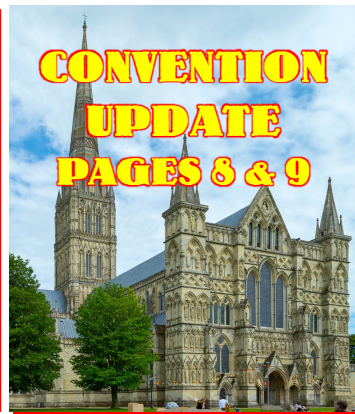


105SC SENTINEL



**CONVENTION
UPDATE
PAGES 8 & 9**



In this edition:

- ◆ Perfect timing
- ◆ Young Carers receive support
- ◆ Three generations of Lions
- ◆ An urgent appeal for host families
- ◆ Let's all go to the Zoo
- ◆ ROAR 2025



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”

MARCH 2025 EDITION



The DG's Leader...

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



Dear Lions Family

February has been a busy month – Club visits to Poole and Melksham; Charters at Chippenham and Wareham and I also found time to pop along to Havant Lions' Prostate Screening event.

The Young Ambassador finals took place on the weekend of 22 February. I was unable to attend but Lion Heather Blackley, our Young Ambassador officer, was there to support Charlie Vasse from Jersey. I am pleased to announce that Charlie won the Shipshape Award. This means that Charlie receives a once-in-a-lifetime opportunity to develop his leadership skills at sea. If any Club is interested in learning more about this competition, please contact Lion Heather.

Another youth initiative that was launched in February is ROAR. Our District has several Clubs that take part. Again, what a great opportunity to support youth.

Our vision screening trainers have been busy visiting Zones and Clubs to talk about this programme and train Lions in using the camera ably led by District Officer Lion Mark Cooper. I am pleased to say that several Clubs are putting money into the District pot so that we can purchase cameras and apply for match funding. If you want more information, please contact Lion Mark.

I am also getting excited that it is less than a month to go before our sixth District Convention. Convention is open to all so it would be great to see you there, whether for the whole weekend or just for the Saturday. This will be a chance for you to network and celebrate all that is good about our District.

Thoughts for the month:

- ♦ *In every day there are 1440 minutes. That means we have 1440 daily opportunities to make a positive impact.*
- ♦ *Positivity, happiness, kindness and smiles are infectious! Start an outbreak!*

Have a positively wonderful March.

Lion Sandra

District Governor 2024-25

Matters of moment

DG's Month March

- 3 March: Petersfield Lions Club meeting
- 4 March: Isle of Wight Newport Charter Anniversary Lunch
- 8 March: Second Saturday Swap at 9.30 am - social ideas
- 11 March: United Nations Day
- 14 March: Musical Festival bar
- 15 March: Musical Festival bar
- 16 March: Swindon Lions 60th Charter Anniversary
- 21 March: Musical Festival bar
- 22 March: Isle of Wight Sandown and Shanklin Charter Anniversary
- 25 March: Petersfield Lions Afternoon Tea and Indian Meal events
- 26 March: DGs get-together at 8.00 pm via Zoom
- 28 – 30 March: 105SW District Convention

MISSION 1.5

Why are you a Lion?

It's a simple question with profound answers - friendships made, joy in helping others and countless more. To meet the challenges ahead, we must grow.

MISSION 1.5 is our path forward. Will we rise to the call, as we always have, or let needs go unanswered? The choice is ours.

The first webisode is out now! Past International President Lion Brian Sheehan, a true example of what it means to be a Lion, shares his inspiring story and the moments that have touched him most. **Watch now.**

MARKETING AND BACK TO BASICS

We've spoken several times in this column about getting the word out and that is what we must keep on doing. We call that marketing and like it or not, that is what we are doing.

