

October/November 2015

# LION

The magazine of the British and Irish Multiple District of Lions Clubs International



Lions Clubs International

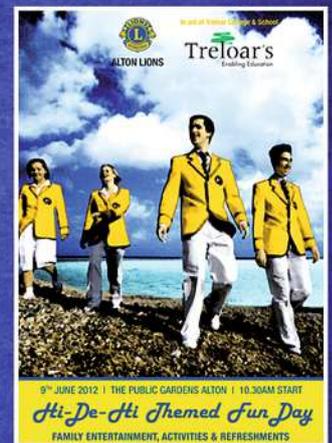
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# PRESIDENT'S MESSAGE

Dignity.  
Harmony.  
Humanity.



## Embrace the Spirit of Daring

About a decade ago I was privileged to visit the home in Calcutta, India, where Mother Teresa once cared for the desperately poor. Her love for others had a tremendous impact – not only on those she helped but also in inspiring others to follow her example. Mother Teresa was not rich or powerful. She did not hold office. She wielded no army. She owned next to nothing. Yet she changed the world. What a difference one person on a mission can make!

Her life actually is ironic – and instructive – for Lions. We Lions are not lone wolves. We serve together. We join a club because we realise we can accomplish so much more by working together. We realize we are not Mother Teresa. That's OK. We do what we can with our own talents. Our limitations actually can work to our advantage because in joining with other Lions we can accomplish so much more than we can do on our own.

So, Lions, be involved with your club as much as you can. Take part in the initiatives of Lions Clubs International as well. Help fulfill the centennial goals related to hunger, youth, sight and the environment. Support LCIF. Recruit a new member. Join us in beautiful Fukuoka, Japan, next year for the 99th International Convention. There is much more than strength in numbers: there is the opportunity to rebuild society. It's great you are a Lion. Thank you for your service and dedication. But always strive to be part of the worldwide Lions community and fully support our many remarkable initiatives.

It's easy to sit back and do the usual. But now is the time to be a



Lion who goes outside his or her comfort zone and makes service more a part of his or her life. I've heard it said: "Life is either a daring adventure or nothing at all." So be adventurous and daring. Be a Lion.

**Dr. Jitsuhiro Yamada**  
Lions Clubs International  
President



**PICTURED:** Exemplifying daring and teamwork, Richard Plante, a zone chairperson and past president of the La Sarre Lions Club in Quebec, Canada, led an expedition that reached the summit of 19,341-foot Mount Kilimanjaro in Tanzania. The project raised \$50,000 to benefit a hospital.

# LION

WE SERVE

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Her Royal Highness The Countess of Wessex**

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# Editorial



How time flies when you're having fun! It feels like it was only yesterday that I was writing my first editorial for the LION Magazine.

So much has happened since then: I am now officially a member of LCI, having been inducted into Peterborough Lions Club by my sponsor Gaby Sharman. I can now wear my pin with pride! This month (October 2015), I also attended the editorial conference and Europa Forum in Augsburg, Germany. It was a fantastic experience and I met some lovely people, including International President Yamada. I look forward to publishing my article on it in the December/January edition.

With regards to Message in a Wallet; it has been put forward to Council for a decision to be made. I must remind clubs that as it is not an official Lions project, there is an issue of insurance and liabilities when using the Lions logo.

In the next few years, there will be a lot of change happening within our MD. Therefore, I encourage as many Lions as possible to have a say in the future of our organisation. There are many ways in which you can do this, but the best way would be to talk to your District Governors. You can find their contact details on pages 44-45. They, alongside the Long Range Planning Committee, can then strategically plan ahead with your best interests in mind. I also highly recommend that members register to attend the MD Convention next year in Eastbourne (See page 40).

I wish you all good health and look forward to the upcoming months.

## Clowance (Clo) Lawton LION Magazine Editor



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**NOTICE**

To enable more good quality photographs to be submitted for the Photographic Competition 2015, the competition date has been extended until the 31st December 2015. For further details visit [www.lionsclubs.co/MembersNews/pr-marketing-toolkit/media-relations-materials/lions-photo-competition](http://www.lionsclubs.co/MembersNews/pr-marketing-toolkit/media-relations-materials/lions-photo-competition)



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# PRESIDENT'S MESSAGE

Dignity.  
Harmony.  
Humanity.



## Our Diversity is Our Strength

In Japan, our society owes a lot to bushido, the code of conduct of the samurai. Samurai have positive and negative sides, but samurai uphold stability and ensure peace. Other positive traditional values of the bushido are respecting one's elders, protecting the weak and valuing fairness and honour.

Every culture has its own wonderful virtues, and each of the 210 nations and geographic areas that are part of Lions Clubs International contributes to the strength and vitality of the association. The multi-colored fabric of Lions owes its durability and flexibility to its disparate individual strands.

In other words, our diversity is our strength. We are not a cookie-cutter association. One size does not fit all. Clubs are free to choose their own projects and recruit their

own members. The more we value diversity and model that in our clubs the more we will prosper.

So this year I urge clubs to continue to reach out to women, younger people and middle-aged people to diversify our ranks. A club gains new perspectives and renewed energy with a diverse membership.

By the same token, don't hesitate to try new projects. We can't grow stale. We don't eat stale bread or rice and we don't want a stale club. We must have the courage to turn our clubs into fresh, young and vibrant ones.

We also must work together. An ancient story illustrates the power of teamwork. A powerful samurai lord, Mori Motonari, took aside his three sons and easily snapped a single arrow. But when he held

three arrows together the well-muscled man could not break the bunch. The moral is clear. Americans even have their own saying for it: united we stand, divided we fall. When the 1.4 million Lions family is united, we can deliver the light of service throughout the world.

So this year let's embody the samurai spirit. Lions, be samurai. But when you go on your service activities, please keep your sharp swords at home and carry with you only the samurai spirit!

**Dr. Jitsuhiro Yamada**  
Lions Clubs International  
President



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Roqaya, 14, had both legs amputated after her home was bombed in Syria. With our help Roqaya was fitted with artificial limbs. She is learning to walk again and smiling once more.

**But worldwide, thousands of  
victims of conflict urgently need  
our help.**

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## Tetbury Lions receive the Queen's Award for Voluntary Service

This prestigious award, officially announced on 2nd June 2015, specifically recognises the impact the Tetbury Advertiser produced by the Tetbury Lions has on the community. This monthly publication gives a voice to all groups, encourages local business to remain viable and helps improve local facilities and services.

The Tetbury Advertiser is both a product and a service that is unique amongst Lions clubs in the district. Each month it is delivered free by Club members to households in the

town and its surrounding villages, which ensures that it is available to the entire local population. This magazine is a primary source of income that has allowed the club to distribute in excess of £60,000 over the last four years, into both the local community and international projects.

Tetbury Mayor, Sandra Ball and Lions District Governor Keith Wilding, joined Tetbury Lions for a grand reception. The Lord Lieutenant of Gloucestershire, Dame Janet Trotter, presented the Club

with its Queen's Award for Voluntary Service. In making the presentation she commented on the strength of the application and how apparent it was that the Club was dedicated to improving the quality of life for those less fortunate in our community.

The highlight of the reception was the presentation of a scroll that had been signed by the Queen and an engraved commemorative crystal. They will both be on display in a cabinet in The Close Hotel, where the Tetbury Lions meet each month.





**PICTURED:** (L to R) Terri White and Liz Philby



**PICTURED:** Tetbury Lions President Richard Smith celebrating



Tetbury Lions is one of 187 charities, social enterprises and voluntary groups to receive the award in 2015, but is one of only three groups in the whole of Gloucestershire to be successful. The number of awards handed out to groups have increased by over 60% since 2014, due to an increase in high quality applications, showing that the voluntary sector is thriving and full of innovative ideas to tackle community challenges.

Tetbury Lions would like to thank everyone in the town and its surrounding parishes who hold the Tetbury Advertiser in such high esteem and for their continuing support for our various projects. Without this support this award would not have been possible.



**PICTURED:** Tetbury Lions President Richard Smith, Lord Lieutenant of Gloucestershire Dame Janet Trotter, current Mayor of Tetbury Sandra Ball and Councillor Stephen Hirst who nominated the Tetbury Lions



# EXECUTIVE SUMMARY

## INTERNATIONAL BOARD OF DIRECTORS MEETING

Honolulu • Hawaii • USA • June 21-25, 2015

### AUDIT

1. Reviewed the audit planning details for the June 30, 2015, financial statement audit for LCI and LCIF presented by representatives from Crowe Horwath, LLP.
2. Reviewed the memorandum covering a review of the Service Organization Report for Paylocity, the Donor Services Audit and a memorandum covering new procedures for the termination of temporary employees.

### CONSTITUTION AND BY-LAWS COMMITTEE

1. Denied second vice district governor election complaints filed in District 108-LA (Italy), District 308-A1 (Singapore) and District 322-E (India) and declared the following as second vice district governors in their respective districts for the 2015-2016 fiscal year:
  - a. Lion Fabrizio Ungaretti—District 108-LA (Italy)
  - b. Lion Jerrick Tay—District 308-A1 (Singapore)
  - c. Lion Veena Gupta—District 322-E (India)
2. Upheld one second vice district governor election complaint filed in District 324-A8 (India), declared the second vice district governor election in District 324-A8 for the 2015-2016 fiscal year null and void and of no force and effect, declared a vacancy in the office of second vice district governor for the 2015-2016 fiscal year and that the second vice district governor vacancy shall be filled in accordance with the International and District Constitutions and By-Laws, and declared that the filing fee less US\$350 shall be refunded to each of the Complainants.
3. Censured District Governor V.S.B. Sunder for his unlionistic behavior and made him ineligible for a District Governor Team Excellence Award. Rejected the dispute filed in District 324-A1 (India) under the Constitutional Complaints procedure related to the 2015-2016 fiscal year district elections as improper.
4. Removed District Governor S. Arumugam from the office of district governor in District 324-B4 (India) for failure to comply with the International Constitution and By-Laws and policies of the International Board of Directors. Declared that S. Arumugam shall not be recognized in the future as a past district governor by Lions Clubs International or any club or district, and that he shall not be entitled to any privileges of such title.
5. Declared the conciliator's report filed in District 324-B4 (India) as inconsistent with the International and District 324-B4 Constitutions and By-Laws and therefore invalid. Affirmed the elections of the district governor, first vice district governor and second vice district governor held on April 26, 2015 for the 2015-2016 fiscal year.
6. Declared the decision of the conciliators to declare the second vice district election in District 301-D2 (Philippines) null and void inconsistent with the International Constitution and By-Laws and Board Policy and therefore invalid. Recommended that the yes/no ballot contained in the Standard Form District Constitution be utilized by District 301-D2 in the 2015-2016 year elections. Declared the conciliators' decision related to the removal of the Respondent inconsistent with the international constitution and by-laws and board policy and therefore invalid. Upheld the decision of the conciliators that the Respondent

violated the Multiple District Constitution and By-Laws.

7. Revised the definition of Good Moral Character in Chapter XV of Board Policy Manual to prohibit membership to individuals who have been convicted of a crime of moral turpitude.
8. Revised the secret ballot process in Chapter III of Board Policy Manual to allow the process to be initiated by the presiding officer.
9. Revised the District Governor Suspension Policy in Chapter XV of the Board Policy Manual to remove a redundancy in the policy and to amend the number of clubs required to request a review under this policy.
10. Revised the Standard Form District Constitution in Chapter VII of the Board Policy Manual to correct a typographical error and update internal references.
11. Established a new Neutral Observer Policy, effective July 1, 2016, in Chapter XV of the Board Policy Manual.

### DISTRICT AND CLUB SERVICE COMMITTEE

1. Appointed Past District Governor Michael Bierwagen to serve as Coordinating Lion for District 123 (Russian Federation) for the 2015-2016 fiscal year, Past District Governor Mirela Grigorovici to serve as the Coordinating Lion for the Republic of Serbia on October 11, 2015, for the remaining months of the fiscal year and Past International Director Kalle Elster to serve as Co-Coordinating Lion for the Republic of Latvia and assist Past District Governor Fabian Ruesch during the 2015-2016 fiscal year.
2. Amended the DG Team Excellence Award application to require that districts also adhere to the association's constitution and by-laws and policies in addition to meeting the requirements of the award.
3. Revised Chapter V of the Board Policy Manual to place less emphasis on strict club meeting attendance and more emphasis on meaningful involvement in club activities.
4. Revised Chapter VII, Exhibit B. of the Board Policy Manual to also place less emphasis on strict club meeting attendance and more emphasis on meaningful involvement in club activities.
5. Amended Chapter IX of the Board Policy Manual to allow a Coordinating Lion to be appointed when a potential new Lions country is identified instead of waiting for two clubs to be chartered.
6. Made a housekeeping revision to correct a reference error in Chapter IX, Paragraph O.2.d. so the correct paragraphs were referenced.

### FINANCE AND HEADQUARTERS OPERATION COMMITTEE

1. Approved the FY 2015 4th Quarter Forecast, reflecting a deficit.
2. Approved the final budget for FY 2016 with a deficit of US\$2,842,672.
3. Approved amending The Retirement Income Plan for Employees of the International Association of Lions Clubs (Plan) to offer terminated employees having vested benefits under the Plan the opportunity to withdraw their full Plan benefits in a lump sum in calendar year 2015.
4. Approved a change in board policy effective July 1, 2015, which requires district governors obtain approval from the Travel Department prior to ticketing any fare in

excess of US\$1,000. Airfare less than US\$1,000 should be booked at the lowest logical standard or discounted fare by the most direct route for the authorized class of service and period of travel.

5. Approved a change in board policy effective July 1, 2015, to provide eligible past international directors a minimum budget of US\$1,200 annually.

### LEADERSHIP COMMITTEE

1. Approved policy empowering the International President to fill GMT and GLT Coordinator vacancies at the multiple district, single district and sub-district levels, when said vacancies are the result of the appointment body's inability to come to consensus on a suitable appointment.
2. Approved policy prohibiting endorsed and certified candidates for international office from serving as GMT International Coordinator, GLT International Coordinator, Family and Women International Coordinator, GMT or GLT Constitutional Area Leader, GMT or GLT Area Leader and GMT or GLT Special Area Advisor.

### LCIF

1. Approved the report of the LCIF Finance Committee.
2. Amended the articles of Articles of Incorporation and the By-Laws of Lions Clubs International Foundation, to reflect the revised LCIF Board of Trustees structure.
3. Deleted Chapter XVI of the Board Policy Manual, due to its redundancy to the LCIF Operations and Policy Manual.
4. Amended the Operations and Policy Manual of Lions Clubs International Foundation to reflect the revised LCIF Board of Trustees structure and other necessary housekeeping changes.
5. Approved the 2015-2016 voting members of the Board of Trustees of Lions Clubs International Foundation.
6. Increased the humanitarian grants budget for the current fiscal year by an additional US\$3.5 million.
7. Approved 54 Standard, International Assistance and Core 4 grants totaling US\$3,071,671.
8. Tabled one grant.
9. Extended the Core 4 funding priority status of Lions Quest until June 30, 2018, and Core 4 funding priority funding status of LCIF's diabetes prevention and control program until June 30, 2017.
10. Approved a Core 4 disability grant in the amount of US\$750,000, representing a portion of funding for the Lions-Special Olympics Mission Inclusion program in Brazil.
11. Approved the renewal of the Lions Quest community partnership grants program in the amount of US\$200,000.
12. Approved US\$125,000 in funding for an evaluation of Lions Quest in Finland.
13. Approved a grant in the amount of US\$5,000 for a joint LCIF/MD 111 low vision project in Cuba.

### LONG RANGE PLANNING COMMITTEE

1. Approved the formation of a 2015-2016 Family and Women Action Committee, of up to 10 members, as appointed by Vice

CONTINUED ON PAGE 22



Every minute a newborn baby dies from infection caused by a lack of safe water and an unclean environment.

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**LAND'S  
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# End to End

Keith Ogley, from Kettering & District Lions Club, celebrated his 72nd birthday with a sponsored walk from Land's End to John O' Groats

On the 13th May 2015, Keith began his challenge of walking 1,132 miles to raise funds for Lions Clubs International charities and Cransley Hospice in Kettering which had cared for his late wife, Joan. With the help of a small team from Kettering Lions, detailed routes were planned, overnight accommodation sorted, sponsorship gained and the necessary risk assessments completed.

It was clear that help would be needed from other sources and this was provided at various stages by Lions clubs, friends and family. Seven Lions District Governors with clubs near to Keith's route were contacted and asked if they could provide support with transport and accommodation, where necessary. In true Lions fashion, all responded positively! Some even invited Keith to club meetings, made donations to his appeal and provided him with a good meal, hot bath or a bed! Morpeth and Teesdale Lions Clubs even ensured he could celebrate his birthday with them!

Where the route did not go near enough to a Lions club, members of Keith's own family and friends stepped in to provide support and arranged an emotional surprise welcome at John O'Groats.

