

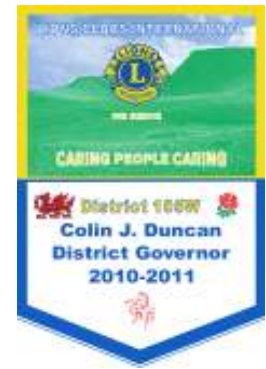


LIONS

Clubs International

'Caring People Caring'

105W NEWS UPDATE



ordinary people doing
amazing things

Lion Colin Duncan - District Governor

June 2011

www.lions105w.org.uk



Fellow Lions, Leos & Lionesses

It is with a mixture of feelings that I write this, the last *News Update* of my year of office.

My overriding feeling is one of humility at the work that members and Clubs are doing within their community. The privilege of serving and

representing you as your District Governor has enriched me with knowledge that I would otherwise not have gained as an ordinary Lion. When Ann and I set forth into this year, we were unsure of what was before us. We needn't have worried. The reception wherever we have visited has been fantastic. Club official visits as District Governor were most interesting, informative and unforgettable with a wonderful reception in the true spirit of Lions. I hope that my visits were of some help to members in understanding the broader aspect of Lions and Lions Clubs International. Making my visits, I have experienced at 'first hand' how each and every Club is different, truly individualistic but having the same purpose and goals.

To the *District Governors Team* may I say it has been an exceptional time of changes and we as a team have worked solidly to bring these changes about. I am confident that the future teams will be most successful.

To the District Officers and Advisors my grateful thanks for all your efforts on behalf of the membership and District. It is easy to forget those who work away in the background and are the unsung heroes. To the backroom Lions on behalf of District, I thank you all.

I wish to single out my *mentor*, PDG Bill O'Neill who has provided excellent, clear, honest sound advice, both before and throughout my terms as VDG and DG. A great Lion and truly a great friend. Thank you most sincerely Bill. To the District Secretary and Treasurer PDGs Laurence and Alan, thank you so much for a fantastic job sometimes in difficult circumstances.

My grateful thanks to PDG Surinder Malhotra (for working tirelessly on the accounts) and PDG Martin Ruddle for the friendship, good advice and help given. Ann and I are most grateful to Lion Indu Malhotra and Jenny Ruddle for their kindness and hospitality on our

many visits to their respective homes. Ann is very appreciative of the help and guidance given and sends her best wishes to all the Ladies she calls the 'grass widows' at Cabinet Meetings.

Believe me fellow Lions, there is something *very special* about this job.

Looking back over the past year, I am amazed at some of the changes that have taken place. Major changes in the way the Multiple District is run with resultant financial savings, and the many International appeals for assistance which have been met with an enormous wonderful response from Clubs and members. Changes on how we run District Convention are now in place. There have been many highlights but I think some of the most enjoyable for me were the International Convention in Sydney, Australia, the 'Bob Cook Games' in Swindon, and the District Convention in Fishguard & Goodwick, the presentation of the Charter to the Leo Club of Porthcawl being another enjoyable time. The visit to our twin District 103NIE Normandy where Ann and I were treated royally, will live in our memory always. Leos from Ross-on-Wye and Porthcawl visited District 103NIE Normandy at the same time as Ann and I were given a great reception by that District. The Leo trip was organised by DG Elect Larry Pearce and his wife Julie and Youth Team Leader Lion Keith Wilding and his wife Lion Sue. Thank you all for a magnificent job.

It was a great pleasure for me that District Cabinet approved the '**Founders Fellowship Medal**' for which I wish to thank the members of Cabinet for their total support. This medal & plaque will now be available as from mid-June, to recognise those Lion members who have done work above and beyond the call of duty and can be recognised by the Club with no financial commitment other than to pay for the cost of the award. It is recommended that some donation be made to LCIF which may further increase the value to the recipient.

Thank you fellow Lions, Lionesses & Leos for making my year a fabulous one.

You are truly **Caring People Caring**.

Colin J. Duncan

District Governor 105W



Membership Welcome ...

District Governor, Lion Colin, welcomes the following new members to the family of Lions during May.

Caerffili: Paul Sapwell.

Carmarthen: Elizabeth Felton

Chipping Sodbury: Pauline Ball

Awards for Glantawe ...

