

105SC SENTINEL



ROAR
CONTACT AND TALK
TO SCHOOLS BEFORE
THE END OF JUNE
PROGRAMME RUNS
SEPT-DEC

Welcome to a
new Lions'
year...

Wishing every Club all
the best for the
forthcoming year 2025
-2026.

I truly believe that if
we all stand together
and help each other,
we will all succeed.



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Update



The International Association of Lions Clubs

District 105SC



District Governor 2025 - 2026 ♦ Lion Dianne Hopkins

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

"Strength in Unity"

JULY 2025 EDITION

The new DG's Leader...

"Strength in Unity"

My Family of Lions

Where has the time gone since the District Convention in April 2025?

In this time, I have attended the Multiple District Convention in Llandudno where I met some amazing and inspiring Lions and people doing amazing things and attended a Summit in Warsaw on Membership.

I am getting excited about going to the International Convention in Orlando, although not looking forward to the heat, as this is a first for me but I am looking forward to catching up with Lions from my class.

Handover is on 20 July 2025 just one day after my return from Orlando and I am looking forward to seeing many of you at Handover.

We have been holding Saturday Swaps for 45 minutes once a month for this Lions Year. Feedback was gathered from those who attended and those who would like to attend, but found a Saturday Morning to be very busy and could not get to the Swap.

This is now changing and will be known as the Second Sunday Swap and will be implemented from 1 July 2025 at 7.00 pm and lasts for 45 minutes.

With the permission of the current DG Sandra I can make these changes now in preparation for the July swap.

Please do come along and listen/participate/make suggestions of what you would like to discuss/learn/share. The Lions who have attended these Swaps have found it to be beneficial, interesting and engaging.

Thought for the month:

Coming together is a beginning; keeping together is progress; working together is success. - HENRY FORD

Wishing every Club all the best for the forthcoming year 2025-2026. I truly believe that if we all stand together and help each other, we will all succeed.

Lion Dianne

District Governor Elect 2025-2026



Matters of moment

DG's Month July

- 1 July: Warminster Lions Official Visit
- 8 July: Leave for Orlando
- 12 July: Final day of training as DGE
- 13 July: International Convention starts
- 17 July: Installed as District Governor - end of Convention
- 20 July: Handover at The Stones in Salisbury
- 27 July: MD Foundation Trustee Meeting
- 30 July: Global Action Team and Zone Chairmen's meeting
- 1 - 3 August: First Council Meeting of Lions Year
- 10 August: Bob Cook Games



MISSION 1.5

**Our mission to ensure
that where there is a
need there is a Lion**

**Mission 1.5 is the drive to reach
1.5 million members worldwide,
so we can better meet the growing
needs of our communities where
ever they are and serve more
people than ever before.**

MARKETING and the brand

We've talked a lot about the 'brand' in this column but I was asked recently what I actually meant by constantly referring to the brand.

The verb 'to brand' originally meant 'to mark with a flame' and was widely used as a punishment. A very painful one and it is still used in that way today although usually with words rather than a branding iron, e.g. to brand as unreliable.

In the 15th century the term came to mean 'distinctive marking' when farmers began using hot irons to burn markings on to their property to prove ownership.

Over the centuries branding has assumed different roles. It can mean proof of ownership, or to enable accountability, or to build familiarity, and to guarantee authenticity, e.g. a hallmark is a brand by another name.

Another role is to inform admirers. What does that mean you might well ask? For centuries artisans have put identifying symbols on their work so that potential customers admiring their products would know where to take their custom. Designer brands do the same today. Think of Lacoste's crocodile and Ralph Lauren's polo player. I wear Lacoste glasses and I am well aware (since in Jersey opticians charge for their services) that I have paid a premium to have that little crocodile on the side frames on what otherwise could be considered as run-of-the-mill spectacles.

Why did I do that? My wife has given up asking. Notwithstanding, above all the most important aspect of the brand is the building of familiarity, the stimulus that caused me to buy Lacoste glasses rather than Boots. That's why it's very important that on whatever we do we carry our brand - the logo of Lions Clubs International.

Lion Peter Tall MJF MCIM MCIPR

The bigger picture



Lions Clubs International FOUNDATION

As we begin our new Lions year, I would like sincerely to thank all the members of 105SC for your support of our Foundation. It is our charity that helps Lions be there with vital supplies when disaster strikes, or sees a need within a community that needs a little extra help with a project. Without the donations we make as Lions, the Foundation would not be able to support the various projects both here in the UK and around the world.