Kettering and District Lions Club send their most sincere and grateful thanks to all Lions clubs and members for their efforts in support of the 'End to End' Charity Walk. Without their help and encouragement Lion Keith's challenge would not have been completed and on schedule, 3rd August 2015!

To date over £10,000 has been raised and you can still donate at: [www.JustGiving.com/keith-ogley1](http://www.JustGiving.com/keith-ogley1)



**PICTURED:** At the start with 105SW DG Lesley Clarke and Lions Chris and Graham from Uckfield Lions



**PICTURED:** Battling the elements in Upper Teesdale



**PICTURED:** Keith's accommodation for two nights at Glencoe



**PICTURED:** Keith at the finish with his two daughters



# Art Themen Jazz Concert

Wokingham Lions Club presents Combat Stress with a cheque for £2,000 raised at their Art Themen Jazz Concert

On Saturday, 20th June 2015 one of Britain's top jazz musicians, Art Themen, performed to a sold-out audience at the Wokingham Theatre to raise money for Combat Stress.

Known for his originality and smooth style, Art Themen is a British jazz saxophonist and former orthopedic surgeon. At the concert, he was joined by three other jazz musicians: Ron Hetherington on drums, Andy Crowdy on bass, and John Critchison on keyboard. For more than 40 years, Themen has toured around the world, and played with US and British luminaries, including Mick Jagger, Chuck Berry and Georgie Fame.

"It was a fabulous night of jazz, say's Sue Jackson, Fundraising Chairman, Wokingham Lions Club. " There was a variety of music including songs from Cole Porter, Duke Ellington, West End & Broadway hits, as well as the blues, a tango and ballads. The evening was a great success, with fabulous music and entertainment, and above all, a wonderful audience helping us to raise funds for a worthy cause."

The evening was sponsored by Prospect Estate Agents. Director



Mark Towell said, "It is a pleasure for Prospect to be a part of the Wokingham Lions' fund raising campaigns. I was very lucky to attend the evening; Art and friends delivered a superb show, keeping the audience engaged every minute. I have even used some of their jokes since!"

On 7th August 2015 outside the Wokingham Theatre, Sue Jackson presented the cheque to Tom Wilman, Senior Volunteer & Community Fundraising Officer at Combat Stress. Other Lions present were President Alan Rouse, Vice President Bob Westerman, Treasurer Candy Kirkland and PRO Claire Mangers-Page. Also present were Art Themen, Mark Towell and Sarah Corradine from Prospect Estate Agents and Tony Thompson and Nigel Lawson Dick from Wokingham Theatre. Tom Wilman said, "On behalf of the veterans and staff at Combat Stress I would like to offer my many thanks to the Wokingham

Lions Club for this most generous donation, raised through their wonderful 'Art Themen & friends' concert in June.

Combat Stress is the UK's leading mental health charity that helps ex-Service men and women from all ages who are suffering. Combat Stress is currently delivering specialist clinical treatment and welfare support to more than 5,900 Veterans across the UK aged 19 to 97, including 38 Veterans in Berkshire. The charity provides a vital lifeline for these men and women, and their families. Treatment and support services are always free of charge, and are proven to work.

The money raised by the Wokingham Lions Club will ensure Combat Stress can continue providing specialist treatment to help ex-Service men and women rebuild their lives suffered from Post Traumatic Stress Disorder, depression and anxiety.





# Blind Veterans UK, Llandudno



In the last issue of Lion Magazine we featured the MD Special Appeal for Blind Veterans UK and Blesma. Crosby & District Lions visited their rehabilitation centre to see how their donations have been used...

The party of seventeen were greeted at the Centre by Victoria Beech, the Regional Fundraiser, and volunteers Tom and Barbara Middleton. Victoria gave a very informative talk about the facilities they provide. After which, they were then given a comprehensive guided tour of the facilities, including IT rooms, art/craft rooms and the type of accommodation that the veterans stay in whilst going through their rehabilitation and training. The group was then taken outside to see the construction work already taking place for the £1.65 million accommodation, rehabilitation and training facility.

Lion President PDG Tom Tyson said, "You can see that the Llandudno centre provides wonderful facilities for training and rehabilitation in a beautiful setting. When you hear the stories of young soldiers who enlisted at 18 and were blinded by 20, you can understand how they



**PICTURED TOP:** President Tom Tyson with Victoria Beech



**PICTURED ABOVE:** President Tom Tyson exchanging pennant with Llandudno Lions President Gordon Woodyatt

may possibly feel that their life is over. The people here do a phenomenal job of giving them the skills and confidence to move forward with their lives. This new facility will add an extra dimension to what they are able to offer."

The construction work is well under way for the new facility, but the money from the Lions of MD105 is very much needed to ensure completion of the project. Crosby Lions have been supporting Blind Veterans UK in a variety of ways for many years. Lion Peter Albert has personally raised over £14,000 through collections, canoeing the

Thames and completing the mile long zip wire at Penryhn Quarry, Bethesda. Recently, along with the other clubs in Zone G (BN), it was also decided that each club donate a bench for the gardens in Llandudno.

The weekend was topped off by a social visit to the Llandudno Lions with a warm welcome from President Gordon Woodyatt, Club Members and partners.

Donations should be sent to your District Treasurer endorsed 'MD 105 Special Appeal - BVUK & BLESMA'.



# Grange Lions Club Charity Open

Professional golfer, Gary Wolstenholme joins Grange Lions Club for their charity golf tournament

On the day of the tournament, Gary carded 5 birdies and 2 eagles whilst shooting 61, to help his team into 3rd place. Gary was joined by fellow professionals Andrew Pickering and Chris Coates from Carus Green Golf Club, Kendal, and Secretary Margaret Bebington to complete the quartet.

Gary Wolstenholme at Grange Fell Golf Club first learned to swing a golf club as a young boy, under the tutorship of the resident professional at the time, Fred Robinson.

The charity golf day, organised by Grange & District Lions Club, raised over £1,200 for St Mary's Hospice, Ulverston.



## GARY WOLSTENHOLME

**Gary Wolstenholme** is not your average golfer. He turned professional at the age of 47 and won the EuroPro Tour event at 49, shooting a round of 63. At 50 he finished third in his first outing on the European Senior Tour, the Travis Perkins Masters at Woburn and won it on his second outing at the Casa Serena Open.



Gary has been playing golf for over 30 years and is firmly established himself as one of the leading amateur golfers in the world. Throughout his illustrious career Gary has won many tournaments, accolades and received various prestigious honours. Oh... and he beat Tiger Woods as an amateur!

# Abigail's Footsteps

Whistable & Herne Bay Lions Club help provide bereavement training and equipment for the maternity unit of the QEQM

Whitstable & Herne Bay Lions Club, the Police Force and Deal Inner Wheel contributed to training and equipment, provided by Abigail's Footsteps for the maternity unit in Margate, Kent.

Abigail's Footsteps was launched in 2010 by Jo and

David Ward following the death of their daughter Abigail, who was stillborn. The charity aims to provide support for families and healthcare professionals dealing with bereavement through the death of a baby before or at birth.

The charity provided two cold cribs, which would allow the babies to stay near their mothers and a camera to capture special moments and contribute to memories for the families. £2,000 would be used for training in bereavement counselling for members of staff. Lady Astor, Patron of Abigail's Footsteps attended with Vice President Cheryl Baker, former member of Bucks Fizz, to make the presentations on behalf of the charity. Helen Bland, Acting Head of Midwifery at QEQM, thank the Club for their donation.

The maternity unit also hope to raise £70,000 for a new bereavement suite of rooms where families could stay away from other mothers and their newborn babies. They have raised £10,000 so far and would be grateful for any other contributions.\*

To find out more about Abigail's Footsteps visit [www.abigailsfootsteps.co.uk](http://www.abigailsfootsteps.co.uk)

*\*This is not a LCI funded project.*



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# SNOWDON 500 & WELSH 3 PEAKS CHALLENGE

Saturday 7th & Sunday 8th May 2016



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To register or find out more go to [www.snowdon500.co.uk](http://www.snowdon500.co.uk) or call the events team on 07446 534436 for an information pack.



If you would like more information about prostate cancer visit the

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# LIBRA Provides Funding for Sickle Cell Research



Doctors at King's College Hospital in London recently called on the Lions International Blood Research Appeal (LIBRA) for some urgent funding to cover the cost of research equipment that will benefit patients with sickle cell disease. Expert researcher, Dr Stephan Menzel approached LIBRA after the Haematology Team identified a need for a PCR Machine.

Dr Menzel recently discussed the benefits of this machine with LIBRA and here he explains how it will help to power the hospital's research into sickle cell disease for many years to come.

## WHAT IS SICKLE CELL ANAEMIA?

Sickle cell anaemia is a serious inherited blood disorder where the red blood cells, which carry oxygen around the body, develop abnormally. Normal red blood cells are flexible and disc-shaped, but in sickle cell anaemia they can become rigid and shaped like a crescent (or sickle).

The sickle-shaped cells contain defective haemoglobin, the iron-rich protein that enables red blood cells to carry oxygen from your lungs to the rest of the body. Thus these cells are unable to carry as much oxygen. The abnormal cells are also unable to move around as easily as normal shaped cells and can block blood vessels, resulting in tissue and organ damage and

episodes of severe pain. The abnormal blood cells also have a shorter lifespan and aren't replaced as quickly as normal blood cells. This leads to a shortage of red blood cells, known as anaemia.

## WHY DO YOU REQUIRE THE PCR MACHINE?

The focus of our research is on the genetics of sickle cell disease, an inherited anaemia. The only cure is a bone marrow transplantation, which is currently possible in a very small minority of patients only, because it is so toxic. The cause for sickle cell disease is a mutation in the haemoglobin molecule (the oxygen carrier in our blood stream). However, the condition can be severe or mild. The severity is largely determined by additional genetic factors, which we are trying to identify. The ultimate goal is to find better treatment for patients with sickle cell disease. If we find the genetic cause(s) for the more severe disease form, we could target this with specific treatment, so that the clinical appearance is mild even in these patients.





### WHAT DOES PCR STAND FOR?

PCR stands for 'Polymerase Chain Reaction'. This method (named in analogy to the nuclear chain reaction) was invented in the 1980s and has since become the 'workhorse' for most genetic research. Since roughly the beginning of this century, medical research finds itself in the 'post-genome' era. That means, we know a lot about the human genome, the genetic blueprint for the human body. With this knowledge, PCR has become incredibly powerful.

### HOW BENEFICIAL WILL THIS EQUIPMENT BE TO THE HAEMATOLOGY DEPARTMENT?

Our research, conducted largely with the help of PCR, is leading in the area of sickle cell disease genetics. Thus, here at King's, we strive to maintain an environment that combines highly trained and experienced clinical specialists with cutting-edge research. Such an environment benefits our own patients directly, but we also hope that it will advance general knowledge of the disease, leading to new therapeutic and diagnostic approaches.

### WHAT IS THE PCR USED FOR?

Some patients can re-activate a form of haemoglobin that they used as babies when still in the mother's womb - fetal haemoglobin. This is not affected by the sickle mutation so we are studying the genes that promote this re-activation and thus make the disease milder in these patients.

### HOW HAS LIBRA'S SUPPORT MADE A DIFFERENCE TO YOU AND YOUR TEAM?

Funding for sickle cell disease research is very difficult to obtain, there is no significant dedicated charity or government funding available. LIBRA support has been incredibly helpful to us to keep our research going at a time when funding conditions are tough. We are extremely grateful for all the support and money that LIBRA has given us over the years. The selfless work of LIBRA members is inspiring to us and we feel encouraged by the fact that they deem our work important enough to receive some of the precious funds.

### CALLING ALL RUNNERS

The Brighton Marathon is one of the UK's favourite 26.2-milers and LIBRA has some charity places available for 2016. With a stunning backdrop of the sea in one of the country's most vibrant cities, the race gets bigger and better every year. The course winds through the city streets, finishing up on Brighton seafront. The marathon will take place on Sunday 17th April 2016 at 9.15am. Please email [info@libralionscharity.org](mailto:info@libralionscharity.org) or call **01428 656283** to register your interest. Places are limited so make sure you don't miss out!

**Personal Registration Fee: £50**

**Sponsorship Level: £400**

To find out more about LIBRA and how you can provide support, please visit [www.libralionscharity.org](http://www.libralionscharity.org) or call **01428 656283**.



Each issue this section will focus on a Club, their history and what they've been up to recently. To appear on this page, please encourage your President or Press and PR Officer to email [lion.editor@lionsclubs.co](mailto:lion.editor@lionsclubs.co) with information and photographs (in a high resolution JPEG format).

## CLUB HISTORY

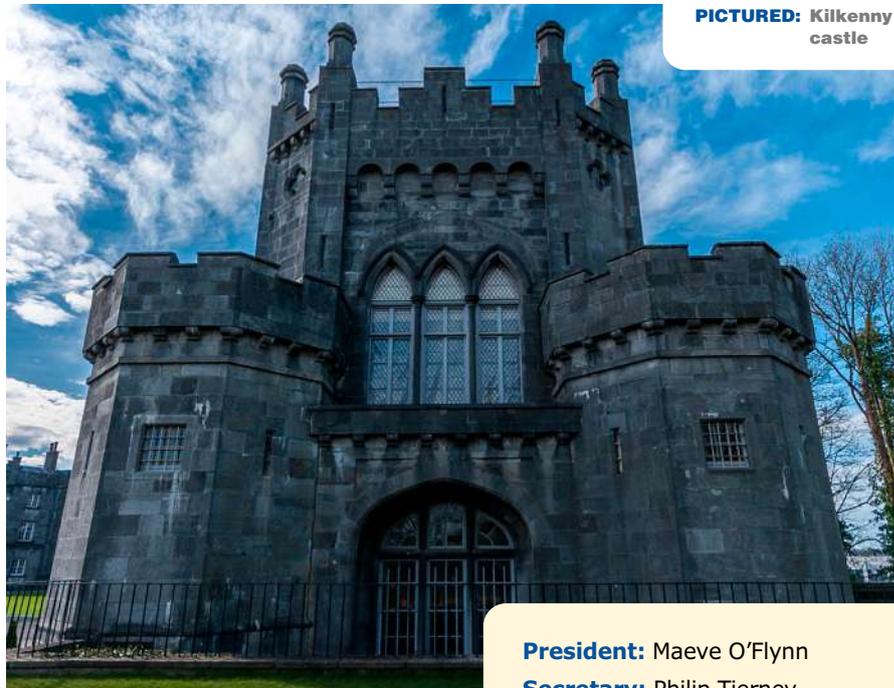
The Club was chartered in 1967. A Thurles business man, Jack Dwan introduced Lionism to Kilkenny. The Club was sponsored by Thurles Lions Club. Vivian Good was elected as First President with Jack Dwan as Secretary and Joseph Lambe as Treasurer.



**PICTURED:** Vivian Good (pictured right), Kilkenny's First President, receiving the Charter from District Governor, 105D, David Fairhurst at the Charter Dinner in 1967

# Kilkenny Lions Club

Kilkenny Lions are very proud of their city which is rich in medieval heritage, arts and culture and recognised by many as the Creative Heart of Ireland. It is also one the biggest tourist destinations in Ireland.



**PICTURED:** Kilkenny castle

CREDIT: DAVID REYNOLDS

## KILKENNY LIONS 2015



**PICTURED:** Maeve O'Flynn, Club President, receiving her chain of office from outgoing President George Candler - July 2015

### SERVING OUR COMMUNITY

In Ireland, Kilkenny has been at the forefront in developing Social Services since the 1960's.

Kilkenny Lions are committed to serving our communities: over the past 10 years, they have donated €500,000 to over 80 local voluntary organisations.

**The committee have also been actively involved in youth projects including...**

- *Tackling Cyber Bullying:* This was directed at the parents of primary and post primary school students in the area. This took the form of an

**President:** Maeve O'Flynn  
**Secretary:** Philip Tierney  
**PRO:** Philip O'Neill  
**Monthly Meeting:** Newpark Hotel  
**Membership:** 30

easy to read leaflet outlining preventative and guidance measures on bullying, in particular cyber bullying. Over 4,000 leaflets have been distributed this year to the schools and Kilkenny Lions have been delighted with the positive feedback received to date.

- *Suicide Awareness - promoting positive mental health:* Kilkenny Lions have each year for the past 3 years sponsored an initiative in conjunction with the County Kilkenny Suicide Prevention Strategy as adopted by the Health Service Executive. This year, Lions is one of a number of sponsors of the Rhymerag.net project run by the County Kilkenny Arts office which promotes positive mental health among young people. The project is coordinated through the schools and is an online poetry journal for young people in the age group 12-21.



**PICTURED:** Lions members with President Maeve O'Flynn



**PICTURED:** Litter pick-up this summer by Lions and 'Keep Kilkenny Beautiful' members

**The Committee is also involved in projects assisting the community such as...**

- **Litter Pick-Ups:** The Committee assist the Keep Kilkenny Beautiful Committee in a number of litter pick-ups throughout the summer each year. Kilkenny City won the National Tidy Towns in 2014 for the 2nd time, making them the only large urban centre ever to do so. This success contributes to the city's very vibrant tourism industry.
- **Message in a Bottle:** To date over 2,500 bottles have been

distributed throughout Kilkenny City and County.

