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ordinary people *doing*
amazing things

LIONS

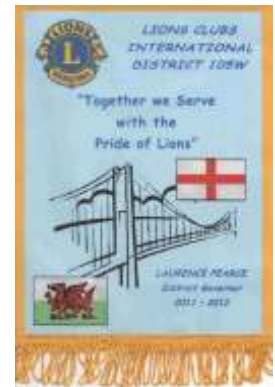
Clubs International

'Together we Serve with the Pride of
Lions'

105W NEWS UPDATE

Lion Larry Pearce - District Governor

September 2011



www.lions105w.org.uk



Fellow Lions,

I hope you have had a productive August and have reached many people with our ideals and aims. The Bob Cook Games was, of course the highlight of the month. To be able to share so much joy with contestants and all those involved was absolutely super. Our

grateful thanks go to all those Lions who helped in any way toward the success of the day, from sourcing the loos to providing food and shelter; it was great to be a Lion. Please send donations to Chippenham Club so we can continue to provide fun and enjoyment for hundreds.

Club visits are well under way and a big thank you for the kind reception I have received. I have noted on some occasions there seems to be a conflict with some of our Ethics, so I will be highlighting some of them throughout the year. The first to be highlighted is the last one in the code: **To be careful with my criticism and liberal with my praise; to build up and not destroy.** It seems at times we can be very liberal with our criticism and very poor in our praise, let us all try and build up those around us and provide support and friendship wherever possible. That's enough from the preacher, what else is going on?

The District Thanksgiving Service on Sunday 9 October will be here soon so get your name down to come and then you can have a bun and cuppa to chat over. Visit <http://www.lions105w.org.uk/2011Thanksgiving%20Service.htm> and contact Barry Club as soon as possible.

The Youth Team are ready to support your candidates for Peace Poster, Young Ambassador and Young Leaders in Service, see their article later on in the update. Also the environment officer Lion Mike Sheldon has ideas for helping your club get into tree planting and other environmental activities, we also have a source of mature saplings for those silver spade occasions (Lion Martin Ruddle). It is pleasing to report we have a fledgling LEO club in Bridgend and a Club Branch beginning operations in Port Talbot. There is so much good being done by you, the Lions, **I Believe** we are changing lives for the better and will continue to do so.

I have two tickets to the **London Remembrance Day** parade Sunday 13 November. I cannot get there, is there anyone in the district who would like to represent us? If so, please contact me, to be issued on a first come basis.

Also there have been some appeals sent to clubs I have had no knowledge of, some originating outside the district. In order to help Lions in appeals they want to take district wide the following applies in all cases.

If an Individual or Club wants to raise fund or canvas support from other Clubs within their District then they need to approach their own District Governor.

The District Governor/District Cabinet can either authorise this request or deny it. There is no right of appeal to the Council of Governors in the case of a denial.

Any such appeals should be sent to the District Secretary in the first instance so we have an historic record.

Lions Purposes: To encourage service minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavours.

I Believe you are the best, please prove me right. Do not forget to have FUN serving.

Yours in friendship, fellowship and Lionism
DG Lion Larry

Membership Welcome ...

District Governor, Lion Larry, welcomes the following new members to the family of Lions during August.

Bridgend: Sarah Harris.

Hereford: John Burdon.

Marlborough & District: Tony Corrie.

Melksham: Ann Mobsby.

Porthcawl: Lyn Williams.



District Autumn Forum ...

The District Governor invites all Lions, Friends and anyone interested in Lions to join him on Saturday 1 October at the **Hilton Hotel**, Newport, 10:00 to 16:00. The Forum will offer an opportunity to hear about new developments, share ideas and a chance to meet and talk with Lions from other clubs. District Officers will be on

hand to provide information and to answer any questions which you may have.

This Forum will be different. There will be some short presentations but definitely no speeches or lectures. You will look at and listen to what you want and talk with anyone you wish.