Trophies presented to Glantawe Lions Club at the District Convention, for both the 105w Club Fellowship & 105w Club Scrapbook competition, were bought to this months meeting for the members to view. Lions Chris & Mike Sheldon who received the trophies at the District Convention on the Clubs behalf, weren't able to bring the trophies to last months meeting, as they were away enjoying their holiday.

Congratulations go out to all the Glantawe Club members that have helped the club earn points, to enable us to win the Club Fellowship award. Whilst many may think Glantawe is one of the larger clubs within 105w, therefore more members to earn the required points, Glantawe has actually relied on a smaller number of members able to attend events for a while now, due to ailments & naturally aging members who can no longer be as active as they once were. Best wishes to those members!

The Club sends many thanks to Lion Chris Sheldon, for her excellent work in looking after & putting together such an excellent award winning scrapbook.

Lion Keith Gadd, was attending his first meeting again after a long period of illness. Glantawe Lions were delighted to see Keith back at our meetings again.



Pictured: Lions Mike Sheldon, David Wilkinson, Chris Sheldon, President Phil Taylor, Brendan Sweeney, Keith Gadd & Christine Sweeney, together with the trophies.
Christine Sweeney, Glantawe Lions Press Officer.

Message in a Bottle May 2011 Prices

Bottles	.21p
Counter Display Box New Style	£2.65
Counter Display Box Old Style	£1.50
Leaflets, 50 for	£2.00
Forms, 50 for	£1.00

New Disp/Box with 20 Bottles & 50 Leaflets	£8.85
Spare Lids	4p
Spare Green Cross Stickers	1p
A3 Posters	20p
A4 Posters	10p
Old style Display Boxes now available at a discounted price of	£1.50
Bottle forms will change to Black on Yellow in due course.	

John Moore, District MIAB Advisor

Keynsham award President Alan MJF

Seventy guests attended Redwood Hotel, Failand on 20 May to celebrate the 41st Charter Anniversary of Keynsham Lions Club. District Governor Lion Colin Duncan received the toast to Lions Clubs International and the main speaker was MP North East Somerset, Jacob Rees-Mogg.

President Lion Alan Hale outlined the work of the worldwide organisation with Clubs in 206 countries and how the local Club in Keynsham is most fortunate to be able to call on the local community to raise funds to assist international disaster through to local needs. He thanked the people of Keynsham and Saltford for their support over the last 41 years.

The formal part of the evening concluded with DG Lion Colin requesting a photograph for his year's album with Lion President Alan and Jane. Once assembled, DG Colin then launched into the real purpose of the photo call and presented Lion President Alan with a Melvin Jones Fellowship from his fellow club members with the citation for Alan's unquestioned service to the community as a member of Keynsham Lions Club.



DG Colin making the MJF presentation to President Alan

The presentation came as a great surprise to Alan and with some emotion he responded with a grateful and humbling thank you.

The evening continued past midnight with dancing to 'Time Machine'.

John Seymour, Keynsham Lions

Broadband for Bill ...

PDG Lion Bill Smith, Bob Cook Memorial Trust Chairman and member of Chipping Sodbury Lions Club has taken the plunge and gone Broadband. He can now be sourced at smithw121@btinternet.com or his usual Lions generic e-address.

Glantawe Lions join parade ...

May saw Glantawe Lions Club attend the first of the Pontardawe Festivals of the four seasons for 2011, the Spring Festival. The event included both stalls & outdoor entertainment. Whilst the position of the Glantawe fundraising stall, meant our Lions members weren't able to view the entertainment themselves, the Lion never the less joined the parade through the surrounding streets, at the beginning of the day.

On arrival to set up our stall, Lion Christine asked one of the event organisers if she, in the Lion costume, would be allowed to join the parade as a late addition & her requests were welcomed, as they were glad of another fancy dress member in the parade.

A new more cheerful looking Lion suit is on order for the club! The current old, donated suit, which has been stitched back together on a few occasions, will then be used for occasions where the Lion knows it's required as a Children's entertainer & playmate, therefore tends to get pulled, particularly the tail.



Christine Sweeney, Glantawe Lions Press Officer.

Lechlade Lions support for prostate cancer screening charity ...

Each year, the incoming President of Lechlade & District Lions Club nominates his 'chosen charity', and with the Club's approval, the charity receives a donation, as part of its Welfare programme for the year. This is in addition to many other donations made in response to local requests.

This year's nominated Charity was The Graham Fulford Charitable Trust, www.grahamfulford.org.uk which majors on Prostate Cancer Screening days throughout the country, providing PSA tests particularly to men pre-retirement, who may not have experienced possible symptoms and therefore not been tested by their GP.