- **Sight Serve:** Lions collected this year in excess of 2,000 spectacles for the Sight Serve project.
- **Holiday for the Elderly:** Lions organised summer holiday for a number of our elderly citizens in the self-contained holiday resort of Trabolgan in County Cork.
- **Cancer Research fund raising:** Lions raised €1,200 to support the Cancer Research project Relay for Life.

**UPCOMING EVENTS**

**Lions Spirit of Christmas Appeal:**

This auction of locally sponsored goods through the Local Radio KCLR 96FM and the local paper, the Kilkenny People, is the biggest fund raising event of the year for the Kilkenny Lions. Held over 3 days in mid-December, the auction consists of a general auction of over 100 items and a separate agricultural auction of over 50 farm items.

The auctions are broadcast live over KCLR Local Radio and raises over €25,000.

**Pop Up Shop:** The shop sells items donated and sponsored to the public during the peak Xmas period and is manned by Lions members.

**Schools Concerts:** This is organised every year by Lions with over 8 schools participating before a packed audience of over 500 people in the historic 13th Century St. Canices Cathedral. This year it will be held on the 9th /10th December 2015.

**Wine Fair:** This well supported fund raising event will be held on the 27th November in the Newpark Hotel. The Fair is sponsored by local a winery which allows all proceeds to go to local charities.

**Golf Classic:** Kilkenny Lions will run a Golf Classic in Kilkenny Golf Club on the 16th April 2016.

**Carol Singing:** A Christmas Carol Singing fund raising event will be held at a local hotel this Christmas.

**KILKENNY BACHELORETTE OF THE YEAR, JUNE 2015**

The Bachelorette of the Year charity event has been organised by Kilkenny Lions for the past 8 years. This year €4,000 was raised and the beneficiaries were the Kilkenny Alzheimer's Association, Parkinson's Association and the Kilkenny Sub Aqua Club.

Seven bachelorettes were encouraged to enter with the support of their local club or organisation for example, GAA or rugby clubs. They, in turn, canvass their supporters to attend the selection night (admission €10) at Langton's Hotel, Kilkenny. Local Lions MC, George Candler, comperes the event and interviews the bachelorettes in a fun, relaxed atmosphere. The bachelorette who has the most supporters at the event is selected Bachelorette of the Year. This year's winner is Miriam Walsh from Tullaroan, County Kilkenny and she had the support of her local camogie club.



**PICTURED:** Winner of Kilkenny Bachelorette 2015, Miriam Walsh (3rd from left)



**PICTURED:** Lions member George Candler comperes final

\*\*\* NEXT ISSUE WE LOOK AT A CLUB FROM DISTRICT 105-M \*\*\*



# MD 105 VISITING LION COMPETITION

September 2015

The object this Competition is to encourage visiting among Lion Members and Clubs world-wide between the 1st March and the last day of February the following year. The trophy is won by the Club within MD105 who scores the greatest number of points.

**Points were awarded to the Club for each Lion visiting:-**

- a) within the Multiple District**                      **1 point**
- b) outside MD105 points**                              **5 points**

**Points were awarded to the Club for each Lion visiting:-**

- Regular Business Meeting
- Social Event
- Fund Raising Event
- Club Service Event
- Formation Meeting
- Charter Presentation or Anniversary Dinner
- Official Region/Zone Meeting
- Region/Zone Social Event
- Region/Zone Fund Raising Event
- Region/Zone Forum or Seminar
- Region/Zone Service Event

*Excluded are serving DGs, VDGs, MD/District Officers and any other Lions attending in an official capacity.*

VISITING LION COMPETITION TOP TEN AS OF 30TH SEPTEMBER 2015			
POSITON	CLUB NAME	DISTRICT	POINTS
1	Stoke on Trent	BS	48.5
2	Whitstable & Herne Bay	SE	36.1
3	Tamworth	BS	27.4
4	Normanton	C	25.1
5	Lewes	SE	23.1
6	Launceston	SW	20.3
7	Kirkham & Fylde Rural	BN	19.9
8	Rochdale	BN	17
9	Stone	BS	15.9
10	Birchwood	BN	15.6

# EXECUTIVE SUMMARY

Honolulu • Hawaii • USA • June 21-25, 2015

## » CONTINUED FROM PAGE 10

President Dr. Jitsuhiro Yamada and recorded with the LCI Executive Committee at their August 2015 meeting.

### MEMBERSHIP DEVELOPMENT COMMITTEE

1. Approved the formation of Branch Lions Clubs in Cuba and Myanmar, contingent upon receiving approval from appropriate authorities in each country.
2. Approved a working group of Lions and/or Leos to work with the Membership Development Committee and staff to explore concepts and strategies to involve "episodic volunteerism" in Lionism.
3. Approved adding recent policy changes to policy manual, including the processing fee of US\$100 assessed to club charter applications not approved by LCI, and requiring advance payment of US\$30 for adding any additional charter members.
4. Approved policy where any district Lions Clubs International has identified with a prior misapplication of the student membership program, and has more than 5 percent of total membership comprised of student membership, will have all campus clubs in that district, and all traditional clubs in that district with 25 percent or more student members will be placed in status quo, immediately after 45 days of the date of communication informing them of this review.
5. Approved the designation of MD60 under Constitutional Area I, effective July 1, 2015.
6. Approved board policy changes that place less emphasis on strict meeting attendance requirements, allowing for more flexible participation in club activities.

### PUBLIC RELATIONS COMMITTEE

1. Reduced the number of print editions to four per year for all official editions of LION Magazine beginning January 2018.
2. Eliminated the Order of the Lion medal.
3. Replaced the current awards section of Chapter XX of the Board Policy Manual with Exhibit A to the public relations report.

### SERVICE ACTIVITIES COMMITTEE

1. Selected the 2014-2015 Leos of the Year.
2. Approved a revision to the Board Policy Manual transferring youth programs that are non-Leo related from Chapter XXIII to Chapter I.
3. Approved a revision to the Board Policy Manual Chapter XXIII deleting outdated information on the purposes of the Youth Programs Department.
4. Approved a revision to the Board Policy Manual Chapter XXIII renaming the chapter title from "Youth Programs" to "Leo Club Program" to reflect the current structure.
5. Approved a revision to the Board Policy Manual Chapter I changing all variations of "Youth Programs Department" with "Service Activities Division" to reflect current structure.
6. Approved a revision to the Board Policy Manual Chapter XXIII changing all variations of "Youth Programs Department" with "Leo Club Program Department" to reflect current structure.

**For more information on any of the above resolutions, please refer to the LCI website at [lionsclubs.org](http://lionsclubs.org) or contact the International Office at 630-571-5466.**

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# Monte Carlo or Bust Rally Banger Challenge

President Frederick Smiles of Grimsby Cleethorpes Lions tells us more about his Club's adventure...

In September 2014, as a newly inducted President of the Grimsby Cleethorpes Lions I attended my first Zone Meeting. It was at this meeting I first heard of the Monte Carlo Banger Challenge which one of the other clubs had undertaken.

Eager to find out more, I discovered that the event was an annually organised adventure where teams of up to four, entered and were required to purchase a car, a 'banger', for £300 or less and drive it to Monte Carlo. The more I found out about the event the more I became intrigued. I was relieved to find that it was not actually a race, but more like a glorified treasure hunt travelling through France, Switzerland and Italy before finishing at Monte Carlo. The whole adventure would take place over several days.

I floated the idea to the Club expressing an opinion that it would be a fun thing to do and could be an opportunity for fund raising through sponsorship. Moreover, it would be a great opportunity to raise the profile of our Club in the local community.

**PICTURED:** A view of Monte Carlo





The idea was discussed and it was agreed by the Club that we would give it a go and that all the money raised would go to the Lincolnshire & Nottinghamshire Air Ambulance.

Having made the decision, the Lions had within a week sourced a car, a Renault Scenic four-wheel drive, which was just as well with an upcoming trip through the Alps! Our first sponsor offered to purchase the car for us and we were well on our way.

In preparation, local businesses were contacted and the response was very positive. For £100, each company logos were printed out and stuck on the car. We ended up with 29 stickers, including local garages who had serviced the car for us and given us tyres and parts free of charge. Likewise, the stickers were printed out on appropriate material as part of a community project. It is worth saying that at the end there wasn't any room for any more stickers.

Before the trip we visited the Air Ambulance near Lincoln and were surprised and delighted when the helicopter landed close to us. We



**PICTURED BELOW:** MP Martin Vickers and District Governor Paul Stafford wishing us well

chatted to the crew and only then you really do realise what an amazing job they do.

The local support was fantastic. Sponsors were invited to a photo shoot and the MP for Cleethorpes, Martin Vickers attended to offer his support as well as District Governor Paul Stafford and his wife. One sponsor, the owner of a café even provided a band over the weekend to bring in the crowds as we collected on the Cleethorpes sea front. We also had a spot on the local radio station as well as extensive coverage in local papers.

The journey was long but the car behaved and was returning around 40 miles to the gallon. Having made the ferry and reached St Quentin after a two-hour drive once in France, we settled into our hotel before exploring. The meet-up point was a pub on the square. Like many French towns, St Quentin is centred round a square with bars and shops. What is unusual is that much of the square is taken up by a man-made beach, with hundreds of tonnes of fine silver sand deposited there each summer.

We checked in: the bar was heaving with fellow Monte Carlo teams, many of which were in fancy dress. The odd beverage and food was the order of the evening.

## THE JOURNEY

### DAY 1: Grimsby to St Quentin (Northern France)

It was very rewarding to see so many Lions, Lion's ladies, sponsors, TV and the press in attendance for the start of our adventure. Duly packed and ready, Mark, Colin, Terry & Geoff and I sallied forth into the unknown, 1200 miles to go in a £300 banger. I was reassured when one of our crew said they could fix anything with rubber bands!!

### DAY 2: St Quentin to Dijon

At the morning meet-up we had a chance to view other bangers. What an array! Hour upon hour of effort had been spent on many of the cars. My favourite being the 'Furarrri' a Hyundai completely covered in ...fur. It brought a lump to my throat to see just how many of the almost one

Continued on page 26 >>



CREDIT: MATTHEW PEOPLES



**PICTURED BELOW:** The Furrari!



» hundred teams were collecting for a charity. With so much good will and positivity, it made me proud that we were a part of it all, doing our bit.

Dijon was hot, over 40°C and after a six-hour drive the car was surprisingly still running beautifully, apart from being very sluggish in the acceleration department. I am sure it had nothing to do with the weight the poor thing was carrying, or one of our number bringing a holdall the size of Peru!

**Day 3: Dijon to Turin**

A warning light came on a few minutes into our six hour drive, it indicated an electrical fault and as the drive took in a trip round Lake Geneva in Switzerland, the St. Bernard Pass and a substantial portion of the Alps, it was worrying.

The problem was solved by one of the team, who was technically gifted enough to lift the car bonnet and slam it down thus causing one connection or another to be secured. The light went out each time we put on the headlights. The scenery was fantastic, but our car was much happier going down the Alps than up.

Having checked in, a look at our Just Giving page showed our donations had gone up to £430. This was, of course, a cause for celebration, so we had a beer. The Alps had proved a real test for the car and we met several teams and their cars that had been less fortunate than ourselves. However the one thing that shone through was the camaraderie and friendliness of all who we met.

**Day 4: Turin to Monte Carlo**

The meet-up on Sunday was at the National Motor Museum and we were given a ticket to look round.

Having spent a pleasant hour there we continued to the coast which we followed to Monte Carlo. The view from the road high above was amazing. It was a total contrast the hairpin bends down in to the Monte Carlo.

We drove through Casino Square littered with Daimlers, Rolls Royces, Lamborghinis and Ferraris. I was pleased to see people taking pictures of us as well as the more glamorous cars, and enquiring about the Rally.

**Day 5: Monte Carlo to Aix-en-Provence**

Filled with a great sense of pride and elated to have completed the challenge, we set off along the coast to Nice and then some two hours down the road to Aix-en-Provence. I would like to say the rest of the journey home was without event. Unfortunately I can't. Unexpectedly, just north of Dijon, the car engine blew and was scrapped, but that is another story.

All in all, we achieved what we set out to and I am filled with such a sense of accomplishment and many memories which will live with all the Lions who took part. I would like to thank all our sponsors for the support they have given to the event and all Lions ventures, without them we would not be able to do the work we do.

We arrived back in Cleethorpes late Tuesday night after our 2,300 mile journey, tired but with a sense of achievement, perhaps even thinking of next year.

The total raised for the Lincolnshire & Nottinghamshire Air Ambulance is ongoing but we have currently raised around £3000.

If your club is interested in doing the 'Monte Carlo or Bust Rally Banger Challenge', or you simply want to find out more visit: [www.montecarloorbustrally.com](http://www.montecarloorbustrally.com)



**PICTURED:** In Monte Carlo



# A Quick Stop in the Philippines

PDG Lion Laurence Pearce from Porthcawl Lions Club visits district 301-C Philippines

On his way back from the International Convention in Honolulu, PDG Laurence, acting President of Club Port Talbot, paused his travels to visit the Lions of District 301-C Philippines. Some of the work they were doing in collaboration with Aberyswyth Lions Clubs in Wales. Laurence and his wife were met at Manila airport by their hosts from Laoac United Lions Club and had an intense two days visiting projects such as water pumps, reading action, hungry, youth involvement and environmental.

Laurence says, "From planting trees on a hot July morning to giving gifts of reading and writing materials to children, to seeing water pumps in action in remote villages was truly inspiring and will stay with me for the rest of my life. I would like to express my deepest thanks to the Lions of Laoac United and district 301-C for their hospitality and friendship which I am hoping a close relationship will develop between our districts. Already we have shared the vision by supplying spectacles via our twin district 103-NE France and we hope to improve our links over the next few years."



**PICTURED:** Planting 30 trees on a hot morning, 2nd July 2015



**PICTURED:** A pump well at a Barangay village that provides not just drinking water but a lot of the needs of the village

**PICTURED:** Laurence at a school where he helped to give out 40 packs of reading and writing materials and a free meal courtesy of the local Lions Clubs



**PICTURED:** The distribution of spectacles supplied by District 105W. 140 pairs of glasses were given out that morning



# Provide Water For An Entire Village

Minehead and District Lions Club provides a new water well for Aworinde Village in Nigeria

Since the beginning of this project, this is the fifth water well Minehead and District Lions Club has funded and the 50<sup>th</sup> organised by Lion Bill Trevett MJF. Bill started the water well tradition at his previous club, Amersham and Chesham Lions Club, who have carried on this worthwhile venture in his absence.

When Bill moved to Watchet, Somerset, he transferred to Minehead and District Club and members unanimously agreed to take up this worthy cause. With each well built, clean water is provided for an entire village of up to 60 people. The upkeep of the well is minimal, requiring only a rope and bucket.

Each well costs around £500. It is a worthy cause that contributes towards the Lions Club International



Centennial Service Challenge, 'Relieving the Hunger' project. Water It is a not only slakes thirst, it is vital for successful husbandry and irrigation for agricultural crop growth.

If any club would like information regarding providing water for a whole village please contact Secretary Lion Veronica Whittle on **01643 707277** or [veronica\\_whittle@hotmail.com](mailto:veronica_whittle@hotmail.com)

## Chernobyl Children

As published in the last issue of Lion Magazine, vast areas of Belarus and the northern Ukraine became heavily contaminated with radioactivity after the Chernobyl nuclear reactor disaster. Lions, for a number of years, have sought to provide respite by regularly hosting a group of youngsters from the area in England, so as to provide them with fresh area and uncontaminated food to improve their immune systems that will have been affected by the nuclear-fall out.

On Wednesday 22nd July 2015, the Chernobyl Children's

Life Line and the Lions Club of Felixstowe organised a visit to Felixstowe for 19 Chernobyl children with their interpreters and adult helpers. The children started with a visit to Kirton Light Railway on the miniature train. They were then treated to the local cuisine of fish and chips at *The Hut* on the seafront, which was kindly donated by The Bounty Fish and Chip Shop, Walton. Whilst at *The Hut* the children were visited by the Mayor, Councillor Doreen Savage and Felixstowe Lions Club President John Gooch.





# Lions in Nigeria Aid Cancer Patients

One morning, as administrator Stella Agbogun made her rounds in the Radiotherapy Department at Lagos University Teaching Hospital (LUTH) in Nigeria, she happened upon a young man comforting his weeping mother in the hallway.

They had traveled to Lagos from Cross River, a Nigerian state more than 400 miles away, so the woman could receive cancer treatment at LUTH. But without any money or relatives in Lagos, the pair had nowhere to stay. They were desperate and completely alone.