As of 12 June, Lions of 105SC have donated \$50,781.02. I have said it before but it's worth saying again. We may be a small District, but we have large hearts.

If you do have a project that needs a little extra funding support, visit the International website and look at the Grants Toolkit for further information.

I hope you will continue to support the Foundation during the next Lions year.

Thank you.

Lion Ann Huntley MJF

Outgoing District 105SC LCIF Coordinator

*From 1 July 2025, Lion Laura Roberts (Fleet)
will be LCIF Coordinator for the District
lcif@lions105sc.org.uk*

From the LCIF Chairman, Lion Dr Patti Hill

Dear Lions and Leos



It has been my honour to serve as chairman of our Foundation this year, and I want to thank you for your unwavering dedication, service and generosity. Together, we have made a meaningful difference in the lives of so many. I look forward to celebrating all we have accomplished during the 107th Lions International Convention in just a few weeks.

If you have not yet had the opportunity to contribute to our global Foundation, there is still time. Every gift helps us carry our mission forward and create a lasting impact in the world. As we enter a new Lions year, let us continue to stand together in support of our association, foundation and the vital work that lies ahead. I look forward to serving alongside you in the years to come.

Yours in service

Lion Dr Patti Hill LCIF Chairman

More Matters of Moment

Welcome New Lions

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

DEVIZES - Lion Susan Lauder

GUERNSEY - Lion Thubelihle Sibanda

HAYLING ISLAND - Lion Valerie
Goulder

MAIDENHEAD - Lion Charles
Southwood

MEON VALLEY - Lion Alan Palmer

WESTBURY - Lions Dee Field, Delcey
Orchard-Smith and Richard
Orchard-Smith

DGE *Lion Dianne*

LIONS KEEPING FIT ADVICE

**“The first time I see a
jogger smiling, I’ll
consider it.”**

Make Your Mark
with International
President
Lion Fabricio
Oliveira



Dear Lions

As I come to the end of my presidential year, I want to thank you all for making your mark through your dedicated service. Every time you served your community and invited a new member to join our mission, you helped us continue our legacy as the world’s greatest service organisation.

While you celebrate your incredible accomplishments, now is also the perfect time to prepare your new officers for their roles and your Club’s for the new year.

Congratulations once again on your achievements! , every day, with every act of service. I look forward to seeing how you continue making your mark as a Lion, very day with every act of service.

Yours in service

Lion Fabricio Oliveira

Lions International President 2024/2025

PASSED TO HIGHER SERVICE

The Lions Club of Wimborne and Ferndown reports with sadness the passing to higher service of **Lion Frank Fortey**. Marlborough District Lions Club reports with sadness the passing to higher service of **Lion Ken Munson** and the Chippenham Lions report with sadness the passing to higher service of **Lion Ian Gilbert**.

The 105SC Sentinel sends sincere condolences to the deceased’s families and fellow Lions.

A fond farewell from IPDG Lion Sandra Manktelow



After two years of writing the 'leader' for our District's magazine I will be putting the cap on my pen for the last time once I have finished this.

It has been a privilege to serve as your District Governor. Over the course of the last two years, I have so many memories that I will treasure, including the friendship and hospitality that I have received on my travels around our District.

June has been a busy month. Clive and I took the ferry to Guernsey to attend their Club meeting and managed to have a couple of extra days there – my last official Club visit. We also had the privilege of helping Reading Lions celebrate 60 years. Four days later I crossed the water to say farewell to Ryde Isle of Wight Lions who are closing after 55 years. Sadly, they are not the only Club to go as Fareham and Havant have also closed. However, the good news is that we are setting up an Internet Club so that those who want to remain Lions can do so.

Our third District Fun Day took place on Sunday 22 June, and it was lovely to see so many Clubs there. Past District Governor Judith did a great job in liaising with Marwell and their new booking system.

On Tuesday 1 July I will be attending my last Charter as District Governor – travelling to Wimborne and Ferndown Lions Club. A fitting last event as Past Council Chairman Lion Peter Burnett has been one of my mentors these last few years alongside Past District Governor Lion Dave Ebsworth.

