

105SC SENTINEL



**I look forward
to seeing you**



INSIDE

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- ♦ A Swimarathon raises £80,000 and still counting



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"

APRIL 2025 EDITION

The DG's Leader...

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



Dear Lions Family

March has been a busy month that saw me cross the water twice – once to celebrate Isle of Wight Newport's Charter Anniversary with a lovely lunchtime meal. All went well on the day despite being emailed that there was an issue with the ferry. The crossing was smooth, and I was met at Ryde and taken to the venue and then taken back to Ryde. One advantage of living near Portsmouth is that I can use my bus pass to get to the ferry! Three weeks later saw, Lion Dave Ebsworth and me going by car ferry to Sandown & Shanklin to help them celebrate their Charter. A wonderful evening with great food and entertainment.

It was good to see a couple of new faces at our Second Saturday Swap in February where we talked about the social side of Lions and shared lots of ideas.

United Nations Day was on Tuesday 11 March and saw me taking the train to London where I met with 1st VDG Lion Dianne. Fun and laughter as we wended our way from the station to the Houses of Parliament where we listened to some interesting speakers. I didn't meet any MPs on that day but that weekend while attending Swindon's 60th Charter Anniversary I sat on the same table as the MP for Transport. While I was enjoying my lunch 1st VDG Lion Di went to Poole Lions to celebrate their 60th Charter Anniversary.

I also managed to attend several events our Club was doing including working the bar at the local music festival and helping at a joint venture with another charity which was a good way to share people power and the workload. #

In just over a week's time Convention will be here and gone before you can say 'roar to a Lion!' I am looking forward to celebrating with Lions from across our District. Having never been involved with the organisation of a Convention I am in awe of all those Lions who have been working so hard to make it a success.

Sadly, a couple of Lions who have attended many Conventions are unable to be with us, but I will be raising a glass to Lion Peter Tabb and PDG Lion Barrie Richardson. There are several other Lions who will be unable to attend due to health issues and I wish each one of them all the best. I will miss their friendly faces.

Thought for the month: Positive thinking will let you do everything better than negative thinking will.

Wishing you all a positively amazing April!

Lion Sandra

District Governor 2024-25

Matters of moment

DG's Month April

- 3 - 6 April: 105SC Convention
- 7 April: Petersfield Lions Club meeting
- 10 April: GAT via Zoom 7.30 pm
- 12 April: Second Saturday Swap
- 12 April: Havant Lions 60th Charter Anniversary
- 13 April: Council of Governors via Zoom
- 16 April: Zone Chairmen's meeting via Zoom
- 19 April: Petersfield Lions' stall
- 24 April: Finance via Zoom
- 26 April: Westbury Lions Charter Anniversary
- 27 April: Westbury Lions Senior Citizens Garden Party
- 30 April: DG Get-together via Zoom



MISSION 1.5

International Women's Month

March was International Women's Month, an opportunity to celebrate the incredible impact of women in Lions - leading globally and serving locally.

The month honoured their contributions and commitment to uplifting women in our Clubs and communities.

MARKETING AND BACK TO BASICS

Last month we observed that within marketing there are several tools that we could be using to promote who we are and what we do, i.e. advertising, promotion, PR, product knowledge and personal contact. We also said that we would be looking at those activities we can achieve without spending our own precious resources.

The role of advertising is to inform, persuade and remind. The advertisement allows you to say what you like (within the limits of truth, taste and the laws of libel), when you like and where you like. However advertisements carry a cost because the media rarely carry them for nothing (even for charities) and your freedom to say what you like, etc. generally requires design even for social media. Such designers don't come cheap. Some charities do have advertising budgets but these tend to be those that can also rely on very significant financial support. That sort of support is not usually associated with Lions Clubs.

