



'We Serve'

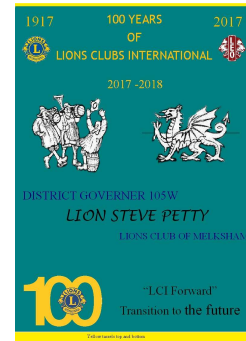
LIONS Clubs International

105W NEWS UPDATE

Lion Steve Petty - District Governor

ordinary people *doing*
amazing things

August 2017



www.lions105w.org.uk



Dear Fellow Lions.

I started the month of July by attending the Centennial International Convention in Chicago. It was a special event not only to celebrate one hundred years of Lions but to recognise the seventieth year of our involvement with the United Nations, fifty years since the first Leo club came into existence and thirty years of Lioness Clubs. It was a case of enjoy and celebrate

till you drop. The Parade of Nations was a fantastic event that took over two and a half hours to pass by on a hot Saturday morning with a good public attendance cheering us on. Thankfully there were water stations at regular intervals and I made it to the end. If you want to catch up with the event, please go to the Lions Clubs International Facebook page.

As one of the District Governors Elect, I was aware that I was there, not only to enjoy, but to work, with three full days of District Governor training to get through before we were released to mingle with the masses. During those sessions I met up with some old friends and made some new friends from around the world and had a chance to swap stories with them. I was also privileged to be able to visit Oakbrook and spend an hour walking around the building with an opportunity to ask questions. Those of you that know me should realise that I didn't give them an easy time with the questions.

Our incoming International President Lion Naresh Agarwal proved himself as a man with a mission with many new ideas on how to drive the organisation forward and upward. He made himself available to us throughout the training and the convention which was a nice touch. His slogan "The Power of We", is all about working together, not only involving every member of a club, but working with neighbouring clubs, districts and the organisation as a whole. He regularly compared a club working alone to like pouring a drop of water onto a desert, soon to evaporate, but if 1.45 million Lions poured a drop of water onto the desert at the same time we could create an ocean.

We were also reminded of the Global Service Framework's five service challenges: Diabetes, Paediatrics Cancer, Hunger, Vision and the Environment. We were challenged with making sure that, in carrying out these

challenges, we served or engaged at events etc., with the younger adults, the youth and Leos in our community, to deliver strategic and recognisable results.

Membership was also on the table with a slight twist to the slogan 'Your Club, Your Way' to 'Your Club, Their Way' with the word 'they' referring to potential younger adults being allowed to change our formal club meetings to a more modern approach. PIP Barry Palmer explained that he has set up a new committee to investigate this further. All committee members, except Barry, are under forty years old or Leo's. 105W now stands at 916 members down from 965 a year ago.

On the 16 July, I attended a well-supported district handover lunch in Bridgend. A big thank you to all of you that attended and those that organised it, with a special thank you to District Secretary Jackie Warren and Byron Hughes for having the patience in coordinating the event.

As this goes to press, I will be in attendance at my first formal Council of Governors meeting at Solihull as one of the councillors.

With your recently delivered LION magazine you also received a copy of a new glossy publication called '#LionsGetInvolved'. When you have finished reading it, please make sure it is circulated into the community.

Lion Steve Petty, District Governor, 105W.

Membership Welcome ...

During July, District Governor, Lion Steve, welcomed the following member to the family of Lions:

- | | |
|---------------------------------|---|
| Northleach & Fosse | Avril Haseler. |
| Chepstow & Caldicot | Chris Davidson, John Jenkins
Denise Harrison. |
| Fishguard & Goodwick | Darren Bailey. |
| Calne | Ian Hinder. |
| Hereford | Richard & Sian Bayliss, Allan &
Celia Field. |
| Ross on Wye | Lesley Hogger, Greg Powell,
Michael & Ruth Nelson. |

105W Members end of July 2017 – 916

Higher Service ...

It is with deep regret that News Update reports the passing to higher service of:

Lion Gloria Williams, Chepstow & Caldicot Lions Club,
Lion Christopher Comley, Chippenham Lions Club.

District Governor, Lion Steve, and all Lion members, extend sincere condolences to their families.

