

# 105SC SENTINEL



A 16-page  
edition and a  
four page  
Convention  
Supplement  
follows.

## Cookham Dean school children participating in the inaugural Maidenhead School Talent Show organised by the Maidenhead Lions Club



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Making your home  
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A person with dementia  
may think that a dark rug  
on the floor is a hole

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The International Association of Lions Clubs

## District 105SC

District Governor 2024 - 2025 ♦ Lion Sandra Manktelow

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



**“Serving with Respect and Compassion”**

**FEBRUARY 2025 EDITION**

# The DG's Leader...

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



*Dear Lions Family*

February can be such a damp, dark month with little sunshine, so it has been wonderful to hear two pieces of good news. Firstly, I would like to give a special mention to our lovely Immediate Past District Governor, Lion Dave (Ebbo) Ebsworth who last month received the Thames Valley Police Community Policing Lifetime Achievement Award for 2024. A well-deserved recognition for the service given to the police. The second piece of good news was hearing about the Westbury Person of the Year Award. This was presented to Lion Geoff Curtis who was recognised for his work for Westbury Lions, Westbury Leos and Westbury Guides and Rangers for being an unsung hero in the local community. Congratulations to both of you.

Second Saturday Swap took place, and it was good to see a Lion from I05SE zoom in. The sharing of ideas is so important – we can all learn from each other. I also chaired a Zone Chairman's Zoom meeting – our Zone Chairmen are such key members of our District as they represent the voice of Clubs to the District Governor Team and means that I can feed information to the Multiple District. Cabinet took place on Sunday 19 January – via Zoom and the following weekend saw 1st VDG Lion Di Hopkins and me driving to Council near Birmingham. We got there early, and I treated myself to a hot stones massage which totally relaxed me.

I had a couple of Club visits this month – Woodley & Earley Lions and Gillingham, Mere & Shaftesbury. At both Clubs it was great to see new members being badged into our organisation. Sadly, I had to cancel a visit to attend Windsor Awards Ceremony due to a family crisis which drained my energy levels – I don't like letting Clubs down but, on that occasion, had to say no. Luckily, 2<sup>nd</sup> VDG, Lion Tim, stepped in for me.

I am now getting excited for my Convention. By the time you read this booking will have opened. I want us to Celebrate District I05SC so if your Club has a story to tell please let me know as soon as possible because I am working on the programme. If you've never been to a Convention, do please come along – you will be warmly welcomed.

Wishing you all a Fabulous February

*Lion Sandra*

**District Governor 2024-25**

# Matters of moment

## DG's Month February

- 3 February: Petersfield Lions Club meeting
- 6 February: Poole Lions Club Official Visit
- 8 February: Second Saturday Swap at 9.30 am
- 8 February: Chippenham Lions Club Charter Anniversary
- 13 February: Melksham Lions Club Official Visit
- 18 February: Official Lunch for ROAR 2025 via Zoom
- 20 February: Finance meeting at 7.30 pm via Zoom
- 22 February: Wareham Lions Club Charter Anniversary
- 26 February: DGs get-together at 8.00 pm via Zoom



## TWINNING

Would your Club be interested in twinning with a Lions Club in Germany? The Kassel Lions Club has 36 members and has been in existence since 1976.

To find out more visit their website and contact them direct <https://kassel-kh.lc-cms.de/index.php/startseite>

## MARKETING AND BACK TO BASICS

Marketing is all around us. Our daily lives thrive, whether we believe it or not, on marketing. Marketing is what moves goods or services from those that generate them to those who use them. Simple! Who would have thought that we would buy insurance from a talking meerkat? Somebody did and we do! That's marketing.

Marketing succeeds because of much we do, we do out of habit. And we tend to do it until something goes wrong. If that happens, then we tend to rely on marketing to help us change that habit and start a new one. Here, I could be accused of oversimplifying. Surely there's more to marketing than acquiring new habits? Of course there is. But when did you last buy something – whether goods or a service - that was truly new. And if you did, do you remember what it was that stimulated you to make that purchase? And by purchase I mean acquisition. After all, we don't actually buy everything. Much of what drives our lives we acquire at no direct cost. Some things we get 'for free'. Incidentally that is a phrase I detest. The word 'free' is an adjective, not a noun. Things are free.