Although I will be hanging up my District Governor hat, I will still be serving our organisation in many ways. For my sins I become our District Finance Chairman and have agreed to step back into my role as Global Service Team Coordinator. At Multiple District level I have become a trustee for our Multiple District Foundation.

By the time this goes to print I will be attending the International Convention in Orlando and welcoming Lion Dianne Hopkins in as our new District Governor. I wish her all the best for her year and am sure she will enjoy the role as much as I have.

The District Handover takes place on Sunday 20 July at The Stones in Salisbury. This event is open to all so if you would like to attend, please visit our website for more information.

Final thought:

Each and every new day brings a fresh start, a new beginning, a new world full of opportunities and possibilities. It's a wonderful world.

So, it's goodbye from me and here's to tomorrow!

Lion Sandra

**“Strategy requires thought,
tactics require observation.” - Chess grandmaster Max Euwe**



1 July
International Joke
Day
11 July
World Population
Day
20 July
World Chess Day
30 July
International
Friendship Day
1 August
World Lung
Cancer Day
8 August
National Cat Day
9 August
National Bowling
Day
16 August
Tell a Joke Day
19 August
World
Humanitarian Day
30 August
National Beach
Day



Every year Romsey and Waterside Lions organise the raffling of giant Easter Eggs in numerous pubs and other outlets to raise funds to buy tickets to send less able and disadvantaged children for a Fun Day at Paultons Park and Peppa Pig World. This year 90 eggs were raffled and more than £7,000 was raised towards the cost of tickets.

Paultons Park, which opened in 1983, has more than 70 rides and attractions within 140 acres of beautiful parkland on the edge of the New Forest National Park. There are children's rides, family rides, roller coasters, to name a few.

This year the Romsey and Waterside Lions Club were delighted when more than 220 children and carers and parents went through the turnstiles.

Thankfully the weather was warm and sunny and the sight of so many smiles on the children's faces is a fine reward for the time and effort exerted by the Lions into organising the event.





Special Bulletin Getting Schools on Board...

This year's programme is well under way with 80 schools registered across the UK, but in 105SC we are slightly behind the curve, we know many Clubs are engaged with schools, and we have a few ideas for you to progress your conversations.

If you have not looked at the programme before, it really is a brilliant inspirational education competition run in partnership between Lions Clubs British Isles and 8billionideas. The unique programme inspires children between the ages of seven and 11 to think big, dream big and change the world with their amazing ideas.

ROAR 2024 saw 146 schools take part in this programme, sponsored by 76 clubs and engaging with some 30,000 children!! Since its inception in 2016, more than 125,000 children have taken part in ROAR, and we have had 1000s of teachers and parents involved too. [Why would schools be interested?](#)



The programme has excellent synergies with National Curricula in the British Isles, see below how the programme compliments PHSE, STEM and CWRE:

National Curriculum benefits from the Lions ROAR Programme		
England (PHSE)	Scotland (STEM)	Wales (CWRE)
<input type="checkbox"/> Spoken Language KS2 ➢ ROAR Presentations	<input type="checkbox"/> Understanding & Appreciation ➢ ROAR 'Change the World'	<input type="checkbox"/> Creativity & Innovation ➢ ROAR Ideas Ideas Ideas
<input type="checkbox"/> Written Language KS2 ➢ ROAR Presentations	<input type="checkbox"/> Creativity & Innovation ➢ ROAR Ideas Ideas Ideas	<input type="checkbox"/> Critical thinking and problem-solving ➢ ROAR 'Change the World' ➢ ROAR Design / Prototyping
<input type="checkbox"/> Design Tech KS1/KS2 ➢ ROAR Prototyping	<input type="checkbox"/> Experiment & Explore ➢ ROAR Prototyping	<input type="checkbox"/> Personal Effectiveness ➢ ROAR Team work ➢ ROAR Presentations
<input type="checkbox"/> Maths ➢ ROAR Design	<input type="checkbox"/> Problem Solving / Risk Assessment ➢ ROAR Design	<input type="checkbox"/> Planning & Organising ➢ ROAR Programme
<input type="checkbox"/> Citizenship ➢ ROAR 'Change the World'	<input type="checkbox"/> Collaboration Across Fields ➢ ROAR Presentations	<input type="checkbox"/> Cross-curricular skills ➢ ROAR Programme
<input type="checkbox"/> PHSE ➢ ROAR Programme	<input type="checkbox"/> Curriculum for Excellence ➢ ROAR Programme	

Lions and teachers love the programme just as much as the children do, we have the road fully mapped, it really is easy for your Club to engage with and support a school, just contact the District Leads Lions **Eric Warner** or **Graham Drayton** for more information.