Lion Chris Comley, MJF

Chris was the last surviving Charter Member of The Lions Club of Chippenham and was our President in 1987/88. He served on all committees throughout his time and he worked on the Bob Cook Games in the early days to help make the event the success it is today. Ill health in the last few years prevented him from playing as active a part in the club as he would have liked, but he was always pleased to keep in touch and to hear what we had been up to. He was awarded his MJF some 15 years ago and he will be sadly missed. Our deepest sympathy goes to his wife Gwyn, his two children Ian & Donna and his grandchildren.

Martin Horton, Chippenham Secretary

Juan's End 2 End adventure ...

Chipping Sodbury President (2016-17) has successfully hitch-hiked the length of the UK and back for charity.

Lion Juan writes, "During the past few years I have been talking to lots of youngsters who suffer from Narcolepsy. I have been suffering with the condition since I was 14 years old. During my live videos and conversations on Facebook, I have been encouraging youngsters that living with the sleeping disorder Narcolepsy is no barrier for myself – so I decided to do a challenge by hitchhiking over 2,500km with no food and no money.

I set off from my home in Old Sodbury on Thursday, 25 May, and travelled all the way to John O'Groats in North Scotland in matter of days.

From there, I faced a gigantic journey down to Land's End in Cornwall before I was able to make my way back up to Old Sodbury in South Gloucestershire. From Exeter I was picked up and dropped back in Old Sodbury at the exact same bus stop I was originally picked up from on Thursday, 8 June.

I really enjoyed the experience even though it was a bit of a whirlwind.

My narcolepsy did not stop me from completing the hitchhike, but I did spend lots of time sleeping. I would use every time I got in a car to sleep. I would tell people not to be offended if I just nodded off, it was all part of my condition called Narcolepsy.

The journey was very challenging for a person with no special condition, but far more difficult for someone with Narcolepsy. During the challenge I tackled a variety of environments including countryside, mountains, beaches and cities.

I often went several days without being able to shower, and very little to eat and ran into a very difficult period after arriving in Stirling where my phone broke. This was a big setback, I visited 5 phone shops and none of them had the battery for my phone. I depended on the phone it was my lifeline because I used it for google maps and I had to spend a whole day trying to sort it out. Then I spend 2.5 days in Perth hitchhiking from 10am till 5pm and no one stopped. After the day every evening I had to walk back to the camp site, pitch the tent and next morning start all over again. That was very demoralising ☹️.

The trip had very little planning due to the uncertainty of my whereabouts every day. My sleeping arrangements

varied from camping to bunking down in service stations or bus depots. The worst night of all was the night in Glasgow Bus Station. I met people from all walks of life, but often spent long times by myself.

I found the hardest part of the challenge to be the loneliness and camping on my own, but I also met some really lovely people along the way - travellers, young people and members of the armed forces all picked me up.

One of my favourite stories of the trip was being picked up by the Queen's milkman, who delivers two pints a day to Balmoral Castle. He took me to the castle where he asked me not to take photos and then to the coast at John O'Groats where he told me to go and take my selfies and when finished he would take me back to Wick where he picked me up!



Through undergoing this great End2End challenge, I have so far raised almost £5,000 for two charities: Narcolepsy UK and LCIF Measles Initiative, One Shot, One Life.

Thank you to all the Lions Clubs that have contributed and supported my efforts. I even had the privilege of having tea with the great Mandi Broadbent who took the opportunity to visit me while I was stuck in a Service Station near Bolton. Mandi you are a joy!

I also had some amazing support from Narcolepsy groups on Facebook and Narcolepsy UK, who continued to post shout outs asking if anyone could give me a lift at various points of the journey."

You can continue to donate by sending cheques made out to Narcolepsy UK or LCIF One life one shot (made out to 105W via the District Treasurer).

Reclining Chairs ...

Cheltenham Lions Club have presented two reclining chairs to the Oncology Unit at Cheltenham Hospital, they will be used for patients receiving long courses of chemotherapy. They were donated in memory of John Grover a member of the club for over forty years. John received excellent care and treatment at the unit.



The cost of the two chairs was in excess of £2000 and was funded by donations received in memory of John and money raised at two recent Plant Sales at Charlton Kings and Bath Road and at a Book Sale in the Regents Arcade.