A way of overcoming this drawback is to get someone else to pay your advertising costs, i.e. by sponsorship. My Club has a major fund-raising event which is widely advertised on all the local mainstream media as well as online and the cost is met by the event's sponsor who obviously shares in the publicity generated. Nevertheless the balance must be right (the event remains the Lions whatever and not Bloggs & Co's whatever with the Lions as junior partner). I am aware of one instance where a charity was so dazzled by the financial value of the sponsorship, they were prepared to 'sell' their event to the sponsor, drastically limiting its appeal to the public. They have regretted their decision ever since.

Lion Peter Tabb MJF MCIM MCIPR

The bigger picture



Lions Clubs International FOUNDATION

Some of you may remember September 2024 when Hurricane Helene ripped through parts of the south-eastern United States. At least 233 people lost their lives and more than four million were left with no power. For millions, the storm changed everything. Everything is lost, personal items such as family photos, wedding photos and treasured family items.

Realising that the road ahead for the victims would be long and difficult, LCIF approved 11 grants totalling \$335,000 in response to Hurricane Helene. This amount included nine emergency grants of \$15,000 across Florida, Georgia, North Carolina, South Carolina and Tennessee. These grants helped to provide water, food, cleaning supplies, torches and linens.

Added to this MD35 (Florida) and MD31 (North Carolina) received Major Catastrophe Grants (MCAT) of \$100,000 providing more assistance.

Two weeks later when Hurricane Milton struck Florida, District 35-0 received a further grant of \$15,000 to help provide eating utensils, bedding, toiletries, cleaning supplies and non-perishable food to those who had been affected.

District Governor Strong says: "We never would have been able to provide the community with the service we have without LCIF.

So please continue to support the Foundation. It allows Lions to serve their communities and let them know that someone, somewhere cares.

Thank you.

Lion Ann Huntley MGF

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

From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos



I am continually impressed by the innovative ways that Lions and Leos world-wide create positive change in their local communities and across the globe. LCIF is proud to offer grants and programmes that enable us to serve more people and respond to the world's changing needs.

This month's LCIF newsletter how Lions in Japan used an LCIF grant to meet the needs of people impacted by a devastating earthquake. Also featured is a video that shows how the LCIF Lions Quest programme is making a big difference for school children in El Salvador. I encourage you to make a donation to LCIF if you are inspired by these examples of Lions and Leos changing lives. Your gifts are what make LCIF's support possible.

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.

ALTON - Lion Alan Littlewood

BRADFORD ON AVON - Lion Jonathan Court

CHIPPENHAM - Lions John Austin-Brooks and Jennie Shaw

FARNBOROUGH & ALDERSHOT - Lion Tallie Meager

HOOK & ODIHAM - Lions Hope Cansdale and Jeni Rees

ISLE OF WIGHT SANDOWN
SHANKLIN - Lions Jackie Crawley and Sue Foster

NEW MILTON & DISTRICT - Lion Daniel Ratcliff

SWANWICK - Lions Jayshree Dave and Sanjay Dave

SWINDON - Lion Shane Reed

WINDSOR - Lion Georgina Kilner

WOKINGHAM - Lions Katherine Yeung and Ray Yu

Make Your Mark
with International
President
Lion Fabricio
Oliveira



Dear Lions

To ensure a thriving organisation, we must continue to innovate and involve even more people in our service. One of the best ways to achieve both is by increasing the number of young Lions and Leos. This will help us reach our **MISSION 1.5** goal and set us up for a bright future.

So collaborate with the your Club to ensure it's a welcoming, inclusive and energising place that will attract young people - and all people who want to serve. The next generation of Lions starts now.

Yours in service

Lion Fabricio Oliveira

Lions International President 2023/2024

Westbury Lions announce with sadness the passing to higher service of Charter member Lion Stan Flukes. Lion Stan will be remembered for his amazing joie-de-vivre! In his retirement he was active with many clubs and community groups. He greeted everyone with a cheery smile, a warm handshake and a happy comment about seeing another sunrise. He was never bored with life and appreciated every day.