What do the children do?

The children have great fun; learning about the big ideas that can change the world, they think about what needs to change, they come up with the big idea, they create a model of the idea, they create a marketing poster and jingle too. In this entrepreneurial programme, the kids learn lots and have great fun along the way too. You can see videos of last year's District Winners at:

<https://www.lions-roar.com/lastyearswinners>

You can also search social media using **#lionsandkidzroar** and see the great impact the programme is having, and you can join in the fun too.

What should you do next?

Agree as a Club to sponsor a school, £185 well worth spending in your local school.

Engage with your local primary schools, a quick search on the web will let you have the details of local schools, reach out to them and share the information available on our website at

<https://www.lions-roar.com/>

If you need to write to the school, we have templated emails ready for you, just ask and we will send them over.

Talk to one of the ROAR Team to register your interest in the programme.

Once you have agreement from the school and funding agreed then you register the school on the 8billionideas system at

<https://8billionideas.typeform.com/ROAR2025Reg>

Once registered and paid for, the school will be sent links to the programme collateral. It is all online, and easy for the teachers to work with.

Then keep in touch with the school, get out to the school for the programme launch, get involved with the school winners selection and help them send in their winners video entry. Yes, the school winners create a video entry of their work and this is what will be judged.

We wish you the best of luck, you have till the end this term to get schools registered and if need be you could register schools as an exception, at the beginning of the autumn term.

Best of luck from your ROAR Team!

Lion Eric Warner : 07974 454945

ericwarner@outlook.com

Lion Graham Drayton : 07949 873474

grahamdrayton.gd@gmail.com

“Every child is an artist. The problem is how to remain an artist once we grow up.” - Pablo Picasso



RINGWOOD AND FORDINGBRIDGE LIONS HELP GET UKRAINE AID READY FROM THE NEW FOREST

Saturday 10 May saw the Ringwood and Fordingbridge Lions Club supporting the New Forest for Ukraine's Aid Hub. Also bringing donations from Ringwood residents who wanted to contribute to supporting Ukraine but could not attend, the Lions then packed and prepared aid for transport. They had collected and brought vital items which are in short supply in Ukraine including pasta and other long life foods, toiletries, hygiene and sanitary products.

The team then worked alongside NFFU volunteers to pack all this ready for transport, received donations and saw in other donors as they arrived and helped to pack and prepare everything ready for despatch.

Lions Club President Alastair Ward said: “This is our third visit as a group to New Forest for Ukraine and it is great to see and be involved in so much good that is being done from so close to us in the New Forest. We love getting involved and doing what we can to make someone else's life better.”

Lions Club Membership Officer and Past President Lion Steve Sherring said: “We do a lot of fundraising and we support local and wider communities with humanitarian and community projects. But it's always great to be able to get involved and see the results where donations brought by us and others are packed and ready to go to the people who need them”.

John Allison, Head of New Forest for Ukraine said: “Huge thanks to the Ringwood and Fordingbridge Lions Club and everyone who has contributed to the donations. On behalf of the Ukrainian people we support, many of whom are displaced and vulnerable, this means a lot.”

RAISING AWARENESS OF DEMENTIA

District Dementia Awareness Officer Lion Denise Deacon reports.

Many thanks to those Clubs reporting what they have been doing to raise awareness and support for those living with dementia, including fundraising. From those I chatted to at the District Convention, most Clubs appear actively to be doing this.

Personally I have been submitting reports to District, participating in meetings, providing articles for Sentinel (albeit with a few gaps owing to illness). I have been raising awareness and signposting on social media and attending various local events. I have been preparing posters, visual aids and handouts including official publications. I have been networking with other voluntary organisations in my local area and attend collaborative meetings which have been helpful.

I have been a Dementia Friend since 2012, raising awareness and am passionate about the condition, having cared for my mother with Lewys Body Dementia in the six years prior to her passing (and experienced many complications on the way which I learned from) as well as supporting other family members and friends with various forms of dementia and having been an HCA in nursing homes and in hospital.

