

# 105SC SENTINEL



**HAPPY  
NEW  
YEAR!**



**What have 22 cyclists at Angkor Wat  
to do with a Jersey Lions Club project?  
Find out on page 8**

- ♦ Romsey & Waterside Lions donate to young carers
- ♦ Lions changed my life - the passing to higher service of President Jimmy Carter
- ♦ Another successful PSA Day
- ♦ Nature Notes - the garden can be an oasis of peace...for birds and insects
- ♦ Should your Club be come a member of Diabetes UK?



The International Association of Lions Clubs

## District 105SC

District Governor 2024 - 2025 ♦ Lion Sandra Manktelow

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**“Serving with Respect and Compassion”**

**JANUARY 2025 EDITION**

# The DG's Leader...

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



## Dear Lions Family

**T**he year 2025 is upon us – twenty-five years since the new millennium! The last month has been particularly busy for all Clubs doing what they do best – serving the community. I have enjoyed following Clubs on their Face-Book pages – Santa sleighs, Santa trikes, elves and lots of fun and laughter along the way.

Luckily, Clive and I managed to get to Jersey between the rough weather and had a wonderful time being shown round the island – my first time although Clive had been there many years ago with the lads!

Storm Darragh put paid to a lot of activities for Clubs, including my fire walk which I hope to do when it is rescheduled. Fingers crossed (*perhaps it should be toes? Ed.*) I will be free that evening, whenever it may be.

Second Saturday Swap is starting again on 11 January. The theme for this session will be 'How can we support new members .....?' So it would be great if those who are new to Lions could come along and have a voice. The zoom link for the meeting is as follows:

<https://us06web.zoom.us/j/83736114593?pwd=89kCnv5Kwgg59u14r8IAWHyYlIx8I1.1>

Meeting ID: 837 3611 4593 Passcode: Linda

With six months to go before the start of the new Lions year there may be members who are interested in finding out about roles at Club or District level. If you are one of those, please do get in touch with me or Lion Linda Picton. Zoom or face- to-face sessions can be organised to share information.

## Thought for the month:

Don't ever imagine that the world would carry on in the same way without all the wonderful humans that live in it. At the end of each day, think back to all those moments where one person made a difference. Those moments could be small or large – both are equally significant.

To every Lion in our District, thank you for the service you give.

Wishing you all the best for a jubilant January

*Lion Sandra*

**District Governor 2024-25**





# Matters of moment

## DG's Month January

2 January: Finance via Zoom  
6 January: Petersfield Lions meeting  
9 January: GAT via Zoom  
11 January: Second Saturday Swap  
14 January: Vision Screening  
information Zone C  
16 January: Windsor Lions' Annual  
Awards  
19 January: Cabinet via Zoom  
21 January: Woodley & Earley Lions  
Official Visit  
22 January: GMS Lions Official Visit  
24 – 26 January: Council of Governors  
28 January: Zone B meeting via Zoom  
29 January: Vision Screening  
information Zone F



## A QUICK REMINDER ABOUT MARWELL 2025

The date is fixed for Sunday 15 June 2025.

I am waiting for final information regarding the event from Marwell. I will send this out as soon as possible. I do hope that as many Lions and families as possible will come along this year.

Yours in Lionism

*Lion Judith Goodchild*

## GETTING THE WORD OUT - 6

It is to be hoped that with the number of Santa's sleighs out and about in the District, the participating Lions Clubs will have received a significant boost to their profile. However... However, remember that you Lions were sharing the limelight with a figure (and brand) even more universal than Lions International - Santa Claus himself. Getting back to our theme last month, our profile is all about branding so I hope that every sleigh had a prominent Lions logo and that every elf was wearing at least a Lions tabard. Remember that the community will recall the event but not always who organised it - unless you tell them. I was listening to the local BBC radio station on 29 December and heard Lion Paul Alloway talking about the successful winners of the Guernsey Lions Peace Poster competition (an event not actually espoused by my own Club) and what was very clear from the broadcast was not only why such a competition for young people was so important but more so that this was a Lions Clubs event and itself an international competition; great coverage for the winners and just as much for the Lions. However in Jersey we did achieve excellent coverage via all the local media, on and offline, for our Young Ambassador Competition since in Jersey, believe it or not, there are other 'young ambassador' competitions! Thus we ensured that ours was comprehensively branded, particularly since one of our past Young Ambassadors had reached the European finals.