Richard Smith, Head of Fundraising at the hospital said 'We are very grateful for the support given by Cheltenham Lions, which has directly funded two rise and recline chairs which

will make a real difference for local cancer patients receiving treatment at the oncology Unit. Our cancer patients often receive chemotherapy for up to eight hours

at a time, and so the extra comfort will be greatly appreciated'.

Club President Ron White, Ann Grover and Lion Peter George with one of the reclining chairs.

As a result of the sales, the club were also able to fund the furnishing of a Guest Room at the Sue Ryder Hospice and make a donation to Tandemonium a local organisation that allows blind and partially sighted people to enjoy cycling on a tandem. The club wish this organisation every success.

David Green, PRO, Cheltenham.

10 years of Community Awards ...

Swindon Lions Club Community Award scheme was started in 2007, it was devised by the Club to promote the good work of the Youth of Swindon.

The latest award was presented to the 1st Dorcan Scout Group for their exceptional work at Coveringham Pre - School where they painted fences, weeded, planted and generally cleared up the Children's Play Area and at Eledene Primary School's Reception Play Area, where they built a willow fence, completed playground markings, weeded, planted and generally cleared up.

Head Teachers at both schools were very pleased and they praised and thanked the Scout Group for making their areas so good for their children to enjoy.

In the years it has been going, the Club has presented many of these awards to various Primary Schools, Scout Groups, and other Youth Organisations in Swindon, to recognise and appreciate the effort they have made to improve their local community.



To know more about this award and how you can promote your Club in your Community, please contact us at

www.mauricewatson44@yahoo.co.uk

Maurice Watson, PRO, Swindon.

Northleach & Fosse News ...

Together with our neighbouring club, Stour Valley Lions, we joined forces for a second time to help marshal the SMA Trust Mud Run at the Freestyle 360 outdoor venue in Blockley on Sunday 9 July. Lions acted as volunteer marshals to help runners at some of the most challenging stages of the 4k, 40-plus obstacle course. More than 160 SMA supporters and family members from 7 to grandparents teamed up to participate in the gruelling 'but fantastic fun' event, raising £3,000 towards research and treatments for Spinal Muscular Atrophy.

Described as 'muddy fun for all the family', the event was first trialed with Lions Clubs support last summer, when almost 100 people took part.

SMA Trust, which recently moved its offices to the Cotswold Business Village at Moreton-in-Marsh, raises

funds towards finding a cure and treatments for Spinal Muscular Atrophy, which is the leading genetic cause of death in infants and toddlers.

The two Lions clubs will be teaming up yet again, together with both Carterton and Lechlade & District Lions Clubs, when they staff the entrance gates at the International Sheep Dog Trials. The event, in which all four 'home countries' compete for the international trophy, is to be held on at Lodge Park on the National Trust's Sherborne Estate over the second weekend in September.

The next Lions Club Car Boot Sale will be held at the Countrywide Store car park in Bourton-on-the-Water on Sunday 13 August. Sellers can set up from 8am, an hour before the event is open to the public.

Club members have unanimously supported their Welfare Committee's proposals to make donations to the Lions Clubs national Multiple District Disaster Fund for the Grenfell Tower residents, as well as to the Cobalt diagnostic imaging unit in Cheltenham.



Photo: Members of Northleach & Fosse and Stour Valley Lions Clubs on the finish line at the SMA Trust Mud Run.

Mark Ogden, PRO, Northleach & Fosse.

Trojan is new recruit ...

Ian Foster's first official duty as the new president of Hereford Lions Club was to present a new horse to Herefordshire Riding for the Disabled at their Holme Lacy equestrian centre. Supporting the charity is one of his key aims.

Trojan is a seven year old handsome Welsh Cob bought by the Lions for £3,250 and who has already won the hearts of all those who benefit from the therapy of horse riding. Said Ian: "Lions bought a similar horse for the charity several years ago and Trojan's gentle nature makes him a natural companion for those with various disabilities. I and my fellow Lions have been so impressed with the success of RDA that it was chosen as the first project of my year in office."

Rachael King, manager at the riding centre, said: "Lions have long been generous supporters and the gift of Trojan, whose temperament is perfect for the role he has to play, will have a huge impact on the service we provide for the disabled."



There are 11 horses and ponies at the volunteer centre providing riding therapy for 150 a week with ages ranging from four to 80.

