

A Warm Welcome awaits in Portsmouth

District 105SC Convention

3—5 March 2023

Read more on pages 4 and 8



105
SC



FEBRUARY 2023 EDITION

SENTINEL



The International Association of Lions Clubs

District 105SC

District Governor 2022 - 2023 ♦ Lion Dave Ebsworth

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

“Service with enthusiasm and pride”



The DG's Leader...

Lions serving with enthusiasm and pride

My fellow Lions ...

What a cold month we have had and I am know January has been the quiet month albeit with Charter Anniversaries picking up and, of course, the run up to our AGM - Convention 2023 for which I know the team have been working hard under the leadership of PDG Lion Patrick Hamblin. I want to make this year's Convention interesting and I want us to have fun. Therefore at this Convention we are going to have recycling bins for STAMPS, FOREIGN COINS and SPECTACLES (max 160 boxes). There will be more about this initiative in this edition.

Portsmouth does not have a Lions Club and hasn't for at least four years now. Our hotel, the Holiday Inn, has a connection with the Trussell Trust and I would like us to help the foodbank of Portsmouth by bringing a tin, a long life product, pasta or other suitable foods to Convention where they will be collected. Please, let's make this a success.

We have PID Lion Per Christensen as our international guest with his partner Lene Juul. I am sure we will make them very welcome. The numbers for Convention are very good; we are sold out for the Saturday night with a few places for Friday. Please remember to book, even if you are only coming for the Saturday day session.

Insurance was discussed at the November Council meeting and it was discussed again at Council this past weekend. I am promised a paper from MD will be circulated very soon.

We have our Young Ambassador Candidate Jasmine Folkes representing our District at the MD final on Saturday 18 February and we wish her well. Lion Yorky has informed me that he wants to step back next year, so if you are interested in taking over from him, please contact me.

With regards to spectacles' collection within the District, that is work still on going and hopefully I will be able to give you news next month as I am still awaiting advice from the DG of SE regarding the situation at Chichester.

Unfortunately our numbers are still going downwards, standing at 1,098 but I know that the Global Membership Team under PDG Lion Jarvis MacDonald and his team are doing all they can to bring in new members. I thank you for your hard work.

Just a reminder to all Club Treasurers - please make sure you get your statements for dues owed and please get them paid a.s.a.p. This Lions year so far, we have had two Clubs suspended for late payments and a third Club was saved by a day from going into suspension. We don't want this to happen again, please.

With regards to the water machines for Ukraine, there is an MD appeal letter, which once, approved, will hopefully be issued before you receive this publication.

January for us has been very pleasant. We started on 7 January by attending a Gala Dinner in aid of 'My Cancer My Choices' (our charity of the year) at the Hilton Hotel, Reading, with Lions from our Club.

On 8 January we held our first Cabinet of the year via Zoom which was well attended. We had input from Peter Burch of DentaId, Lion Eric Warner gave a presentation on Roar and the Council Chairman Lion Alastair Joel spoke on the role of the CC.

Mid-month Annie and I had a break in Fuerteventura which was extremely nice with good weather.

On Monday 23 January I attended my own Club's business meeting and two days later we held a productive GAT meeting. Later that week I attended Windsor Lions' presentation evening. What a great event and very interesting.

Saturday 28th I had Council all day. Then it was a quick wash and change to spend a lovely evening with Fleet Lions and their guests at their 49th Charter Anniversary.

To finish the month I have been invited to a Convention committee meeting .

Once again my thanks for your support and let's enjoy the remaining months of this Lions Year.

Lion Dave



The Bigger Picture

Global Service Team -

February 2023

Good GST News!

The good news is that 61 per cent of Clubs reported service in December – up from 26 per cent in July.

However, that still means 39 per cent of Clubs are not reporting.

Only two other Districts have a higher percentage of reporting than our District so a big thank you to all the Clubs who do report their service activities.

What can you report?

- ♦ Holding meetings to strengthen your Club, educate and train members, or plan other service activities;
- ♦ Fulfilling administrative tasks, such as running errands, maintaining Club records or reporting;
- ♦ Attending Lions events such as Conventions and Forums; and
- ♦ Engaging in fellowship, and fun, together with other Lions.

