



Pride of LIONS

DG Abhnaash Bains



Issue 3 • September 2017 • District 105A News

www.lions105a.org.uk info@lions105a.org.uk

Mill Hill and Enfield Lions Skydive for Charity

Four Dare Devil Lions from LC of Mill Hill (Lions Harshad, Shashi, Hemant) and LC of Enfield (Lion Nehul) with friend Anish Doshi did the Tandem Skydive from 13,000ft, to raise funds for Alzheimers and other Lionistic charities

We were taken in a 10 minute plane ride up to 13,000ft. Then we jumped out of the plane by doing roly poly of 360° under the plane, accelerating to 120mph, dropping 1,000ft every 5 seconds.

Staying adrift still for about 30 seconds for the photo shots, then 45 seconds of "free fall", at high velocity, was probably a unique life time experience.

Our world shook at about 5,000ft when the main parachute was deployed. The feel of high velocity up-drift and the feeling of the gravity forcing you down was amazing. After that smooth paragliding above amazing Oxfordshire countryside and landing gently some 5 minutes later was mind blowing. We thoroughly enjoyed it and would recommend it to other Lions.



Falling through the sky

The icing on the cake was when we ended up with a nice picnic with over 20 family friends sharing the experience with our photographers and instructors. W hat an amazing day!!!

Lion Shashi Chauhan



The skydivers with Lion Jitu

100 Dresses for 100 Years of Lionism!

Back in October 2016 an article in The Lion Magazine caught the eye of a group of ladies from High Wycombe Lions Club and a project to make "Little Dresses for Africa" came into being.



Armed with pillow cases in abundance, scissors, elastic, bias binding, sewing machines and a lot of enthusiasm we set out to do our bit to help others less fortunate than ourselves. Especially in Africa, those young girls who, because they were wearing a pretty dress, were considered to be well cared for, and were less likely to be molested. Well, the first 15 dresses gave us even more encouragement and it was decided that we would endeavour to make "100 Dresses to commemorate 100 years of Lionism."

At the time this seemed a mammoth task. However, after meeting Nicole Watson who is the UK Ambassador to the charity "Little Dresses for Africa" we were fired with even more determination and so we coerced neighbours, relatives and friends to join us for sewing days which included a lot of chat and laughter we set to work.

And so in July, 130 dresses were dispatched to Cheadle in readiness to be sent to Africa with the next consignment. A job well done which has given a lot of satisfaction and fun to the people involved. Whoever thought a common pillow case could look so pretty!

Lion Doug Nower

NOTICE BOARD

Waltham Forest Lions Club 1st Charter Night. Saturday 30th September 2017, 8pm at The Score Centre. Lion Member: £20.00. Non Lion Member: £25.00. Please contact Lion Fatima Ahmed.

Winter Forum will be held on Sunday, 5 November 2017 at the Holiday Inn, Elstree from 9 am to 2.30 pm. The theme is: "Leadership through Action" and will involve a variety of topical sessions and group discussion. The cost is £20 per Lion, which covers coffee/tea breaks and a two-course hot buffet lunch.



LCI Ethics:

To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

Another successful District Golf Day

District Golf Day played on 8th September at Stanmore Golf Club was a huge success. There were 41 golfers – represented by Lions Clubs and Lions' friends.

Unfortunately Lion NC Patel, Golf Day chairman was unwell so he could not play! But he made a tremendous effort to come down to the Golf Club and oversee the event all day through. We all thank him for his hard work. Lions Daksha, Kadu and Karanjeet came early and helped throughout the day, to ensure the smooth running of the event.



Golfers and helpers

They were given a goody bag with water and snacks and at half way treated to a delicious roll and a beer or two.

Some golfers came back with good scores. Our thanks to Lions Mukesh and Nitin for collecting and checking the cards.

After the game, it was time for a well deserved drink. Other guests arrived to join for carvery dinner which was enjoyed by all. Golf Chairman Lion NC Patel thanked all for supporting this wonderful event and invited DG Abhnash to say a few words. The prize giving was conducted by PDG Lion Ramesh Parmar. Overall Lions Winner was Lion Vinod Pankhania of LC of Edgware, and LC of Edgware's name will be engraved on the Ram Jaggi cup as 2017 winners. The team prize was won by Lion Vinod Pankhania and Lion Ashwin Vora of LC of Edgware and the Club's name will be engraved on the Elliot Shubert cup for 2017. PDG Lion Elliot also expressed his thanks. Congratulations to LC of Edgware for winning once again.

There were also prizes for Guest winner and Guest runner up, nearest to pin and longest drive. A trophy was also presented to Bena Malde being the only lady taking part in the golf day

Overall it was a fantastic day and thank you to all who have supported this event.