Coffee will be served from 9.30am and a substantial Buffet Lunch will be served at 12.30pm. The cost of the subsidised lunch will be £8.95. Anyone requiring lunch should notify the District Sergeant-at-Arms, Lion Byron Hughes, saa@lions105w.org.uk

Harry Smith, VDG

Barry Lions support Lifeboat...

Barry Lions Club which also covers Penarth, provided funds for the local Lifeboat Station to buy additional training items and for the presentation, the members were invited to the Lifeboat Station to 'inspect' the life saving equipment. We were told that should a 'Shout' occur during the visit we would be hastily disembarked!



Lion President Julian Meredith at the helm with Lion Nanette Langford in the yellow top as acting navigator. After the visit the members adjourned next door to the clubhouse of Penarth Yacht Club, ably guided to the bar by navigator Nanette.

David Langford, Barry Lions PRO

Caerphilly Diabetes Awareness...

Caerphilly Lions, Caerphilly Rotary Club held another very successful Diabetes Awareness Day during the Annual Big Cheese Weekend held in the grounds of Caerphilly Castle on Saturday 30 July. The record breaking 80,000 people, who visited Caerphilly to enjoy this very popular event, gave the opportunity to Club Members to hand out a large number of informative leaflets.

Over 300 people accepted the invitation by Club Members to learn more about diabetes and 300 took the test administered by Lloyds Pharmacy Pharmacists resulting in 15 people being referred for further tests.

Ray Hughson, Caerphilly Lions



A Wedding in the District – see page 5

Be Safe...

We are coming up to darker nights and the busy fund raising period, it is important that we take every precaution to stay safe during this period.

In the Lion Magazine, from time to time, you will note that there are adverts from companies that will produce high visibility waistcoats (for some reason called vests!) embroidered with the Lions Logo. Additionally they will also embroider your Clubs name and if you wish your own name. In our Club we all have one of these "vests" and a supply of spare items so that people who kindly help us with events can also be loaned these safety items.

I would add that taking this precaution will look good on your risk assessment forms as it will make you more visible to the public (always a good idea). Those who drive on the continent might like to know that local laws in France, Italy, Austria, Belgium and Spain (and others) state that you must have Fluorescent waistcoats in your car (plus of course such things as warning triangles)– so another good reason for obtaining the vests.

The normal vest is fine for good weather but in the cold and rain we all tend to wear heavier clothing so our Club has purchased a supply of XXXL to go over these bulkier clothes... Stay Safe.

Ron Clarke, Marketing Officer

Bob Cook Memorial Games ...

Chippenham Lions once again led the way in organising the Bob Cook Memorial Games that was held at the Athletics Track, Swindon on 14 August 2011.

The event has grown over the years and this year we had a record number of participants from all over the district to give us 290 entrants from 25 clubs, and along with their helpers, this made this event the best yet.

Named after the late Charter President of the Lions' Club of Chippenham, the Games take place every year on the second Sunday of August at the Athletics Track at Swindon's County Ground Sports Complex. At the same time, an all-day bowls competition is held on the adjacent Swindon Bowls' Club Green.

The Mayoress of Swindon, Councillor Ray Ballman, welcomed contestants and helpers to Swindon and 105W District Governor, Lion Laurence Pearce, officially opened the Games.

Both track and field events were contested strongly on the athletics ground but the largest entries were for field events such as the discus, javelin, shot and wellie throwing. The first event took place at 10:30 and competition continued until 4:30 with a short break for lunch. This year a record 450 lunch packs were assembled by Chippenham Lions' ladies working from the crack of dawn.

As usual, most of the organisation of the day was provided by Chippenham with particular help from Highworth and District Club, however, financial support and manpower on the day is provided by clubs throughout the South West, South Wales and the Midlands representing all corners of District 105W as well as the adjacent Districts. Club duties ranged from

marshalling events, ensuring that competitors got to the start of their event in time and prompting winners to collect their medals. Chippenham Lions would like to thank all those who took part or helped on the day. Your help is essential to the success of the games.