As Lions how do we go about marketing? Our services to the community are given at no cost to the consumer (and often at a cost to ourselves). Surely, therefore, our community should be beating a path to our door. And they're not. Often we are found by accident, by referral from a third party, or by someone we know. We've spoken here about getting the word out and that is what we must keep on doing. Whether we wrap it up in a package and call that package marketing (even if we don't consciously do so), that is what we are doing. More about the basics next month.

*Lion Peter Tall* MJF MCIM MCIPR



# The bigger picture



## Lions Clubs International FOUNDATION

It is that time of year when I issue my friendly reminder to Clubs who are thinking about presenting a Melvin Jones Fellowship, that they really should be applying for them sooner rather than later, particularly if it is hoped to make the presentation at a Club's handover. June may seem a long way off, but it comes round very quickly and will be far too late to make any application. The staff at Oak Brook are dealing with requests from Clubs around the world, not just here in the UK.

A Melvin Jones Fellowship is the highest award a Club can bestow upon someone who they deem to have given outstanding service. It is named after our founder and all who receive it are given a special lapel pin and a lovely plaque to hang on the wall.

If your Club or you as an individual have

donated to LCIF, the donations go towards credits which are used to purchase MJF awards. Each award 'costs' \$1,000 to purchase. There is an application form on both the International website and a link on the Portal. I always recommend sending me a copy of any application form just in case there should be any issues. I am also happy to make applications, in confidence, on behalf of Clubs.

A Club can award a Fellowship to a non-Lion. The application form is the same, just a small change in the completion. There is also the opportunity to recognize a Fellow with a progressive Melvin Jones Award which, again 'costs' \$1,000 and requires a small difference on the application form.

It is always worth checking with me to see if your Club has the necessary credits before you begin the application process. Do get in touch if you have any questions.

Thank you for your continued support. It is vital we continue to donate to LCIF.

*Lion Ann Huntley MJF*

District 105SC LCIF Coordinator

## From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos



The start of a new year provides an excellent opportunity to take a look at your service and fundraising goals to consider ways Lions Clubs International Foundation (LCIF) can help you achieve them.

LCIF grants empower Lions and Leos worldwide to take on bigger projects and impact more people than any single Lion or Club could do alone. Within this month's LCIF newsletter, you will find an example of a Matching Grant project that is making a difference in Australia, as well as valuable resources that can help you learn more about the LCIF grants to see if there is one that's right for your Club or District, now or in the future.

It is the support each of you provides to our Foundation, through your financial gifts and sharing impactful stories of service with others, that we are able to achieve our ambitious goals together. LCIF and our beneficiaries are truly grateful for your continued contributions.

Yours in service

*Lion Dr Patti Hill*

LCIF Chairman

# More Matters of Moment

## Welcome New Lions

A warm welcome to 16 new members to Lions International and best wishes to them for a long and happy time as a Lion.

BRADFORD ON AVON - Lions Brian Cole and Trish Cole

FARNBOROUGH & ALDERSHOT - Lion Talie Meager

GILLINGHAM, MERE & SHAFTSBURY - Lions Tracey Duncan and Liz Panton

HOOK AND ODIHAM - Lion Owen Brooker

IOW SANDOWN SHANKLIN - Lions Jackie Crawley, Sue Foster and Debbie Norman

MELKSHAM - Lion Michelle Clark

WAREHAM - Lion Stephen Timewell

WINDSOR - Lion Pamela Sharman

WOODLEY & EARLEY - Lion Swetha Lohidas

WOOLMER FOREST - Lions Mark Chiverton and Lion Leonard Matthews

YATELEY & DISTRICT - Lion John Jenkins

DG *Lion Sandra*

Make Your Mark  
with International  
President  
Lion Fabricio  
Oliveira



*Dear Lions*

As an organisation, we have a vision for the future of our service. And, as individual Club members, we have a vision of how to make that future a reality - through our service and by inviting others to join us.

So work with your fellow Club members and your community to bring your vision to life so that we can grow together and serve more people than ever before.