Ian Foster hands over Trojan to Rachael King and Jessica Jackson in the saddle who has already built a great rapport with the latest addition to the stables.
George Thomas, PRO, Hereford.

Membership Matters ...



It's obvious - Members and Membership really matter. Even if our Club is strong we cannot take our eye off the ball. Every Lion needs to think about members - how we get more ... how we make them feel part of our Club and how to keep all our Members happy and participating. But how do we do that? There are ideas and suggestions available – have you seen some of the documents on our website? Maybe you have some better ideas or thoughts about how to grow our numbers. We need to appeal to all kinds of new people and bridge the age and gender gap.

Our District has a Membership Team and we would like to involve everyone in trying to improve our situation. If you have any ideas, any thoughts that you would like to share or any comments about how we go forward then please get in touch with me – I would love to hear from you.

membership@lions105w.org.uk

Sue Wilding, District Membership Officer (GMT-D)

Chippenham Awards ...

Chippenham Lions have just come to the end of another successful year of fund raising and are proud to have collected a total of over £34,000 during the year. Generally, funds have been distributed to organisations and charities throughout the year and fund distribution is frequently done as and when it's required, however, on Friday 14 July, the club held a Special Presentation Evening to dispose of a significant proportion of these funds amongst their charities.

This is the third year that Chippenham have handled funds in this way and to mark the importance of the evening, the Mayor of Chippenham, Councillor Mary Norton was in attendance.

Representatives of 21 local organisations were present to receive cheques from Immediate Past President Derek Angell and Community Service Chairman Brian Nicholson and we were pleased that the recipients were able to give short addresses about the work that they do within the local community.

The president also nominated his own charities this year, which were Springboard Opportunity Playgroup and St. Nicholas School, both of which were also represented on the evening.



Photo: Maureen Lloyd receiving Lions Donations presented by The Mayor of Chippenham, Councillor Mary Norton, for her charities, Transport for the Disabled and

Autumn Tyme.

Martin Horton, PRO, Chippenham.

Competitions Corner ...

The Club Fellowship Competition is hotting up, with several clubs actively participating. The competition offers a positive experience for participating clubs, encouraging Lions to engage in District and Zone events. It also encourages Lions to benefit from visiting the

meetings of other Clubs and providing the opportunity to learn about what other Clubs do and share ideas.

The environmental photography competition will be taking place again this year. The details will follow in a later edition. So remember to take your camera when you are out and start snapping the wonders of nature.

Sue Wooldridge, Competitions Officer, 105w

Lucky 7 for Ross ...



Ross Lions held a Membership Drive this Spring, with leafletting and social meetings and 'just ask'-ing. These efforts have led to gaining 7 new

members of the Club since January. One of the new members is Lion Greg, who used to be Leo Greg and who is now living and working back in Ross.



Greg was also able to be present when the Ross Youth Lions Leo Club badged up their newest 7 members just before the school summer holidays. These new members include Natalie, whose Dad and Grandad are both Lions and whose brother is a Past Leo President. All of these new members are getting involved over the summer with a Carnival, Duck Race, Cake Sale and Market stalls - they are already making their difference!

Sue Wilding, PRO, Ross-on-Wye.

Hereford first ladies ...

Hereford Lions Club has signed up its first lady members. The pioneers of this former all-male club are Sian Bayliss, a retired nurse and Celia Field also retired who was a drug awareness tutor to public sector organisations. Their husbands, Richard and Allan have also become members of the community service club which has played a key role supporting local charities since 1960. Two couples joining is also a first for the 40 strong club.

Said club president Ian Foster: "Women have an important part to play in helping the worldwide Lions Clubs International organisation, this year celebrating its 100th anniversary, build on its reputation as a global community support leader, and Hereford Lions are delighted to welcome Sian and Celia as our first lady members.."



Photo: New members (l to r) Alan and Celia Field, Sian and Richard Bayliss.

George Thomas, PRO, Hereford.

Centennial opportunity ...

Join other Lions Clubs across the UK and Ireland and take on a new fundraising challenge!

The challenge:

In celebration of our 100-year anniversary, Lions Clubs across the UK and Ireland are being asked to support MedicAlert's Early Start Programme. The challenge is for each club to raise £295, enough to sponsor one child from birth to 10 years on the programme.