The 105SC Sentinel joins the Westbury Lions with sincere condolences to his wife Pat and his son Conrad.

“Don’t be afraid to go first. Instead of calling it risk, call it R & D.” - Jean Case



Giz a volunteer job!

Fleet Lions joined with other local voluntary services organisations to run and partake in Fleet’s second Volunteer Fair. Held on a Saturday in a nice, warm indoor shopping centre, 20 organisations that are reliant on volunteers to do their good deeds attended.

Participants varied from the local nature reserve and canal and accessible boating, mental health and care, a repair workshop to St John’s and the Air Ambulance.

Lots of the public stopped by to chat with them all. So the organisers expect many new volunteers for them all.

Fleet Lions did their bit to publicise the event and designed some new short, sharp leaflets to hand out.



A great afternoon out for many older residents



Even the weather put on its best dress for Windsor Lions’ Spring Party on Saturday 8 March at the Old Windsor Memorial Hall. The Lions welcomed almost 100 of Windsor’s older residents and entertained them royally with a glass of Buck’s Fizz followed by a delicious cream tea.

The guests enjoyed music from the Windsor Ukelele Band and professional musician Ken McCarthy. They also enjoyed a free raffle with some lucky people also winning the beautiful table flower arrangements and the chance to join in with a spot of karaoke to classics like “My Way” and Dolly Parton’s “Nine to Five”. But the highlight of the afternoon was the singalong with Windsor Lions’ very own choir, led by Lion Bib Tavinor! The guests went home at 5.00 pm armed with bags of goodies and hopefully full of the joys of Spring.

The event was organised by Lion Alan Brown who said “This is one of the Club’s favourite events bringing a lot of joy to many elderly folk who rarely get out. And our members enjoy it as much as the guests.”

**“Be most slow to believe what we most wish
should be true.” - Samuel Pepys**



DATES FOR YOUR DIARY

2 April

**International
Children's Book
Day**

2 April

**World Autism
Awareness Day**

7 April

World Health Day

10 April

Siblings Day

3 May

**World Laughter
Day**

6 May

World Asthma Day

9 May

Liberation Day

**Public holiday in Jersey and
Guernsey**

12 May

**International
Nurses Day**

18 May

**National Children's
Day**



On Saturday 15 March, Eastleigh Lions, in association with the prostate cancer charity PCaSO, hosted a PSA testing session at the Fleming Park Bowling Club.

During the day more than 500 men gave blood samples to a team of phlebotomists in what was described by several attendees as a very slick and efficient operation.

Although the Club has hosted several annual testing sessions in the past, this was by far the biggest one to date. The Club was advised by one of the PCaSO volunteers that this session was one of the largest in Hampshire.

It was a great example of teamwork with Lions, PCaSO volunteers and NHS phlebotomists working throughout the day to deal with the constant flow of men booked in for a test.

So efficient was the processing that the three rows of chairs laid out in the waiting area was rarely needed, as most men were taken straight in to have their blood sample taken before they had the chance to sit down.

The Club would like to say a massive 'thank you' to the Bowling Club for allowing the use of the hall for testing. Thanks also to Places Leisure and Fleming Court Business Centre for being able to use their parking facilities and, of course, the Lions, PCaSO volunteers and NHS phlebotomists who gave up their Saturday to make the event such a success.

**“Money is better than poverty,
if only for financial reasons.” – Woody Allen**

Windsor ‘Local Heroes’ idea launches with the help of a budding young Lion

The Windsor Lions pride themselves on coming up with good ideas to help their local community, but their latest idea came from the great imagination of 11-years-old Aiva Purchase, whose father, Alaster, is a member of the Club. She pitched the idea to the members who loved it and have now adopted it as their own. It will go live on Monday 7 April.

The idea is that the Club creates an online poll on their social media page where people can nominate their favourite local group or organisation. Local residents will be encouraged to tell their friends and family to go to Windsor Lions’ page, nominate their ‘hero’ then like and follow the page. That way they can see who gets the most ‘likes’ and wins!