What can't you report?

When Lions serve their communities individually, outside of the activities planned by their Clubs, Districts or Multiple Districts

You can find out more information about reporting service: -

- ♦ Engaging in fellowship, and fun, together with other Lions;
- ♦ By visiting www.lionsclubs.org; and
- ♦ By using the search engine, type in 'Measuring Service Impact for Lions'.

There is also a wealth of information about service on this website.

If your Club Secretary does not have enough time to report service, Clubs can nominate an administrative position to another member. To arrange this, you can contact Brigitte at MDHQ and she will either talk you through it or do it for you. All you need is the name of the Lion you want to be administrative officer.

This month our Club did just that and Brigitte was most helpful. It took no more than five minutes to arrange.

You can contact Brigitte on 0121 441 4544.

I look forward to seeing how many more Clubs are reporting when I receive my next report from LCI.

Happy reporting!

Lion Sandra Manktelow

GST Coordinator



March is Brain Tumour Research Month

Can your Club help towards the £1 million pound target by either donating via our District Treasurer or running an event?

Lions matters of moment



**Lions Clubs International
FOUNDATION**

My thoughts are turning to warmer months, particularly as we are experiencing a bit of a cold snap at present!

June is the month when the Foundation was formed and, for the last few years, we have been encouraged to take part in LCIF Day in Europe. This is a chance for Clubs to put on an event, raise some funds for the Foundation and raise awareness in our communities of what we Lions do.

The date for 2023 is Monday 12 June, by coincidence, the first day of Diabetes Week. Later in this edition you will see a joint letter from PDG Lion Judith and myself where we are suggesting that Clubs and Zones, may like to put on a 'Stride for Diabetes' walk to

combine the events. As you all know by now, diabetes is one of the areas that the Foundation has at its core and has grants aimed at helping those wishing to undertake a project connected with Diabetes.

As the letter states, more details will follow about arranging a walk, but if your Club decides to take part, do let me know.

Once again, a gentle reminder that MJFs need to be applied for allowing for plenty of time. If you apply and hear nothing, don't leave it too long before getting in touch with me.

I look forward to meeting some of you at Convention.

Thank you for your continued support of our Foundation.

Lion Ann Huntley MJF

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

Convention is going Green!

We will not be printing any copies of the resolutions or nominations for DG, etc, please bring them if required on your phone or other device and help save trees. Download from: <https://2023.lions105sc.org.uk>

You can help with going green in other ways

Spectacles

In response to the difficulties we have all had in moving on our stores of spectacles for recycling, we are arranging for a collection from the hotel. Bring your boxes to add to the collection, but you **must** book with Lion Patrick Hamblin patrick.hamblin@btinternet.com as there is a strict limit on what we can take – let him know how many boxes you plan to bring.

Please make sure your boxes are no larger than 35 x 35 x 30cm (approximately the size of two boxes for six bottles of wine, or one 12 bottle box) as we are limited for space and need to ensure they will all fit on the van, and can be easily lifted!

Spectacles can be in any condition - they can all be used even if broken and nothing goes to landfill.

Food Bank

The hotel supports the Trussell Trust and DG Lion Dave Ebsworth would like you all to bring a can or other non-perishable food item to support the local foodbank. There is no Lions Club in Portsmouth, and this is a great way to show the people of Portsmouth we care.

Foreign currency

Bring all your old notes and coins you'll never use and drop them in the bin for Gift for Living.

Stamps

Bring your used stamps to help us support of the Dorset and Somerset Air ambulance.

