

105SC SENTINEL



Elvis live!
in Hayling Island



Also in this edition:

- ◆ Zone B visit to Wessex MS Centre, Warminster
- ◆ A spectacular haul for the Windsor Lions
- ◆ Some suggestions for looking after the environment
- ◆ The very busy Wokingham Lions
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- ◆ Wareham Lions and the Dolphin
- ◆ Lives saved through prostate testing



The International Association of Lions Clubs

District 105SC

District Governor 2024 - 2025 ♦ Lion Sandra Manktelow

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

"Serving with Respect and Compassion"

NOVEMBER 2024 EDITION



The DG's Leader...

"Make your mark, serving with respect and compassion."



Dear Lions Family

The nights are drawing in and there are not many days now until Christmas. I know lots of Clubs are polishing up their sleighs and getting Rudolph and the other reindeer ready!

October has been a busy month with Di, IstVDG, and I going to Oslo to attend a membership summit. I was honoured to attend Melksham Lions 50th birthday – a great evening – and less than a week later Clive and I were at Eastleigh's 60th birthday – again a wonderful evening – I even made it to the dance floor.

Club visits have taken place at Abingdon, Trowbridge and Newbury and as always, I marvel at the activities and support our Clubs give to the community.

District has been busy with our October cabinet held at The Stones near Salisbury and two weeks later I returned for our Autumn Forum (I am going to speak nicely to our Sentinel editor to see if he will produce an Autumn Forum special). Luckily, the Multiple-District Council of Governors met via Zoom – lots of good discussions and decisions made so I didn't have to drive to Birmingham.

I have managed to fit in Club activities as well although I was unable to attend Petersfield's PSA testing day. Our town Mayor has nominated us as one of her charities and so eleven of us attended a quiz evening (won't tell you the results but suffice to say we all enjoyed the evening). Two of us have been supporting the children who are taking part in ROAR on Wednesday afternoons. Oh, and we've also held a Fashion Show.

Dare I say 'hot off the press' but I have signed up to do another Firewalk – I did one about five years ago. The walk is in December and is in aid of a charity called FitzRoy so if you would like to see your DG walk across hot coals and sponsor her, I would be most grateful!

I have come across a lovely book with quotes so the quote for this month is:

We are each just one person among billions, but we have the power to create something good every day. Even a small act of kindness, passed on from person to person, creates an amazing butterfly effect.

Wishing you all a Noteworthy November

Lion Sandra

District Governor 2024-25



Matters of moment

DG's Month November

- 4 - 8 November: Holiday
- 9 November: Second Saturday Swap via Zoom
- 14 November: GAT via Zoom
- 16 November: Petersfield Lions Fundraising Quiz
- 17 November: Cabinet via Zoom @ 10.30 am
- 17 November: Council via Zoom @ 7.30 pm
- 22 - 26 November: Jersey Lions Charter Anniversary
- 17 November: DG Get-together via Zoom @ 8.00 pm
- 29 November: Petersfield Christmas Lights Switch on @ 5.30 to 7.00 pm
- 30 November: New Milton & District Lions Charter Anniversary Lunch



A QUICK REMINDER ABOUT MARWELL 2025

The date is fixed for Sunday 15 June 2025.

I am currently awaiting final information regarding the event from Marwell. I will send this out as soon as possible. I do hope that as many as possible will come along next year.

Yours in Lionism

Lion Judith Goodchild

GETTING THE WORD OUT - 4

If half your marketing 'investment' each Lions year is wasted but you don't know which half (see last month's article), is there any way you can actually find out?

Wearing a different hat, one of my activities is managing the £40,000 advertising budget for a local charity linked to diabetes. In this role I direct our advertising agency as to what the charity wishes to achieve (for instance, awareness of how the risk of acquiring Type 2 diabetes can be diminished) and how effective the advertising and allied marketing activities (i.e. PR) are. We use local television, press and online media (we have also trialled advertising on local buses with the message "It is likely that three passengers on this bus will either have or acquire diabetes"; statistically in Jersey one person is newly diagnosed with diabetes every day. We do receive feedback to the effect that our advertisements are being noted (not always positively) and while the relatively modest number of respondents is small compared to the numbers we are reaching out to, I feel I can justify our expenditure. It would be wrong, would it not to cancel half your marketing endeavour only to find you had cancelled the wrong half!