Agbogun, a Lion, knew something had to be done to help the family and those like them—who travel from far and wide for access to LUTH’s Radiotherapy Department but lack the resources to secure housing for themselves during treatment. “They had nowhere to

sleep,” says Agbogun. “They had no relations in Lagos, and they did not have enough money for their accommodation. I was moved by pity. After that incident, I made the decision to be a positive change, to create a better living environment for cancer patients.”

Agbogun, District 404 B governor then, saw an opportunity to serve her community and improve the lives of vulnerable individuals. She collaborated with LUTH and Lions Clubs International Foundation (LCIF) to develop plans for Mercy Home, a housing facility for cancer patients at the hospital.

Agbogun worked both with the LUTH management team to finalise details and secure the space for Mercy Home and with Lion leaders to complete the project. With plans for 20 beds, Mercy Home would

offer temporary accommodation for radiotherapy patients and their relatives who cannot afford accommodation in Lagos.

With the help of a US\$75,000 Standard grant from LCIF, arrangements for the construction of Mercy Home were put in place. On a rainy day in July, behind the Radiotherapy Department at LUTH, Lions and local dignitaries gathered to break ground on the special facility that was years in the making.

At the groundbreaking ceremony, Professor Akin Osibogun, the chief medical Director of LUTH, elatedly described how honored the hospital was to commission Mercy Home. The facility was a dream realised.

“LUTH’s management team sealed the entire deal by giving us this space, where Mercy Home stands,” Agbogun said at the ceremony. “They gave us easy access to the institution and were ready to render assistance and encouragement.”

Mercy Home now stands as a symbol of hope to people in some of the darkest times of their lives, as well as a reminder that wherever a need arises in the community, Lions will find a way to meet the challenge.

For information on Standard grants and how your Lions club can apply, visit [lCIF.org](http://lCIF.org).



← PICTURED: Mercy Home offers a place to stay for medical patients



# Hope for the Street Children of East Africa

By David Maidment, founder of the charity Railway Children

*What are you going to be when you grow up?* It's a familiar question for many children. When I was young it was always the railways.

I'm blessed. Not just to have had a career I've enjoyed; I, like many reading this, am lucky because for too many children across the world today, thoughts of the future evoke terror rather than excitement. For too many children, the question of growing up begins not with a "when" but with an "if".

In East Africa, thousands of children run to the streets, escaping poverty, violence, and neglect at home. The life they find on the streets is often far more dangerous than the one they left behind. Street children are abused, trafficked and prostituted. They face violence, disease, and even death.

These streets had become home to eleven-year-old Elnest. His father dead and his mother in hospital, he had nowhere to go. He endured things no child should experience. Abused, beaten, and at terrible risk – until Joram, a Railway Children rescue worker, found him. At first, Elnest pretended he was fine. Street children learn quickly how to look fearless. But soon his story came tumbling out. He was hurt, alone, and desperate to go home.

Railway Children traced Elnest's mum, Elizabeth and gave her a grant to set up a business, helping her to give Elnest the care he needs. We also helped Elnest go back to school, which led to an apprenticeship fixing cars and a brighter future.



But there are only so many children someone like Joram can reach. Which is why Railway Children is launching the *If I Grow Up* campaign - backed by LION Magazine and the support of Lion groups. It hopes to raise £300,000. **And every pound raised before January 22nd 2016 will be doubled by the UK government.**

- **£16 – doubled to £32** – pays for a rescue worker to search the streets for two days looking for children at risk
- **£24 – doubled to £48** – feeds a child in a Kenyan shelter three meals a day, for twelve weeks
- **£58 – doubled to £116** – helps us safely return a child home and pays for a follow-up visit to work through the family's issues

With your support, we can reach more children like Elnest and give them the chance of a better future.

Find out more and download fundraising materials at [www.ifigrowup.org.uk](http://www.ifigrowup.org.uk).



# East Anglian Lions 105-EA Annual Fun Day



For 12 years, Lions clubs from Essex, Cambridgeshire, Norfolk and Suffolk have partaken in the East Anglian Lions 105EA Annual Fun Day as organised by PDG Lion David Woodruff. This year, on Sunday September 6th 2015, over 450 children and young adults, many with medical conditions, and their carers were taken the Great Yarmouth Race Course and then onto the Hippodrome Circus.

At the Great Yarmouth Race Course, the youngsters and there carers received a packed lunch and were entertained by professional couple, Uncle Razz and Auntie Pearl. They had everyone dancing, singing, playing daft games as well as balloon sculpting. After this, the group travelled onto Hippodrome

Circus where they enjoyed a variety of acts and clowning around.

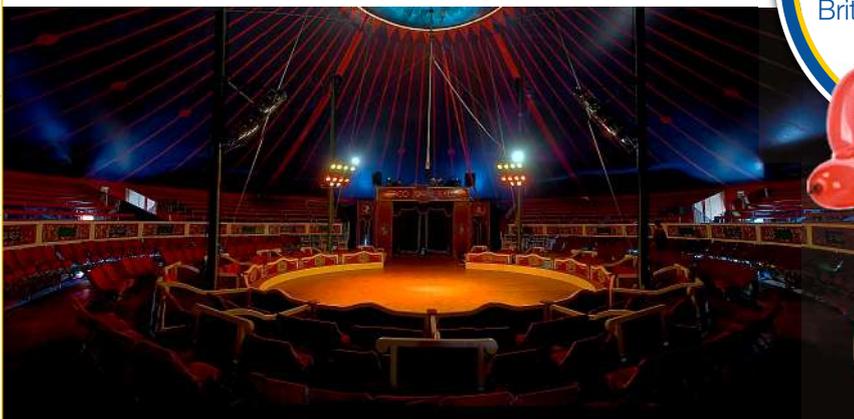
This year Swaffham Lions Club took over forty children and parents from Swaffham and the surrounding villages. It was a fantastic day out

for the children who loved the circus antics, their balloon animals and not forgetting the ice cream at half time! Many of the young people have never been to a circus before and it gave the Lions great joy to see and hear the laughter.



PICTURED DG Chris Crick >>> enjoying the fun

**FACT**  
Built in 1903, the Hippodrome Circus is Britain's only surviving circus building.



CREDIT: BASTIAN SANDER (www.sand3r.com)



PICTURES COURTESY OF THE NORTH WEST EVENING MAIL



# Furness Dancing Competition

Furness Lions Club celebrates over 30 years of Furness Dancing Competition



Over two days, the Forum in Barrow, saw seven dance troupes battle it out to claim titles such as the best overall dance group and the best dressed at the Furness Dancing Competition. This year, the themes included 'Get Funky', 'A Bit of a Twist', 'Breaking Bad' and 'Memphis Classics'.

The ages of the participants ranged from toddlers, just at the walking stage, up to, and including, adults and mothers. The colourful costumes and dance routines of each troupe were a testament to the hard work and commitment of all their members.

Club Secretary, Karen Yates comments, "Even before Furness



PICTURES COURTESY OF THE NORTH WEST EVENING MAIL

Lions introduced the event, there was a long tradition in Barrow of tap dancing schools competing against each other. Furness Lions' competition is the first event of the summer, in early June. Every year there is friendly rivalry and fantastic colourful costumes. Throughout the summer there are more dance competitions at various local carnivals."

This year District Governor Mike Bagnall attended the competition. He

and his wife Dorothy thoroughly enjoyed the event and would consider hiring one or two of the schools to put on a display during the MD convention.

To thank the local dancing school teachers for over 30 years of supporting and taking part in the Club's annual dancing competition, they were presented with certificates of appreciation by Furness Lions Club's President, Lion Ted Rockley and Lion Doug Jefferson.

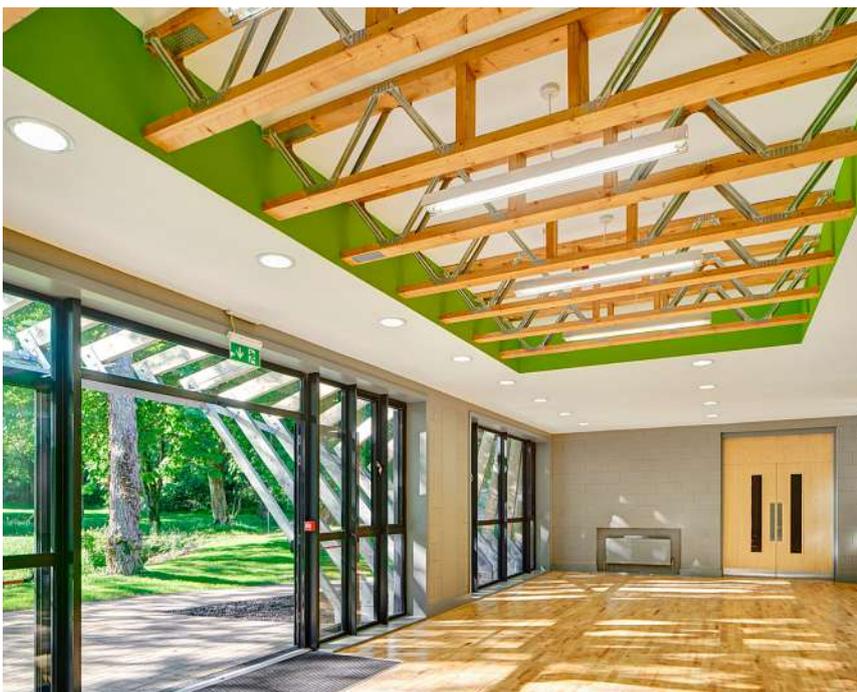
Dance teacher (Imperial School of Dance), Joanne Wallace, said, "The day is always well organised by the Lions. They always make a special effort. We enter every year with all the other dance groups and I have been involved with it from the very beginning."

The money raised by the competition is donated to local charities who need it most.



CREDIT: ADRAIN O'HERLIHY

# The Impossible Building



**The Carrigaline and District Lions Club** have a distinguished track record in large capital projects. In the last twenty years the Club has built sixteen houses for the elderly in the community. In 2010 it was deemed the next step to focus on the needs of the community at the other end of the population demographic, the youth of Carrigaline.

The committee met with several local voluntary groups and spoke with fellow Lion Eoin O'Neill in Waterford, about what was needed and what projects worked. The committee presented the findings at a regular Carrigaline and District Lions Club meeting and the reaction was emotive and strong. The committee proposed that a 6,000 square foot building be built



for the exclusive use and services of young people. The building would cost between three quarters to a million euros and that it should be built by the club with no help from other local groups. All of this was to be done in the worst global recession in almost one hundred years.

The objections were many and strong, with valid concerns that it would be impossible to secure the funding, impossible to find a suitable site, impossible to make it

self-financing and impossible to run. Despite the objections the Club President at the time, Sean Duggan raised a hand to the members and said, "Nothing is impossible – this Youth Centre will be built!". President Sean Duggan took the helm of the Youth Centre Development Committee and carried the project through storms of doubt and difficulty with the support of the committee. Five years later, on the 18th September 2015, the completed Youth Centre was pronounced officially open by

the Minister for Agriculture, Marine & Defence, Simon Coveney. The Youth Centre in Cork will benefit future generations of young people in the community.

The opening of this 'impossible' one million euro Youth Centre is testimony to all. We should not be afraid to think big. We must guard against falling into the old habit of saying 'no' to anything new or ambitious because if you have strong leadership, Lions can do amazing things.



# Bonkers for Conkers

## Wisbech Lions Club's annual Fenland Conker Championships

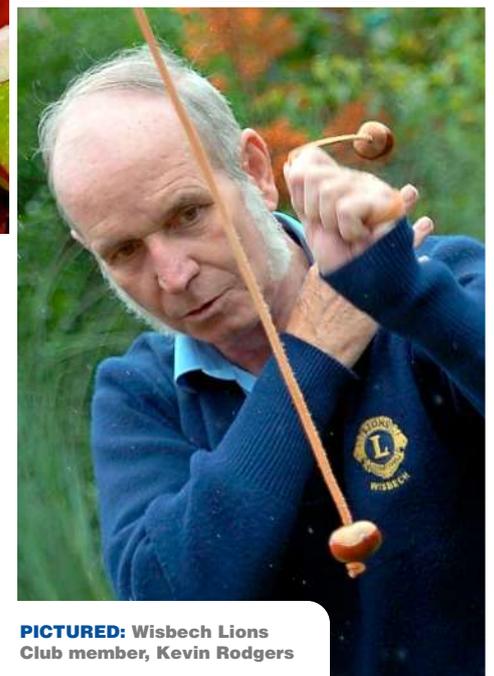
There are only a few uses for the seeds of the horse chestnut tree beyond playing conkers. During the Second World War people were encouraged to collect them because the skins contain traces of a compound used in the manufacture of high explosives. This was most probably propaganda as conkers have never been known to self-detonate. A fresh conker in the corner of a room was also thought to deter spiders - a dried up wrinkled conker is put to better use by throwing it at the offending spider. It was also thought that conkers could prevent rheumatism and cure piles, although the method for administering them for the latter is not recorded.

By far the best use is in playing conkers. Wisbech Lions Club plan their operations in late September. By early October all local horse chestnut trees are mapped out and guards are put in place. Teams of the Lions collect several hundred of the seeds, grade them and reject any small or irregular shaped conkers. This has the effect of stopping cattle, horses and the locals from eating them. The green spiky outer casing of the fruit is toxic and narcotic. The conkers themselves are rich in starch and saponins, which are soap-like chemicals making them unsuitable for human and most mammals' consumption, with the exception of deer. The Lions' efforts also prevents seeds from germinating saving a fortune in ground clearance, and lawn protection.

Friday 9th October 2015 saw over 90 people compete to smash each other's conkers in the fifteenth year of the event. Traditionally, it is an aggressive game played by two people. Whoever wins the toss of the coin decides who takes first strike. Each competitor alternates taking three swipes at their opponent's



conker with their own. There is no defense: when swung at, the only thing one can do is look away, flinch and think of England. The game ends until one of the conkers breaks and falls off the string. Only one person can be crowned winner. This year's champions were Isobel Pope, daughter of District Secretary David Pope from Peterborough and Chris Holt from Hunstanton. The proceeds of the evening were then presented to ABC Pre-school of Tydd St Giles for new play and safety equipment.



**PICTURED:** Wisbech Lions Club member, Kevin Rodgers

### A HISTORY OF CONKERS

Conkers are the seed of the horse chestnut tree (*Aesculus hippocastanum*). The Horse Chestnut (*Aesculus hippocastanum*) was first introduced to Britain from the Balkans in the late 16th century. Its name originates from the resemblance of its fruits appearance to those of the (Sweet) Chestnut tree. It is thought that the prefix 'horse' comes from the horse-shaped (including the nail holes) leaf-scars on the twigs.

It was not until about 200 years later that the fruits of the horse chestnut trees were used to play "conkers". Before that, conkers or 'conquerors' was played with hazelnuts, cobnuts or snail shells.



# Camborne Redruth & District Lions Club 37th Tide Race

On the 31st August 2015, despite the damp weather, the Camborne Redruth & District Lions held their 37th Tide Race on Portreath Beach. There was a £25 prize and shield on offer for each of the winning teams in their category.

In spite of the rain the popularity of the Tide Race filled the Portreath car park with supporters to watch 30 teams, of 246 people, build sand castles to beat the tide. Digging began at 2.30PM and by 3.00PM the spring tide, aided by a stiff onshore wind had claimed the last castle.

Winners of the children's event were the 'Three Musketeers' from Portreath. The teenage winners were the 'Pencoy's Peeps' from Fourlanes. The adult winners were yet again

'Team Jeffery' from Portreath. A special mention for the local ladies team 'Beach Babes' for donating their £25 prize money to the Lion's charity who by winning their category deprived team 'Havak' from winning the Ladies Trophy for the 4th successive year.

Lion President Derek Canham presented the trophies and cheques to the winning teams and thanked all the teams for participating in the event as well as the crowd for turning up to watch the event. Lion President Derek went on to thank the Tide Race sponsors who were Camborne Wetherspoons, Watson Marlow (from Falmouth), Merlin Cinemas,

The Bridge Inn, The Bassett Arms, The Portreath Arms Hotel, The Atlantic Cafe, The Waterfront inn, the HQ Surf Shop and the Beach Café. Without them the annual Tide Race could not happen.

**PICTURED:** Team Jefferies with Lion President Derek Canham



## VFEST 2015

For the sixth consecutive year, members of Gnosall Lions, over the course of 2 days, aided the clean-up following the VFest that took place in Weston Park in Staffordshire over 17th - 18th August 2015.

The local Rotary Club invited Lions Clubs, Soroptomists, Freemasons and many more to help them in recycling various items left behind by festival goers. On the first day, they were looking for items that could be used by emergency agencies and Christian organisations in the event of disaster and catastrophe throughout the world such as tents, bedding, chairs, and airbeds. These were all collected up by the various volunteers on site, loaded on a large lorry and sent to a charity cleaning and distribution centre. Many of the items collected last year went to Nepal to aid in the disaster and one should imagine that many items this year are destined for areas around Syria.