*Yours in service*

*Lion Fabricio Oliveira*

Lions International President 2023/2024

**Did you know?  
Multiple District 105 has a new  
members' website**

To access:

Google MD105 Lions

You should see:

Lions Clubs British Isles

Click on Lions Clubs International

Members Area

<https://lionsclubs.co/MembersNews/>

Welcome page

Scroll down to register

Once registered you can access all the tabs along the top which also have drop down menus – a wealth of information including insurance, policies, service, etc.

**“Don’t worry about avoiding temptation.  
As you get older, it avoids you.” - Winston Churchill**

## **AS THE COLD SNAP STRIKES, WINDSOR LIONS TURN UP THE HEAT**



Ever mindful of the effects of the cold weather on some vulnerable residents, the Windsor Lions have relaunched their Winter Warmth project for the 2025 winter season following a successful first year in 2024.

This innovative idea provides a basket of items to help those suffering from the effects of the cold feel just a little warmer. Items include warm blankets, hot water bottles, thermal scarves, hats, socks and gloves plus hand-warmers and Thermos flasks.

The Club has been working with Citizens Advice East Berkshire to identify those who might benefit from help. To date bundles of items have been delivered to local residents including some children in need.

Windsor Lions’ Community Services chairman Lion Philip Simpson speaks enthusiastically about the project. “We feel this is a practical yet sensitive way to help those who are struggling with fuel poverty this year and working with Citizens Advice ensures we can help those people most in need.”

CAEB’s interim CEO, Bill Feeney says, “This project provides practical and much-needed help to the clients we refer to the Lions and also a boost to finding support at a cold and challenging time of the year for many people.”

## **Making your home dementia friendly**

Smart devices like Alexa can help by answering questions, giving the time and date, setting reminders for appointments and medication, playing music, calling friends and family without having to input their numbers and it can even be set up to control lighting, TV, radio, and heating.

You will need Wi-Fi in your home and some smart equipment such as smart lightbulbs.

Dark areas and shadows can be confusing if you have dementia, so good lighting will help with this. Daylight coming through the windows will help identify the time of the day. It is a good idea to have automatic sensors to put lights on if there is a need to get up during the night.

Dementia can make a person feel confused or disoriented about what they are seeing. Using bright and contrasting colours for furniture and furnishings against the walls and floor is recommended. Try to keep things in the same place. Make sure the edges of stairs and steps are defined – you could use brightly coloured tape.

Things to consider are that to someone with dementia shiny floors can look wet or slippery, dark coloured rugs or flooring can resemble holes, and speckles can look like litter.

It can help to use signs with pictures for rooms: toilet, bath, kitchen, bedrooms, etc. as well as on cupboards.

These are just some ideas, and there is a lot of useful information online at

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**“Children are living messages we send to a time we will not see.” – Neil Postman**



## **DATES FOR YOUR DIARY**

**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**



**3 March**

**World Wildlife Day**

**8 March**

**International  
Women's Day**

**18 March**

**Global Recycling  
Day**

**21 March**

**World Poetry Day**

**24 - 30 March**

**Shakespeare Week**

## **Spectacular deliveries**

We are doing a fantastic job collecting spectacles. Well done to all the Clubs for their hard work.

There are a few issues with transferring these for processing. We have two choices available: send them to Chichester or to National Headquarters, Birmingham. I am aware that Chichester are experiencing challenges with taking deliveries, but please do call them before shipping, and be prepared for them to say they cannot take them at this time.

The alternative is to pool together with Clubs in your Zone or local area and arrange for shipment to National HQ. Once again, ensure you call them first to arrange a suitable delivery date. They can also arrange for a man-with-a-van to collect from a few pick-up points. There will be a cost but you could share this between the Clubs. Otherwise, you may make your own transport delivery arrangements.

National HQ details are:

Address: 257 Alcester Rd S, King's Heath, Birmingham  
B14 6DT

Phone: 0121 441 4544

*Lion Mark Cooper*

District Vision Officer

## **Reading Lions committed to making a difference**

Reading Lions are committed to making a difference in their community and to combat food poverty. The Club has been supporting New Beginnings, a Reading-based charity, with food collections since 2020, and the Lions calculate that they have collected more than £25,000 worth of food in that time.