So what am I saying?

By all means try to assess how much of your effort is working - if you advertise an event and no-one turns up, then it's not. If you are overwhelmed, then it is. If only it were that simple because what we are constantly trying to do is build our profile and that relies on more than just successful events, particularly if your community remembers the event but not who it was who arranged it. It's all about branding so next month we'll look at how we address this particular conundrum.

Lion Peter Tall MJF MCIM MCIPR

The bigger picture



Lions Clubs International
FOUNDATION



Most, if not all of you, are aware that recently some parts of the United States were hit by two devastating hurricanes, Helene and Milton. As is usual Lions on the ground are working with local services and also our Foundation to make sure the right help gets to those who need it. So far, eight emergency grants totalling \$120,000 have been awarded.

These cover Florida, North Carolina, Tennessee, Georgia and South Carolina. In addition two Major Catastrophe Grants of \$100,000 have been awarded to Florida and North Carolina. It is expected that more Emergency Grants will be awarded.

Meanwhile the Foundation is supporting Lions in:

Nepal: has received grants of \$105,000 across seven districts are recent flooding and landslides.

Bosnia: The Lions of Undistricted Bosnia and Herzegovina were approved for a \$15,000 Emergency Grant.

Albania: LCIF approved for US\$15,000 for flood relief for an Emergency grant from the Lions of Undistricted Albania.

Japan: MD334 (Japan) received a US\$100,000

Major Catastrophe Grant last week due to flooding. Those Lions (on the Noto Peninsula) also have an ongoing major catastrophe grant from an earthquake in the same area in January 2024. They are managing relief efforts from two disasters simultaneously. Local Lions were developing a long-term reconstruction proposal when the flood hit. They are now working with public officials re-evaluate new priorities after the flood.

Disaster Relief grants since July 1:

Since July 1, 2024, LCIF has awarded 125 disaster relief grants totaling US\$2,018,452. This includes five Major Catastrophe grants for flood relief in MD 318 India, MD 316 India, MD 334 Japan and hurricane relief in MD35 (Florida, USA) and MD 31 (North Carolina, USA).

So, as you can see our Foundation has been, and continues to support Lions working in their communities to help those who need it most.

Lion Ann Huntley MJF

District 105SC LCIF Coordinator

lcif@lions105sc.org.uk

From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos,



Each time I witness or hear about a service project made possible through an LCIF grant, I am inspired and filled with immense pride because of the innovative ways of Lions and Leos across the globe make a difference in our communities. I encourage you to learn more about LCIF grant opportunities to see if there is a grant that can enhance your Club or District's impact in your communities, including a new Vision Grant opportunity that I hope you

will explore.

Each and every one of your gifts to the Foundation enables LCIF to offer these life-changing grants. Thanks to everyone who continues to support our global foundation, and thank you as well for sharing your stories of service with the world. You are all an important part of our success.

Yours in Service,

Lion Dr Patti Hill

Chairman, Lions Clubs International Foundation

More Matters of Moment

Welcome New Lions to 105SC

The DG would be delighted to welcome new Lions but in October 2024, according to the MD105 records, there weren't any.

If you are still having problems accessing the Lions Portal, please contact MDHQ on 0121 441 4544 who will be happy to help.

Make Your Mark
with International
President
Lion Fabricio
Oliveira



Dear Lions

Great Clubs bring fresh ideas, energy and a strong sense of purpose to our service, and our service gets even stronger when we invite people with diverse backgrounds and experiences to serve with us. When Lions serve together, we have a profound impact on the people we serve - and on the people who serve with us.