The following morning, clubs and organisations had the opportunity to collect for their own good causes and use for distribution within their own localities. On the day the Club collected tents, chairs, trolleys, buckets,

sleeping bags and helped the Stafford House of Bread which assists the local homeless.

Gnosall Lions can fully recommend the initiative and would love to see other Lions clubs apart from themselves and Ironbridge & Severn Gorge Lions assisting. Over 50% of the site was not cleared due to time and once the site closed on the Tuesday everything was bulldozed and sent to landfill. Undoubtedly, the same must happen after the Chelmsford VFest and the Reading Festival and they will be in need of local Lions clubs to involve themselves in the clean-up.





# Increase Public Awareness

## Promote your club with the new online PR & marketing toolkit

First of all, thank you to all the wonderful volunteers from our Multiple District who recently represented Public Relations, Webmasters and Newsletter Editors who shared their ideas and thoughts with us at the Lions Headquarters in Birmingham.

The Public Relations Team took everyone through the online toolkit which will continue to be developed over the coming months. The online toolkit will provide information and simple tutorials on how to use social media, produce media relations materials such as newsletters and press releases as well as promotional materials such as leaflets, template posters and presentations.

To find your online toolkit visit [www.lionsclubs.co/MembersNews/pr-and-marketing](http://www.lionsclubs.co/MembersNews/pr-and-marketing)

MDHQ also requires further input from District Officers to assist with placing local Lions clubs' public events and activities to enable them to be shared with the wider community.

Plus, look out for the launch of an online forum for Lions where members can share their great ideas with other Lions clubs.

A full update will be provided in the next edition of the Lions Magazine.



## Pop the kettle on for Hft

It's an easy and fun way to fundraise!

November is Hftea month! During the month and throughout the run up to Christmas, we hope lots of supporters will hold tea parties and sell Christmas cards to help us raise vital funds.

Every penny raised will help us support people with learning disabilities and empower them to reach their full potential, with opportunities to live as independently as possible, make friends and enjoy a social life, find work and more.

Organising your tea party is a piece of cake! If you'll pop the kettle on, we'll send you 10 packs of Christmas cards\*, or more if you wish, with no postage to pay. We also have lots of other materials available by post or online to help promote your event – including posters, party invitations, coasters, bunting and recipe cards for delicious cakes and biscuits to tempt your party guests.

Everyone loves a cuppa and it's a really easy way to fundraise so why not request your Hftea party pack today and start your party planning right now? Please also visit [www.hft-trading.org.uk](http://www.hft-trading.org.uk) to see our full selection of Christmas cards and new East of India gift range. Have fun and thanks so much for your support!

**To order your Hftea party pack – call our Hftea Co-coordinator, Nicola Giblin on 0117 9061699 or email [Hftea@hft.org.uk](mailto:Hftea@hft.org.uk)**

\* When ordering an Hftea party pack you agree to sell all of your Christmas cards or to post back any unsold cards to Hft Trading. Hft, 5-6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol, BS16 7FL. Registered charity no: 313069 Company Registered in England No: 734984.



# A MESSAGE FROM OUR CHAIRMAN OF COUNCIL



I am facing the coming year with a sense of pride and excitement but also some trepidation.

I am proud that this year's District Governors have chosen to put their faith in me to lead them and the whole of the Multiple District. I am excited that they see my role as being much more public facing and I will spend the whole year telling anyone who will listen about the fantastic organisation Lions Clubs International is.

The trepidation comes from the crisis facing this Multiple District. We are losing over 500 members per year across the British Isles and Ireland. **Every 500 members we lose add £1 to your dues.** What is more worrying is that, assuming each of those members only performed 1 hour of service a month, **every 500 members we lose is a loss of at least 6,000 hours of service.**

Let those figures sink in while I set out what I believe we can all do about it.

We have a lot of tools to help us recruit new members, the New Club Development Programme, Join Together, Just Ask, Ask #1 and more. Our best tool though is **visible, relevant service.** Recruiting members is a selling activity and to sell Lions we have to have a product worth selling that is clearly visible to our target audience.

Look at your club. Are you seen by others as an important part of your community and the first place to go when there is a need? Or is the public perception: *"Oh the Lions. Yes they're that nice group of elderly people who bring Santa around at Christmas and raise money for good causes"?*

If we are going to meet the Lions Clubs International vision of being *"The global leader in community and humanitarian service"* then we have to be the **local leaders** in community and humanitarian service. If we are proud of the fact that we are part of an organisation of 1.4 million

members in 46,000 clubs in 210 countries then we have to be seen as a major international organisation and not little local service clubs.

At the MD Convention in Birmingham in May the PR and Marketing Team launched their PR Toolkit. This contains everything from pro-forma press releases to how-to guides on social media and radio interviews. In fact everything that a club needs to ensure that the service they perform gets the best exposure.

At that same convention was the launch of what is, in my opinion, our last best hope to reverse the decline in membership and turn Lions back into the go to service organisation across our Multiple District. I am talking about the Centennial Service Challenge. This provides an extensive list of **relevant** service activities with targets that will make the public sit up and take notice. They seem quite daunting but if you break them down they are really easy to achieve and are mostly activities we are already doing.

*For example...*

- If every member takes 65 AA batteries to their local supermarket and placed them in the recycling bin over the next two years we will reach our target of recycling 1 million batteries.
- If every club cleared 220 yards (200 metres) of pathway in their community over the next two years we would easily clear our 100 mile target
- If every zone organised two prostate screenings per year and only attracted 200 men we would easily screen 100,000.
- If we can find a way to screen the same men for diabetes at the same event we could also hit our 100,000 diabetes screening target

Each of the Centennial Targets can be broken down in this way and I can certainly tell you that my Club will be

contributing its part to all of them, and probably more than its part to some.

*"We're too old for some of these activities,"* I hear a lot of you say. Well there's an answer to that too. Organise an event and seek volunteers to help you out via the press and social media. You will find that there are lots of people in your community who are willing to help out with one off events. Put a Lions tabard on them while they're helping and suddenly you've got an active, younger Lions Club as far as the general public is concerned.

Go to your local secondary school or academy. Ask to speak to the head of Personal, Social and Health Education tell them about Young Leaders in Service. Community Service is a part of the National Curriculum. If every Club finds one gold and one silver award winner during the next two years we will hit our target of 100,000 hours of service by young people.

What is more, how many yards of path can a Young Leader clear in 100 hours or how many elderly people could a Young Leader contact in that time? The service given by our Young Leaders is service that has been delivered by your Lions Club.

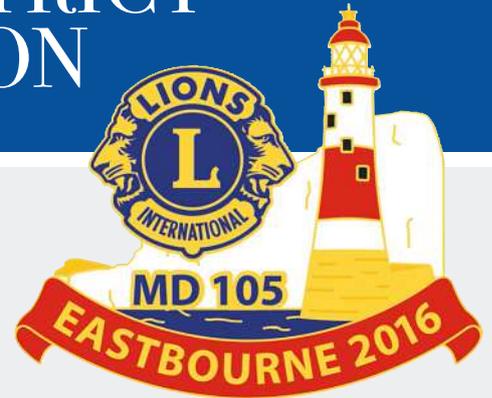
Please go out and use the PR Toolkit and the Centennial Service Challenge to provide **visible, relevant service** in your community and people will be asking to join us.



**Lion Simon Moss**  
Chairman of Council 2015-16



# MULTIPLE DISTRICT CONVENTION



There will be plenty to see and do at sunny Eastbourne on the Sussex Coast. MD Conventions Officer, PDG Lion Paul Withers tells us more...

The Friday Host Night will be something a bit different. The theme, "London through the ages", will be led by a true cockney, Gordon Bennett (that's his name, not just the expression). There will be other entertainment, singing and dancing, all with a London theme. We do encourage you to dress up for the theme, but don't feel obliged to do so. A buffet will be available with something for all tastes.

On Saturday night, the Banquet & Ball will be fairly traditional with music for dancing provided by one of the South's premier Abba tribute bands, "Abalicious". You will be able to choose your food in advance. Both social evenings will both be held in the Floral Hall.

The Convention business sessions will be held in the adjoining Congress Theatre with exhibitions, workshops and plenty of room to sit in comfort. Lion John Cattaway and his host committee recently organised the SE Convention at the same venue and they promise you will enjoy this weekend.

Join us and support our Council Chairman, District Governors and welcome the next Council. More importantly, join us and have fun!

**Book your hotel early** as we shall be offering our non-Lion partners a very interesting tour of nearby historical Hastings details will be in the next newsletter.



As Chairman of Council I look forward to welcoming you to the Multiple District Convention in Eastbourne in May.

If the grapevine is working as efficiently as usual, you are probably already aware that there will be some important decisions to be made by your delegates at convention. Your Council of Governors will be presenting resolutions that will propose changes to the geographical organisation of the Multiple District and to the management and governance structure that will make our MD fit for the 21st Century and beyond. These are important proposals that will not only

improve the efficiency of the MD and reduce the cost to members, but will result in strong districts that are able to tackle our membership crisis and reverse the downward trend. I would urge you to study the resolutions carefully when they come out, to seek clarification from your DG team if required and to make sure that your club is represented at convention so that your voice can be heard.

I am also trying to make the business sessions less "sit and listen" and more interactive and hope to turn a large part of the Saturday morning over to smaller

workshops and seminars as well as providing an open forum during Sunday's session. I hope to be able to release more details very soon.



This promises to be one of the most interesting conventions for some time, so make sure you are there to take part.

**Simon Moss**  
Council Chairman 2015-16

*The Eastbourne trading pin is available to buy from MDHQ for £3.*



MD105 Convention 2016 Eastbourne Congress Theatre 6th – 8th May 2016 Booking Form



REGISTRANT INFORMATION

First Name, Surname, Address, Postal Code, Daytime Number, City, Country, E-mail, Lion: Club, District, Title, PARTNER/COMPANION: First Name, Family (Last) Name, Lion: Club, District, Title, Do you have any Dietary Requirements?, Mobility Issues?, Seating Preference for Banquet and Ball, If other please state which Hotel?, In case of an Emergency who would you like us to contact?

Are you attending Convention for the first time?, Are you attending Convention as a day delegate only?, Are you attending both the Business and Social events?

PARTNERS OUTING to Hastings, including a Guided Tour of Hastings Old Town and an opportunity for Shopping & Sightseeing & Visit the refurbished Hastings Pier. £12 per person Lunch NOT included. Host Night - Friday 6th May - Theme London through the Ages - £26.00 per person: Tickets. Required Saturday Lunch - Saturday 8th May - £8.00 per person: Lunches required. Banquet and Ball - Saturday 8th May - £37.50 per person: Tickets Required. Convention Pin- £3.00---How many pins..... TOTAL TO PAY £

PAYMENT

Full payment required with this form - Cheques only, made payable to: MD105 Conventions Ltd. We don't accept American Express, all other cards acceptable. Cheque, Visa, MasterCard, Maestro. Your name as it appears on the card, Credit card must be in the name of the Delegate. Card Number, Exp. Date, Security code (3 digits), Signature

RETURN ADDRESS: Lions Clubs International, 257 Alcester Road South, Kings Heath, Birmingham, B14 6DT

Questions? Email us on: mdhq@lionsclubs.co or Call us on: 0121 441 4544

Office Use Booking Ref:



# Immediate Past International President Lion Joe Preston visits MD105

## IRELAND

Lions Clubs International Foundation Chair, Lions Joe and Joni Preston received a warm reception in Ireland where they were able to talk with many Lions members on the work of the foundation and see for themselves the work of Irish Lions.

As part of their visit they were able to join in with thousands of other visitors who were freely screened for diabetes at Europe's largest outdoor Exhibition and Agricultural Trade Show, the National Ploughing Championships, with over 281,000 people attending.

A team of 120 Lions members from the Clubs of Abbeyleix, Baltinglass, Carlow, Edenderry, Kilcullen, Kildare, Monasterevin, Naas, Newbridge, Portlaoise, and Tullamore were led by Portarlington Lions Club and a team of qualified nurses at the Lions Marquee. Over the three day event 7,912 visitors were screened which is an increase of 10% on last year. From those tested, 693 people were referred to their GP for further examination.

Diabetes is accelerating in rural Ireland due to diet and lifestyle changes. Traditionally, farming was one of the most active occupations. However, according to the National Centre for Men's Health at the Institute of Technology, Carlow, the evolution of tractors, combine harvesters, milking machines, all-terrain vehicles and jeeps has

replaced a great deal of the labouring and physical aspects of farming. As a result, while farmers are still busy, they are not as physically active as they used to be.

## BRITISH ISLES

Following on from the visit to Ireland, Lions Joe and Joni Preston flew into Birmingham and visited a range of practical hands-on Lions projects. This took in an informative tour of Birmingham Children's Hospital where the current District Governor, Heather Jeavon's Partner's Appeal is to raise funds to equip the Radiology Department's CT (computerised tomography) room.

At the moment, the room where the CT Scanner lives is really dull and the Scanner itself is a huge machine which can seem scary to very young children who often need to be sedated in order to help them lie still. As the scanner is used to keep track of their progress, it means that many patients have to use it a lot – which, unsurprisingly, can make them very nervous and agitated.

The plan is to transform the room into a bright, fun and interactive space by installing a multi-sensory IT programme. Patients will be given an iPad and will be able to choose from options to personalise the room including the colour scheme, hologram of a favourite character, music or TV programme to play. All of this will be available at the touch

of a button and will give children a sense of control in a setting that is currently stark and uncomfortable.

Lions Joe and Joni Preston then went onto visit a homeless project with a difference, SIFA Fireside in Digbeth. Each day, the charity works with the most vulnerable adults in our society: those experiencing homelessness or who are vulnerably-housed. SIFA Fireside runs a daily drop-in centre and provides on average 1031 breakfasts, 2009 lunches and 429 showers each month for clients. The charity not only provides food, but a place of shelter, clothing, sleeping bags and a place to shower. There are also drop-in sessions provided by health partners to access clinics for health screenings and treatment, a mental health surgery, vision care, dental services and a podiatrist. At the time of the visit our international guests were able to see the local Balsall Common Lions Club serving lunch.

In the evening Lions members were able to meet with our international guests and given an opportunity to ask questions about Lions Clubs International and the Foundation that individual Lions Clubs support.

On the final day of visiting our shores, they were taken to see the work of our partners Marie Curie in their West Midlands Hospice. Lions Joe and Joni Preston were taken on a tour of the 'state of the art'





hospice and the facilities it has to offer. Lions' members across the British Isles and Ireland have raised over £500,000 in 3 years to enable an additional 25,000 hours of nursing care to be given freely to those with a life limiting illness, either in their own home or in a Marie Curie hospice.

The Hospice staff spoke to Lions Joe and Joni Preston on the development of a new initiative of a Men's Shed Group. This is to reach out and support the local men who are main carers, or who have recently lost a spouse or partner to a terminal illness. The Men's Shed will provide a safe environment where men can meet, socialise,

learn new skills and take part in purposeful activities with other men (both individually and collaboratively). This will help to develop relationships which men can build, in a way that is natural for them and can have huge health benefits and meet the unanswered needs which bereavement brings. Marie Curie West Midlands hospice can play a key role in supporting these men through the difficult times and will be reducing the risk of social isolation and loneliness.

Lions Joe and Joni thank all for their hospitality on this interesting and informative visit.

THANK YOU TO LIONS PAT MCCOOLE AND GEOFF LEEDER FOR THE PHOTOGRAPHS



# Our Vision...

Since our foundation almost one hundred years ago it's been a cornerstone service objective of our organization, with countless projects, to help those with sight problems in many parts of the world.

However, it is the other meaning of vision, in the business sense, that we need to consider. We need to envisage future market trends and plan accordingly. Of course, Lions is NOT a business, but we do need to look forward into the future. Lions' organization needs to have a "vision" to know what we might look like in years to come and what we need to do is make sure that the end results turn out in the way we expect or want.

With this in mind, the Council of Governors (COG) has been working with the Long Range Planning Committee (LRPC) to develop an idea of what Lions in MD105 will or should look like in five years' time. They have also been trying to analyse how social, cultural and technological changes will impact what we will be doing in the coming years.

On behalf of all members, the COG and LRPC are developing a **Five Year Vision** which will enable us to drive Lions forward and ensure that it is a strong, healthy organization in the future.

However, we need your help to ensure we are on the right path.



Therefore, we will be asking every club throughout the organization to have a say in what our "vision" should be. During the coming weeks we will communicate with every club, seeking input. The results will be reviewed by the Council of Governors and included within a presentation to be given at the 2016 MD Convention in Eastbourne.

Remember, the organization belongs to all of us. Everyone is entitled to have a say in our future!

Have your say, contact your district governors! **See pages 44-45** for their contact details.