I first became aware of the activities of the Trust at the Lions District Convention in 2010, when I was offered a blood test and heard a very good case made for the Trust by their Consultant Eurologist, David Baxter Smith.

The trust accepts that the test is not 100% accurate, but it is all that is available at present, and so far, since its foundation in 2004 it has tested over 10,500 men and identified around 200 cancers. With cancer, in one form or another, affecting more and more families, 'I feel very strongly that the work of the Trust should be encouraged, and was very pleased that we were able to contribute to their success going forward' says President Michael.



Lechlade & District Lions Club President, Michael Yorke presenting the Club's cheque for £2000 to Graham Fulford, founder of the Graham Fulford Charitable Trust, at their April Business Meeting.

Swindon Lions Charity Presentations

Following a very successful Firework Night, Swindon Lions decided to make several large donations to various worthy causes in Swindon, at a special presentation in the Mayor's Parlour with Mayor Councillor Rex Barnett and his wife Sandra in attendance. £1000 cheques were presented to each of the following:-

1. Swindon Young Carers - to assist information classes for 10-16yr age range.
2. Koalas - Who help families with children with special needs.
3. Brimble Hill Special School - toward their Hydrotherapy Pool involvement.
4. Whitbourne House for the Elderly - To develop their Gardening Club further-This was presented in memory of

Ken Jolly a member of Swindon for over 30yrs, who died recently.

A donation was also made to:-

5. Twigs - Who help people with mental illness. through gardening, this donation was to purchase a large commercial cooker for use in the "Olive Tree" restaurant at Cheney Manor Garden Centre, which they have recently taken over running.



Swindon Lions hope to continue this type of donation event every year, providing their main collections i.e. Fireworks etc, are successful.

Maurice Watson, Swindon Lions

Black Mountains Lions Refurbish ...

In the dim and distant past the Black Mountains Lions Club helped with fund raising to provide a play area for the children of Hay-on-Wye. Eventually the whole area had to be replaced, both equipment and floor covering, to meet current safety regulations.

The Black Mountains Lions were pleased to be able to make a significant donation to help this project come to fruition.



Pictured: Lion President Ron Clarke, Vice President Pat Holmes, and Charter member Lion Norman Roberts (as was the Club Secretary Lion David James – hidden behind a councillor!) were pleased to attend the 'official' opening by two children from Hay-on-Wye Primary School.

Ron Clarke, Black Mountains Lions

Gower and Llŵchwr Estuary Lions presentation ...

April has been a busy month for our small club and started off with the presentation of an interim cheque for £1500 to Heol Goffa Special Needs School in Llanelli,

towards much needed, specialist equipment necessary to aid the development of pupils with profound learning difficulties. 2nd Vice President Lion David Willoughby made the presentation to Acting Head Teacher Nikki Symmons in the presence of Lion Secretary Liz Harries, Lion Gillian Evans and Lion Dave Williams during a school assembly. It was a memorable occasion for the club members who attended, having witnessed the childrens' participation.

Sunday 10 April saw 'Lions' at Tesco taking part in a bucket collection. £260 was collected from generous customers, a welcome contribution towards our nominated local charities.

A Royal Wedding came early to the Welfare Hall in Loughor on Wednesday 27 April when Lions joined in with Loughor Old Age Club to create a mock wedding. Father Michael Fowell resided over the proceedings, performing the marriage of "Prince" Mayor Clive Watters of Loughor to volunteer Liz Beynon in the presence of "Bridesmaid" prospective Lion Ginnie, "Mother of the Bride" Lion Gillian Evans and "Wedding Guest" Lion Secretary Liz Harries. A fun afternoon of pomp and ceremony was enjoyed by all.



Left to Right: Lion Gillian Evans, Lion Liz Harries, Liz Beynon, Mayor Clive Watters, Ginnie & Father Michael Fowell)

Liz Harries, Club Secretary

Vive la difference!

"A bit tiring, a bit unusual but a lot of fun", sums up the feelings of Leos from 105W who visited the Convention of their twin District of Normandy, France. It was a long time in the planning, but was even more successful than organiser, District Youth Officer and District Leo Advisor Lion Keith Wilding could have hoped.