Aiva, buzzing with enthusiasm for the idea, says: “It will encourage everyone to talk positively about and support their local community and make a difference. I hope this will get many people talking about what a great place we live in and what an awesome group there are in the Windsor Lions Club to make this work.”

The top three nominated bodies will win cash prizes for their charity or organisation: top place - £1,500, second place - £1,000 and third place - £500.

Aiva’s dad, Lion Alaster Purchase, was rightly very proud of his daughter’s idea. “She came up with this all on her own and told me about it. It’s such a great yet simple concept. I can’t think why we didn’t come up with an idea like this before. I believe that, in the future, she will make a great Lion.”

In the picture Aiva proudly displays her idea against the backdrop of Windsor Castle.



10 Rivers Duck Race



Brain Tumour Research are running an online duck race to coincide with the MD Convention.
Each duck costs **£5** – please support if you can.

More details from Lion Tim Hanton, District BTR Coordinator - tim.hanton61@gmail.com

**“You can pretend to be serious;
you can’t pretend to be witty.” - Sacha Guitry**

MEON VALLEY LIONS FISH WHERE THE FISH WERE (ALMOST) BITING

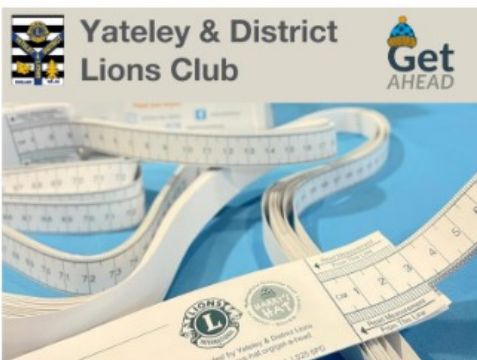
On Sunday 19 January the Meon Valley Club helped run the Fishing Festival on Weston shore, where all moneys raised were donated to Rose Road Association.

Despite only five fish being caught with weights between 1lb 8 ½ oz and 14 oz, there were some lucky anglers who took prizes of between £200 and £400. No wonder the pictured winner is smiling!



YATELEY & DISTRICT NEWSLETTER

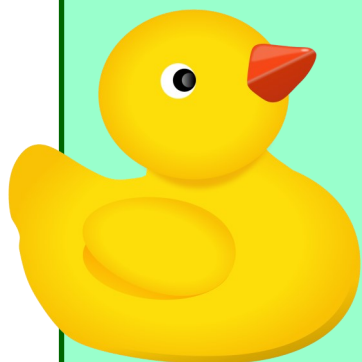
Our Club President, Phillip Ranger, was kindly invited by Harry’s Hat to join them at the House of Commons to highlight the progress of the Get-A-Head campaign and learn more about the launch of the next phase



Yateley & District Lions Club are proud to support Harry’s Hat by sponsoring provision of tape measures



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



WE NEED MORE DUCKS!

Eastleigh and Swanwick Lions Clubs need to replace a raft of racing ducks which took an unplanned detour during last year's race and were not able to be recovered.

The size of the all-yellow contestants is 125mm high (base to top of head), 130mm long (chest to tip of tail), 105mm wide (across fattest part of body), 60mm high (body only) and 75 gms weight.

The Clubs are looking for 100 ducks, but only if they meet the above criteria as they will need to be able to mix unobtrusively with the existing 2000+ flock and hopefully exhibit the same performance characteristics (float upright and don't push and shove to gain unfair advantage during the 1 km race).

If any Club has suitable size and weight ducks which are surplus to requirements, please contact eastleightlions@gmail.com and the Club will arrange transport and payment.

If you would like to see a short video of last year's event, please follow this link <https://fb.watch/umRI73-l88/>

Can you help please?