New Beginnings home-cooked a tasty three course Christmas dinner for around 60 homeless people on Christmas Eve and were cooking hot breakfasts after

Christmas. In support, the Reading Lions sponsored 25 Christmas meals for people in need in the Reading area and the Club was delighted to support New Beginnings' efforts and shared their campaign on the Club's social media pages to encourage others to donate. Lion Jane is pictured with the Club's donation.





**“Whatever inspiration is, it’s born from a continuous ‘I don’t know’.” - Wislawa Szymborska**



## **Romsey & Waterside meet Baby Necessities**

Romsey & Waterside Lions recently gave a donation to Baby Necessities in Romsey, a non-profit charity created to alleviate child poverty. The charity collects good quality pre-loved items which are cleaned and, where necessary, checked for safety before being distributed to families with children up to five years old who find it difficult to afford basic needs. With more than 1,000 families helped in 2024, it has been a busy year for the charity. The Club learned that the charity’s computers were failing so the Lions stepped in with a donation to replace them. Treasurer Lion Sandra Trowbridge is shown presenting a cheque for £500 to Hayleigh Jarvis of Baby Necessities.

## **PASSED TO HIGHER SERVICE**

The Calne Lions Club reports with sadness the passing to higher service of **PDG Lion George (Tom) Lawson**. Lion Tom’s passing drew condolences from many Lions who knew him well from his many roles at Multi District and District levels. They praised his leadership, his guidance and his words of wisdom which will be remembered for many years to come.

The Lions Club of Jersey also mourns the passing of Charter Member and Past President **Lion Colin Journeaux**. Lion Colin, a hotelier, was one of a group of successful local businessmen who, in 1963, chartered the Jersey Lions Club. It was his inspiration that led to the Jersey Lions Swimathon which, since 1972, when his idea came to fruition, has raised almost £4 million.

It is with great sadness that the Alton Lions report the passing of **Lion John Bennigsen**, Isle of Wight Sandown Shanklin Lions report the passing of **Lion June Smith** and Wimborne and Ferndown Lions report the passing of **Lion Ron Neave**.

**The 105SC Sentinel send sincere condolences to the Lions’ families, friends and fellow Lions.**



**“There are two tax systems: one for the informed and one for the uninformed. Both are legal.” - Judge Hand**

## **Maidenhead School Talent Show a great success**



The inaugural Maidenhead School Talent Show organised by the Maidenhead Lions Club was a roaring success. The event took place on Saturday 16 November 2024 at Furze Platt Theatre. Children from ten schools, Cookham Dean C of E Primary, Knowl Hill C of E Academy, Bisham C of E Academy, Highfield Preparatory, Holy Trinity C of E Primary, Woodlands Park Primary, Lowbrook Academy, White Waltham C of E Academy, All Saints C of E Junior and Wessex Primary, came together for a special event filled with joy and talent. The atmosphere was electric as these young individuals showcased their skills and abilities in a variety of performances. From singing and dancing to gymnastics and magic tricks, the children captivated the audience with their creativity and passion. One child even amazed everyone by solving a Rubik's cube blindfolded, exhibiting impressive problem-solving skills.

Maidenhead Lions gave a £1,000 donation, partly funded by this event, to Alexander Devine Children's Hospice Service, an incredibly important local cause. Alexander Devine provides specialist care and support to children with life-limiting and life-threatening conditions, and their families, across Berkshire and surrounding counties. Fiona Devine, the co-founder of Alexander Devine Children's Hospice, was one of four judges at the talent show. Joining her were local Paralympian Jeanette Chippington and Lions Carol Pearce and Ayo Oyewusi.

The event's lead, Romilly Hryczanek, said, "All of the hard work organising the first Maidenhead Lion's Talent Show was made worth it when I saw the happy faces of the 60 children who took part. I was amazed by the variety and quality of talent of our local primary school children. I would like to reiterate our appreciation for the supporters of our event: Avanti Live for running the sound and lighting free of charge, Printique for programmes, The Handmade Cake Company for donating cakes, Tesco for the refreshments and Moo Music Maidenhead, Windsor and Slough for donating a plush toy for 'Guess the Name'".