Although we are starting a new calendar year, we are, of course, half way through our Lions year so there will be plenty of opportunities for showing off our brand. Go for it!

With best wishes for 2025 and may this year, please, try not to fly by as fast as 2024!

*Lion Peter Tabb* MJF MCIM MCIPR

# The bigger picture



Lions Clubs International  
**FOUNDATION**



It is always a delight to start my article with positive news and so I begin by thanking the Clubs who responded so quickly to the 'Stoves for Ukraine' appeal. The information didn't reach me until very late which I appreciate to which will have been difficult for Clubs to respond.

I also received the information regarding last year's appeal. The Clubs in 105SC donated £12,330.99 which meant we provided 82 stoves. 105N were the only District that donated more, £12,800. The Multiple District the figure was £64,995.98 which meant MD105 provided 433 stoves. I believe the first stoves are nearly ready to be issued from this year's appeal.

Sadly, while we were all, hopefully, enjoying Christmas in our homes or visiting family, it wasn't the case for everyone.

For the residents of Petite-Terre, Mayotte's smallest Island, they were trying to cope with the aftermath of Cyclone Chido. I am aware that the large blue tents with the Foundation logo on, have been issued to provide shelter to those who need it.

Proof, if needed, that no matter what we are doing, when disaster strikes we aim to help those who need it most.

Thank you for continuing to support the Foundation.

I wish you all a very happy and successful 2025.

*Lion Ann Huntley* MJF

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

## From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos,



Since 2024 began, Lions and Leos worldwide have served millions of people, improving lives and communities. LCIF grant funding reduced food insecurity for those in need, helped people with vision impairment see more clearly, provided shelter after storms, protected our environment and so much more.

We are making excellent strides towards reaching our fundraising goals for this fiscal year, thanks to your individual gifts and sharing the importance of our Foundation with others. While there is much work to be done, the donations we have received are already making a tremendous impact in communities worldwide.

As we look forward to 2025, I ask you to encourage your fellow Lions and Leos to support LCIF and explore grant opportunities to enhance their service. You play an important role in helping our organisation succeed in *MISSION 1.5*, bringing more members to join us in our humanitarian mission and serve more people when they need us most.

Yours in Service,

*Lion Dr Patti Hill*

Chairman, Lions Clubs International Foundation

# More Matters of Moment

## Welcome New Lions

A warm welcome to three new members to Lions International and best wishes to them for a long and happy time as a Lion.

HART - Lions Jenny Burgoyne and Ursula Coles

SWANWICK - Lion Alison Hansford

DG *Lion Sandra*

## Make Your Mark with International President Lion Fabricio Oliveira



### *Dear Lions*

We are driven by a desire to serve. As Lions, we're always thinking about others and the work that needs to be done to help them, both in our own communities and around the world. And when we grow our membership, we're also growing the amount of service we can do - and the impact we can make together.

I know that we can serve more people than ever before this year, thanks to your service and your support of *MISSION 1.5*. So let's serve and grow to make our mark like only Lions can.

### *At your service*

*Lion Fabricio Oliveira*

Lions International President 2024/2025



Lions international - Lions in Minnesota, USA expand a youth diabetes camp to serve more children and improve the support, services and education for campers and their families.