More Lions matters of moment

DG's Month February 2023

- 4 Feb. Chippenham Lions Club Charter Anniversary
- 6 Feb. Henley Lions Club Official Visit
- 9 Feb. Alton Lions Club Official Visit
- 10 - 12 Feb. Family weekend
- 13 Feb. Reading Lions Club meeting
- 14 Feb. Wooley and Earley Lions Club Official Visit
- 15 Feb. MD Convention meeting.
- 16 Feb. Visit to Newcastle MD Hotel
- 17 - 18 Feb. Young Ambassador Finals, Dudley
- 19 Feb. Blandford & District Lions Club 50th Charter Anniversary
- 22 Feb. GAT Europe meeting

1st VDG's Month

- 5 - 11 Feb. DG Training, Chicago
- 17 - 18 Feb. Young Ambassador Finals, Dudley
- 19 Feb. Blandford & District Lions Club 50th Charter Anniversary
- 22 Feb. GMS Club meeting

2nd VDG's Month

- 6 Feb. Petersfield Lions business meeting
- 8 Feb. Yateley & District Club Official Visit
- 14 Feb. GST Meeting via Zoom
- 19 Feb. Blandford & District Lions Club 50th Charter Anniversary
- 22 Feb. GAT Coordinator Webinar (6.00 pm to 7.30 pm) and 2nd VDG meeting via Zoom at 8.00 pm
- 23 Feb. Brain Tumour Research meeting via Zoom

LIONS WIT AND WISDOM

A Lion read a book about the history of glue.

Couldn't put it down.

MARKETING and CREATIVE THINKING

At one of their meetings last year, the District Marketing team discussed, as it always does, ways and means of achieving results in terms of the marketing objectives most Clubs set themselves; finding new members, retaining existing members, raising the Club's profile in the community and serving that community in accord with the Lions' worldwide principles.

What is needed to achieve any or all of these objectives, opined one member, is creative thinking. Indeed, we all agreed, that's the answer: creative thinking.

The discussion progressed and what became evident quite quickly was that we all had different perceptions, all quite valid, as to what 'creative thinking' actually is.

Does it mean 'thinking out of the box'? It does, if you know what thinking out of the box means.

Does it mean lateral thinking? It does, provided you know what lateral thinking means.

Does it mean thinking of something that no-one else has thought of? It does, provided you actually know what everyone else has thought of.

Does it mean coming up with something different? It does, so long as you know what it is that it, whatever it is, will be different from.

The foregoing gives you some idea of just how complex creative thinking might be.

The keys to creative thinking are ideas and innovation.

Between now and the end of this Lions year, this column will be feeding its readers innovation and ideas. I will also from time to time, be inviting any Lion with a good idea or ideas, to share and let us all into creative thinking.

Lion Peter Tabb MJF MCIM MCIPR

Even more Matters of Moment

Welcome New Lions

I am delighted to welcome four new members into Lions Clubs International and wish them a long and happy time as a Lion.

DEVIZES - Lion Ray Josey

FLEET - Lion Andrew Rennison

PETERSFIELD - Lion Guy Braithwaite

WOKINGHAM - Lion Nandini
Banerjee

DG Lion *Dave*

United in Kindness

The war in Ukraine has driven millions of people from their homes, creating a humanitarian crisis that is forcing families to search for safety and security. LCIF is awarding grants to Lions to cover a broad spectrum of needs to help refugees integrate into their new communities.

Together we can with International President, Lion Brian Sheehan



Dear Lions,

When you love what you do with a team that you love, you can make every day a great day. That's what's so awesome about being a Lion. Because no matter how hard the work may be, we always have a great time getting it done.

There's really nothing that compares to the fun and fellowship of being a Lion, except for inviting more people to be a part of it. So give your community the opportunity to join our team and discover what we've found. And let's keep working together to make the projects we love even bigger, better and more fun for everyone.

Make a great day.

Lion Brian Sheehan,
International President

PASSED TO HIGHER SERVICE

The Lions Club of Isle of Wight Newport is sad to report the passing to higher service of Lion Denis Pierce MJF. Denis became a Lion in March 1979 and was a founder member of the IOW Newport Club.

The 105SC Sentinel extends sincere condolences to Lion Denis's family, friends and fellow Lions.

“With mirth and laughter let old wrinkles come.”

- William Shakespeare

Lions helping people to help other people

Lions Den continues to be a startlingly successful way of unearthing and aiding many diverse, charitable groups and organisations in the local community.

This year Reading Lions were able to help thirteen groups who are committed to helping others, but don't have grant funding or the manpower to carry out significant fundraising. The Lions are always amazed at the richness of generosity and the gifts of valuable time given by these applicants to improve the lives of other people.