To reiterate what was probably in the first article I wrote on this subject, marketing is the process whereby a product or service moves from whoever is generating it to whoever is using. Needing or wanting it. In commercial terms what follows is the reverse: from whoever is using the product or service moves to whoever is generating is money in all its multitudinous forms. It's arguable that in our case, that reverse is not quite true, i.e. we do not expect to be paid for our services. While that is theoretically true, in practice we are paid, only very rarely by the user but much more often by someone else. We call that fundraising.

Within marketing there are several tools that we need to use: advertising, promotion, PR, product knowledge (the hymn book that tells us what Lions are supposed to do) and personal contact.

So where do we start?

There are costs involved in many of these activities. For instance, for a local charity I manage an advertising budget of circa £50,000 and use an advertising agency to generate the publicity package. This charity is not a Lions Club but one that has the resources to be able to afford to compete with other large local charities for the public's munificence.

Therefore we will need to examine in detail those activities we can achieve without spending our own precious resources. We start next month.

Lion Peter Tall MJF MCIM MCIPR

The bigger picture



Lions Clubs International FOUNDATION

The year is moving on rapidly and as we near Convention I am reminded that the end of the current Lions year will not be far away. Please if you wish to present a Melvin Jones Fellowship at the end of this Lions year, put in your application sooner rather than later.

I often direct Lions to the Grant Toolkit to see the information regarding the various types of grants Lions can apply for. Someone in the Lions Club of Lara, Australia, obviously did. A local resident was invited by Lara Lions Club to attend a free skin cancer screening and she is so glad she did. Because there are no public funds available for skin cancer checks in the state of Victoria, the Lions of District 201-V2 used an LCIF matching grant to purchase and equip a mobile cancer screening unit offering free screenings to anyone who wanted to be checked. Local resident Tosh ended up being told to monitor a small mark on her arm and seek medical advice if it changed in any

way. The upshot for her was a biopsy which then resulted in her being told her lump was cancerous and she had it removed.

More than 9,200 people have had their skin checked in the unit. Nearly 3,500 people were referred for follow-up treatment. And, because of this project, more than 41 life threatening lesions were discovered. Tosh says she cannot thank the Lions enough for providing the service.

A local project saving lives thanks, in part, to a matching grant from LCIF.

This is just one small grant of circa 1,580 grants totalling more than \$46.4 million that were awarded during the last fiscal year.

Our Foundation makes a big difference in our communities.

Thank you for your continued support, it is much needed and appreciated. As Tosh says, "Thank you Lions! YOU are amazing!"

Lion Ann Huntley MJT

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

From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos



While people around the world continue to face unimaginable challenges, Lions and Leos are responding. Grant funds from our global Foundation are helping you make a bigger impact when and where it matters most. In recognition of International World Childhood Cancer Day on Saturday 15 February, this month's LCIF newsletter shares more about LCIF's Childhood Cancer Grant, as well as one childhood cancer survivor's story.

It is also my pleasure to share the 2023-2024 LCIF Annual Report, which celebrates the generosity of our donors and highlights examples of grant-funded, life-changing service made possible through your gifts. Thank you to every one who continues to support our Foundation with your personal donations. You set the example for countless others, inspiring them to join you in helping to expand our service across the globe.

Yours in service

Lion Dr Patti Hill LCIF Chairman

More Matters of Moment

Welcome New Lions

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

CROFTON - Lion David Senior

GUERNSEY - Lion Amy Williamson

MAIDENHEAD - Lion Narangrerge
Poojani Dewnethmi

MELKSHAM - Lion Ian Knight

WOODLEY & EARLEY - Lion Mark
Heneghan

WOOLMER FOREST - Lion Anne
Probert

YATELEY & DISTRICT - Lion Martin
Simpson

DG *Lion Sandra*

Make Your Mark
with International
President
Lion Fabricio
Oliveira



Dear Lions

Time is running out to receive my exclusive recognition - don't miss this opportunity. Lions Clubs International Foundation (LCIF) needs your support to continue empowering Lions and Leos to serve those in need,

Just last fiscal year, LCIF awarded 1,580 grants totalling more than \$46.4 million - making a real difference for communities worldwide. Yet, there's so much more we can achieve.