The event was a true celebration of the diverse talents and abilities of children. The joy and excitement were palpable and a testament to the incredible talents of the children from schools in Maidenhead.

## **SECOND SATURDAY SWAP**

**8 February**

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

**Are you considering taking on an Officer position in your Club or at District level?**

**If so, zoom in and meet other Lions, ask for information and share concerns and ideas.**

**09:30 – 10:15 via Zoom**

### **Join Zoom Meeting**

<https://us06web.zoom.us/j/83736114593?pwd=89kCnv5Kwgg59u14r81AWHyY1x8l11.1>

**Meeting ID: 837 3611 4593  
Passcode: Linda**

*Lion Brian Donovan*

Global Leadership Team  
Chairman

**“It’s tough to make predictions, especially about the future.” - Yogi Berra**



A busy start to 2025.

The Club badged up a new member in January - a warm welcome to Lion John Jenkins.

Having successfully gained at £5,000 grant for the Welfare's Hunger and Environment Project, the Club provided 24 hygiene packs for an emergency housing unit, 25 food hampers for those in need and 25 dementia activity packs for the local hospital. The Club is now networking and has been invited to attend regular meetings with other voluntary organisations supporting the local community.

A donation was also made to LCIF for fighting the devastating fires in California.

The Club has already had requests to help with community events at the end of the year, as well as planning its own events, the first being the Club's annual Bank Holiday Monday May Fayre. The Club will once again be one of several Clubs in the Zone supporting FunFest., a free fun day for those with disabilities or special educational needs and their families.

Other big news is that President Lion Phil will be representing the Club at the Speakers House in the House of Commons on 6 February as a charity the Club supports, Harry's Hat Get-A-Head Scheme, celebrates their work and achievements so far.



It would be fair to say a 'Retro Inferno Disco!' caused some mixed, and perhaps less than enthusiastic, reactions when the idea was first proposed to the Club...but, oh ye of little faith.

Saturday 18 January saw one of the best ever recent attendances to our events when around 80 smiley souls arrived at the venue, all clearly bent on a good boogie to whatever artiste from whatever decade since the '50s. Music was expertly provided, and the event promoted, by award-winning Basingstoke Community Radio, with excellent deejaying and general interaction between their team and the crowd. Guests found their allocated tables (named 'Cliff', Petula' etc.), were invited to 'Guess the Intro', undertake a fun 'Who Are/Were they?' quiz and, if not dancing, were entertained with an ongoing video of 175 pictures reflecting 'Retro' times.

Finally a great selection of raffle prizes produced a record amount in the Lions' bucket.

As one happy visitor wrote: "From coming into the room with all the lights, balloons, table decorations, plus the delightful touch of a luminous wrist band, all set the scene for a lovely evening."

## **IMPORTANT INFORMATION ABOUT MARWELL**

Unfortunately we have had to change the date of our day out at Marwell to **Sunday 22 June**. The previous date is Father's day and Marwell have decided to hold their own special day on that date and would not be able to look after us as they would wish.

We hope this new date will be acceptable to everyone.

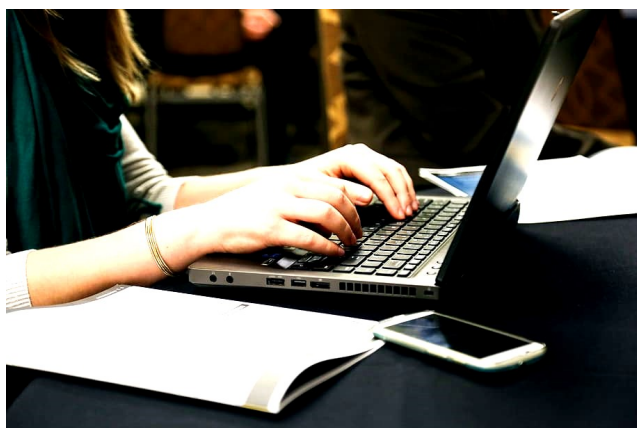
Best Wishes

*Lions Judith and Dianne*

**“I always feel it’s not wise to violate rules until you know how to observe them.” - T.S. Eliot**

## **The Lions IT Refurbishment Programme**

**Based in Fleet, supported by Fleet, Hart, Farnborough & Aldershot, Yateley, Farnham, Hook & Odiham Lions Clubs.**



On 14 January 2019, on behalf of the local Lions Clubs based in north-east Hampshire the first computers were supplied to the Footprint Preschool in Yateley.