For the Lions it is also a learning experience, as they often learn about the myriad of small charities in their midst of whom they had previously been unaware.

Among them this year were a group which helps autistic adults by creating a safe social network for them, also, a small charity providing 'care bags' for people undergoing breast cancer treatment and another was a Parish Youth Group, set up to combat knife crime and to provide safe places for young people in the wake of Olly Stephens' tragic murder.

Reading Lions have been organising these annual events since 2017, awarding more than £52,000 to 85 local groups. This year an Awards Ceremony was held at the Crowne Plaza Hotel in Reading, without celebrities or champagne, but a room full of happy kind people! One quote from a person receiving their award was: "We are overwhelmed with joy and satisfaction". So were the Lions!

The Club awarded a total of £8,139 towards local projects which will improve the lives of many. Giving the money was easy – it's the people who applied for these grants who are going to do all the hard work! So, it's a case of people helping people to help people. Perfect! This is the way forward in the current poverty crisis.

Remember what you were told primary school? When you go out into the world, hold hands and stick together.



Lennie boosts takings for Basingstoke Food Bank

For several years the appearance of Lennie, the unmistakeable Lion, has been by special request of the Basingstoke Food Bank at their Christmas Tesco promotion. There's no doubt that the 'king of the jingle' helps to swell the cash coffers - this year by £149 in just one morning on Saturday 3 December. This was no small feat when fewer and fewer people carry cash and the issues around use of debit and credit cards by busy shoppers juggling children and carrier bags make the task ever more challenging!



As ever, Lennie is very difficult to miss!

“There are no facts, only interpretations.”
- Friedrich Nietzsche



Don't miss out!

DISTRICT CONVENTION 2023

3-5 March 2023

Holiday Inn, Pembroke Road, Portsmouth, Hants PO1 2TA

Things are going well, many thanks to those who have booked, we look forward to seeing you all for a great Convention. Unfortunately, we are fully booked up for Saturday's Banquet and Ball, and there are only a few spaces left for Friday Host Night with its fancy dress theme "Cops and Robbers" and entertainment by Matt Black.

**Book now if you want to enjoy the FUN
at Friday host night dinner.**

The good news is if you are just coming for the day there is some room for those who want lunch! Lunch must be booked through the link below, and note other options are very limited. You can book the Sunday morning snack, no limit on those.

Book online at: <https://www.lions105sc.org.uk/booking>
Remember if you are to be a voting delegate or alternate for your Club, noting this on the booking form does not make you a voting delegate. Your Club Secretary has been sent details to register delegates and alternates with the District Secretary.

Accommodation at the Convention hotel is booked separately, and the window for the excellent Convention rates is closing: bed and breakfast £75 per night for a twin/double, or single. To book at this rate, **call the hotel on 0333 320 9345 option 1, quoting "Lions23"**.

Parking at the hotel is limited. Those who are staying at the hotel can park there, first come first served, at a cost of £5 for 24 hours. You will need to log your registration details with the hotel. If you cannot get into the car park the hotel will issue residents 24 hour permits for local street parking, also at a cost of £5 for 24 hours. Day visitors will need to find local parking – there are abundant spaces at the Seafront carpark on Clarence Esplanade, for example. For those with electric vehicles, see the attached link for details of where you can access charging points – there are none at the hotel.

[Electric charge points - Portsmouth City Council](#)

WALK FOR DIABETES!

We are challenging you to organize a Walk for Diabetes to raise awareness of the disease, raise funds for diabetic projects, raise awareness of LCIF and raise some funds for our charity.

We are suggesting June for the walk as 12 to 18 June is national Diabetes Week. LCIF Europe Day is also 12 June, so holding a walk could fulfil both objectives.

Final plans have yet to be worked out but we see this as a Zone event. While the Zone Chairmen will be involved in some co-ordination, it is envisaged that a Club or Clubs in the Zone will take the lead and organize a walk. We suggest five miles as a maximum but this could be laps of shorter lengths and we would encourage the walk to be off road to avoid problems with traffic.

A **How to Guide** is being prepared and this, plus more information, will be available by Convention.

Zone Chairmen – Please raise this topic at your next meeting.
Good Luck!