I am an official fundraiser for Dementia UK, a registered supporter for the Alzheimer's Society and participate in research, usually via surveys. I have just completed the NCFE CACHE Level 2 Certificate in the Principles of Dementia Care to keep myself up to date.

Lion Denise Deacon

**“Condemn yourself and you are always believed.
Praise yourself and you never are.” - Michel de Montaigne**

HOW CLUBS ARE SUPPORTING DEMENTIA

Yateley Lions donated £250 activity packs for dementia patients in Frimley Park Hospital; donated to enable those living with dementia and their carers with volunteers from the Daisy Chain Café to enjoy a day out. Club members regularly volunteer weekly at the Café. The Club donated the proceeds from the Tail Twister of around £50 to Dementia UK. I was invited to attend an organisation to give a dementia awareness talk and provide signposting, and an opportunity also to deliver some MIABs as well as the Club's support literature shared with senior citizens and those with mental health conditions providing local contact information for advice.

Petersfield Lions donated the proceeds of £16 from their Tail Twister to Dementia UK.

Lion Rodney Davis of **Swindon Lions** gave presentations to two dementia/elderly clubs, delivering some MIABs.

Hook and Odiham Lions supported local dementia clubs with Christmas party donations and paid £100 for First Aid courses for a dementia club in Rotherwick.

Fleet Lions have been fundraising, paid for canal boat trips and are funding a premises for a local dementia Group.

Newport Isle of Wight provided activity packs and outdoor seating for a local hospital.

Clubs can email anything they are doing to adao@lionssc.org.uk for inclusion in District reports and in the Sentinel.

Lion Denise Deacon

Meon Valley News

EAST MEON COUNTRY FAIR

May was busy month for the Club and this was the first event. No cooking at this event but our 'Play your Cards Right' game was a great attraction.

BISHOPS WALTHAM CHARITY FAYRE

As usual this was a really successful event raising funds to go towards the Club supporting local people.



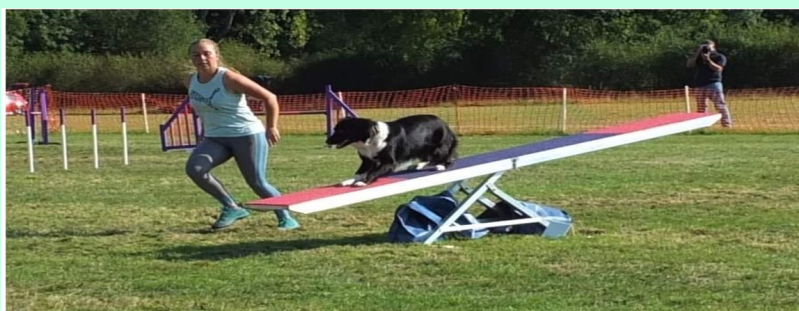
NEW TOWN CHURCH FETE

This was a new event for the Club and it proved a great success. Some youngsters took time to fully appreciate their burgers...



SWANMORE VILLAGE FETE

Planned for Saturday 12 July from midday, there will be loads of the usual attractions as well as some new ones, including a Dog Agility Display, Magic Jay, the magician, plus Punch and Judy.



“There are only so many opinions to go round, and almost all of them are either obvious or wrong.” - Giles Coren

The Bob Cook Games - Seriously Worthwhile

One of the great assets for which District 105SC can be truly proud is **The Bob Cook Games**.

These annual disability games are scheduled to take place again on **Sunday 10 August** at the Swindon Harriers Athletics Club, County Road, SN1 2EE.

Originally started jointly by Chippenham, Melksham & Corsham Clubs 38 years ago, they were later picked up by Chippenham and named after a beloved Charter Member. Over that time, these games have now become an important event to draw Clubs together from all over our District and beyond.

Throughout the day you will see athletes in strong and determined competition in both track and field events and, while medals are awarded for success in every event, there are major awards to the lady and to the gentleman who are judged to best represent the Games' true spirit of determination against the odds.

At the end of the day athletes return happy, tired and festooned in medals. The athletes look forward to it as a highlight of their year and, so many times have I heard it said, that this day is in the true spirit of being a Lion.