It is with pride that six years later, the ITTeam can announce the delivery of the 3,000<sup>th</sup> computer to members of the local community. Each computer has been checked, wiped clean, reloaded with

new software, tested and approved for new use.

Who, back in 2019, could have envisaged the vital role the project was able to fulfil with the near total collapse of society brought about by the Covid Pandemic. Rather than retreating into insularity, the IT Team became proactive in supplying hundreds of school children with the means of continuing their education from home and giving Care Groups the ability to link with their clients and co-workers. The Team then played a vital role in giving displaced Ukrainian families the ability to communicate with loved ones back home and to help their children with UK schooling and integration. This by offering laptops with joint UK / Cyrillic keyboards.

With the end of Covid there has been a fresh challenge. This time to assist people back into work and to help with retraining. Through all these challenges, the dynamics of the IT Team have adapted to continue to fill this vital role of ‘Help and Learning in the Community’.

The need continues. The Team will continue to carry out this work which demands such a high level of commitment from a small band of Lions and selected volunteers. Not for the ‘fun of it’, certainly not for any personal gain, it is done because the Team believes in the spirit of Lionism – ‘To help those who lack the opportunity or experience to help themselves in times of hardship’. What the Team gets is to see the smiles on the faces of children and of adults to whom we pass the computers, knowing that through the service as Lions they are given the chance to build a brighter future. That is what it’s all about. That is why six years later, the Members of the Lions IT Refurbishment Team continue to ask for support with the supply of discarded/surplus computers and with financial support.

Without the hundreds of items donated by individuals and from businesses, none of the above would have been possible.

Please contact [it@fleetlions.org.uk](mailto:it@fleetlions.org.uk)



**“The propagandist’s purpose is to make one set of people forget that certain other sets of people are human.” - Aldous Huxley**

## **Winner of LIONS ROAR 2024**

Some Lions may question what is LIONS ROAR 2024?

#LIONSANDKIDZROAR is a programme for Primary Schools designed to give a platform to young people to think big and positively change the world. After all, these children are the innovators and entrepreneurs of the future.

Since its inception in 2016, some 125,000 children have taken part and they have generated hundreds of imaginative and brilliant ideas across multiple sectors, including, technology, health, environment and sustainability.

The programme is generously funded by local Lions Clubs – 18 Clubs from 105SC took part last year - to provide primary school children in the UK with future-proof skills and imagination in line with the national curriculum and PSHE education. Inspiring children to think big and dream big.

The programme is organised and run by **8billionideas**, an award-winning education company.

We are delighted to announce that Elvetham Heath Primary School, sponsored by Hart Lions in Fleet, was selected as our District Winner.

To view the winning presentation, visit [www.lions-roar.com](http://www.lions-roar.com). Top righthand side of the opening page you’ll find ‘LIONS ROAR 2025, click on ‘Last year’s winning videos’. Here you can see the Elvetham Team presenting ‘Roberta the Robot’ their device to assist with the prevention of diabetes in children.

ROAR 2025 is to be formally launched in February. If seeking more information about the logistics of how to take part, or to understand the benefits that the program can bring to Clubs, make contact with your Joint District ROAR Officers.

*Lion Eric Warner*  
[ericjwarner@outlook.com](mailto:ericjwarner@outlook.com)

*Lion Graham Drayton*  
[grahamdrayton.gd@gmail.com](mailto:grahamdrayton.gd@gmail.com)

**“A bank is a place that will lend you money if you can prove that you don’t need it.” - Bob Hope**

## **Top of the shop -**



## **the Hayling Lions**

For many years the Hayling Island Lions have been running their own charity shop along Elm Grove on the island. Situated near the local library and very close to the two island junior schools, the shop has been a huge success for a long time with many children and adults popping in after school to pick up a bargain. The charity shop has many wonderful volunteers that the Lions simply could not do without and recently Tina, a Hayling Island Lion, has taken on the role of shop manager. Tina runs the shop and keeps it going as well as producing wonderful shop windows to entice her customers. Tina always themes the windows for the time of year - there have been some wonderful Hallowe'en and Remembrance Day displays. The Lions on Hayling are looking forward to seeing as many people as possible through the door in 2025 to enable them to keep helping the community. The Lions are also planning some wonderful activities and events during this year including an Easter Egg Hunt across the island and a Teddy Bears' Picnic.