On of the best ways we are serving together in through *MISSION 1.5*. So embrace the opportunity to increase your impact, strengthen your Club, and include even more of your community in your service.

As we shape the future of our great association, be bold, be welcoming and, above all, be Lions.

At your service

Lion Fabricio Oliveira

Lions International President 2024/2025

PASSED TO HIGHER SERVICE

It is with sadness that the Meon Valley Lions Club announces the passing to higher service of Lion JOHN CAMPBELL

*The 105SC Sentinel sends sincere condolences to
Lion John's family, friends and fellow Lions.*

“All of us labour in webs spun long before we were born.” - William Faulkner

Lions Zone B meets at the Wessex Multiple Sclerosis Therapy Centre

Zone Chairman Lion Paula Thorpe had arranged for the Zone meeting to be held in the Wessex MS Therapy Centre at Bradbury House, Warminster, and initially the meeting was hosted by centre manager Rosie Elliot. Rosie provided an overview of the charity, what they do, as well as a ‘hands on’ tour of the facilities. She explained the Therapy Centre was a charity, it had been in existence for 40 years and is self-funding. They have an ongoing programme of activities to meet the running costs of approximately £400,000 per year. The therapies are subsidised and provide physical, emotional, and social therapies for people with multiple sclerosis and other conditions, from Warminster, Frome, Westbury, Trowbridge, BOA and all areas within. Patients come from as far away as Portsmouth and Plymouth, as this is one of the centres not just equipped with oxygen chambers but also a fully staffed physiotherapy unit.

MS is a disease of the central nervous system when scarring of the myelin sheath (a covering of the nerve fibres) occurs. This hinders nerve impulses from the central nervous system to different parts of the body. Symptoms vary enormously from person to person and may include difficulty in walking, blurred vision, cognitive impairment, chronic fatigue, and can lead to permanent disability.

The charity provides physiotherapy, counselling, oxygen therapy, Reiki, massage therapy, Reflexology, yoga, myofascial cupping, two weekly lunch clubs (for social contact and peer support), Tai Chi, energy therapy, Pilates and MS Buddies for home visits. They have recently invested in a car to support those people who need help with transport to and from the Centre. They would be interested in anyone aged over 30 who could volunteer as a reserve driver.

They have a singing circle each Monday, run by an opera singer who also delivers one-to-one voice coaching. Singing and breathing exercises help strengthen the vocal chords and chest muscles. The ethos of the centre is a philanthropic one and aims to strengthen the parts of the body that are functioning for as long as possible. Apparently operatic numbers can be heard throughout the building!

There are more than 50 volunteers who support the centre - receptionists, oxygen operators, charity shop staff and drivers. The centre helps more than 300 people each week.

We had the opportunity to have a look around and use some of the clinical gym equipment to support physiotherapy sessions. It was amazing to see the different types of equipment available to help with people’s differing needs and many had experienced how the oxygen therapy chamber works, and how it helps users by enabling them to breathe pure oxygen at higher than atmospheric pressure. In addition to MS, this therapy is used for people who live with Chronic Fatigue Syndrome (CFS), Myalgic Encephalomyelitis (ME), Cancer, Parkinsons, Stroke, and Fibromyalgia, sport injuries, etc. In all an excellent session that enabled the Lions attending to develop a greater understanding of what the charity is about, a

very humbling, insightful, and purposeful experience.

How could the Lions help?

Rosie explained they are looking to renew some of their physiotherapy equipment providing an opportunity to support with funds if the Lions so chose.. Further details on specific pieces of equipment, costs etc will be shared with Lions as soon as they are available.

← *Pictured - the oxygen therapy suite*



**“If you have to tell people you are powerful,
it means you aren’t.” - Margaret Thatcher**



5 November
World Tsunami
Awareness Day
10 November
Remembrance
Sunday
14 November
World Diabetes
Day
20 November
International
Children’s Day
25 November
International Day
for the Elimination
of Violence against
Women
1 December
World Aids Day
2 December
International Day
for the Abolition of
Slavery
5 December
International
Volunteers Day
10 December
Human Rights Day



WINDSOR LIONS ‘SPEKTREK’ SEES A HUGE HAUL

The Windsor Lions have recently had a spectacular response to the ‘SpekTrek’ initiative - a spectacle recycling scheme, supported worldwide by Lions International.

