as a final gesture for 2019, Christmas goodies were donated to the Romsey Foodbank and Waterside Foodbank had two donations, one to stock up the general food then another of Christmas goodies and festive treats. Finally, the Lords Hill foodbank benefited from the Lions helping Santa collect at a local supermarket where the shoppers were all smiles as they dropped their coins into the buckets. Father Christmas and his 'Ho Ho Ho' made helping those less fortunate, fun. In all £850 was donated by Romsey and Waterside Lions for food in the run-up to Christmas.



It did! After subsequent attendance at a monthly meeting, committee meetings, three business meetings, the Club's Christmas dinner, shaking Club tins and helping out at the Club's Community Lunch on Christmas Day, there was no way Basingstoke Lions was going to let Bill Lenihan go!

Have you booked for Lions Clubs International MD Convention 2020 in Birmingham - Friday to Sunday 1 - 3 May?

See www.md105convention.uk for full details and online booking form.



IN FOND MEMORY

 With sadness the 105SC Sentinel reports the passing to higher service of Lion John Richardson of the Lions Club of Devizes and Lion John Phillips of the Lions Club of Hayling Island.
With sincere condolences to their families, friends and fellow Lions.

A Menu to attract new Members

I would like to introduce you to the new "Membership Menu".

Starters - looks at where your Club us now.

Mains - provides some ideas for recruitment

Desserts - looks at what you should do to Keep Lions

Drinks - provides ideas on Important aspects of Membership

Please review this Menu against your Club and hopefully it will give you some ideas to work on. Any comments/questions, please contact me on gmt@lions105sc.org.uk

Lion Tim Hanton

District Membership Officer



We serve or do we?

HAMING RECENTLY returned from the District Final of the Young Ambassadors event, I have concluded that there is one area of the community which we apparently do not serve – our young people! In fact, we are doing thema disservice.

The Young Ambassador event is about recognition and celebration of the excellent work being undertaken by our teenagers. It is both inspiring and humbling to hear about the amazing things they get up to, showing initiative, caring, awareness and commitment. What a wonderful source of future Lions!

Yet from about 60 Qubs in the District only two managed to find a candidate. The rest of you are inferring that no-one in your area is doing anything useful among their fellows, which is tantamount to ridiculous, even insulting. Surely it is part of our duty to seek out these young people and give them every encouragement possible.

Being Young Ambassador officer is not the most arduous job, nor the most time-consuming. There is no point in starting until mid-September, and it is all over by mid-January. My fervent hope – it's a challenge really – is that each Club will appoint for the next Lions year a Young Ambassador Officer, who will seek out the socially-minded youngsters in their community, then talk to them praise them celebrate with them and where possible reward them – and finally select one to represent the Club at the District Final, which will help to make this the exciting event it should and could be.

It is not about winning, by being noticed and chosen they are all winners by definition, and each young person will benefit by simply being invited to take part.

I further hope that the next District Governor will, on his Club visits, ask for the name of the Young Ambassador Officer – and want to know why if there isn't one.

Lion Brian Bullock

Young Ambassador Officer - Lions Club of Jersey

Easter Egg Rafiles

AREMINDER to Clubs regarding Easter Egg Raffles – the Gambling Act, the Charities Act and GDPR As many Clubs are considering arrangements for Easter Egg Raffles and other fund raising raffles and gambling activities, please remember the obligations under the Gambling Act regarding the need to register for 'small lottery' licences, displaying the Club's Charity Number, details of the promoter and of the GDPR considerations. Both from reputational and insurance perspectives Clubs must conduct their activities in compliance with legislation.

The aforementioned raffles and all other gambling activities require the purchase of a licence from their local authority with the completion of a return to the authority of the outcomes.

A'small lottery' is considered by the Gambling Commission to be an activity raising less than £20,000 in a year where entry is offered for payment of the same set cost per entry for an equal and random chance to win an offered prize – unless the activity takes place at a 'self contained single day event'. This means that Easter Egg Raffles where tickets are sold over a period of time will require being registered as a small lottery and if other fundraising of a gambling nature is carried out throughout the year, then an annual licence will be required. Entries into the lottery should not be sold to anyone under the age of 16. Qub are also reminded that all materials relating to the lotgeries should carry the Qub's Charity Number and details of the promoter.

From a GDPR poition, it is considered that by choosing to participate in the activity by purchasing a ticket and giving contact details, participants are freely giving GDPR consent regarding their personal information. However, there is an obligation to take reasonable actions to safeguard the privacy of participants and it is suggested that details of the participants should be kept out of general public view and that post-raffle results, if publicised should be limited to a winner's name and number.







It was pleasing to me that once again a candidate put forward by my own Club has been elected as the District's Young Ambassador. I would have probably have devoted this piece to my disappointment that our Emily was just one of two participants. However one of my colleagues has done that for me on page 11. And I agree with every word.

We are already talking about Conventions and while my Club may be very good at finding Young Ambassadors, it's not so good at sending delegates to Conventions. That's a shame because even if we are offshore, we are a part of a vibrant District and I am frustrated that I haven't been able to convince my own colleagues of just how rewarding attending a Convention is. I wouldn't miss it and I hope that this year ~ the first for 105SC ~ even more Lions and partners will attend because of this. See you there!

Lion Peter Tabl



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