Lion Dave Bowring

Duck Race Chairman (Eastleigh)
Eastleigh Lions Club

SECOND SATURDAY SWAP

12 April

**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 -
Find out what being a
Club Officer means**

**09:30 – 10:15 via
Zoom**

**Looking forward to
seeing lots of new
faces!**

Join Zoom Meeting

[https://us06web.zoom.us/
j/83736114593?
pwd=89kCnv5Kwgg59u14
r81AWHyY1x8111.1](https://us06web.zoom.us/j/83736114593?pwd=89kCnv5Kwgg59u14r81AWHyY1x8111.1)

Meeting ID: 837 3611 4593
Passcode: Linda

Lion Brian Donovan

Global Leadership Team
Chairman

“It’s hard to beat a guy when he’s got his mind made up that he’s going to win.” - Muhammad Ali

SWINDON LIONS SUPPORT THE PROSPECT HOSPICE

During the weekends leading up to Christmas last year, Swindon Lions, helped by Father Christmas, held their usual collections outside four Swindon supermarkets, Sainsbury’s (Bridgemead), Waitrose and Morrisons (Eldene and Haydon Wick). At the time, it was stated that at least 50 per cent of the collection would be given to the Prospect Hospice as all members were acutely aware of the value of this institution to the town and the surrounding areas and there was widespread appreciation of the funding crisis affecting it.

In the event, the collection raised just over £2500 and the Club agreed to make a donation of £1500 to the hospice. The rest of the collection will be added to Club funds to enable help for the disadvantaged in the borough. Very many thanks are due to the numerous shoppers who paused and put donations in the Lions’ buckets or touched cards on card readers.

The “big cheque” was duly presented by Club President Lion Pete Kennewell, Vice-President Lion John Farmery and Lions Anne Robathon and Steve Austin to a group of the excellent nurses and support staff of the Prospect Hospice.

President Lion Pete said that this donation would not have been possible without the generosity of Swindonians who have shown their support to the Club and the Prospect Hospice.



171kg Food donated to Hart Food Bank



A busy year so far For the Yateley & District Lions.

The Club secured a Winter Cost of Living Grant for its Hunger & Environment Project and have been busy helping those in the local community.

So far hygiene packs and breakfast cereals have been donated for those in temporary accommodation with the Hope Hub, food supplies to the Hart Food Bank, helped a disabled person have her garden restored to a manageable level. The Lions are in the process of providing Dementia Activity packs to the local hospital for their in-patients, food and hygiene supplies for the local food pantry, and networking with local charities and organisations with plans for the coming months. The Club is continuing the regular community bingo fundraiser running for more than 20 years.

There is already a series of community events already lined up where the Lions have been asked to support other charities and organisations, so members and volunteers will have a busy year ahead.

Visitors to the Club so far this year have been the Zone Chairman and the Hart DC Community Project Officer.

“The greatest burden a child must bear is the unlived life of its parents.” - Carl Jung



Lions in the British Isles are working in partnership with Brain Tumour Research to raise £1 million to help fund game-changing research and raise awareness of the impact of brain tumours.

Brain tumours kill more children and adults under the age of 40 than any other cancer, yet just one per cent of the national spend on cancer research has been allocated to this devastating disease since records began in 2002.

The Table below shows what your donation to BTR will help to fund:

Amount	Will fund
£10	A month of micro-plates
£25	A PdD Researcher for a morning
£50	A Senior Research Fellow to run a lab for an hour
£100	Half a day of Gene Sequencing
£150	A day of gene-sequence to understand how brain tumours grow
£300	For solutions, pipettes and dishes needed by a Centre each day to analyse brain tumour cell behaviour
£500	3 days of next-gen sequencing (NGS)
£1,000	Research paper to be published in a high-impact scientific journal, providing another piece of the jigsaw to help find a cure
£1,000	A laboratory technician for a week to work on one of our childhood cancer research projects
£1,500	A weeks' worth of solutions, pipettes and dishes

If your Club is able to make a donation, please make a payment to the District Treasurer.