For more than 35 years, over three million spectacles have been collected from Lions Clubs in the south of England including the Windsor Lions Club.

All spectacles collected by Windsor Lions (covering Ascot, Datchet, Eton, Horton, Old Windsor, Sunningdale, Sunninghill and Wraysbury) are sent to the Chichester Lions Club to sort and arrange for their shipment to Medico France in Le Havre. This charity, set up by Lions Clubs in France, grades the spectacles and prepares them for sight projects across Africa and Asia.

Recently two Club members Lion Malcolm Court, the project co-ordinator, and Past president Lion Alan Brown took 13 large crates of spectacles to Chichester for onward dispatch to France.

“This is such a great project - so simple and easy to participate in with no great effort,” says Lion Malcolm. “Lots of people have old specs lying around and it’s simple to pop them into the Lions’ recycling boxes found in many opticians, chemists and other local outlets. It makes a real difference to those overseas who don’t have access to the same sort of optical care we take for granted. This was a fantastic result and I’m really glad to get the space in my garage back too!”



**Why is Thursday 14 November World Diabetes
Day? See this month’s special supplement**

“A man who carries a cat by the tail learns something he can learn in no other way.” - Mark Twain

HOW ARE YOU HELPING TO SAVE THE ENVIRONMENT?

Our environment is precious so please try to do your bit. We can RECYCLE AS MUCH AS POSSIBLE such as:

- ♦ Spectacles
- ♦ Hearing Aids
- ♦ Aluminium cans
- ♦ Bras
- ♦ Recycling/selling second hand clothing
- ♦ Reconditioning laptops for distribution where needed
- ♦ Stamps and foreign coins
- ♦ Books

Save power, water and food

Here are a few tips which can make a difference:

- ♦ Only put as much water in the kettle as you need
- ♦ Don't leave the tap running when cleaning your teeth
- ♦ Don't spend excessive time in the shower
- ♦ Only put the washer on when you have a full load
- ♦ Don't use the spin dryer or tumble dryer when you can hang your washing out
- ♦ Turn the microwave off when not in use. The clock uses more electricity than it uses when cooking
- ♦ Don't leave mobiles on charge once fully charged
- ♦ Don't leave PCs on charge once fully charged
- ♦ Don't throw edible food away
- ♦ Don't leave unwanted lights on
- ♦ Don't leave windows and doors open when the heating is on
- ♦ Don't leave the engine running when loading/unloading the car

Lion Judith Goodchild

WHAT'S YOUR PROJECT?

Thank you to those Clubs that responded to my request for information on your projects.

There is an interesting variety of projects being undertaken and I would urge you and your Club to consider taking on an environmentally related project.

Ideas from the Clubs that did respond include:

- ♦ *Weekly / monthly litter picks*
- ♦ *Donating bags of Daffodil Bulbs*
- ♦ *Idea for supplying Lions community planters*
- ♦ *Setting up bra banks for submitting to the charity "Against Breast Cancer"*
- ♦ *Collecting stamps and foreign coins*

The last two are projects where donations can be brought to the District Convention in April.

Any of them interest you?

Wild Tribe Heroes

These were promoted some time ago and having received positive feedback from Guernsey's primary schools, I would ask Clubs to give some thought to donate a set (or two) of these wonderful books to your own local primary schools.

The books, written by Ellie Jackson, cover climate change, plastic pollution, and habitat loss globally.

Launched in the UK in 2023, these true stories are a proven successful resource for schools and are loved by children and teachers alike. They have received personal letters of congratulation from King Charles and Sir David Attenborough and the books have so far reached two million children in the UK.

The price and order process is still the same - £40 for all seven books, teaching resources, admin and postage. Any orders can be emailed directly to Ellie and she can answer any questions you may have.