By contributing today, you can help bring possibilities to life for millions in need while earning a special place in the Presidential LCIF Supporter programme. Make your mark and be recognised for your generosity.

Yours in service

Lion Fabricio Oliveira

Lions International President 2023/2024

PASSED TO HIGHER SERVICE

The Lions Club of Swindon is saddened to report the death of Lion Mike Bowden. He passed away unexpectedly at home on Wednesday 5 February. Lion Mike was a great humanitarian and charity worker. Formerly a corporate lawyer, he took early retirement to work in the charity sector. Although involved with many causes, he will chiefly be remembered for being founding chairman of the Swindon Humanitarian Aid Partnership, an organisation helping Ukrainian refugee families. Swindon Lions were proud to have had him as a member and will miss his incredible enthusiasm and dedication. He was a great Lion and a very good friend. Everyone was all the better for having known him.

The 105Sc Sentinel joins the Swindon Lions with condolences to Lion Mike's wife Sarah and his two children.

**“Everyone is entitled to his own opinion,
but not his own facts.” – Daniel Patrick Moynihan**

Perfect timing

Windsor Lions have really hit the spot with the recent launch of their prostate cancer screening event.

Recent press coverage has highlighted not only the high-profile celebrities such as Sir Chris Hoy and Giles Coren who have been diagnosed with the disease, but that it has overtaken breast cancer as the UK's most prolific cancer. But, with no national screening programme for this form of disease, Windsor Lions feel they really can make a difference with their PDSA blood test-based event.

Men aged 40-plus are invited to come along to Ascot Racecourse on Saturday 26 April to be tested by professional nurses with samples then being sent off for analysis. Results are given confidentially by email within a week, flagging up any need for follow-up action with their GP.

And all this is FREE - although donations to cover the considerable costs are encouraged. Also helping to offset the costs are Windsor Lions' generous sponsors: local organisations and companies, the Shanley Foundation, Grundon, Savills Estate Agents in Windsor and Sunningdale and, of course, Ascot Racecourse.

The event is expected to be very popular - previous events such as that in 2023 were sold out.

Speaking about the recent launch, Windsor Club president Lion Martin Tacher said: “The Prostate Cancer Screening event has become a regular feature in Windsor Lions' calendar and that is for a very good reason. There is a real demand and most GPs don't have the funds to test men on a routine basis and often will only do so if there are strong symptoms. We believe that this event perfectly demonstrates the Lions' motto, ‘We serve’.”



CHARLIE IS OUR YOUNG AMBASSADOR



CHARLIE VASSE (16) sponsored by the Lions Club of Jersey, is a student at Jersey's Les Quennevais School and a member of Pathways, a group of more than 170 young people (sponsored by the Lions Club of Jersey) with a great record in generating in youngsters like Charlie the ethos of serving the community.

Pictured with Charlie and his Shipshape Award are (l. to r.) Lion Susan Parker, Jersey Lions' Young Ambassador Officer, Liz Lambotte of Pathways and Lion Heather Blackley, District Young Ambassador Officer.

**“Always remember that you are unique.
Just like everyone else.” - Anon**



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
April
National Pet Month
2 April
International Children's Book Day
2 April
World Autism Awareness Day
7 April
World Health Day
10 April
Siblings Day

Young Carers receive support from the Romsey & Waterside Lions

Romsey & Waterside Lions have presented a cheque for £500 to Romsey Young Carers following the RYC's appeal as they find themselves under severe financial pressures. They have struggled to obtain grants recently to help them in the long term but as they are currently helping around 170 young carers, they are also in need of some immediate help. The group covers not only Romsey but also North Baddesley, Rownhams, Nursling and the villages and rural areas surrounding Romsey.



In the photograph Club president Lion Andrew Trowbridge is handing over the £500 cheque to Charlotte Anthony from the charity and Zoe-Gabriella Olakanpo, one of the charity's helpers.