## PASSED TO HIGHER SERVICE

The Wimborne and Ferndown Lions Club reports with sadness the passing to higher service of **Lions Robin Hotchkiss** and **Richard Allen**. The Lions Club of Henley-on-Thames also reports the passing to higher service of Lion **Richard Kitson** and the Lions Club of Jersey reports with sadness the passing to higher service of Past-President **Lion Brian Bullock**, a member since 1990.

The 105SC Sentinel sends sincere condolences to their families, friends and fellow Lions.



**“The pen is only mightier than the sword if you are allowed to use the pen.” - Ambrose Bierce**



**Romsey & Waterside Lions donate  
£750 to Romsey Young Carers**

Romsey Young Carers Charity are now in their 20th year of operation and currently support 167 young carers. Romsey & Waterside Lions presented a cheque for £750 to help the charity buy Christmas presents for the young carers they support who are aged between eight and 21 years and live in the Romsey and the Southern Test Valley area.

Pictured above are Lions Jillian Peckham and Sandra Trowbridge are presenting the Lions' cheque to Lisa Treasure and Charlotte Anthony of Romsey Young Carers.

**Don't forget  
the 105SC  
Challenge  
1000!**



**That by the end of  
June 2025 in this  
Lions year we will  
a membership of  
at least 1,000.**

*Caring for someone with Dementia?*



*Remember to look after YOU too !*

There's a section on the 105SC website for Dementia Awareness where there are links to other useful websites. Please let me know what your Club is doing to support living with dementia.

*Lion Denise Deacon*  
District 105SC Dementia Officer  
[adao@lions105sc.org.uk](mailto:adao@lions105sc.org.uk)

**“Failure is not the falling down, but the staying down.”  
- Mary Pickford**



**1 January**  
**Start of “Dry January”**  
**16 January**  
**National Religious Freedom Day**  
**18 January**  
**Winnie the Pooh Day**  
**20 January**  
**Martin Luther King Day**  
**20 - 26 January**  
**Cervical Cancer Prevention Week**

**4 February**  
**World Cancer Day**  
**10 - 16 February**  
**Random Acts of Kindness Week**  
**11 February**  
**International Day of Women and Girls in Science**  
**20 February**  
**World day of Social Justice**



On Friday 6 December Lions Alastair Ward and Stephen Sherring attended Forres Sandle Manor School in Fordingbridge to present Lorelei, the District’s winner of the 2024 Peace Poster Competition, with her certificate and prize.

Lorelei is pictured holding a copy of her artwork, the original of which is now heading for the national competition finals. Pictured with her is Club president Lion Alastair Ward and her art teacher Clare Dixon-Clarke whose enthusiasm and commitment to the competition has been fantastic for the second year running.

The presentation of the winner’s certificate and prize was attended by her father and a group of Year 4 students, all of whom were delighted to learn that Lorelei’s artwork had won the District Competition and she was warmly congratulated on her success.

The annual art competition is organised by Lions Clubs International and it gives the opportunity to students to express themselves graphically on a topic of global significance.




**“Deadlines may be vital, but so is procrastination. I’ll tell you why... soon.” - Imogen West-Knights**

## **A cycle ride from Ho Chi Min City to Angkor Wat**

**22 cyclists raise £50,000 to provide respite holidays for local carers at Maison des Landes Hotel**

Two Jersey Lions both organised and participated in *The Road to Angkor Wat Cycle Challenge* in November. Twenty-two cyclists from Jersey signed up for the challenge which involved cycling 464km from Ho Chi Minh City in Vietnam to Angkor Wat in Cambodia. Each cyclist pledged to raise £2,000 to enable Jersey care-givers to have well-deserved breaks at Maison des Landes, a hotel that caters for people with disabilities and provides respite holidays for carers and those being cared for. The Hotel has been a project of the Jersey Lions since the mid-1960s and was completely refurbished in 2022 and 2023.