Please also let me know if you place an order. Some food for thought — please let me have your ideas or comments on environment@lions105sc.org.uk

Lion Paul Alloway

“It’s always a risk to speak to the press: they are likely to report what you say.” - Hubert Humphrey

Romney & Waterside Lions make very special donations



The Club recently made a £400 donation to the Waterside Foodbank to help them restock their shelves with essential supplies. The Lions continue to support local foodbanks at regular intervals having donated more than £6,500 to foodbanks since the start of Covid. In the photograph Lion Pat Geere is presenting the cheque to Peter Fordham at the Waterside Foodbank.



The Club also donated £250 to the Romsey Open Gate Stroke Club to help them with their recreational activities. In the photograph Lion Lesley Donnison is presenting the cheque to Tina Keightley and Jill Edwards.

Woolmer Forest Lions organise a Royal Exchange Charity Quiz Night

What a busy, well supported Charity Quiz Night is was!

Lions Amy, Chloe and their team adorned as much Lions clothing as they could and also placed Lions banners in strategic places in the Royal

Exchange pub to increase the community's awareness of the Woolmer Forest Lions. On the night the quiz raised £156 which Brakspear generously increased to £180. Pictured are WFL president Lion John Lewis and fellow Lion Brian receiving the money raised. Thanks to the Royal Exchange and Brakspear for a great night and their continued support.



Woodley & Earley celebrate their 44th Charter Anniversary



The Club held a very successful black tie 44th Charter Anniversary dinner at Sonning Golf Club on Saturday 19 October. Lion Colin Gibson received applause as the only Charter member present.

Club president Lion Mike Kennedy (pictured with his wife Glenda) said that the evening was well attended and everyone enjoyed themselves.

**“The great secret of the national insurance fund
is there ain’t no fund.” - Aneurin Bevan**

Busy Wokingham Lions

**As well as staging their first Swimathon,
the club also organised**

The Beating the Bounds Walk

‘Beating the Bounds’ was an ancient practice carried out to ensure the knowledge of parish boundaries was maintained and passed from generation to generation. This involved walking around the boundary swatting local landmarks with branches to maintain a shared mental map of parish boundaries.

2024 marks the 50th Birthday of Wokingham Town Council, who were keen to revive this tradition as part of the town celebrations. The Council asked Wokingham Lions Club to organise the event for Sunday 8 September, knowing of our experience running the twice-yearly Wokingham Walk. They approved a grant to cover costs and a donation, as appreciation of the time taken to bring this event to fruition.

It was a free event, open to everyone, and over 200 local people took part to share the fun of this ancient tradition. The complete boundary is about 16 miles long, so many participants didn’t want to walk it all. Therefore it was split into three routes of differing lengths so participants only needed to walk as far as they could comfortably manage.

The Great #Woky Pub Quiz

The Great #Woky Pub Quiz went live again on Friday 20 September.

Held at the 1st Woosehill Scout Hut in Wokingham, 13 teams containing 104 quizzers enjoyed a brain teasing evening, in the safe hands of Quiz Master, Lion Ian Grange.



Wokingham Lions supplied the quiz and a great raffle, and quizzers brought their own drink and nibbles.

To top off a fun evening, around £1,150 was raised for local charities.



Dear All,
I had the great pleasure today of spending a part of this morning at Woodlea Primary School where I met the new Headteacher, Mrs Abigail Oliver, along with Ellie Jackson, author of all the Wild Tribe children's books that we have provided to all our local primary schools over the past couple of years.

We also discussed the possibility of using our services to further develop the Save the Planet theme within these well-written and illustrated children's books.

Lion John Lewis

President, Woolmer Forest Lions Club



“An honest mistake always favours the restaurant.”

- Robert Half

Six footer plays bar skittles!



Ever tried to play bar skittles when your feet are six feet off the ground?