CHILD SIGHT VISION CAMERAS UPDATE

In the last few weeks, the Child Sight UK team in the District has been visiting Clubs and Zone meetings. Twenty members have been trained so far and are now qualified operators. There will be more training sessions in the coming months. Contact me to arrange training dates.

We have approached schools and the response has been amazing. Once we have secured our own cameras in the District, we should be able to begin delivering this programme. Unfortunately, the cameras we had were on short-term loan and have been returned to the manufacturer.

We are still appealing for your donations towards purchasing cameras. Club contributions for this exciting project should be sent to the District Treasurer, identified for the "Child Sight Vision Camera."

Lion Mark Cooper

105SC



CONVENTION

2025

Make sure to join us at our District Convention - 4-6 April 2025

Hello again, I'm here again to give you an update on our Convention plans.

DG Lion Sandra is working on an exciting programme for the Convention, with a speaker from LifeLites: <https://www.lifelites.org/> and the popular five-minute slots for Clubs. Lion Sandra is asking for your Club's success stories about service, membership and leadership, so please let Sandra know **as soon as possible** of the success story you would like to share with us:
sandramanktelow@lionsclubs.co.uk

As in past years Lion Sandra will be providing a Convention bag with some materials including a mystery gift – worth going to Convention for that alone?



We will be supporting our various initiatives by collecting spectacles, hearing aids, stamps, foreign coins, bras and **non-perishable** food for a local food bank. Remember to advise Lion Dave Ebsworth how many boxes of spectacles you will be bringing - dave.ebsworth@lions105sc.org.uk

To help with our Environment initiative we will have birdbox kits available for sale:



Now let me give you a few pointers:

Please remember to book lunch even if you are only coming for the day – there will not be food at the bar, the only option is the pre-booked lunch, and there are no local shops or cafés.

The programme will be electronic, no paper programmes will be provided so remember to download it before the day, and print it if you need a paper copy. There will be a QR code to access the programme on the day.

To book for Convention events, the link to book is

www.lions105sc.org.uk/booking

Or you can book through the Convention website

[Lions 105SC - Convention 2025](#)

Where you will see further details.

Remember registering to attend Convention events does not register you as a delegate for your Club, that must be done through the Club Secretary.

The Friday Host Night will feature the ever-popular DJ John Jonny, providing music for our Celebration theme with songs throughout the history of Lions in the UK – as part of your booking you can nominate your favourite record from whatever era you favour. Dress for a party, which means you can be as whacky or as sophisticated as you like!

The usual Convention business is on the Saturday, but Lion Sandra has promised to make that as smooth as possible. And then we can relax at the Banquet and Ball, with entertainment provided by The Cherrypickers.

For those not attending Convention, or who have some free time, there are the attractions of Salisbury, Stonehenge, and the rest of that beautiful area. The Stones Hotel is now fully booked but their sister hotel, the Holiday Inn Salisbury-Stonehenge, has space and is offering a **20 per cent discount**. That brings their price to £220.00 per weekend. However, this price is not fixed – but you will be entitled to **that same discount** on any of the rooms over the Convention weekend. The best avenue is to book ASAP with Lucy at the Holiday Inn on 0345 2413535 (she works M-F, 9-5) as the rate will start to increase as they fill up and get closer to the date.

Best regards,

Lion Steven Spencer

for the 2025 Convention Host Committee

"It's called the American dream because you have to be asleep to believe it." - George Carlin

Three generations serving together in one Club



Pictured at a milestone moment for Farnborough & Aldershot Lions Club is Lion Tallie Meager receiving her membership certificate from Zone E chairman Lion Mark Cooper.

Badged up in January, Lion Tallie was sponsored by her grandmother Lion Carol Cross (pictured right). Tallie's Mum, Lion Hannah (pictured 2nd right), was badged up into Aldershot Lions Club by Lion Mark in 2022 when he was President of Fleet Lions Club.