## **Where there is a need, there is always a Lion to meet it.**

### **The Woodley and Earley Lions in the right place at the right time.**

At a recent Club meeting attended by the DG the Club was made aware by a midwife at the Royal Berkshire Hospital of an urgent need for furnishings required by a new mother (who had given birth on Christmas Day) with three children and who had fled domestic abuse. The lady had been allocated permanent housing in Woodley but with very little furniture.

By coincidence Club President Lion Mike Kennedy was looking to dispose of the furniture of a deceased uncle whose widow had been relocated to a care home.

A van was hired (at very charitable rates) and driven 40 miles to Bushey near Watford and loaded with beds, wardrobes, cabinets, chests of drawers, a dining table and chairs, a two-piece suite with reclining chairs and sundry other items.

The fully loaded van was driven to Woodley where the Lions (assisted by a prospective member) duly unloaded and carried the items up two flights of stairs. Being advised of the outcome, DG Lion Sandra congratulated the Club and thanked those involved for demonstrating the true principles of Lionism.

A real heart-warming event of which to be proud.

Ms Philippa Gibson of the Royal Berkshire Trust said, "The family was so excited and grateful that we were able to arrange this for them. I can't really express how amazing the Lions are for organising everything."

President Lion Mike Kennedy who played an active role in the move said, "This makes me so proud to be a Lion. Woodley and Earley Lions Club has made a lasting difference and brought much happiness to this young family." ..

**“If one cannot command attention by one’s admirable qualities, one can at least be a nuisance.” Marjorie Allingham**

**‘The best time to plant a tree was 20 years ago.  
The second-best time is now!’**

### **Looking for that unusual gift or birthday present? What about a tree?**

A recent scheme here in Guernsey suggested that Islanders consider giving a tree as a Christmas gift.

It is the start of the winter tree-planting season, and one local Garden Centre offered a 25 per cent discount off the price of a tree.

Is this something you can promote in your area with your local Garden Centre and possibly with your Club also contributing a percentage of the cost?

With natural habitats under continuous pressure, it is important to replace and add to existing stock with native trees, as they are far more effective in adding to local biodiversity. Your local Garden Centre will be able to give advice on the best trees to buy, thinking about where they will be planted and the surrounding habitat.

**This leads on to Rewilding but.....**

### **Rewilding – what is it?**

It is about letting nature take care of itself and allowing natural processes to shape the land and waterways. This can also help repair damaged ecosystems and restore degraded habitats.

This is aimed at large scale restoration of landscapes to the extent that the ecosystem can function by itself without the need for human intervention.

Rewilding actions can include restoring rivers / wetlands, connecting habitats or even reintroducing native species.

Once these natural processes have been restored, then natural functions of healthy sustainable ecosystems can occur.

There isn’t usually a specific goal in mind like with traditional conservation methods, the aim is to sit back. Allow nature to do its thing and see what happens.

An example of a rewilding project in the UK is the Knepp Estate in Sussex. Previously an intensive-farmed landscape, the owners took the arable land out of production, removed all the internal fences and then introduced a mixture of grazing animals.

Extremely rare species, such as turtle-doves, nightingales and purple emperor butterflies are now breeding there, and more common species are rocketing!

So is there an opportunity in your area to consider getting involved in a rewilding scheme?

If you have a specific topic you would like me cover or an event that your Club has been involved with that you would like to share with District then please e-mail me on

[environment@lions105sc.org.uk](mailto:environment@lions105sc.org.uk)

*Lion Paul Alloway*



## **Westbury Lion honoured as Person of the Year**

Geoff Curtis, a dedicated member of the Westbury Lions Club, has been recognised for his extensive contributions to the local community, earning him the prestigious title of Person of the Year from the White Horse News.