Lions Judith and Ann

PDG Judith Goodchild (Diabetes Officer for 105SC) and Lion Ann Huntley (LCIF Officer for 105SC)
diabetes@lions105sc.org.uk and lcif@lions105sc.org.uk

“The road to hell is paved with adverbs.”

- Stephen King



A grand donation to the Blandford Food Bank

Blandford Lion James Mayo presents a cheque for £1,000 to Gail Del Pinto, manager of the Blandford Food Bank. The funding was used to purchase forty £25 meat vouchers for distribution at Christmas.

WOKINGHAM LIONS CLUB DONATES TO WINTER CARNIVAL BENEFICIARIES



The main beneficiaries of the Winter Carnival 2022 were Kaleidoscopic UK and Building for the Future, who each received £3,500.

Pictured, Wokingham president Lion Claire Mangers-Page and Winter Carnival chairman Lion Tim Hanton, met with Vickie Robertson of Kaleidoscopic UK and Jane Holmes of Building for the Future on Monday 2 January outside Wokingham Town Hall for the presentation.

LOOKING AFTER YOUR ENVIRONMENT

Does your Club carry out Litter Picks?

They are a simple way of helping to improve your Environment. I would urge you to think about doing one to mark World Earth Day which is on **22 April**. Please see tips below:

How to Get Involved and Organise a Litter or Plastic Pick

Global Cause: Environment

50 Word Synopsis of Project:

Unless we look after our own communities' environments, and encourage others in the wider world to do the same, we will have a much poorer place to live in. A Litter or Plastic Pick is an excellent way to celebrate World Earth Day which is on 22 April each year and is a way to encourage more volunteers to get involved.

How to Guide:

1. Survey your community and choose an area which is well used and has an accumulation of litter. This will enable the public to observe what you are doing.
2. Check to see if there is a group already picking litter in your chosen area. You will need to gain consent to litter pick on private land with the landowners or public land, e.g., with the Council or Canal and River Trust.
3. As a matter of Health and Safety, carry out a risk assessment in advance.
4. Ask your local Council if they can supply the following: hi-viz vests/tabards, litter pickers, gloves and bags. If they are unable to do so, ensure your volunteers come equipped. Consider having the Lions logo and Club name printed on the hi-viz vests/tabards.
5. Choose a date, confirm with the landowners and advertise your litter pick, inviting volunteers to come along to help.
6. Approach a variety of groups, e.g., youth clubs, Scouts, Guides and schools to help. Ensure everyone wears a hi-viz vest/tabard.
7. Consider the link-up with other Lions youth projects, such as the Young Leaders in Service.
8. Report any fly tipping to the land owners for removal.
9. Gather all the waste bags in an area and arrange for a collection.
10. Seek permission from those present and take a photograph. Prepare a press release for the local media and social media. Send a copy to your District Environment Officer and to LCI via your monthly activity report. Don't forget to include the amount of bags of rubbish you've collected.
11. After the event provide refreshments or find somewhere to sit and have a drink. This will help to make the occasion more fun and allow you talk about what you've achieved and plan your next litter pick.

Lion Judith

PDG Judith Goodchild

email: judith.goodchild@lions105sc.org.uk

MD105 Regional Lions Leadership Institute (RLLI) 2023

Not sure if you want to attend? Then read this testimonial from one delegate who attended the 2022 RLLI

Twenty attendees made their way to a hotel in the Warwickshire countryside – not one of us knew what we were letting ourselves in for – but we all had the one purpose in mind – we each wanted to be “better” Lions for our fellow members, Clubs, Districts and the Multiple District. A few knew maybe one or two others in the group beforehand but that was about to change! The three facilitators were known to several of us – but regardless of this, they soon put everyone at ease. This continued over the weekend and they were each extremely supportive of all.

What actually happened was nothing short of a miracle!

How do we help the organisation as a whole move forwards in the 21st Century? How do we inspire and motivate our peers? We learnt how to approach all of this through a weekend of learning, yes – but much more through friendship, fellowship and support. These, we all agree, are friendships formed

in a short time but will last for life. We learnt from the facilitators, from each other and developed skills we never knew each other had – who knew we had amongst us an amazing singer, or that some could lie so convincingly for a fun version of a TV quiz show? We learnt how to ask for help and how to utilise the strengths of others to benefit all.