**Lions  
changed my life.**

I would never have been  
ambitious enough to run for  
Governor of Georgia.  
I would never have dreamed of being  
President of the United States  
*if it were not for the Lions.*

Lion Jimmy Carter, January 27, 2009



*Former 39th US President and Lion Jimmy Carter passed to higher service aged 100 on Sunday 29 December 2024.*



**“In the end, we will remember not the words of our enemies, but the silence of our friends.”**

**- Martin Luther King**

## **Another successful PSA Day!**

The Reading Lions Club recently held another PSA day – its tenth – at The Circle Hospital, Reading. On this occasion 843 men registered to be tested, and the results were similar to other years, with 39 red (PSA level significantly raised) and 30 amber (PSA level raised).

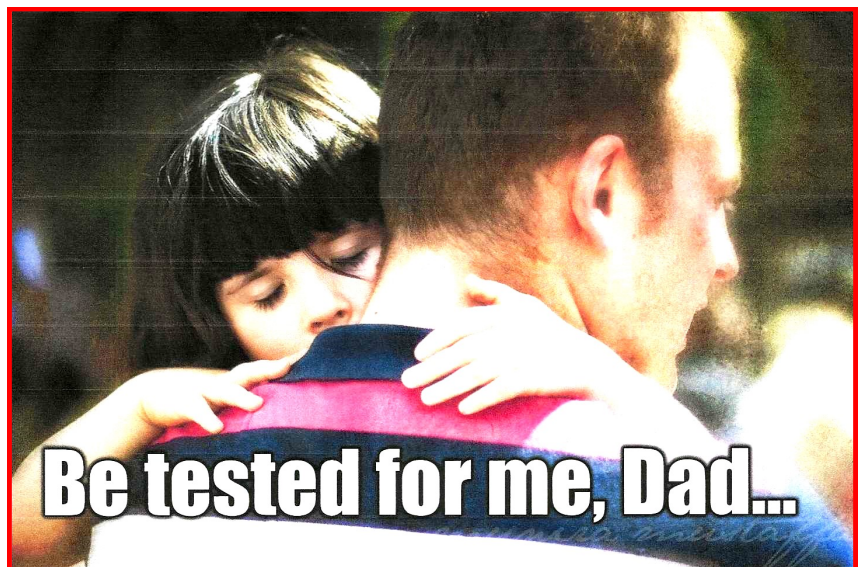
Since Reading Club commenced testing in 2013, 11,134 men have been tested, with 535 men having significantly raised PSA levels.

It is very humbling to receive messages from some of the men tested. One such letter is below:

*Just a quick note to let you know it was cancer! I have gone through the various tests, and the good news is that thanks to the PSA test, they have managed to identify the cancer at a very early stage. They are predicting a full recovery.*

*So I am already undergoing hormone treatment, which will be followed by radiotherapy in March. But, most importantly, there is no sign that the cancer had yet spread to the bones or lymph nodes. Ironically, Chris Blick – the consultant you used to validate the PSA readings – is the consultant assigned to me now.*

*So I think it's safe to say that PSA test has probably saved my life! Thank you all so much.*



**Be tested for me, Dad...**

**Prostate cancer is often in the news and today the condition is one of the most common diseases among men of a certain age.**

**If that's you, you owe it to your family to be tested at the earliest opportunity.**

**Detected early, prostate cancer is treatable.**

**DO SOMETHING ABOUT IT TODAY!**

This advertisement is published in the interests of the health of men in the local community



**“You don’t get anything clean without getting something else dirty.” - Cecil Baxter**

## NatureNotes

Let me start by wishing every reader and family a happy New Year

Please keep sending me your information on your projects together with any new suggestions for an environmental project. They are much appreciated.

**The festive season is also a time for recycling.**

Christmas Trees - does your council have a scheme to recycle trees into mulch? Perhaps your Club could offer to pick up the trees for a small donation and deliver them to a local recycling site.