Well, this young lady was quite successful, knocking down seven of the nine in one throw at the Wareham Lions Club stand at the Wild Wooders Bikers Festival. Just over 350 motorcycles (with riders) attended the event with many riders attempting to emulate her skill but only from ground level.

Hayling Island Lions' "Silver Sunday"

Hayling Island Lions had a wonderful day on Sunday 6 October when they held their third annual Silver Sunday event.

Silver Sunday is a day dedicated to older people which takes place every year in October. It was conceived in 2012 by Lady Flight, at the time a trustee of the Sir Simon Milton Foundation and such events were run by the Foundation for many years.

Hayling Island Lions held their first Silver Sunday event in 2022, organised by Lion Lou Martin who worked tirelessly to make the event a success (and still does) and it has become a very popular island event. The Lions join with local shop volunteers to run the event and make it very special for the 50 booked guests, all of whom are retired and live on Hayling Island.



Silver Sunday featured free transport to and from the event, a free two course roast dinner, a Hawaiian lei for each guest and a flower for the ladies' hair.

Special guest was Kev Wright who is an Elvis impersonator who entertained after lunch and he soon had most of the guests up (and the Lions) dancing. A very special couple, celebrating their 60th wedding anniversary, were presented with a gift and a card and were serenaded with Elvis's hit - *I can't help falling in love with you*.

Every guest left the free event with a Lions tote bag filled with goodies for a lovely evening snack.

This free event was sponsored by the Hayling Island Lions Club and it is hoped that this Silver Sunday was one of many more to come. The 50 available spaces were filled in a matter of days and the Club is looking forward to welcoming new faces in 2025.



“Rock’n’roll might not solve your problems, but it does let you dance all over them.” - Pete Townshend

Woodley and Earley Lions support the installation of a second Bleed Control Kit in their area

On Saturday 2 November the Mayor of Earley, Councillor Mike Smith, will unveil a Bleed Control Cabinet outside the Day Lewis Pharmacy in Lower Earley. This follows the installation of the first cabinet to be fitted in Woodley Precinct last year.



After that successful project, Woodley and Earley Lions approached Nicolas Fuselli, the Managing Director of Ministar Services Ltd, about installing a second Bleed Control Cabinet at the Maiden Lane Centre, Lower Earley. The Maiden Lane Centre is owned by Mr & Mrs J.A. Pye's Charitable Settlement, and the Trustees agreed not only to fund the cost of the bleed kit but also a defibrillator and the two associated cabinets. The cost of the installation, undertaken by Turtle Engineering, was met by the Lions.

Speaking on behalf of the Trustees, Nick Fuselli said, "When the Lions approached me and explained the importance of emergency bleed control kits in public places, I was delighted to support this project. The dual presence of a defibrillator and a bleed control kit will help the public step in and save lives before the paramedics arrive."

President Lion Mike Kennedy added, "I had no idea that a person can bleed to death in as little as four minutes. When a catastrophic injury occurs, time is of the essence. That's why Emergency Bleed Control Kits and defibrillators are so important and are easily accessible 24/7. "



Wareham Lions presenting a cheque for £500 towards the purchase of a new Dolphin Boat to "skipper" Tony Elgar.

The Dolphin Boat is designed to carry 12 disabled people and carers as passengers including four powered or six manual wheelchairs and since its inception in 1979, it has carried nearly 60,000 disabled people and their carers and in 2017 was awarded the Queen's Award for Voluntary Service.

In 1982 the Friends of Dolphin Charity was formed and continues to run trips around Poole Harbour and, when the tide is right, up the River Frome to Wareham Quay. The age range of the passengers is from the very young to the very old, the oldest to date being 106, and all trips are free.

The old Dolphin 111 is coming to the end of its life so a new boat has been ordered at a considerable cost and over the next two years the charity has to raise around £150,000 and hopefully the new Dolphin will be in service in 2026/27.