Would you like to apply?

Application forms will be available from National HQ and the return instructions are shown on the application forms.

Closing date for completed applications is
31st January 2023

So if this resonates with you, then consider applying for the next RLLI.

These are not skills just for Lions but for life in general and we have all come home motivated and “buzzing”, with courage of our convictions and the skills to put our ideas forward and in place.



For any enquiries on the RLLI please contact
Brigitte at National HQ
on either.....
E:brigitte@lionsclubs.co.uk
T: 0345 833 9502

**Date:-
14-16th April 2023**

**Venue:-
The Abbey Golf Club
and Spa Hotel
Hither Green Ln,
Dagnell End Rd,
Redditch B98 9BE**





Sentinel's eye on...

The Events Calendar

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

Club Events: February, March & April 2023

- ♦ **ALTON** - Second Saturday of every month, Lions Craft Markets
- ♦ **BASINGSTOKE** - Saturday 4 March, Annual Swimathon; Saturday 11 March, PSA Testing Event; Saturday 18 March, Lou Taylor Soul & Motown Concert
- ♦ **DEVIZES** - Saturday 25 February, Fashion Show; Saturday and Sunday, 1 and 2 April, Sports Coaching Weekend; Sunday 16 April, Sponsored Walk; Saturday 22 April, Charter Anniversary
- ♦ **FAREHAM** - Saturday 11 February, 61st Charter Anniversary Dinner
- ♦ **JERSEY** - Wednesday to Sunday 8 to 12 March, 51st Swimarathon
- ♦ **LODDON VALLEY** - Saturday 25 March, Charter Anniversary; Saturday 15 April, PSA Testing Event
- ♦ **PETERSFIELD** - Saturday 15 April, PSA Testing Event
- ♦ **ROMSEY & WATERSIDE** - Saturdays 11 February and 11 March, Bookstall, Romsey Cornmarket
- ♦ **WOKINGHAM** - Friday 3 February, Comedy Night; Friday 3 March, Quiz Night; Sunday 23 April, The Wokingham Walk

Webpage—www.lions105sc.org.uk/events

GST Officers Zoom Meeting

- ♦ Wednesday 1 February
- ♦ Wednesday 5 April

Special Events

- ♦ MARCH 2023 - BRAIN TUMOUR MONTH
- ♦ 22 APRIL 2023—INTERNATIONAL EARTH DAY

I was so bored I memorised six pages of
the dictionary.
I learned next to nothing.



Have you been planting trees for this project or do you think you have run out of time?

I have received a message from PCC Lion Philip Goodier: "As I am sure you are aware, one of our environmental projects has been to encourage the planting of 70,000 trees in support of the Queen's Green Canopy, in recognition of the service given by the late Queen Elizabeth II.

"Following the Queen's death, His Majesty King Charles requested that the project be extended to March 2023".

Please could you let me know if your Club has been involved in this project since June 2021 and how many trees you have planted.

Further information can be found at:
<https://queensgreencanopy.org>

Lion Judith Goodchild

Environment@lions105sc.org.uk



OLD MONARCH

The Editor has the last word...

I am looking forward to the Convention because I missed last year's (a different Lions commitment) and before that we Zoomed because of Covid. Although Zooming meant that we did have a Convention, we didn't have the social interaction which is such a key element of the event. And I missed that. So provided the ferries don't go on strike, I'll see you there.

With this edition readers will find an inspirational supplement compiled by Lion Richard Keeley detailing the Farnborough Club's experiences of ROAR, a great Lions initiative and one with which I urge Clubs to involve themselves (I can say that because my own Club has). Like the Young Ambassador, ROAR gives us all a fascinating insight into just how creative young people can be.

Lion Peter Tabb



**Lions
tail...**



**Blandford Lions teaching youngsters pugilistic arts
- the hard way!**

Please send all articles and pictures for publication in the
DISTRICT 105SC SENTINEL
to the Editor, Lion Peter Tabb, email : news@lions105sc.org.uk
ideally at least a week before the end of the month