District Governor Lion Larry congratulates Robbie Linceq on his medal achievement

We are also grateful, once again, for the assistance of the local branch of the UK Athletics (UKA) for giving up their time to officiate at the event.

Whilst medals were awarded for success in every event, two major trophies were awarded to the lady and the gentleman competitors who were judged to best represent the true spirit of the games. This year the 'The Joy Cook' memorial trophy went to Kim Squires of Cartrefi Cymru (Brecon Lions) and was awarded by Julie Hamlen, daughter of the late Joy and wife of Chippenham Lion Norman. This year a new trophy was introduced in memory of a late Chippenham member and tireless supporter and worker for the games; Ivor Bull, and a trophy in his honour was awarded by his wife, Pat, to Roy Hadley of Apple Orchard Home (Forest of Dean).

All helpers will take back their own memories of the games, but I shall recall the roller coaster of emotions that took me from seeing the pleasure of those as they were presented with their medals to the tremendous efforts required by some just to participate.

Next years' games will be held on 12th August 2012. Put it in your diary now and plan to be there for another great day!

Martin Horton – Chippenham Lions

Bob Cook Games Acknowledgement ...

Lion Christine Sweeney, Glantawe, said "This year was the first year I joined my club members, to see the Bob Cook games, and the day was a real eye opener. It was spectacular to see entrants forget their disabilities & concentrate on abilities.

Our IPDG Lion Colin however failed his driving test for a wheelchair, as rather than steer the wheelchair around the obstacles, which thankfully weren't too high, he went over a couple of them... Sorry Lion Colin, I couldn't let you get out of that too quietly!

Whilst Glantawe Lions members assisted with the marshalling events on the day, I hope we're more successful at finding a team to enter ourselves next year.

Major Carter visits Chepstow ...

Major Tristram Carter of the 1st Rifles (Gloucestershire) Regiment based at Beachley Barracks, Chepstow was a visiting speaker at the club. His regiment suffered substantial casualties in its first deployment to Afghanistan, and is currently half way through its second tour of duty in which, sadly, it has lost three of its men while others have been wounded. Major Carter gave a lively presentation on the conditions and experiences of the Regiment on active service in Iraq and Afghanistan.



Lion President John Milsom presented a cheque for the regiment's fund for the immediate help of families of riflemen killed or injured in action. He said the Club was pleased to be able to make a contribution to the welfare of the dependants of our guests who risk their lives in the service of the country.

Alan Bradshaw, Secretary, Chepstow and District Lions.

Northleach & Fosse History ...

Members of the Northleach and Fosse Lions Club manning (lady-ing?) the Club's stall at the annual Charter Fair in the Market Place, Northleach, Gloucestershire.

King Henry III granted a charter to the town in 1227 allowing a weekly market to be held and an annual fair on the vigil of the feast and morrow of St. Peter and St. Paul.



To this day the Charter Fair is still an annual event, being held on the last Saturday in June, that being the closest weekend to the feast day of St. Peter (29 June).

Stuart Asquith, President, Northleach and Fosse

Chepstow Dash & Grab...

Steve Richardson, from the Welsh Valleys when he bought a Lions raffle ticket, has won the Chepstow & Caldicot Lions Club 'Trolley Dash' prize. The prize is the chance to 'dash' around the Co-operative store in

Chepstow, and gather as many items of grocery as possible in just two minutes.

The 'dash' will take place at the Chepstow Co-op on a Sunday morning yet to be agreed with the winner. It will also take place when the store is closed to the general public.



The winner was phoned while on holiday in Tenby. His immediate response was 'You're having a joke aren't you!' Delighted with his prize Steve is

planning his next trip to Chepstow in order to collect his winnings.

The draw which raised over £500, was made by Stacey Evans, Deputy Store Manager, Chepstow, closely monitored by Lions President, John Milsom.