Lion Tim Hanton

District BTR Coordinator



10th Romsey Scout Group receives support from the Romsey Lions

The Romsey & Waterside Lions have presented a cheque for £750 to the 10th Romsey Scout Group which comprises Scouts, Cubs, Beavers and Squirrels.

Their two/three person tents needed replacing after many years of use and the Lions were pleased to give a donation to help them with their fundraising to buy new ones.

In the photograph above Lion Ian Donnison is presenting the cheque to Scout Leader Martyn Blake, accompanied by Scouts Theodore, Willow, Theo and Abi.

“You know you are old if they have discontinued your blood type.” - Phyllis Diller

The Jersey Lions' 2025 Swimathon raises £80,000 (with more to come)

At the end of five days' swimming, this year's Jersey Lions Swimathon has raised more than £80,000 with 392 teams completing 23,215 laps of the Island's Les Quennevais pool. This sum does not include the very generous sponsorship of local finance house Ravenscroft (for the seventh year) ensuring that, by meeting all the event's setting up costs, every penny raised by the swimmers goes to the Lions' nominated beneficiaries and other good causes supported by the Club.



The event launched by Jersey's Lt Governor Vice-Adml Jerry Kyd and Young Ambassador Charlie Vasse and Melvin, the Jersey Lions' lion

The Swimathon, the Island's biggest sporting fundraiser and one of the longest running, has raised almost £4 million since the first event – the Jersey Lions Sponsored Swim - in 1972.

The theme of this year's event was "Support for those living with cancer" and the charities chosen were ABC Breast Cancer Support Jersey, CLIC Sargent Jersey, Friends of Jersey Oncology, Jersey Brain Tumour Charity, Jersey Cancer Relief, Macmillan Cancer Support and Jersey Hospice.

"Once again, after so many years, it's still amazing to see so many swimmers of all ages taking part and clearly enjoying the event," says Lion Chris Palmer, organising committee chairman. "The exertions of the swimmers make the event what it is and the generosity of our sponsors Ravenscroft covering all the administration costs means that every penny raised by the teams of swimmers goes to charity. Furthermore, the success of

the event and its very existence relies on the support of many volunteers, suppliers and the help and expertise of the management and staff of Les Quennevais pool."

As in previous years, donations and sponsorships are likely to be received for some time, which including the event's sponsorship, is likely to push the gross income beyond £100,000.



Right: The Lions Club of Jersey's team of 'volunteers' including president Lion Damon Greber and (left) Lion Susan Parker in charge poolside



“I hate it when I see an old person and then realise we went to school together.” - Peter Fairley

ENVIRONMENTAL UPDATE

With Convention looming and with me enjoying a break in the sun, I have not focused on any specific topic this month but taken to opportunity to remind you of our recycling initiatives being made at Convention (yes, this is another reminder) which are:

Spectacles and hearing aids (remember to advise Lion Dave Ebsworth how many boxes of spectacles you will be bringing - dave.ebsworth@lions105sc.org.uk),

Stamps

Foreign coins

Bras

Please bring along as much or as little as you can as every piece helps someone somewhere.

And yes, while I am here a copy of my appeal for feedback from last month.....

I am aware that many Clubs in our District take part in recycling initiatives such as Spektrek, jumble sales, recycling clothes, etc., **BUT** is there anything else you do or can do?

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

Is there anything you would like me to focus on in future newsletters or 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

LIONS WIT

Every box of raisins is a tragic tale of grapes that could have been wine...

RECYCLING IN THE GARDEN

Now Spring is here, many of us will be busy in our gardens.