# YOUR DISTRICT



## DISTRICT 105-A

Lion **DG Meena Gupta PMJF** joined Lions in 2003 and has been a member of Lions Club of Osterley since 2005. She has held several Club posts including President, Secretary, Treasurer, Fund Raising Chair and Director as well as Zone Chairman for two years and as Forward Planning Chairman for two years. The Club has honoured her with 2nd Progressive Melvyn Jones. Outside of LCI, she has run her own Office Supplies Company for the last 30 years. She is a post-graduate in Clinical Psychology and has played hockey at International level. She is married to her husband of 32 years, Lion Naresh and they have two children. [dg105a@lionsclubs.co](mailto:dg105a@lionsclubs.co)

## DISTRICT 105-BN

Lion **Mike Bagnall MJF** has been a Lion for 23 years, firstly in Kendal and latterly in Blackburn serving in many roles over the year. He was trained as a nurse and then moved onto social work, finally running his own two private care homes. Lion Mike is married to Lion Dorothy and have 3 boys and 4 grandchildren. [dg105bn@lionsclubs.co](mailto:dg105bn@lionsclubs.co)



## DISTRICT 105-BS

**DG Chris Aked** joined the Bridgnorth Club (Shropshire) in 1987 before leaving Lions three years later to work abroad for a multinational company for more than 20 years. He returned to Bridgnorth in 2009 and has subsequently chaired various committees, as a Club President and Zone Chairman. He and his wife Gillie have two daughters. [dg105bs@lionsclubs.co](mailto:dg105bs@lionsclubs.co)

## DISTRICT 105-C

Lion **DG Nigel Ware** joined Garforth & District Lions Club in 1986. He is a computer engineer by trade. His main interests within Lions, are membership and communication matters, but he can also be found at events having fun. He is married to Elizabeth and they have two sons. [dg105c@lionsclubs.co](mailto:dg105c@lionsclubs.co)

## DISTRICT 105-D

Lion **DG Alan Chapman** joined the Warminster Club in 1995 and became President in 1999-2000. Since then he has been a District officer including Youth Chairman, Life Skills and Multiple District Life Skills Officer. Alan is from an engineering background and has now retired from working in Health & Safety.



Married to Anne since 1970. Outside of Lions, Alan enjoys sea fishing when time allows. [dg105d@lionsclubs.co](mailto:dg105d@lionsclubs.co)

## DISTRICT 105-E

Lion **DG Paul Stafford** joined the Lincoln Lions in 2007. Outside of Lions, Paul runs HMRC's International Tax Leadership Programme where has held the titles of Junior Chamber National President and International Vice President. A keen cyclist, Paul has cycled from Land's End to John O'Groats and up Mt Ventoux. He also supports Sheffield Wednesday. Paul is married to his wife, Ann for 37 years; they one son and three grandchildren. [dg105e@lionsclubs.co](mailto:dg105e@lionsclubs.co)

## DISTRICT 105-EA

Lion **Chris Crick** was born in Eastbourne in 1956, and now lives in Beccles Suffolk with his wife Lion Evelyn. A Lion for 13 years, Chris is an active member of the Beccles Lions Club having served as their Club President for 3 terms, followed by 2 terms as Zone Chairman for 6a and then 6 terms as Region Chairman. This coming year will be about working as a team to strengthen existing programmes. [dg105ea@lionsclubs.co](mailto:dg105ea@lionsclubs.co)



# GOVERNORS

2015 - 2016



## DISTRICT 105-I

**Lion DG Marion Conneely** of Swords & District Lions Club has been a Lion since 2000. She served as Club President 2003-2004, Club Secretary, Zone Chair, Region Chair & District Secretary from 2011-2014. She has also served as District Youth Exchange Inwards Officer since 2005 and continues in this role. Outside of Lions, Marion is an investigator with Customs & Excise. Marion would like clubs to increase membership to make a difference in their community.  
[dg@lionsclubs.ie](mailto:dg@lionsclubs.ie)

## DISTRICT 105-M

**Lion DG Heather Jeavons** of Malvern Hills Lions Club has been a Lion since 2007. She has been Club President twice and Zone Chairman. She has also held district roles for membership and leadership and has been Zone Chairman. Heather is married to Lion Dave and they have two sons and four grandchildren. Heather is an accountant by profession, and has chosen the theme "reach out to serve" for this year to reflect her commitment to active community involvement.  
[dg105m@lionsclubs.co](mailto:dg105m@lionsclubs.co)



## DISTRICT 105-NE

**Lion DG David Wells** of Thirsk and Northallerton Lions Club has been a member since 1993 and served in all officer positions, as well as Region and Zone Chairman and Multiple District Vulnerable Persons Officer for 3 years. He retired from the Police in 2004 after 30 years of service and is now an Internal Auditor in the Public Sector. He is married to Margaret and they have two children and four grandchildren.  
[dg105ne@lionsclubs.co](mailto:dg105ne@lionsclubs.co)

## DISTRICT 105-SE

A Lion since 1975 with Thanet Lions Club, **Lion DG Bob Prebble MJF** has served as Club President three times, Fund Raising Chairman, Club Treasurer, Public Relations and Website, Leo Liaison Officer, Zone Chairman, Assistant District Secretary, Diabetes Officer and Convention Chairman. He has also served on the team for MD Youth Camp as organizer and facilitator as well as facilitator for District zone chairman training. He has received commendations from International Presidents in 2008/2009 and 2010/2011 and the District Governors medal.  
[dg105se@lionsclubs.co](mailto:dg105se@lionsclubs.co)



## DISTRICT 105-SW

**Lion DG Lesley Clarke** has been a Lion since 2008 as a Charter member of Newquay Towan Blystra Lions Club. She has held the posts of Treasurer, Secretary, President and Charity Trustee at club level, as well as District Secretary for four years and Zone Chairman. She has supported Lions since 1988 through her late husband PDG Ken Clarke MBE and has two sons, two daughters and ten grandchildren. She is on the Board of Registered Social Landlords and is an Infant School Governor. Her theme for the year will be "Together We Achieve".  
[dg105sw@lionsclubs.co](mailto:dg105sw@lionsclubs.co)

## DISTRICT 105-W

**Lion DG Keith Wilding** is from Ross on Wye. His career background is in engineering and programme management. Keith is the Chair of Trustees for a Youth Work Charity and in Lions he is known as a keen promoter of the value of Leo Clubs and spectacle recycling. Keith is married to Lion Sue.  
[dg105w@lionsclubs.co](mailto:dg105w@lionsclubs.co)





# Lions Golf World Tour

Following the success of the Lions Golf European Championship 2014 and World Championship 2015 the Lions Golf World Tour has been set up on behalf of the Lions Clubs International Foundation



**PICTURED:** LGWC participants

This World Tour will take you to unique golf courses, resorts, hotels and cities across Europe, Asia and USA. The tour is constantly being expanded; so far there are 16 great golf destinations. The first major event of Lions World Golf Tour is the Lions Golf European Championship 2015 from November 30th to December 7th 2015, at the five-star Precise Resort El Rompido in Spain.

The latest venue to be confirmed is Foxhills in Surrey, England. A beautiful 400 acre estate just 20 minutes from Heathrow, Foxhills offers three courses, with a

combination of parkland and heathland play that is typical of the best layouts in this part of the world.

## **THE GOALS OF THE LIONS GOLF WORLD TOUR:**

### **MEET LIONS - PLAY GOLF - EXPERIENCE CULTURE**

Events range from 3 days combined golf and city visits or 4 days playing golf with more holiday character all the way up to the continent and world championships. For most venues book now as accommodation is limited. Please click on [www.lionsgolf.info](http://www.lionsgolf.info) - make your

choice (left column), so that we can welcome you at these great events very soon.

If your Lions club is already organizing a golf tournament, we can put your event on [www.lionsgolf.info](http://www.lionsgolf.info) so that all Lions golfers will know about it and can participate.

### **WORLDWIDE MARKETING OPPORTUNITY (SPONSORSHIP)**

The Lions Golf World Tour will be advertised worldwide. This is a unique opportunity for business people. At the same time you can help those in need. Your advertising banner will be displayed on [www.lionsgolf.info](http://www.lionsgolf.info) with a link to your company website.

We can only accommodate up to 100 players and therefore ask you to register as soon as possible at [www.lionsgolf.info](http://www.lionsgolf.info)

If you have any questions, please contact Dr. Volker Bernhardt, Phone: **(0034) 630 794 369** or by e-mail: [charity@drgolf.info](mailto:charity@drgolf.info).



**PICTURED:** The Manor House at Foxhills



# The British Isles & Ireland Trading Pin Club Pins for 2016

All these pins are now available

- £1.50 MD105 2016 pin
- £2.00 Annual Trading Club pin
- £2.00 Anniversary pin

## B.I. & I.T.P.C - 2016 ANNIVERSARY PIN

This theme has been in existence for many years and has recognised 'Lord Nelson', 'VE Day', 'VC Medal', 'Scouting', 'Model T Ford Car', 'Bleriot Cross Channel Flight', 'Francis Chichester's Atlantic Crossing', 'Pioneers in Space', 'Titanic', Everest, World War 1. *This year the design is Winnie the Pooh.*



## B.I. & I.T.P.C - 2016 ANNUAL PIN

This pin is the first in the series of "Steam Locomotives" and as you can see this features the 'Mallard'. The series will continue with three further locomotives.

## MD105 - 2016 - FUKUOKA

The pin is the official pin for Fukuoka and is a must for those attending the forthcoming International Convention and also any collector.

*All orders can be placed with the Club Secretary, see details below.*

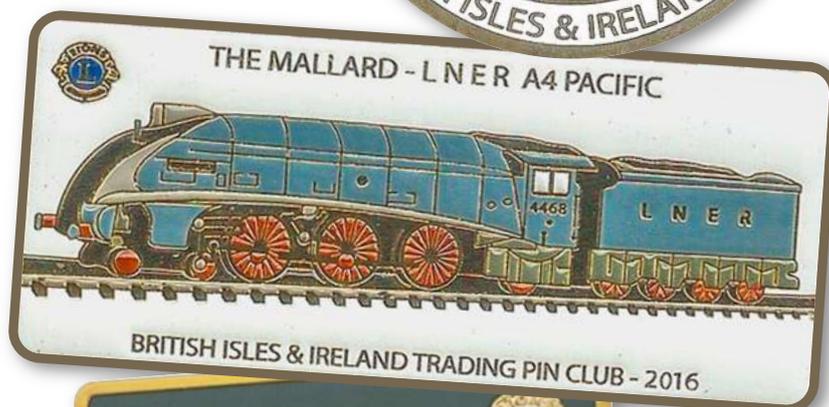
## LIONS' CHARITIES

The Pin Club is still committed to its fundraising whereby all unwanted pins which have been donated are sold. This year all monies raised are in support of a water programme that is to be confirmed.

The Club Secretary would welcome any unwanted pins, and delivery can be discussed and arranged, reimbursement of costs incurred can be covered.

All enquiries to Club Secretary:  
PDG John Jones, 18 Sywell Close,  
Old Catton, Norwich, NR6 7EW  
Tel: **01603 416800**  
Email: **jmjones40@hotmail.com**

**[www.lionspinclub.org.uk](http://www.lionspinclub.org.uk)**





# MDHQ BLOG

October/November 2015

At the time of writing the blog for this edition it's only 14 weeks until Christmas. Perhaps best we don't dwell on that one.



I'd like to introduce you to our newest employee Stephanie Smith. We are delighted that Stephanie has joined the MDHQ team as a part-time office administrator. Stephanie has now been with us for almost a month and works 20 hours a week. Stephanie has already made a huge difference to our small team at MDHQ, she has previously worked in a sales and admin role within the public sector. She has already criticised my unorganised desk and put some order into my chaos! For those energetic members amongst you Stephanie is a keen runner and is also learning Spanish in her spare time. Stephanie will be part

of the MDHQ team attending MD Convention at Eastbourne so it will be super for her to meet as many of you as possible.

The electronic directory is still available should any of you wish to receive a copy. We will be updating the electronic version in January to try to keep member details as up to date as possible. We do have a small number of hard copy directories if any clubs require them. Please contact MDHQ. The hard copy directory is free of charge however, there is a charge for postage.

As you will read in this edition of the magazine we are ready to start taking bookings for the 2016 MD Convention in Eastbourne. Bookings can be made online via the online supplies store or by completing the booking form and sending it in with payment to MDHQ. Eastbourne Convention pins are already available from MDHQ priced £3.

You will be pleased to note that on the MD105 website on the online shop there is now a section for centennial products and you can order items that we carry at MDHQ on this site. Again, as always, any special orders can be made by email or by phone and we will order items from our international office if we do not stock them normally. We know from your feedback that we have saved members a lot of money by offering to order in items of stock in this way.

At the time of writing this blog we are looking forward to a visit from Immediate Past International President, Joe Preston and his wife Joni.

On a personal note, many thanks for all of the encouragement with my weight loss programme. Yes, now 3 stone and 3 pounds lighter and on course for my goal of 4 stone lost by the time we get to Eastbourne. To any of you thinking about shedding a few pounds I say don't delay, do it now. I'm rather embarrassed by the photo below but it shows what you can do when you put your mind to it.

Regards to you all from the team at MDHQ



# LION



## BRITISH & IRISH EDITION

Official publication of Lions Clubs International. Published by authority of the Board of Directors in 20 languages – English, Spanish, Japanese, French, Swedish, Italian, German, Finnish, Flemish-French, Korean, Portuguese, Dutch, Danish, Chinese, norwegian, Icelandic, Turkish, Greek, Hindi and Thai.

## EXECUTIVE OFFICERS

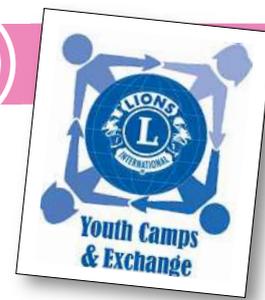
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# Youth Exchange

One of the ways we promote friendship and harmony among the peoples of the world is by running our Youth Exchange and Youth Camp programme, bringing young people together here in the British Isles and Ireland.

Hosting is such a fantastic experience. The young people who stay with us are treated as part of the family and shown our way of life, culture and heritage and we who host are rewarded by their respect and friendship, as well as learning about their home lives. Plus, if the dates are right, they provide invaluable help at Club events.

If you are thinking of becoming a host next year but you are worried about the costs involved remember that this is a genuine Lions Clubs International Charitable Youth Project. Your club is entitled to help with costs from the Charity account. Travel expenses for fetching your visitors

from the airport and taking them to the Camp are paid for by MD. You will find that our visitors come from a mixture of families. Some are wealthy, some are not. Some will be able to pay for their own admissions to various attractions, some will not. In any event individual Lion Hosts should not dig in to your own pockets – ask your Club for help.

This year the Youth Centre, or Youth Camp was hosted by District C in Doncaster under the guidance of Camp Director Chris Whitely and his team from the Thorne Rural Lions Club. There, 34 international youngsters who had been hosted were joined by another 4 international visitors and District C's own Young Ambassador!

**PDG Paul Withers**  
MD Youth Exchange Officer

## THE LIONS OF DISTRICT 105C, HOSTS OF THE LIONS YOUTH CAMP



From the 4th- 14th August 2015, 40 international students from visited the UK and were hosted by Lions families around the country before meeting at Doncaster Deaf Trust for the 10 day camp.

With the help of Lions clubs within the District, the host committee put together a programme of activities which included sightseeing trips to York, Hull, Bridlington, Whitby and Haworth (home of the Brontë family), as well as the Yorkshire Mining Museum and Sculpture Park, Doncaster Museum and Art Gallery and

a trip on the Keighley and Worth Valley Railway.

Other activities included team building and problem solving at Hatfield Marina where the students enjoyed activities such as climbing and canoeing. They also helped out at the Lions Fun and Sports Day for the Disabled, where approximately 200 children and adults with disabilities took part in over 30 games including Kurling, football, welly throwing and skittles.

Evening entertainment included discussions and debate about 'Leadership and Responsibilities' and 'The Role of





» Women in Society', plus an opportunity for the students to each give a short presentation on their own country. On Wednesday 12th August 2015, approximately 100 Lions joined the students for the host night where entertainment was provided by Sam Wright, Cracker and DJ Legs & DJ Chris.

**The 2016 Multiple District 105 Lions Youth Camp will be held in Scotland and is being hosted by Dumfries Lions.**



PICTURED: Hawouth



PICTURED: Hatfield Marina



PICTURED: Whitby

**LEEDS AND LEEDS SKYCRACK LIONS CLUB**

The Leeds Lions Club in conjunction with its daughter club, Bad Sooden-Allendorf Lions Club in Germany, started the exchange 45 years ago. Over the years, several other Lions clubs in West Yorkshire have been involved. The participating Lions Clubs in Germany this year were Hann. Münden, Melsungen, and Eschwege led by Bad Sooden- Allendorf Lions Club. Leeds and Leeds Skyrack Lions Clubs organised and provided the main funding, with the help of other local Lions clubs, for nine young adults to visit Germany.

The group travelled by train from Leeds Station to Manchester Airport and then flew onto Hannover where members from Bad Sooden-Allendorf Lions Club met them.