The trip started on Friday 15 April when Georgiana, Matt and Cameron, representatives of the Leo Club of Porthcawl, were driven south by District Governor-elect Lawrence Pearce and his wife Julie. They met with Leos Holly and Greg from Ross-on-Wye with DYO Keith, who drove the minibus, and his wife Lion Sue. The journey took in the Eurotunnel train and French motorways until the group arrived at their overnight stop in the 'Centre de Jeunesse' (Youth Hostel) in the town of Eu. The evening meal there was of a slightly different

style for the Leos – garnished cucumber to start, meat and green beans to follow, a chunk of camembert to try and the delight of a pot of ice-cream to finish. However, showing their ingenuity and determination they ate it all and then went into town to find themselves a pizza!

Saturday was an early start leaving at 7am but everyone was up on time. It was an easy journey to Elbeuf where the Convention was being held in an impressively renovated traditional circus theatre building. Jacqueline, the wife of DG Huges, met the group and welcomed everyone warmly. After coffee and croissants the English group joined the French meeting. When called to the front, Greg and Matt spoke confidently about the benefits of being a Leo and all the Leos were delighted to receive unexpected gifts of bags and T-shirts. The morning theme of the Convention was 'Youth' and the group were able to see presentations of different activities that the Normandy District take on such as, for older teenagers, a Conservation Poster Competition and a practical course for new young drivers covering skills, alcohol and speed. The serious part of the mission was now over so, after some more French snacks, the group left the Convention and, making the most of a sunny day, drove to the seaside. Le Touquet was at its best bathed in warm spring sunshine so it was good to enjoy a meal in a beachside restaurant. There was time for some relaxation, a sleep for Keith, and some shopping before making it back to the train and the drive homeward.

Everyone agreed that it had been an enjoyable and valuable experience. The Leos were impeccable ambassadors for themselves, their clubs and the Lions. Perhaps they will have inspired the French Lions so that one day we could welcome French Leos to visit us?

Keith Wilding, District Youth Officer.

Thanks from UNICEF ...

I have received a letter from UNICEF expressing sincere thanks to all Clubs within the District which have contributed monies toward the provision of Edukits during this Lions year. UNICEF goes on to say that Lions Clubs International shares with them a strong commitment to young people and a belief in the great value of education and that war or natural disasters should not deny a child the chance of education, and the means to lead a productive and fulfilling adult life. Education can be especially valuable in these circumstances to help children overcome trauma and receive life-saving information about the avoidance of water-borne diseases or landmines. Every £175 raised by Lions Clubs is sufficient to provide enough educational materials for 40 children and their teacher for a year.

On behalf of these children, and all at UNICEF, thank you so much for your valuable contributions

Alan Denham, District Treasurer.

Higher Service ...

With 32 years as a Lion member, it is with deep regret that News Update reports the passing to higher service of Lion Douglas Cochrane MJF of Black Mountains Lions Club. Lion Doug was President on four occasions and Treasurer for many years. District Governor Lion Colin and all Lion members extend their condolences to Pauline and the family.

DG's Handover ...

This years Handover will be the evening before Cabinet Meeting at the Holiday Inn, Newport on Saturday 23 July.



Hotel Reservations at £60 per room can be made direct with the Hotel 01633 412777. The Saturday evening Banquet and Ball can be booked with the Handover Booking Form. All details with menu selection and booking form can be sourced from the District website www.lions105w.org.uk

News from Hope for Tomorrow ...

“Our first Mobile Chemotherapy Unit is now back, fully operational – and looking fabulous following the recent refurbishment mentioned in my last up-date to Lions. The nurses tell us that they – and of course the patients - are already noticing the benefits of the improvements made to the Unit. The new chemotherapy chairs look very smart too!”

Our third MCU will be making its first public appearance at the Hope for Tomorrow Charity Polo Day on Saturday 25 June at Beaufort Polo Club – prior to becoming operational

Enough funds have been raised for a nurses Support Vehicle to accompany the new Mobile Chemotherapy Unit which will save much valuable treatment time as the nurses will be able to travel direct to meet the Unit and give treatment straight away.

Thank you all again for your generous continued support”

Belinda Bertie, Hope for Tomorrow.

and Tenovus...

In addition to the weekly support clinics and chemotherapy treatments the unit provides, we recently launched the first of our 'Mobile Mondays' which took place in Barry near Cardiff. The mobile Mondays will take place on a monthly basis and allow us to take our unit to various locations in Wales to promote cancer awareness in the community. The day in Barry was a huge success with local MPs, GPs, schools and the general public coming on board to view the facility as well as engaging with our staff on various issues.