- ◆ You can help save the environment and save money by recycling various household items such as reusing plastic pots and trays. After cleaning these can be used several times.
- ◆ Food containers, with holes in the bottom, such as those used for soft fruits, can be recycled into containers for starting small quantities of seeds or for growing on plug plants. Other plastic food containers, without holes, can be used as gravel trays.
- ◆ Choose wooden plant labels instead of plastic or make your own.
- ◆ Use jute netting which is biodegradable.
- ◆ Use old tights as tree ties. They don't cut into the young bark of trees.
- ◆ Clean and then reuse plant labels.
- ◆ Use loo roll holders as starting planters for seeds especially those which have long roots such as broad beans and sweet peas. They can be planted into the ground and will disintegrate quickly.
- ◆ Use soft drinks bottles as mini cloches. Just saw off the bottoms.
- ◆ Use plastic milk bottles as mini watering cans.
- ◆ Collect the cold water from hot taps as the water warms up. The milk bottles are very useful for this.
- ◆ Old tyres can be used to make containers.
- ◆ Reuse the compost from grow bags as a mulch on borders.
- ◆ Use broken terracotta pots laid on their sides as unusual planters for sempervivums.
- ◆ Put bits of broken terracotta pots into new pots to help drainage. Make your own compost if possible – it saves land fill and transport
- ◆ Collect seeds to resow or buy locally to save air miles.
- ◆ Try growing your own fruit and veg to save air miles.

These are just a few ideas. Do you have more? If so please let me know.

Lion Judith Goodchild

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: April, May and June 2025

- ♦ **ALTON** - Second Saturday of the month, **Lions Craft Markets**
- ♦ **BASINGSTOKE** - Saturday 5 April, **PSA Testing**
- ♦ **DEVIZES** - Saturday and Sunday, 5 and 6 April, **Sports Coaching Weekend for Schoolchildren**; Thursday 8 May, **Charity Golf Day**; Sunday 11 May, **Sponsored Walk**; Sunday 8 June, **Lions on the Green**, classic car show and family event.
- ♦ **ROMSEY & WATERSIDE** - 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 & DISTRICT** - Monday 5 May, **Bank Holiday May Fayre**; Sunday 29 June, **FunFest (a Zone event)**

Webpage - www.lions105sc.org.uk/events



DIABETES UPDATE

YOUNG PEOPLE WITH DIABETES

Around 1,500 children are living with Type 2 diabetes. It's still rare and most children with diabetes have Type 1 which cannot be prevented and isn't linked to lifestyle. Speaking to a number of young people with Type 1 diabetes, they have often inherited the disease from their parents and it can run in families. A young lady I spoke to said she was absolutely terrified about getting diabetes after being told by her doctor that she was on the borderline to becoming diabetic. Diabetes was rife in her family and she was very concerned with regard to what to do about it.

There is a need at grass roots level to get young people involved in learning about diabetes.

- ♦ what children or young people eat today, their children will eat tomorrow;
- ♦ Health and wellbeing for young people. Innovative ideas to start;
- ♦ Creation of posters on health issues, similar to Lions Peace posters;
- ♦ School meals and what could go into lunch boxes. Consider cost of living for families with children;

Diabetes might be rare in most children because they are so active. What happens when children are less active? How soon after leaving school or fulltime education do young people start to get diabetes? My initial aim is to get one school and one youth group involved in this project.

Lion Chris Stubbings



**A person with dementia
may think that a dark rug
on the floor is a hole**



OLD MONARCH

The Editor has the last word...

I am sure that many Lions who, as they read the Sentinel, will be packing their bags for the Convention. Hopefully the effort put into the preparation by the organising committee will be justified by the attendance. Although unable to be with you on this occasion for all sorts of reasons, I will be with you in spirit and not just the one that comes from Scotland in a bottle.

Obviously a key issue will be membership: how to attract new members and how to retain the ones we have. There are lots of good ideas out there and let's hope that our target of 1.5 million around the world and our own rather more modest target do have the genuine potential to be achieved.

My best wishes for a good Convention!

Lion Peter Tabb



**Lions
tail...**



Overheard at Eastleigh Lions' PSA testing day

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