During the course of their stay, the group visited five of the towns in the area and was even greeted by four mayors. During their stay, they experienced a very wide range of activities including bowling, a bird of prey demonstration, barefoot path walking, and horse riding. They also visited the Wildlife Park Erdesee, Border Museum, Thermal Baths, German Institute of Tropical and Subtropical Agriculture, the Tollen House (upside down house) in Affoldern, and Hannover Zoo.

In the summer of 2016, the Bad Sooden-Allendorf Lions Club will bring a group of young adults to Leeds.



PICTURED: Some of the group contemplating the Tollen House. They went inside and declared it, 'even more weird inside than out'.



PICTURED: Grenzmuseum at Bad Sooden-Allendorf.





### CORNWALL CALLINGTON LIONS CLUB

'Welcome to sunny Cornwall' I shouted at the top of my voice, battling the wind and the rain at the top of the Cheesewring on Bodmin Moor. Not the most auspicious start to our Youth Exchange experience but both our students laughed! Rasmus from Denmark and Winston from Canada were great company and willing to try anything. It was Winston's first time ever in the ocean so we took him to Newquay to learn to surf! It was also Rasmus' first experience of theatre (outside of school) and he found himself laughing out loud in the audience at Sterts.

Callington Lions Club pulled together to provide a varied programme of events. Thanks to the willing involvement of Saltash Lions members, a day in London was arranged and although fitting 5 young adults, including one who was 6ft 9inches, into a Ford Focus was a bit of a squeeze, it was voted as the most memorable day of all. Ten days passed very quickly and as we approached the last day I asked Rasmus what would be his student choice for the last day... "Sleep" he replied. "OK" I acknowledged, "But we will see you all at the end of the day at the Cheesewring to swap banners." "NO!" he retorted, shaking his head

Dear Marwan, Fayrouz, Paul and Dorit...(Lions members),

I warmly thank you for giving me the opportunity to participate in the Youth Exchange programme of Lions Club International in the UK from July - August 2015.

I enjoyed staying with the host families (Sylvia & Keith Cook, Judith & Keith Johnson), they were generous, kind and fun. They made me feel at home. The schedule they prepared for us was interesting, exciting and entertaining.

Our stay at the Doncaster School for the Deaf was one of a kind. Fellows from over 25 countries enriched our stay, the leaders were supporting and gave us any help needed, the school was a good choice to stay, and everything was tremendous and awesome. Most of the attractions were amazing.

Hopefully I will get another chance to participate in this experience once more.

Special regards to all the people that fulfilled this experience to me.

Wishing you all the best.

Marianne Bsharat and the family

emphatically, "Not the Cheesewring!" "It's alright," I answered laughing, "I mean the pub, not the hillside." Both students sighed with relief. Thanks to Rodney and Vanessa Hudson for hosting our two young men and to the Lions of Callington, Launceston and Saltash who made time to create so many positive memories.

**President Karen Toft**

## New PACA Leos

On 2nd July 2015, Portslade Aldridge Community Academy (PACA) held their charter night and are now the latest Leo club to open in 105SE District. Twelve months ago the Academy was approached for help with a Fun Day that Hove Lions were thinking about holding. In discussions with the 6th form teacher it appeared that their 6th form Social Action group was already doing great work in the community. Nine months later, after a lot of work and dedication from the teachers, especially Dean Flynn, Head of English and the Social Action Group, they were ready to commit to becoming a Leo Club. Uckfield Lions Club sponsored the group and have been extremely helpful with their input and advice. Ciara Gleeson, age 17, has been elected President and says she is looking forward to continuing the charitable work already



undertaken and leading the club with future fundraising events. PACA is in one of the poorer areas of Sussex and has in the past been seen as a problem school. However, since becoming an Academy and setting up the Leo Club the school has achieved the Evening Argus Charity Achievement of the Year, Youth in Action Award. A remarkable achievement.



**PICTURED:** Lions clubs across the country, like this one in District 14 T in Pennsylvania, host vision screenings for children

# Kentucky Children Gain Better Vision

Every child in every Head Start programme in Kentucky—that's the new target population for the KidSight programme in Kentucky.

Children in Head Start often do not have access to eye health resources. Yet Head Start requires that every child receive a vision screening within 45 days of enrolling in the programme. The Lions of Kentucky hope the expansion will fulfill this requirement for 20,000 children. Lions will screen children living in Kentucky's coal mining communities, from migrant farmworker families and those in impoverished inner city areas.

Lions of Kentucky are being assisted by an LCIF Standard grant for

\$92,312. The screenings will be done in partnership with the Kentucky Lions Eye Foundation, the Louisville Downtown Lions Club and the Kentucky Head Start Association.

The Kentucky Lions Eye Foundation initiated its KidSight programme in 2003. Since then, the programme has screened the vision of more than 80,000 children throughout Kentucky.

Head Start is a federal programme that promotes the school readiness of children under the age of five by enhancing their social, emotional and cognitive development. Children enrolled in Head Start programmes reside in low-income households; to qualify for Head Start, a family of

four's annual income may not exceed \$23,850.

Typically, vision screenings for Head Start children in Kentucky are performed by local health departments with vision charts. While these charts may be adequate for older children without language or medical barriers, local Lions are concerned about their accuracy in screening infants and children with developmental delays. According to programme data, 12 percent of Head Start children have disabilities that impede traditional vision screenings and up to 32 percent have language barriers.

Much of the grant funding was used to purchase noninvasive





photoscreening devices. Many Lions clubs use these cameras to conduct their screening outreach activities. The cameras boast a 95 percent accuracy rate and provide immediate results. These devices are useful in detecting nearsightedness, farsightedness, astigmatism, lazy eye and other conditions that can be easily corrected if detected early.

Local Lions are visiting Head Start centres throughout Kentucky to conduct screenings for children who might otherwise not be able to obtain them. All children whose screenings indicate the need for follow-up care are referred to eye health professionals. Head Start staff work to find, secure and

coordinate the follow-up care, ensuring that assistance does not end with a vision screening.

During a pilot programme in western Kentucky in 2011, 618 Head Start preschool children received vision screenings. Fifteen percent were found to need prescriptive eyeglasses and 5 percent were found to have a serious eye disease.

Felicia Elliot, a nurse and a former Head Start program specialist, says, "This pilot proved to be of great value. I, along with the parents of all 618 of those screened children whose vision was saved are extremely grateful to the Kentucky Lions Eye Foundation,

the KidSight programme and all its wonderful volunteers."

The Lions of Kentucky expect to screen all Head Start children in the state by the end of 2015, after which local clubs will use the cameras for community-wide screenings at churches, health fairs and day care centres.



**Lions Clubs International  
FOUNDATION**

*Information on how Clubs can apply for an LCIF Standard grant is at [lcif.org](http://lcif.org). U.S. Clubs and Districts can visit [KidSightUSA.com](http://KidSightUSA.com) to get involved in screening children.*

## A Reason to Smile

Rosie Sheaf, a dental nurse from England, travelled to small villages in Zimbabwe on a medical mission. Many people had never had dental care. "Every day without fail we saw children and adults whose teeth are literally rotting," she says.

Sheaf and the other dental professionals fixed dental problems, passed out toothbrushes and explained the fundamentals of oral health. "It was so rewarding to see the relief of our basic pain-relieving dental treatments," she says.

Dentaid, based in Salisbury, sponsored that mission and many others. Lions clubs throughout the United Kingdom have supported Dentaid since 2001. Lions collect and recondition dental equipment and pay for travel costs. Dentaid is active in 11 nations including Cambodia, Colombia, India, Nepal and Romania.

Sheaf spoke to the Gillingham, Mere & Shaftesbury Lions Club upon her return to thank

members for their support. Her trip was "humbling but hugely inspiring. Human beings can experience so much hardship but at the same time be so stoic and happy."



**PICTURED:** Rosie Sheaf poses with children in Zimbabwe she helped



# Hands for Alan

On Thursday 6th August 2015, Lions Dave Williams and David Willoughby of Gower & Llŵchwr Estuary Lions Club, set off with a challenge to visit all 20 Premier League football clubs in aid of the Hands for Alan Appeal. The trip was sponsored by local businesses with every penny going towards the appeal.

Alan is a nine-year-old boy from Loughor, Swansea who needs two prosthetic hands. He was born with a heart defect; he had open heart surgery which unfortunately resulted in him catching a deadly infection whilst in hospital. Alan survived, however, the circulation to his hands had been restricted as his heart failed to pump the blood effectively, as a result they had to be amputated.

Dave and David began their journey with a send-off from local radio station Swansea Sound and its sister station, The Wave, as well as Alan and mum Hannah who saw them off on their adventure.

On their travels they were met by: IPDG Carole Godden; Stoke on Trent Lions; Paul Whiteworth from Sleaford Lions; Fairlop Lions; Fairlop Leos; Wanstead & Woodford Lions; PDG Andrew Allen of Stoney Stratford Lions; City of Liverpool Lions; the Right Worshipful Mayor of Southampton; Councillor Linda

Norris; Harrow & Pinner Lions Club; President John from City of Norwich Lions; Bournemouth Lions and Southbourne & Boscombe Lions.

Past President Dave Williams said "We are very grateful to the clubs, both football and Lions for the warm welcome and their generosity." They were given many donations, items including signed balls and shirts to auction for the appeal.

Whilst they were away, Alan was at the clinic in Edinburgh to test a prototype limb. He managed it beyond the expectations of the technical staff, which has meant that the first stage target was within £3,000. At his 10th birthday party he opened an envelope which told him he has an appointment at the clinic to have his prosthetic hand fitted in the last week of October. This was an amazing achievement as this appeal was only launched at Easter.

In two years' time, Alan will have grown enough to have his second and more technical hand fitted, which gives Dave and David enough time to catch their breath before launching into the second phase for the remaining £30,000 plus.

Alan thanks all the Lions and Leo's for their generosity.



**PICTURED: Alan the superhero!**

## PREMIER LEAGUE FOOTBALL CLUBS 2015/2016

### IN ORDER OF VISIT...

- West Bromwich Albion
- Aston Villa
- Stoke City
- Liverpool
- Everton
- Manchester City
- Manchester United
- Newcastle United
- Sunderland
- Leicester City
- Norwich City
- West Ham United
- Arsenal (Unable to see due to traffic congestion)
- Tottenham Hotspur
- Watford
- Crystal Palace
- Chelsea
- Southampton
- Bournemouth
- Swansea City

## TRIP HIGHLIGHTS

- A photo opportunity with Jan Mølby, ex-footballer for Liverpool and player-manager at Swansea City.
- Fairlop Leos who had organised a litter pick to raise money for Alan.
- A 5ft bear from the Sleaford Lions to give to Alan.





**PICTURED BELOW:** The founder of the Horse Ride, Peter Vaughan and his wife Audrey

# The 2015 Windsor Great Park Cross Country Horse Ride

Held 12th-13th September 2015, The Windsor Great Park Cross Country Horse Ride was once again a huge success raising over £20,000 for Windsor Lions charities and other good causes.

Hundreds of riders had travelled from all over Southern England and even West Wales to take part. They rode through the glorious surroundings of Windsor Great Park with its variety of sandy tracks, woodland and open parkland, past Windsor Castle and the famous

Copper Horse. The weather was ideal, the ground perfect and the riders and horses were dressed in their finery.

The nine-mile course through the parkland consisted of three courses; running side by side, advanced, novice and non-jumping. It is not a race so riders can take as much time as they like. The all-important funds are raised through entry fees and sponsorship which is not obligatory but highly encouraged with various trophies presented after the event.



The Windsor Great Park Cross Country Horse Ride was first conceived by Lion Peter Vaughan over 40 years ago as an annual charity event. Even the most optimistic of Windsor Lions Club members could not have foreseen the stupendous success the event was to be. Over the decades, the Horse Ride has raised over £2m for charity and entertained tens of thousands of horses and their riders. The event then, as it does

now, takes a huge amount of effort to stage, involving all members of Windsor Lions and colleagues from neighbouring Lions Clubs as well as friends and families. The planning, marketing and rider entry management start months earlier which means the Horse Ride is almost a year-long exercise for Windsor Lions.

The Windsor Great Park Cross Country Horse Ride is recognised as one of the best organised events of its kind in the country and this year was certainly no exception. The feedback from the riders has been fantastic. Lion Mark Fraser who now manages the event for Windsor Lions concludes, "It is such a pleasure and such great fun to be involved with this unique event which generates so much money and gives so much pleasure to so many people. I do want to thank the authorities who so generously allow us to use Windsor Great Park and our sponsors, the Shanly Foundation, for their magnificent support. They enable us to do so much good for so many needy people and organisations."



# CPRISRA World Games

Lions supports CPRISRA World Games with 1000 hours of service



From 6th-16th August 2015, Cerebral Palsy Sport, England and Wales hosted the CPRISRA (Cerebral Palsy International Sports & Recreation Association) World Games at the Harvey Hadden Sports Complex.

Cerebral Palsy Sport, or CP Sport, is a founder member of the British Paralympic Association. They are the country's leading national sport disability organisation, supporting those with cerebral palsy to lead an active life through playing sport and physical recreation. Many of the organisation's athletes form the backbone of the paralympic squads.

This year the Games received entries from 17 countries from across the world, who competed in a range of sports. These sports included 7-a-side football, bowls, para-taekwondo, athletics, table cricket and swimming.

During the event the teams from England, Scotland and Ireland did extremely well breaking world records, despite the pouring rain! Muninder Hayer of England, in the seated club throw F31 class, threw 12.18m and Gavin Drysdale of Scotland set a new record in the



Cerebral Palsy Sport  
England & Wales



200m RR3 with a time of 38.15 seconds. The seated shot events were also dominated by the home countries with competitors from England, Ireland and Scotland taking gold. England's Amy Wearing set the bar high, taking a gold medal in the Game's newest event, the penthalon. Scotland's Nathan Blackie took a staggering 3 gold medals on the track, attaining his final medal in the 200m T34 class with a time of 64.30 second.

## LION JOHN KYTE AND LIONESSE PAM KYTE REPORT THE EVENT...

After two years of planning, the CPRISRA World Games was finally underway on 8th August 2015 at Nottingham with a spectacular opening ceremony and parade of athletes. Our Chairman of Council, Lion Simon Moss and wife Lion Christine, together with District



Governor Lion Paul Stafford and Lion Anne Stafford represented the Lions of MD105, who were partners with CP Sport in providing volunteers or "Games Makers".

The Games Makers tasks ranged from announcing, managing the daily programme for volunteers, helping in the media centre, being on the information desk, assisting the officials in each sport, to manning doors and showing spectators to their seats. They looked resplendent in their lime green t-shirts and hoodies – they certainly could not be missed!





This was the first event to be held in this magnificently refurbished arena and the athletes from seventeen countries revelled in the world class facilities.

The Games was characterised by the fun and friendship had by all athletes, volunteers and officials. People cheered all the athletes irrespective of which country they represented or where they finished in their event, helping each other whenever the need arose. The camaraderie in the Games Village and the smiling faces of the volunteers who were always there to lend a hand without being asked.

A sincere thank you to all the Lions from the several districts who volunteered. Everyone had a great time, especially Peter

Green of Coningsby & Tattershall Lions who had the pleasure of being made the team host of the Swedish team – a smile never left his face!

It was tiring but a real privilege to be part of this truly amazing event. It was a wonderful experience never to be forgotten.



MEDALS TABLE

	Gold	Silver	Bronze
<b>England</b>	85	52	19
Scotland	29	13	11
<b>Australia</b>	22	7	3
Ireland	18	3	4
<b>Austria</b>	11	17	6
Denmark	10	2	0
<b>Sweden</b>	6	7	4
Portugal	3	6	3
<b>Hungary</b>	3	1	0
Russia	1	0	0
<b>Brazil</b>	0	2	1
Japan	0	0	0
<b>Netherlands</b>	0	0	0

# World's Largest Mascot Race

## Wetherby Lions help break a Guinness world record

Guinness World Records have now confirmed that the 2015 sponsored Mascot Gold Cup held on Sunday 26th April 2015 at Wetherby Race Course is officially the world's largest ever mascot race.

Nine Wetherby Mascot Lions took part in this obstacle race and competed with a total of 137 Mascots from a wide range of charities and sponsors. Whilst they didn't win, one of their mascots took a credible 10th position. The main beneficiary was the Sue Ryder Charity who specialise in Hospice and Neurological Care. Good luck to Wetherby Lions Club who hope to compete again next year!



# OBITUARIES

These Lions of our Multiple District have recently left us. We honour their memory and the contribution they made in their Lionistic service for the good of others.



**AHDAN: Lion Santokh (82)**

*Southall Lions Club* are sad to report the death of Life Member, Lion Santokh. Santokh originally became a Lion in Kenya in 1967. He joined Southall Club in 1971 as a Charter Member and served the Club admirably in various capacities. He helped to form Ealing Lions Club, later returning to Southall. His company will be greatly missed.