David Flint, Chepstow and District Lions

Tacade...

In 2010, the Lions-Tacade partnership developed and published 'Life Changes: loss, change and bereavement for children aged 3 – 11 years old', which has been received with 'open arms' by all those involved with the welfare needs of children. Lion Jean Langmead (a Professionally Qualified Counsellor in Loss, Change and Bereavement) commented that the resource is 'so comprehensive, well-structured and child-oriented'. Due to numerous requests from teachers and Education Advisers, the partnership now intends to develop and publish a version for young people **aged 11 – 18 years old**. The majority of young people (as high as 90%) are reported to have experienced the loss of what they consider to be a 'close' or 'significant' relationship before 16 years of age. Such loss may well trigger changes in emotions, behaviour and attitudes, such as their focus in school, disruptive or criminal behaviour, mental health issues and suicide. This new resource will enable teachers and others to support young people in times of great need, including the death of a parent, grandparent, fellow student, teacher or brother/sister and loss/change due to divorce, family breakdown, imprisonment of parents/friends, or because of military service overseas in locations such as Afghanistan.

Your support is really needed to raise the £30,000 funding required. Thank you fellow Lions

Tom Lawson, District Tacade Advisor

'M' Reports and 'A' Reports ...

A reminder to Club Secretaries to please complete their Clubs M Reports every month online direct into the WMMR database. At the same time complete your Club activities reports to show what is happening in the Club.

Action for Children ...

The District Governor's preferred national charity 2011-2012 is 'Action for Children'. It was the National Children's Homes but it now cares for young people as close as possible to family units and their expenses running the society are similar to ours, only 4p in the pound is used for administration expenses the rest goes into child care.

Please visit www.actionforchildren.org.uk for an overview of the work of the charity.

They have a lot of willing volunteers ready to come and speak to Clubs and Zones, also a whole host of events which could be marketed sharing the Lions banner. Please contact our Charity Liaison Officer Lion Tony Buchan charity@lions105w.org.uk and he will point you in the direction of your local team.



Competitions Galore ...

Young Ambassador: At our District Convention in March, you met our District Young Ambassador Ryan Green, sponsored by Ross-on-Wye. For those Clubs who do not normally support this worthwhile event I hope you were inspired by Ryan's presentation. He also did a wonderful presentation at MD Convention in Belfast and goes on to represent us in Maastricht at the Europa Forum in October. Now it's time to find your candidate for this year. The final date for entries is 31 October 2011. So there is still plenty of time, I can assure you there are lots of young people out there who fit the criteria just waiting for us to find them.

Our District Final is set for the 8 January 2012 at the Holiday Inn, Newport and the MD Final is on the weekend of the 17-19 February 2012 at the Village Hotel, Dudley, an event not to be missed. Please put these dates in your diary.

This is the big opportunity that we, as lions, have to show all the positive things that our young people do within our community.

Christine Sheldon youngambassador@lions105w.org.uk

Environmental Photo Contest: There are many good photographers amongst us, how about entering the photo contest.... Its easy just submit original, unaltered, black and white or colour photo in one of the following categories:

Animal Life, Landscape (urban or Natural), Plant Life, Weather Phenomenon or Special Theme - Protecting our future with trees.

Rules and entry forms can be downloaded from the MD website [more](#) any queries please contact:

Mike Sheldon, environment@lions105w.org.uk

Higher Service ...

With 43 years service, it is with deep regret that News Update reports the passing to higher service of Lion John Barrow MJF, member of Frome Lions Club. District Governor Lion Laurence Pearce and all Lion members extend their condolences to Tina and the family.

Plant a Tree Campaign ...

Join Lions from around the world and help plant a million trees this year. Our DG Lion Larry has set the task to plant 4 trees per Club, I am sure we can exceed that amount.



We are all becoming more aware of our 'Carbon Footprint' which is our impact our activities have on the amount of greenhouse gases produced in our day-to-day lives burning fossil fuels for our electricity, heating and transport needs.