During the induction ceremony Club president Lion Chris Seabrook said: "We have the rare privilege of having three generations of the same family serving together as Lions in the community. Welcoming Lion Tallie we look forward to this as the beginning of a new era of service throughout Rushmoor by Farnborough & Aldershot Lions."

Pictured l. to r. are Club president Lion Chris Seabrook, Zone Chairman Lion Mark Cooper, new Lion Tallie Meager and Lions Hannah and Carol.

SECOND SATURDAY SWAP

8 March

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. This Saturday's topic - social ideas

09:30 – 10:15 via Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/83736114593?pwd=89kCnv5Kwgg59u14r81AWHyY1x8I11.1>

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

Lion Brian Donovan

Global Leadership Team
Chairman

**“To reform a man, you must begin
with his grandmother.” - Victor Hugo**

WOKINGHAM LIONS SECURE FUTURE FOR WOKINGHAM MUSIC CLUB

Wokingham Music Club was founded in April 2012 by Stan Hetherington, his aim being to bring live music to Wokingham. Since then, it has around 20 live music events per year. These events feature original artistes, along with high quality tribute and cover bands.

Stan has decided to take a step back and he approached Wokingham Lions Club with a view to them taking the Music Club over.

Wokingham Lions Club was an obvious first choice. Stan had inaugurated the Wokingham Walk together with Lion Andy Slay in 2016, which continues under the banner of the Wokingham Lions Club. Stan was also aware of the success of #WOKY Comedy Nights, run by Wokingham Lions at Wokingham Theatre.

The official handover will be on Sunday 6 April 2025, and the logistics of organising and managing Wokingham Music Club will be taken over by Wokingham Lions Club. All funds raised from Wokingham Music Club events run by Wokingham Lions will go to help charities and good causes.

President of Wokingham Lions Club, Lion Andy Goffin says, “Wokingham Lions extend huge thanks to Stan for all his hard work over many years, establishing and running the Wokingham Music Club. With our experience of running successful events, we look forward to running Wokingham Music Club too”.

An Urgent Appeal for Host Families

Do you or a family your Club knows have a spare room and would be willing to host a young international student before they attend our MD105 Lions Youth Camp in London.

**Host families are urgently required
between 1 and 11 August 2025.**

All the international students will be at least 18 years old, fully vetted and may not have visited this country before.

In addition to your Club and Zone helping out with excursions and costs, you can obtain a grant from the District Youth Fund of up to £250 for each student hosted.

It's an incredibly rewarding experience to welcome a young person to this country and to help them experience our life, our landmarks and our culture. It can be great fun.

**If you know of a family who can help,
please contact Youth Exchange District
Officer, Lion Stephen Sherring on
07341275176 or via email at
youthexchange@lions105sc.org.uk**



MARWELL MEMORIES

As part of Convention we would like to produce a slide show of the last two years at Marwell. Please send any digital images in jpeg format that you have of the last two years to judith.goodchild@lions105d.org.uk by Saturday 8 March.

Please ensure that permission has been gained from anyone in the images. Thank you.

Lions Judith and Dianne

“If we could be twice young and twice old we could correct all our mistakes.” - Euripides

Let's all go the Zoo!



Our Fun Day to Marwell Zoo is definitely happening this year. It will be on Sunday 22 June at a cost of £22 per person although carers and children under three years get free entry.

Please see the District Mailing and the website <https://www.lions105sc.org.uk/projects/marwellfunday.html> for more details.

Please book early for a great day out. We look forward to seeing you there
Lions Judith and Dianne

SKITTLED!

Woodley and Earley Lions held their annual Skittles Night at Earley Home Guard Club on Saturday 8 February. Members of other Local Lions Clubs attended with their family and friends.

The event was hugely successful in raising funds towards a state-of-the-art camera to be used in schools to carry out screening which will detect any eye abnormalities in children.

Club president Lion Mike Kennedy said that everyone had fun and the inter-Lions Club game was won by Lion Andy Goffin representing Wokingham Lions who kindly donated the £50 prize money towards the new camera.