“There are two ways of spreading light: to be the candle or the mirror that reflects it.” - Edith Wharton

WOKINGHAM LIONS STAGE THEIR FIRST SWIMATHON



This was the Wokingham Lions Club's first Swimathon. This community service event held on Saturday 7 September in the Wokingham Leisure Centre, allowed teams of swimmers to raise funds for their nominated organisation or charity and have fun at the same time.

In all 22 teams took part, with each team having up to eight swimmers. They had 50 minutes to complete as many laps as they could (each lap being two lengths of the pool). They didn't compete against each other, so the scores were only for their personal satisfaction. Each team was encouraged to seek sponsorship and together they raised £12,503 for their own charities and good causes, a fantastic result.

Thanks go to Maidenhead Lions Club, who lent their expertise from their many Swimathons, as well as their help on the day.

Participants loved the Wokingham Lions Swimathon, and the event is planned to be repeated next year.

SECOND SATURDAY SWAP

Your opportunity to exchange knowledge and ideas with fellow Lions.

To ask questions and gain up to date information from District Governor Team and District Officers

Topics will be decided by you.

What is important to you?

Please speak with your Zone Chairman.

**DIARY DATES
9 November
14 December**

**09:30 – 10:30 via Zoom
(link will follow)**

Lion Linda Picton

Global Leadership Team Chairman
linda.picton@lionsdistrict105sc.org.uk

Woolmer Forest Lions meet the Imam



Adeel Shah is an Imam in the Ahmadi Muslim religion and also holds roles in local and district councils. He spoke to Club members (pictured) about his roles in the community, his involvement with the Jalsa Salama, a yearly event held between Kingsley and Alton. He spoke of the many ways the local Ahmadi support the community and gave the Club an insight into the organisation involved in the running of the Jalsa.

“Every leaf speaks bliss to me, fluttering from the autumn tree.” - Emily Brontë

Meon Valley News

IT'S BEEN A BUSY SUMMER!

The residents of Knowle Village held their annual 'Picnic in the Park' and there was a great turn out. The Meon Valley Lions Club members were happy to support this event and took along their Racing Bunnies and Play Your Cards Right Game.

TASTE OF WICKHAM

On Sunday 15 September, the Meon Valley Lions and the intrepid residents were out in force at the Taste of Wickham when the Club did a roaring trade in burgers and sausages which was much appreciated. Our trusty minibus also did a brilliant job running people to and from the carpark.

WICKHAM BEER FESTIVAL

The Meon Valley Lions were busy serving burgers and sausages at the Wickham Beer Festival. It was a great event: not only did everyone have a great time but we also had a visit for the Food Hygiene Inspector who was happy to renew our 5 Star rating. Well done everyone, especially Roy seen here proudly holding the certificate!



Lives saved through prostate cancer testing



Farnborough & Aldershot Lions in conjunction with Cancer Testing South held their second annual prostate cancer screening event at the Southwood Medical Centre in October.

One in eight men in the UK will get this deadly

disease which translates to 41,000 cases per year, equivalent to 200 new cases being diagnosed every working day. This in turn means that 10,000 men a year are dying of this totally preventable disease. That is one man every hour. The worst mortality figures in Europe.

Bookings for 200 men were taken prior to the event and despite 15 'no shows', a further 16 'walk ins' made up the number to 201. This combined with the 244 men tested last year means that between 25 and 30 local men will receive an early diagnosis after the Farnborough screenings in the last 12 months, so enabling prompt life saving treatment to take place.

These figures are especially poignant for two Farnborough Lions who attended a similar event in 2016 held by Fleet Lions Club. After their blood tests, one received a 'red letter' signifying abnormally high PSA levels requiring immediate treatment, despite him having no symptoms. The second Lion received an 'Amber Letter' indicating his PSA level was high and advising follow up medical attention. Both these men were diagnosed with prostate cancer and went on to receive successful treatment. Both are now cancer free.

Sincere thanks go to the Southwood Medical Centre for allowing the use the Centre along with the South East Water's Community Chest Fund, Rushmoor Council and Hampshire County Council who gave generous grants towards the costs of £25 per test. Also thanks go out to the men of Rushmoor who attended the screening for their contributions towards the cost of holding this life-saving event.