The Early Start programme provides free MedicAlert membership every year to any child up to their 10th birthday. The child will also receive their first item of jewelry for free and have their own personal electronic record. This can be accessed by emergency professionals 24 hours a day, from anywhere in the world.

How to get involved:

MedicAlert are providing printable fundraising materials for you to use as you wish. This includes posters and labels for collection boxes and buckets.

How to donate:

Once you have completed your fundraising, please send a cheque made payable to 'The MedicAlert Foundation' to: Early Start Programme, 327 Upper Fourth Street, Milton Keynes, MK9 1EH.

Harry Smith, LCIF Officer, 105w

Chernobyl Children ...

Keynsham & District Lions Club played hosts once again this year, on Wednesday 19 July, providing a BBQ with fun and games for children from the Chernobyl nuclear disaster area in Belarus and their UK host families. The Lions also paid for clothes for all of the visiting children.

It was so obvious that everyone present had a really enjoyable evening and the camaraderie with the Lions throughout the whole of the activities certainly shone through and when the children, *pictured below*, sang their own song of thanks to the Lions, handkerchiefs were out dabbling quite a few eyes!

These children are so well mannered and show so much appreciation of all that is being done for them.

How time passes, it was in 1986 that the Chernobyl nuclear disaster occurred and yet children in that area of Belarus continue to be affected and in 1992 the Chernobyl Children's Life Line was established in the UK and the Bristol Link brings 16 children aged around 11 years to the UK each summer for a 4 week holiday in the UK.



These children live in desperate poverty, where outside toilets are a reality and with just a single oven to keep the whole family warm in the winter where temperatures can drop to -30 degrees.

The children's health and economic prospects are among the lowest in the world and it is reckoned that 4 weeks in the UK can mean an additional two years life expectancy for the children which are lucky enough to visit.

Brian Worlock, PRO, Keynsham & District

Activities snippets ...

Activity snippets sourced from the Activity Reports completed last month on MyLCI up to 28 July - eight clubs of our 46 clubs in the 105W reported activities on MyLCI.

Black Mountains Club donated to the MD Appeal supporting the Grenfell Tower disaster.

Dursley Club continued to hold their regular Saturday furniture and household goods sales.

Forest of Dean Club attended the local Hospital Fete and provided chairs for Evergreen Hall refurbishment.

Hereford Club took a group of Syrian Refugees to a country BBQ.

Keynsham and District Club - 1500 plastic ducks took to the water for the annual Duck Race at the Music Festival.

Northleach and Fosse Club held a fund raising Car Boot sale providing Lions publicity and helped at the SMA Trust Mud Run.

Swansea Club performed crowd control and safety duties at Swansea Annual Air Show.

Swindon Club entered a fancy dress float in the Wroughton Carnival and manned a Lions stall.

John Seymour, Communications Team Leader.

Diary Dates August

- 1 **1st VDG visits** Radstock & Midsomer Norton.
- 4 Hereford Lions Am Am Golf Day.
- 6 Cabinet meeting, Newport.
- 8 **1st VDG visits** Northleach & Fosse.
- 10 **DG visits** Thornbury.
- 13 Bob Cook Games, Chippenham.
Northleach & Fosse, Car Boot Sale.
- 15 **DG visits** Hereford.
- 24 Zone B meeting.

Diary Dates September

- 4 **1st VDG visits** Wotton-Under-Edge.
- 5 **1st VDG visits** Ross-on-Wye.
2nd VDG visits Porthcawl Leos.
- 6 **DG visits** Black mountains.
- 7 **1st VDG visits** Dursley.
2nd VDG visits Port Talbot Branch.
- 11 **DG visits** Cheltenham.
2nd VDG visits Keynsham & District.
- 13 **DG visits** Llandrindod Wells.
1st VDG visits Bradley Stoke Branch.
2nd VDG visits Bridgend.
- 14 **DG visits** Aberystwyth.
- 20 **1st VDG visits** Marlborough & District.
2nd VDG visits Maesteg.
- 21 **2nd VDG visits** Llantwit Major & Cowbridge.
- 25 **1st VDG visits** Frome.
- 29-1 Oct Europa Forum, Montreux, Switzerland.

September News Update ...

For September 2017 News Update, please submit articles to news@lions105w.org.uk by 25 August *Editor Derek*