**“Children are apt to live up to what
you believe of them.” - Lady Bird Johnson**

ROAR 2025

You may have already discussed your Club's involvement in **ROAR 2025** or will be discussing it at your next monthly meeting.

For further information on ROAR 2025 and to get all your questions answered, please join one of our Zoom evenings and check out the Lions' ROAR website <https://www.lions-roar.com/>

**Choose one of the ROAR knowledge-sharing Zoom evenings
- Friday 21 March and Tuesday 22 April.**

All Club members are welcome.

The Zoom meetings start at 7.30 pm and the link opens at 7.15 pm and this is your invitation to join:

Meeting ID: 829 374 4613

Passcode: 154509

Your ROAR 105SC District Officers are **Lions Eric Warner and Graham Drayton.**

ericjwarner@outlook.com

Grahamdrayton.gd@gmail.com

We are there to support you on everything ROAR 2025 and hope to see your Club entering a school.

Woodley & Earley Lions

Charity Quiz Night

WOODLEY AND EARLEY LIONS QUIZ NIGHT

SATURDAY 15TH MARCH 2025, AT CHARVIL VILLAGE HALL

TICKETS £15 PER HEAD TO INCLUDE A PLOUGHMAN'S SUPPER

Charvil Village Hall, The Hawthorns, RG10 9TR

Cost £15 per person to include a Ploughman's Supper

Teams of six people
Winning team gets £60.00 cash prize

Bring your own Drinks, Nibbles, and a Knife and Fork.
Doors open at 7.00pm for a 7.30pm start.

Advance purchase of tickets required so we can purchase and prepare food
Cut off date for ticket sales, Wednesday 12th March

To Purchase tickets, visit www.clubs-hub.com/welions or scan the QR code

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

Pollinators - revisited

With Spring approaching, now is the time to look again at a recent article and focus on providing space in the garden for the bees, butterflies, moths and other insects that transfer pollen from one flower to another. Without them we’d lose the colour of wild flowers and much of our fruit and vegetables.

Over 70 per cent of the foods we eat need a pollinating insect to do its job somewhere around the world. Some of life’s essentials such as coffee and chocolate are entirely dependent on them!

At this time of year nearly all our insects are sheltering from the weather and colder temperatures. That might be as fully grown adults, or queens, or as a chrysalis or even an egg and there are a multitude of ways and places they do this. Under sheds, in piles of leaves or twigs, buried deep in the earth or in the old dry stalks of plants. They are well adapted to survive our winters - bumblebees can disengage their wings and then use their flight muscles to vibrate to keep warm, much like shivering. Other insects produce a natural anti-freeze using glycol just like the stuff in cars.

Numbers of pollinators are way down maybe by as much as 50 per cent this year due to the weather and other factors. So, we all need to do our bit to help. Not only do they help us grow food, but they are also food themselves for blue tits, robins and other birds. Plan to have a wild area in your garden this year. Nature knows best and will look after our pollinators better than we can.

Tuesday March 18 2025 - Global Recycling Day

Global Recycling Day was first established in 2018 by the Global Recycling Foundation, a non-profit organization that aims to promote the importance of recycling and support sustainable development. The day is recognized by the United Nations and is celebrated around the world.

The first Global Recycling Day was celebrated on 18 March 2018, and it has become an annual event that brings together individuals, organizations, and governments to promote recycling and sustainable practices. The day is an opportunity to raise awareness of the impact of waste on the environment and encourage people to take action to protect the planet for future generations.

Many Clubs in our District take part in recycling initiatives such as Spektrek, jumble sales, recycling clothes, etc., **BUT** is there anything else you can do?