The event originally started in the days of 105W and now, after District reorganisation and a loss of momentum over the Covid years, the number of participating Lions and disability clubs started to decline but we are now happy to say that is on the up. However, there is some way to go to match earlier years and the games organisers wish to involve more Lions Clubs and more competitors so if your Club would like to help ensure a healthy future for these wonderful games, then why not approach a disability club in your area?

You can find out much more by visiting the Chippenham Lions website and seeing the gallery of photos from 2024. From there you can find a contact form to reach Lion Richard Adams or alternatively, you can email him directly at richard@chippenhamlions.org.uk

So, don't miss out on the one of the best days on the calendar - come along and be part of it.

Lion Martin Horton Chippenham Lions Club

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

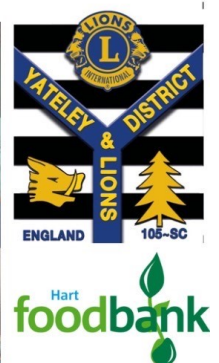


Yateley & District Lions Club are proud to support Harry's Hat by sponsoring provision of tape measures



*Supporting
Our community*

**Yateley & District Lions Club
recent donation to
The Darby Green Food Bank
at St Barnabas Church**



Passed to higher service - Lion John Drago

It is with great sadness that I must share the news of the passing to higher service of our dear friend, Past-President and Honorary Member of Westbury Lions, Lion John Drago.

Lion John had been receiving support at Watersmead Care Home and passed away peacefully on Thursday 29 May, following a brief illness, with care staff supporting him. He was 81.

A treasured friend to so many of us over the years, Lion John's sharp wit, infectious sense of humour and boundless enthusiasm for life left a lasting impression on everyone he encountered. His tireless dedication to the Lions, his lifelong passion for Scouting and, of course, his love of trains were just a few of the many ways in which he brought joy, inspiration and connection to those around him.

Lion John's unwavering commitment to service, to friendship, and most of all to his beloved wife Anita, defined the man he was. Whether he was organising an event for Club or District, lending a helpful hand to a good cause, or simply sharing a story and a laugh, Lion John gave freely and wholeheartedly of his time and energy. His warmth, wisdom and generosity of spirit enriched the lives of all who knew him.

His legacy will live on in the many lives he touched and in the fond memories and stories that will no doubt be shared for years to come among those who were fortunate enough to be close to him and Anita.

Lion John should be remembered with deep affection, admiration and gratitude. He worked tirelessly for Lions at Westbury and in the District and was respected by his peers much further afield than at Westbury alone.

Our heartfelt thoughts are with Anita, his family, his fellow Lions and all those who loved and respected him.

Lion Nigel Coward

Westbury Lions Club

**If you are looking for his legacy,
look around you.**

“You’re only young once, but you can be immature forever.” - Germaine Greer

ENVIRONMENTAL UPDATE

Welcome to the new Lions Year and this month’s environment mailing. A few ideas for this month.

ORGANISE A BEACH CLEAN - OR YOUR LOCAL WATERWAY

We are overrun by waste - it is infiltrating our ecosystem, polluting soil, sand and sea. Through weather and run-off, everything ends up touching the ocean in some way. Currently, there is a 1.6 million square kilometre garbage patch floating in the Pacific Ocean and future predictions tell a staggering story about the effect on wildlife - by 2050, virtually every seabird on the planet will be eating plastic.

LITTER PICK Why do it?

Unless we look after our own community’s environment, and encourage others in the wider world to do the same, we will have a much poorer place to live in.

How to do one: Survey your community and choose areas which are well used and has an accumulation of litter.

Can you or your Club do anything to help?

For further details on beach Cleans and Litter Picks please refer to the Environment page on the Lions 105SC website at: <http://lions105sc.org.uk/Projects/Environment>

Sponsor a Repair Café

From the popular TV series – is there a Repair Café in your area?

Before binning a ripped t-shirt or faulty hairdryer, consider repairing instead. Approximately 92 million tonnes of textiles and more than 50 million tonnes of electronic waste end up in landfills every year. Not only that, but the production of new items produces further carbon emissions and drains natural resources - manufacturing a single pair of denim jeans produces roughly 30kg of CO2!

One of the ways we can mitigate these effects is to move away from a linear economy, where goods are produced, used and discarded, to a circular economy, where goods and materials are

continuously kept in use, with waste and pollution significantly reduced.