Sentinel's eye on...

The Events Calendar

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

Club Events: November, December 2024 and January 2025

- ♦ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ♦ **BASINGSTOKE** - Saturday 6 November, **Inter-Lions Fun Event**; Thursday 12 and Saturday 14 December, **Morrisons Tin Shakes**; Sunday 15 December, **Chineham Centre Tin Shake**; Saturday 18 January, 2025, **Retro Inferno Disco**
- ♦ **DEVIZES** - Saturday 2 November, **Arts Coaching Day**; Tuesday 26 November, **Bingo**; Saturday 7 December, **Santa's Float Tour**; Tuesday 17 December, **Bingo**; Saturday 21 December, **Santa's Float Tour**
- ♦ **JERSEY** - Saturday 23 November, **61st Charter Anniversary**
- ♦ **NEW MILTON** - Saturday 2 November, **Lions Christmas Market**; Saturday 23 November, **Lions Christmas Festival and Parade**
- ♦ **POOLE** - Friday 1 November, **Charity Quiz Night**
- ♦ **ROMSEY & WATERSIDE** - Saturday 9 November, **Bookstall in Romsey Market**; Sunday 10 November, **Wreath Laying, Memorial Park, Romsey**; Friday and Saturday 22 and 23 November, **Street Collections, Romsey Town Centre**
- ♦ **WOKINGHAM** - Saturday 4 November, **Fireworks**; Friday 15 November, **Woky Comedy Night**; Sunday 24 November, **Wokingham Winter Carnival**; Early yj **Lions Food collection (Can-Can)**
- ♦ **YATELEY and DISTRICT** - Every Friday, **Community Bingo** (except Bank Holidays); Saturday 2 November, **Yateley Firework Fiesta**; Saturday 30 November, **Yateley Christmas Market**

Webpage - www.lions105sc.org.uk/events

LIONS WIT

A Lion applied for a job cleaning mirrors. It's something he could really see himself doing.

Woodley & Earley Lions and the Tree of Light

The Woodley & Earley Lions Club will be participating in the annual Christmas Tree and town centre lights switch-on on Saturday 23 November. The Lions will be distributing mulled wines and mince pies.

Residents are invited to sponsor a light on the Christmas Tree in memory of a loved one or to celebrate a milestone anniversary. Please visit the website www.welions.org.uk or email events@welions.org.uk. The name of the person to be remembered will appear on the poster at the foot of the tree and all the moneys raised will go to local good causes via the Woodley & Earley Lions Club. There will be carol singing with a musical accompaniment. Club president Lion Mike Kennedy says, "This occasion gives people a chance for reflection on those no longer with us. Everyone is welcome to join us and watch the switching on of the Tree and festive lights."

Peace Poster Reminder!

This is a reminder that the Peace Poster kits are now no longer for sale.

The Peace Poster entries MUST be with me by Friday 15 November 2024, in order to keep to the dates that are on the website. Please be aware that there is a maximum and minimum size for the posters, please check the sizes - minimum is 13" X 20", 20 inches, maximum is 20" X 24".

Lion Frances Bond

Peace Poster/Essay Advisor



OLD MONARCH

The Editor has the last word...

This is probably largest edition of The Sentinel your editor has attempted and hopefully it will not be too large for any Club Secretary's inbox.

Its size is very much a reflection of how active the Clubs in our District are and I continue to be impressed by their efforts 'to serve'.

I have been editing this publication for a decade but this is the first occasion that I have not been able to publish a list of new Lions who have joined in the past month. Although for many years I have been able to access the monthly District reports, it would seem that with the introduction of the new Portal, such reports of new and deceased Lions is not so readily available. I am very grateful to Jan at MD HQ for giving me that information and that there are no new members this month has nothing to do with her!

Lion Peter Tabb



**Lions
tail...**

"It's a picture of the
battle of the
bulge..."



One record of the visit of Zone B (see page 6)

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