\*\*\*

**ATTEWELL: Lion Rod (69)**

*Witney Lions Club* is saddened to report the death of Immediate Past President Rod. Lion Rod's enthusiasm and commitment has been an example to us all. During his two successive years as President, he also retained his position as Recruitment and Publicity Officer, running the Club's website that he had also set up.

\*\*\*

**BALLARD Lion David (84)**

*Watford Lions Club* is very sad to announce the passing away of Lion David. His dedication and devotion to the Lions activities, especially with our Lions Book Shop, had been a constant inspiration to us all. We would like to offer our hearty condolences to members of his family.

\*\*\*

**BOLLAND: Lion Roy (78)**

*Thorne Rural Lions Club* is sad to report the death of Lion Roy after 28 years of service. He served in various positions in the Club including President. Lion Roy and his late wife Veronica were known throughout district and beyond as they loved visiting Clubs around the British Isles. He will be sadly missed.

\*\*\*

**BOLTON: John R, (72)**

*West Cumberland Lions Club.* Members are deeply shocked at the sudden death of Lion John. Lion John a past President (3), gave 37 ½ years of service to Lions. During his years of service he held various posts including Treasurer and Lion Tamer. He will be sadly missed.

**BRISTOW: Lion Jason (MJF)**

*Brighton Lions* are sad to report the death of Lion Jason. Joining the Club in 1964, Jason supported all the Club's fund-raising activities: he sold vast amounts of his home-grown produce on behalf of the Club, transported stroke patients to therapy and led the Club's regular bingo sessions for retired residents from 2000-2012.

\*\*\*

**BYRNE: PDG Lion Tommy**

It is with great sadness *Navan Lions Club* report the passing of Past District Governor Tommy Byrne. Lion Tommy served as DG in 1970/71 and was a devoted Lion. He was a very popular member and was well-known throughout the District. We extend our deepest sympathy to his family.

\*\*\*

**DAVISON: Lion John Charles (62)**

*Castleford and Pontefract District Lions Club.* A Lion for over thirty years, Lion John was the Charter President of Castleford Leo Club in 1977-78 and Club President 1993-94 and 1997-98. His dry comments and ready wit will be sadly missed at Club meetings. A confirmed bachelor, our sympathy is extended to his sister and her family.

\*\*\*

**DUFFY: Lion Brian**

*Clonmel Lions Club* regret to announce the passing of Lion Brian Duffy, Past President of Clonmel Lions Club and father of Past President Jonathan. Our sincere sympathy goes to his family at this very sad time.

\*\*\*

**EDWARDS: Lion Keith (94)**

*Worthing Lions* are very sad to announce the death of Lion Keith. A member of Worthing Lions since 1996, he was our Social Secretary for many years. Having fought alongside the Ghurkha Regiment during WW2, at Keith's request, the Club pays the pensions for two retired Ghurkha soldiers in Nepal.

Send in obituaries to  
[lion.editor@lionsclubs.co](mailto:lion.editor@lionsclubs.co)  
Please make sure they are no longer than 50 words (after the Lion's name and Club) to guarantee that they are published in full.

**FORSHAW: LION DORRINE (MJF)**

*Stockport Lions Club* are saddened to report the death of Past President Dorrine. A tireless and enthusiastic member, Dorri had recently been granted the Melvin Jones Fellowship for the tremendous amount of work she did, sadly she died before it reached England. Arrangements will be made to present this award to her family.

\*\*\*

**GRIFFIN: Lion Howard (67)**

*Caernarfon Lions Club* members are sad to report the sudden death of Past President Lion Howard. A Lion for nearly 20 years, Lion Howard's forte was as Chairman of the Social Service Committee – a post that he held for many years. He was also well-known for undertaking personal fundraising activities for other organisations.

\*\*\*

**HAWORTH: Lion Dennis (85)**

*Blackburn Lions Club* is sad to report the passing of Lion Dennis who had just completed 50 years of service. A past President and Treasurer Lion Dennis was involved with the setting up and running of the local "Talking Newspaper" service for the visually impaired. Dennis is sadly missed.

\*\*\*

**LAKE: Lion David (75)**

*Eastbourne Lions Club* members are saddened to report the passing of Lion David. David was Club President in 1994 and 2000 before becoming Zone and Region Chairman. His attention to detail, understanding and kindness helped to make many of the Lions events a resounding success and the Club as strong as it is today.

\*\*\*

**MACKNESS: Lion Edward (Ted)**

It is with much sadness that *Swale Lions Club* reports the death of former Lion Ted Mackness. He was always a willing helper and avid fundraiser who would help anyone who had a problem. During his year as Club President in 1988 the Club was twinned with Jean Bart Lions Club in Dunkirk.

\*\*\*

**MANOOCHEER: Lion Amiri (64)**

*Easingwold District Lions Club* are greatly saddened to report the passing of Lion Manoochehr. Manoochehr was a well-respected and well-liked member. He spent most of his life helping others, volunteering for the United Nations and the International Red Cross in India, the Leonard Cheshire home at Alne Hall and the Spurriergate Centre in York.

\*\*\*

**ORD: Lion Jack (71)**

Members of *York Lions* are sad to report the passing of valued member Lion Jack. During his eight years as a Lion, Jack had been President and Secretary. He was a loyal and dedicated member who will be greatly missed. He is remembered for saying, 'keep smiling'.

\*\*\*

**RANDALL: Lion Bert (91)**

*Lions Club of Bletchley*. PCC Bert Randall joined LCI in 1967. He was the instigator of the first female Lions to join his then Club, Redbridge and a founding member of their Talking Newspaper. Bert had held most positions in his Lionistic career including Council Chairman in 89/90. He was a mentor to many.

\*\*\*

**RICHARDSON: Lion Tony (83)**

*Arundel, Barnham & District Lions Club* members are saddened to report the passing of Lion Tony. A member for twenty years and Tony served in many offices including Zone Chairman and three times President of the Club. Tony's forte was welfare; for many years he organised and delivered the Christmas hampers for the elderly of Arundel.

\*\*\*

**SALMON: Lion Derek (83)**

With sadness, *Berkhamsted Lions Club* reports the death of Lion Derek. Derek was an extremely active Lion for almost 22 years; he was very much involved in all the Club's activities, especially the Lions August Bank Holiday Fete. Derek was President in 1999 and 2004, Zone Chairman in 2001/2 and District 105A PRO 2002-2004.

**SEFTON: Lion Rodger**

*The Lions Club of Truro*. Members are sad to report the passing of Lion Rodger, a President in 2001/02, having previously been a member of Farningham Lions Club. A dedicated Lion who was always pleased to be part of the Club's Annual Crystal Golf Day acting as Official Scorer until his health curtailed his attendance.

\*\*\*

**SMITH: Lion Mike (68)**

With sadness, *Birmingham Acocks Green Club* reports the death of Lion Mike Smith. Mike joined the Lions in 1980 and held many posts in the Club. Mike took great pride in the organisation of events that we ran such as the senior citizens trips, Christmas meals, afternoon teas, carnivals and the rambles run.

\*\*\*

**STRASSMAN: Lion Ernst (MJF)**

*Havant Lions Club* announce with great sadness the passing of Lion Ernst who served with distinction for 45 years as President in 1983/4. Ernst was particularly active with spec trek for many years, and famous for his wonderful Lardy Cakes he made for town shows. Our thoughts are with his family.

**TAYLOR: Lion Geoff (86) (MJF)**

It is with great regret that *Worthing Lions* announce the death of one of their most long-standing members. Lion Geoff Taylor joined Chichester Lions in 1967 and transferred to Worthing in the early 1970s. President between 1988-89 and Treasurer for some time, he was a man of great integrity whose wise counsel was well-respected.

\*\*\*

**WALKER: Lion Tim (aged 65)**

*Biggleswade Sandy Lions Club* members are sad to report the passing of their newest member Lion Tim Walker. Even before he joined the Club, he supported our events and would always do what he could for those who needed help and support. Warm hearted with a kind and generous nature, he will be missed.

\*\*\*

**WHITE: Lion Bill**

It is with great sadness *Halesworth Lions Club* reports the passing of Lion Bill White on Saturday 5th September. A member of the Club for almost 34 years he will be greatly missed, if there was something that needed doing Lion Bill was always there.

\*\*\*

**WOOD: Lion George MJF (94)**

*Brighton Lions Club* has lost an institution. Lion George died just three weeks short of completing sixty years of membership. George was well known to many Lions in other clubs and enjoyed making interclub visits. He was Club President 1989/90 and 1993-1994, and Chairman of the Housing Society for many years.

\*\*\*

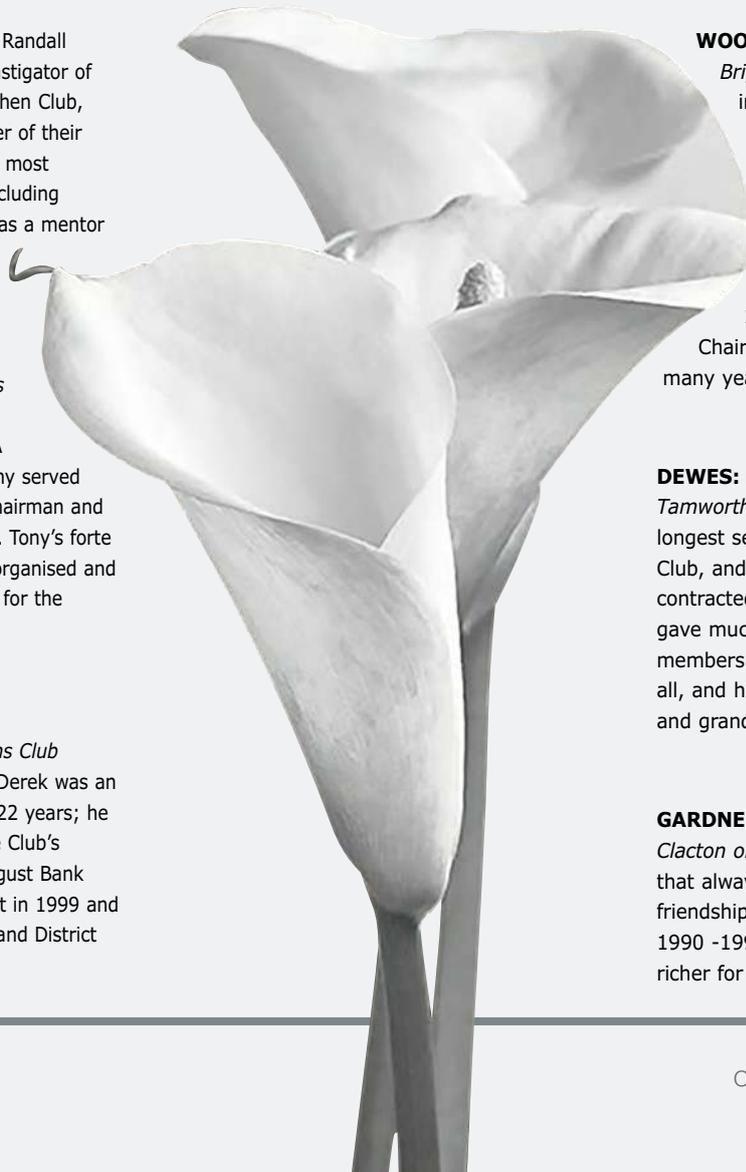
**DEWES: Lion David (MJF)**

*Tamworth Lions Club*. Lion David was the longest serving member of Tamworth Lions Club, and whilst hampered with an illness contracted in his younger years, Lion David gave much support to the Club and its members. David will be sadly missed by us all, and his widow, Marion, their children and grandchildren.

\*\*\*

**GARDNER: Lion PDG Lion George**

*Clacton on Sea Lions Club*. He was a Lion that always greeted you with warmth and friendship. He was District Governor of EA 1990 -1991. Those that knew him were richer for it and all will doubtless miss him.





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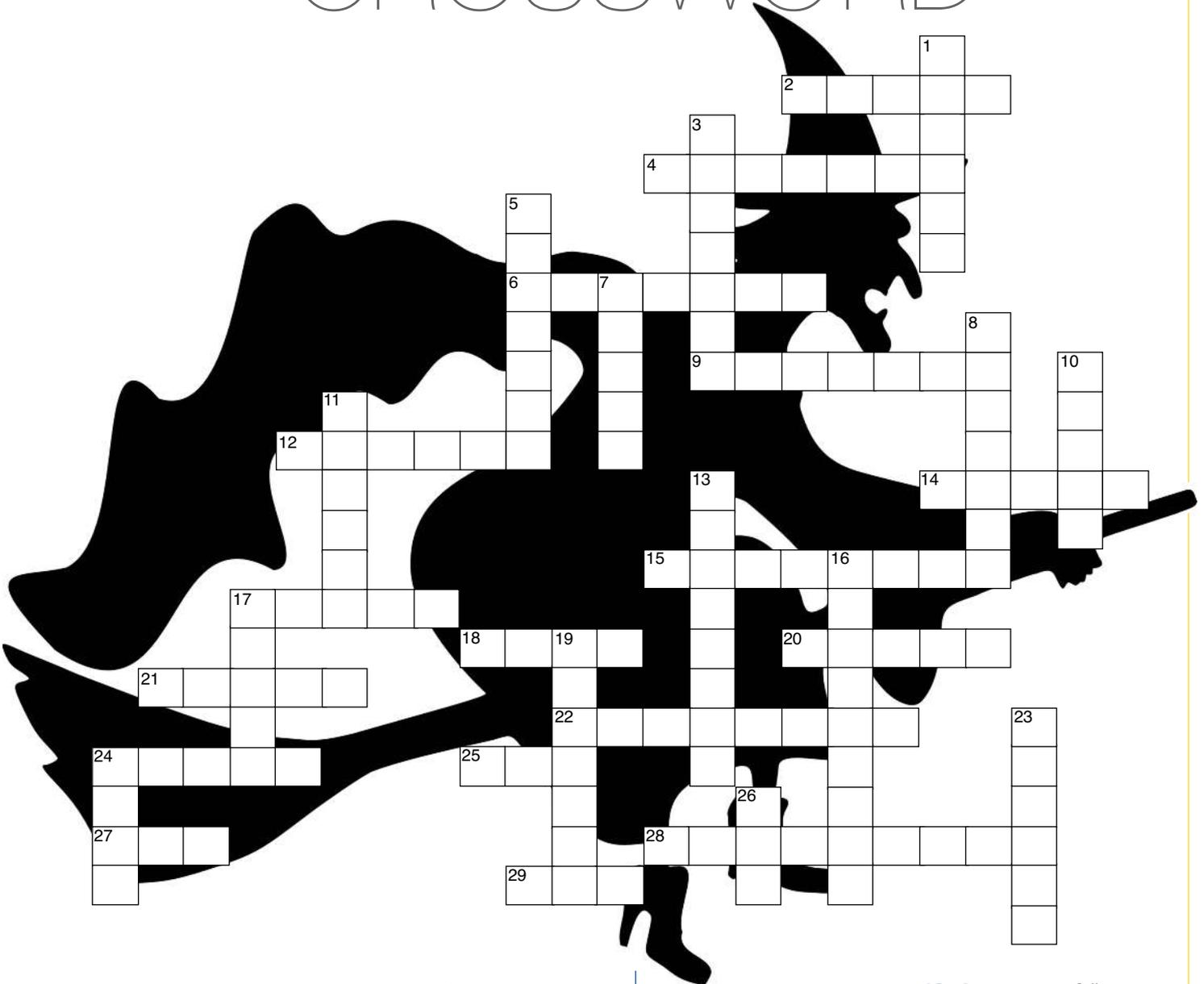
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# HALLOWEEN

## CROSSWORD



**Across**

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. \_\_\_\_\_ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these

18. Mr. O'Lantern

- 20. What the pot might call the kettle
- 21. \_\_\_\_\_ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

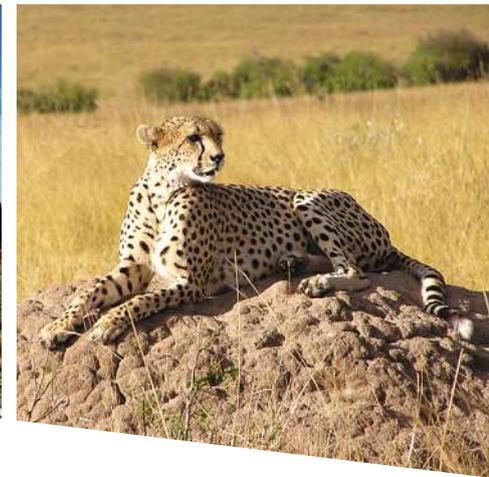
**Down**

- 1. When something makes your skin crawl, it's this
- 3. \_\_\_\_\_ stories
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and \_\_\_\_\_ bubbles
- 10. Samantha for example
- 11. Evil or mischevous creature

13. Comes out on full moon nights

- 16. October 31st
- 17. Witch
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary





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