The Repair Café was founded with this ethos in mind. Through pop-up events, you can offer a space to meet with skilled volunteers, to fix or refurbish broken or worn-out goods. Whether it’s an electrical item that needs a new plug, a coat that needs a new zip, or a teddy that needs a new eye; your team will be able to offer guidance, advice or practical help to give the item a new lease of life.

This is a call for volunteers who can repair clothing, textiles and soft toys, small household appliances and electronics, and small household items such as furniture and picture frames. You could also consider repairing computing and audio equipment, jewellery, books, pottery or porcelain.

The café should be free to attend, with donations being welcome.

Learning a new skill and developing a mending mindset underpins the principles of the project.

Can your Club set one up in your area? It could be fortnightly or monthly or

Bees’ Needs Week 2025: 14 to 20 July

Bees’ Needs Week is an annual event run by Defra, working with a range of organisations including conservation groups, businesses and charities. The aim of the week is to raise awareness of the importance of bees and other pollinators; share ideas, actions and activities that highlight the ways in which everyone can help them thrive.

If you want to take part, email beesneeds@defra.gov.uk. For media enquiries, contact the Defra press office on 020 8225 7318

You can download a [free promotional pack](#), whether you are planning an event or simply want to help spread the word.

Lion Paul Alloway





Sentinel's eye on...

The Events Calendar

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

Club Events: July, August and September 2025

- ♦ ALTON - Second Saturday of the month, Lions Craft Markets
- ♦ FLEET - Saturday 2 August, Beerfest
- ♦ MEON VALLEY - Saturday 12 July, Swanmore Fete
- ♦ ROMSEY & WATERSIDE - Saturday 5 July, Bookstall in Romsey Market; Sunday 6 July, Mayor's Picnic in Romsey Memorial Park; Saturday 9 August, Bookstall in Romsey Market; Monday 25 August, Nomansland Village Fair; Saturday 6 September, Bookstall in Romsey Market
- ♦ WOKINGHAM - Wednesday 16 July, Wokingham Swimathon; Friday 18 July, Wokingham Music Club - Oye Santana; Friday 25 July, Wokingham Music Club - Mark Harrison Band

Webpage - www.lions105sc.org.uk/events

Vacancies for District Officers

We have I05SC District Officer vacancies for the next Lions Year 2025-2026.

The available posts are:

Brain Tumour Research Officer – who will work as part of a bigger group in the Multiple District.

Youth Chairman – this role may seem large, but in reality, it is a coordinating role of all the youth portfolio.

If you are interested and would like to know more about these roles, please do ask and I can be contacted on vdg-1st@lions105sc.org.uk

Lion Dianne

DGE I05SC



DIABETES UPDATE

It is estimated that 5.6 million people in the UK live with diabetes and one in five people, nearly 14 million, are at risk of developing Type 2 diabetes. New data summer 2025.

The British Heart Foundation reports a big decline in the nation's health with rising deaths among working adults with cardiovascular disease, an increase in heart failure with the growing risk from obesity and diabetes.

A family member recently suffered a heart attack and in both hospitals, Swindon and Bristol, where he underwent a double bypass, three out of four patients in his ward were diabetic. All were in for triple and quadruple bypass operations. Unless there are major changes in the way we live, diabetes will threaten our eyesight, our feet and our heart. Strokes and around 14 different types of cancer can result from living a poor lifestyle.

Lions Clubs nationally could and should take a lead role by joining Diabetes UK, then leading their local community in good nutrition, exercise and lifestyle adjustments.. Something which is badly missing.

Chris Stubbings



OLD MONARCH

The Editor has the last word...

I tend to look forward to the new Lions year for the unknowns it holds even though this will be my 53rd and I often think there's not a lot left for me to know and then find out how wrong that thinking is. Emphasis is often placed on that we should have fun being Lions but I must admit that having fun wasn't a significant reason I became a Lion. Nevertheless serving our communities becomes much more fulfilling if you enjoy what you are doing and at the same time you enjoy the company of men and women who share your ideals. And I certainly do, so have a happy, enjoyable and productive Lions new year as I am sure I will.

Lion Peter Tabb



**Lions
tail...**



Scene at Meon Valley Lions refreshment stand

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