Planting trees will not only help the environment but also bring closer together members of the local community, consider schools, leisure centres, community centres, care homes, residential homes the list goes on. Anywhere trees could grow enhancing and benefiting the communal area. Wherever your Club decides to plant their trees, make it special with lots of photographs for our District Governor to see and who knows, there may be a small trophy for the most unusual event

Lion Mike Sheldon can also help you with your tree planting. Contact him on 01792 846040 or environment@lions105w.org.uk for tree guidance visit www.cheviot-trees.co.uk

Hope for Tomorrow & Tenovus ...

Highworth and District Lions Club have come in with a donation of £1,000 which takes the total raised for Hope for Tomorrow to £22,368, and Black Mountains have donated £1000 to Tenovus bring the total for Tenovus to £4,560. In total, £26,928 raised for both charities.

Hope for Tomorrow has been nominated as the beneficiary of this year's Goodwood Revival (16-19 September) which promises to be a fantastic weekend where the Patrons, Sir Stirling Moss and Derek Bell will be present. If any lions are heading down for the retro weekend drop by the Hope for Tomorrow stand and say hello!

A full report can be found on the 105w website at <http://www.lions105w.org.uk/MCOUAugust2011.pdf> Tony Buchan. charity@lions105w.org.uk

Money Matters ...

District Treasurer Lion Alan has updated the Aide Memoir for Club Treasurers which can be sourced from the footer of the District Website homepage. Whether it's Club Accounts, Charitable Trusts, Appeals, Paying Dues or LCIF payments, there is advice available on the processes required. New this year is Internet Banking which Club Treasurers can take advantage of to avoid more paperwork. For any advice please contact the District Treasurer.

Alan Denham treasurer@lions105w.org.uk

Congratulations to you both ...



Married Sunday 28 August - Carmarthen Club members
2nd VDG Lion John Mouty and Lion Elizabeth Felton

Diary Dates ...

September

- 1 1stVDG visits Dursley Club
- 5 DG visits Gower & Llŵchwr Estuary Club
- 6 DG visits Kington Club
- 6 1stVDG visits Calne Club
- 7 Zone J Meeting – Frome Rugby Club
- 8 DG visits Thornbury Club
- 8 1st VDG visits Chipping Sodbury Club
- 12 DG visits Keynsham Club
- 13 DG visits Newport Club
- 14 Our Patron opens the Lions Arboretum Shelter

October

- 1 **District Forum, Hilton, Newport**
- 3 DG visits Severn Dean Club
- 3 1st VDG visits Swindon Club
- 4 DG visits Ross-on-Wye Club
- 4 1st VDG visits Radstock & MN Club
- 4 2nd VDG visits Forest of Dean Club
- 5 DG visits Carmarthen Club
- 5 1st VDG visits Chepstow Club
- 6 2nd VDG visits Fishguard & Goodwick Club
- 8-16 Lions Awareness week.
- 9 Thornbury Charter Lunch
- 9 **District Thanksgiving Service**, Cadoxton, 3pm
contact Barry Lions Club [more](#)
- 10 DG visits Bath Club
- 10 2nd VDG visits Pembroke & Pembroke Dock
- 11 DG visits Brecon Club
- 11 2nd VDG visits Abertillery Club
- 12 2nd VDG visits Glantawe Club
- 12-14 Europa Forum, Maastricht
- 13 **Lions World sight day**
- 13 DG visits Leominster Club
- 13 2nd VDG visits Aberystwyth Club
- 15 WaterAid Ceilidh Day
- 20 Lechlade Lions Beetle Drive
- 22 Leominster Diabetic Clinic
- 28-30 Council Meeting
- 29 1st VDG at Brunel 40th Charter Anniversary

October News Update ...

Articles for the October edition of News Update please to news@lions105w.org.uk by 25 September.

Thank you – Ed. Advance warning due to holidays, copy date for November Update will be 22 October.