After visiting the Tenovus team and the mobile unit in Barry Island, Alun Cairns MP said: “This is a fantastic facility, and I will do everything I can to encourage the

NHS to work with Tenovus and use their mobile cancer support unit at every opportunity.

“The Tenovus mobile unit can help provide support and cancer treatments to people in their own communities, without having to visit a hospital that may not be local or convenient for them to travel to and from.

“I was really impressed to find out that the on-board services offered at the mobile centre included cancer treatments, counselling, welfare rights advice and an on-board health check.”

We are delighted at the response we received and have scheduled dates in the counties of Swansea, RCT and Powys over the next few months.

Last Saturday the Lions club in Carmarthen helped promote our work by holding a health awareness day in the town. We offered free health checks and advice on lifestyle factors that can affect people’s risk of getting cancer. The Lions club provided people with information on diabetes as well as a presentation on the wonderful work that the Lions Clubs are part of on a worldwide basis.

We are pleased to announce the appointment of several new cancer support advisors, some of whom will be based on the unit and others in more rural communities across Wales. These roles will provide patients and their families with information and practical advice on money matters as well as offering emotional support to those who need it.

We are exceptionally grateful for the support we have received from many of the Lions clubs in Wales, it is thanks to organisations such as yours that we are able to constantly develop the services that we provide. If you would like a member of the Tenovus team to talk to your club in more detail about the work we do, please contact me on 07889682388. *Natalie Kell, Tenovus*

Tony Buchan, MCOU District Advisor

Lions help CLADS ...

CLADS, the Chew Lake Association of Disabled Sailors was formed nearly 20 years ago, and is an association for disabled people, who wish to sail. The association was started by two enthusiastic members of the main sailing club at the lake and consists of some 15 disabled members plus helpers. Some 4 years ago, Radstock and Midsomer Norton Lions Club was approached by CLADS to see if we could help. This we were glad to do and in April 2008, provided CLADS with four boat covers. When we presented these, we were impressed by what CLADS was doing for their members, but were disturbed by the difficulty experienced by the disabled in getting into and out of their boats. Lion Alan Denham selected CLADS as his president’s charity for 2008-2009. As a result, we were able to help with the provision of a hoist and last Saturday, presented a cheque for £3000. This makes embarkation and disembarkation, a much safer and more dignified affair. It was a pleasure to see how sailing brings joy to some severely disabled people. Marchant is severely disabled and is a 15 year old pupil

at Bristol Grammar School. He is among the top 5 pupils of his year. He has been sailing for 8 years, and the enjoyment he gets from this activity is abundantly clear.



Pictured: Marchant, being lifted to the boat assisted by mum Sue on the right together with other helpers. Lion Alan, second from left, is hiding behind the hoist!
Derek Livsey, R&MSN Lions.

Incoming Officer Workshops ...

A reminder that there is only one Workshop remaining for new Club Officers. DGE Lion Larry has asked that names/numbers for the Chippenham Officers Day on Sunday 12 June be sent to Lion John Mounty at membership@lions105w.org.uk by the 5 June.

Diary Dates ...

June

- 2 **DG visits** Cardiff
- 7 **DG visits** Ross-on-Wye
- 8 **DG visits** Ammanford
- 9 **DG visits** Barry
- 10-12 Royal British Legion Poppy Party
- 11 **DG at** Fishguard & Goodwick Charter
- 12 Incoming Officers Workshop, Chippenham
- 13-19 National Eye Health week
- 17 **DG at** Barry Charter Anniversary
- 24 **DG at** Llantwit M&C Charter Anniversary

July

- 3 Keynsham Lions Duck Race
- 4-8 International Convention, Seattle
- 9 Fun Day at Letterston
- 10 Kington Lions Classic Sportive Bike Ride
- 11 Zone B Meeting Ynystawe Cricket Club
- 16 **DG at** Tenby & Saundersfoot Charter.
- 16 Haverfordwest Lions Duck Race
- 16 Swansea Lions Charity Concert
- 22-31 Youth Exchange guests visit our District
- 23 DG’s Handover Evening.
- 23 Fishguard & Goodwick Fun Day
- 24 Cabinet Meeting Holiday Inn, Newport
- 29-31 Council of Governors Meeting

July News Update ...

Articles for the July edition of News Update please to news@lions105w.org.uk by 25 June. *Thank you – Ed*