On receiving the award, Lion Geoff said: “This is such a surprise. I’m just one of the Lions and the work we do in the community is very much a team effort.”

His nominator highlighted his many contributions to the community which earned him this year’s title: leadership in the Lions Club having served twice as President, championing the Leos Club encouraging other Clubs to establish Leos branches, supporting Westbury Guides and Rangers where his wife Christine and daughters are leaders, youth engagement through angling, teaching youngsters responsible fishing practices, and dedication to Westbury Junior School.





# 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 and April 2025

- ♦ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ♦ **BASINGSTOKE** - Saturday 1 March, **Annual Swimathon**; Saturday 8 March, **Motown & Soul Night with Lou Taylor**; Saturday 5 April, **PSA Testing**
- ♦ **FLEET** - Sunday 16 March, **51st Charter Anniversary Lunch**
- ♦ **ROMSEY & WATERSIDE** - Saturday 8 February, **Bookstall in Romsey Market**; Wednesday 12 February, **Monthly Business Meeting**; Saturday 8 March, **Bookstall in Romsey Market**; Wednesday 12 March, **Monthly Business Meeting**; Friday & Saturday 28 & 29 March, **Street Collection Romsey Town Centre**; Wednesday 9 April, **Monthly Business Meeting**; Saturday 12 April, **Bookstall in Romsey Market**;
- ♦ **WOKINGHAM** - Friday 7 February, **Quiz Night**; Friday 28 February, **#Woky Comedy Night, Guest Charity - Building for the Future**; Friday 4 April, **#Woky Comedy Night**; Sunday 13 April, **Wokingham Walk**
- ♦ **YATELEY and DISTRICT** - Friday 7 February, **Community Bingo**; Saturday 8 February, **Quiz Night**; Friday 21 February, **Community Bingo**; Friday 7 March, **Community Bingo**; Friday 21 March, **Community Bingo**

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



Did you know?  
105SC has a new Facebook page  
**Lions District 105SC**  
Don't forget to like it!

For more information contact  
Lion Dave Rose  
[socmedia@lions105sc.org.uk](mailto:socmedia@lions105sc.org.uk)



## DIABETES UPDATE

### A LIONS DIABETES SUPPORT TEAM

Diabetes is a massive problem and continues to grow year by year. Already it is a bigger problem than cancer and dementia combined. For many with this disease, it can be a very difficult time in their lives not knowing what to do about it. We cannot stop diabetes, we can only advise. In setting up this new group we can try to keep up to date on what is going on in the world of diabetes. I believe it is now everyone's duty to help support families and young people suffering from this life-threatening condition.

### The initial plan includes:

- ♦ Understanding diabetes. All Clubs becoming members of Diabetes UK, thus kept up to date with the condition in the UK. Annual membership is only £36.
- ♦ Get into their world. Join as many diabetes sites as possible to understand the problems people with diabetes face, especially young people and children.
- ♦ Get involved in supporting diabetes clubs and hubs. Help to create new groups in your area.
- ♦ As Lions, explain our role and involvement with diabetes.
- ♦ What is our mission? We are here to help those with diabetes to combat the life-threatening dangers of diabetes.
- ♦ What do we plan to do as a Club?

This is ongoing, so more suggestions in the next edition.

*Lion Chris Stubbings*



# OLD MONARCH

*The Editor has the last word...*

This is a bumper edition with sixteen somewhat wordy pages plus a four page Convention supplement, a reflection of just how active our Clubs are following the festive season's activities.

It doesn't seem a year since the 2024 Convention. They say time goes by more quickly the older you get and that was certainly so for me as far as 2024 was concerned.

I am looking forward to the Convention hoping that our new ferry routes will allow me to drive to Salisbury as I did to Swindon; it gives the car a good run at more than 40 m.p.h. and it also gives me the opportunity and pleasure of meeting many of my correspondents face to face. See you there!

*Lion Peter Tabb*



**Lions  
tail...**



The judges at the Maidenhead School Talent show. The one in the middle had little to say for himself.

Please send all articles and pic-

tures for publication in the

**DISTRICT 105SC SENTINEL**

to the Editor, Lion Peter Tabb MJF, email : [news@lions105sc.org.uk](mailto:news@lions105sc.org.uk)