**In my last letter I focused on the Pollinator Project, and I continue this theme here. The garden can be an oasis of peace, not just for us but also for birds and insects.**



Allow some areas of lawn to grow a little longer to provide food and shelter for insects



Consider planting an area of ‘meadow’



Feed the birds in winter and put up nest boxes, bat boxes or bug ‘hotels’



Make a pond (even a tiny pond increases biodiversity)



Make your own compost

### SOME FURTHER THINGS TO CONSIDER...

- ♦ AVOID pesticides and weedkillers
- ♦ AVOID peat-based compost
- ♦ USE copper bands or Strulch to deter slugs rather than slug pellets
- ♦ USE nematodes to deal with specific pests
- ♦ PLANT flowers that are bee and butterfly friendly

Some food for thought—let me have your ideas or comments.  
Please email me on [environment@lions105sc.org.uk](mailto:environment@lions105sc.org.uk)

*Lion Paul Alloway*  
Environment Officer

## SECOND SATURDAY SWAP

**Your opportunity to exchange knowledge and ideas with fellow Lions.**

**To ask questions and gain up to date information from the 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

**11 January  
8 February  
8 March**

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

*Lion Linda Picton*

Global Leadership  
Team Chairman

[linda.picton@lionsdistrict105sc.org.uk](mailto:linda.picton@lionsdistrict105sc.org.uk)





# Sentinel's eye on...

## The Events Calendar

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

### Club Events: January, February and March 2025

- ♦ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ♦ **BASINGSTOKE** - Saturday 18 January, 2025, **Retro Inferno Disco**
- ♦ **ROMSEY & WATERSIDE** - Saturday 11 January, **Bookstall in Romsey Market**; Sunday 19 January, **Romsey Volunteers Fair**; Saturday 8 February, **Bookstall in Romsey Market**; Wednesday 12 February, **Monthly Business Meeting**
- ♦ **WOKINGHAM** - Friday 28 February, **#Woky Comedy Night, Guest Charity - Building for the Future**
- ♦ **YATELEY and DISTRICT** - Every Friday, **Community Bingo** (except Bank Holidays)

**Webpage - [www.lions105sc.org.uk/events](http://www.lions105sc.org.uk/events)**

## LIONS WISDOM

You never change things by fighting the existing reality.

To change something, build a new model that makes the existing model obsolete.

- Buckminster Fuller

### DAIBETES UPDATE

Since taking on the role of District Diabetes Officer, I have discovered that this is a much bigger challenge than I first thought. For many people it can be a very difficult subject to understand. How would you feel if you had just been diagnosed with diabetes? It could happen to any one of us. Understanding and managing Type 2 diabetes involves mental and emotional factors. These have to be dealt with whether you have support from family and friends, or no support at all.

However you do not have to do this on your own. There are a number of groups, especially Diabetes UK, who will give much needed support to all those affected by diabetes.

Just one example. I have just found out that Tim, a good friend, has had Type 2 diabetes for 13 years. Other than taking the drug Metformin two or three times a day, he has had no other information on how to live with diabetes. He knew nothing about Diabetes UK. Both of our next door neighbours have been getting treatment for years but receiving no other advice on how to manage their diabetes. It just seems incredible.

Lions Clubs could, and should, give valuable support by becoming a member of Diabetes UK. Clubs spreading awareness about this condition will help those with it understand best practices for its management and dispel myths and misunderstandings about diabetes.

*Lion Chris Stubbings*



# OLD MONARCH

*The Editor has the last word...*

A happy New Year to one and all and may 2025 bring you all that you wish for in your service to your community.

I am not one for New Year resolutions and the list I made last year (in an attempt to become a bit more organised) has precious few ticks on it against all my good intentions. As John Lennon once said, "Life is what happens to you while you are busy making other plans." That was very much my 2024. Let's all hope that 2025 invokes John's remarks only very rarely.

*Lion Peter Tabb*



**Lions  
tail...**



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](mailto:news@lions105sc.org.uk)  
ideally at least a week before the end of the month