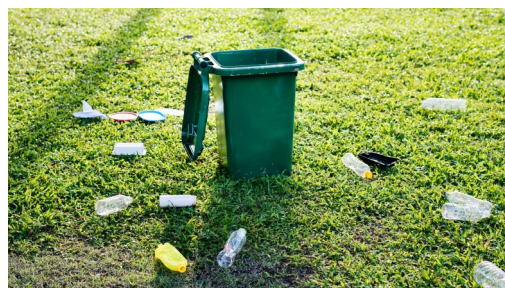
Send me your ideas (thanks to the few who already have)

If there anything you would like me to focus on or to promote your Club’s activities to other Clubs in our District – then e-mail me on environment@lions105sc.org.uk

See you at Convention!

Lion Paul Alloway

HELPING YOUR ENVIRONMENT



Some Lions Clubs routinely hold litter picks throughout the year. Sometimes they involve local groups such as the local Council or football club to help provide manpower. They are a great way of helping your local environment but also of getting the message about Lions spread in your community.

Coming up are two opportunities to take part in two “one off” clean ups.

The Great British Spring Clean will take place from Friday 21 March until Sunday 6 April.

Can your Club do anything to help with this? This is the tenth time the campaign has been run. Your efforts can be as little as picking up just one bag of litter. More details can be found at <https://www.lions105sc.org.uk/projects/environment.html>

World Earth Day is on Tuesday 22 April.

This is another good opportunity to collect litter. Again full details can be found on the 105SC web-site at <https://www.lions105sc.org.uk/projects/environment.html>

Good Luck with this and please let me know how you get on

Lion Judith

PDG Lion Judith Goodchild

Environment Officer 105SC

Email: environment@lions105sc.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: March, April and May 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 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 4 April, **#Woky Comedy Night Guest Charity - Daisy's Dream**; Sunday 13 April, **Wokingham Walk**; Monday 5 May, **Wokingham May Fayre**; Friday 16 May, **#Woky Comedy Night Guest Charity - Me2 Club**
- ♦ **YATELEY and DISTRICT** - Friday 7 March, **Community Bingo**, Friday 21 March, **Community Bingo**

Webpage - www.lions105sc.org.uk/events

COMPETITIONS ENTRIES FOR CONVENTION

Has your Club entered any competitions yet?
All Clubs are active so why not enter some?
A letter giving more information has been sent out in the District Mailing and more information can be found on the District website - competitions@lions105sc.org.uk



DIABETES UPDATE

THE PRIORITIES FOR RAISING DIABETES AWARENESS

- 1. All Lions Clubs to become members of Diabetes UK.** Clubs will then have up-to-date information on diabetes. Clubs become independently informed rather than relying on visiting speakers.
- 2. Create a Club diabetes team** with Lions and non-Lions members who will be informed by their Club's Diabetes UK membership.
- 3. Forge links** with local diabetes clubs, groups or hubs. Take an interest in what they are doing. Link with other Lions Clubs in the area. Learn from each other, working as a team.
- 4. Start talking** to people in your area. Promote what your Club is about. Collect and share stories with people who have diabetes. Every story will be different. What would they recommend to diminish the risk of acquiring diabetes. It's useful having positive and negative stories, especially for educating the younger generation on how to diminish that risk.
- 5. Form** a new diabetes support group. Volunteers can be involved from across the UK. Could those who presently are not Lions, become Lions at Large members? Worth considering? Such a group could then include people with disabilities and those living a long way from any Lions Club which is how many non-Lion charities function. A way to get such volunteers to become Lions?

Lion Chris Stubbings



OLD MONARCH

The Editor has the last word...

Another busy month and I am obviously delighted that once again the Young Ambassador sponsored by my Club has been chosen to represent our District. Charlie was one of the five local candidates and was eventually chosen by a team of judges chaired by our District Governor while on a visit.

Last month I stated how much I was looking forward to the Convention. This month I am having to regret that, in the words of John Lennon I have often quoted, "Life is what happens while you are busy making other plans", and that I will be missing at the Salisbury jollies. The problems I had last year haven't quite left me and I am not yet fit to travel. I shall miss you all and will just have to read about it.

Lion Peter Tabb



**Lions
tail...**



Our Young Ambassador shows off his musical skills

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