PDG Ramesh Parmar



Some of the Golfers

Welcome new Lions



Shalini Meetaroo, Redbridge Centennial Lions Club inducted by the 1st Vice DG, Lion Doreen Carr.



Lion Dhruva Adatia and Lion Gemini Patel were inducted as new members of Lions Club of Hatch End Centennial. The Induction ceremony was performed by Lion President and the sponsors were Lion Mukesh Palan and Lion Daksha Patel.



New Lion member for London Central.

Ruislip Lions Reach Out to New Friends

Following fund raising for our local charities in our Plant Sale, Easter Egg Hunt and Open-Air Theatre production we decided to look for a new challenge to raise our profile. Where could we look to support other groups in the area, strengthen our profile and make new contacts?

Our prayers were answered when Uxbridge Rotary Club and RAF Northolt came on the scene.



Lion Rick and Lions Jackie holding the fort at Northway Gate in Rotary tabards but still waving the Lions Flag!

Ruislip Lions Uxbridge Rotary

Uxbridge Rotary was holding their Auto-show again in July. Last year we helped them with marshalling. Could we repeat the fun we had last year and cement our relationship with a local Rotary club...YES. The crack of dawn saw the first 2 intrepid Lions at Northway Gate waiting for the hoards of 'petrol heads' to arrive. We were

not disappointed – they came thick and fast in all shapes and sizes with really stunning motors. Over the day thousands of Auto-Show fans attended the exhibition and attractions...many of the cars were stage at the end of the day gave time to relax with an ice cream. Phew, what a day! The weather was kind, and how great it was to support and work with another charity group Uxbridge Rotary.

Ruislip Lions RAF Northolt

The RAF base decided to have a community day and invited local clubs and groups to be involved. With an average footfall of 9,000 who could resist the chance to be there and show just what Lions can do in the community. Under extensive security, the RAF opened their doors to the public.



BEFORE

and



AFTER

LP Phyllis and Lion Phil ready for the crowds! LP Phyllis and Lion Gordon battling with the weather....Keep smiling!

The start of the day was great; up went the gazebos. The display of Ruislip Lions PRO looked amazing. Our board games to involve the visitors were like a magnet to the kids who had never seen games like shove halfpenny and bagatelle in their lives. It was going well, and then disaster struck. Torrential rain and a gale across the tarmac whooshed our gazebo away just like Dorothy's shed in the Wizard of Oz. The 9,000 visitors with brollies and determination battled on until all the stalls were drowned out and people had to pack up to leave – everything was drenched... but were we downhearted? NO. At the club meeting two days later – our President Lion Phyllis quote 'What a show and we laughed all day and made great contacts'.

Lion Lynne

Message in a Wallet

The need to be taken to hospital following an accident or sudden illness can happen anytime. Could you remember all your medical history and medication and allergies at what could be a traumatic time? The hospital needs this vital information to ensure you get the right treatment.

Message in a Wallet is an initiative designed to help emergency services in the event of an accident or emergency in the UK.

Whilst the initiative is focused on the more vulnerable people in our community, anyone can have a sudden medical emergency, fall downstairs or have a car accident. It will save the Emergency Services valuable time identifying you and your emergency contacts. By letting others know whether you have special medication

or allergies or not, it is a potential lifesaver. The information in the Wallet contains details of:

- ✓ Blood group (where known)
- ✓ Medical conditions and illnesses
- ✓ Allergies
- ✓ Medication
- ✓ Doctors details
- ✓ Carer/Health Visitor
- ✓ Contact person/Next of Kin
- ✓ Details of anyone who may rely on this patient
- ✓ Information about any pet dependent upon the patient

It does not contain the patient's address.

To date we have given out over 40,000 *Message in a Wallet* in our District and the response has been very positive. They are currently being distributed through Doctors surgeries, Health Centres, Pharmacies, Libraries, Red Cross, Age UK etc.

Please discuss this initiative at your club business meetings. Participating clubs bear the costs of the items which are then distributed free of charge in the local community.

This scheme can benefit everyone of all ages, including you and I would urge you to support this.

For further information I can be contacted on mick.claxton@ntlworld.com

Lion Mick Claxton
Message in a Wallet District Officer



DG Abhnash's Article



Hello My Fellow Lions,

"The one excellent thing that can be learned from a lion is that whatever a man intends doing should be done by him with a whole-hearted and strenuous effort".

Chanakya

Another month has flown by. And as they say time flies when you're having fun! However there doesn't appear to be enough hours in the day, and there lots of great work to be done.

On Bank Holiday Monday, I had made plans to attend Berkhamsted Fete and Redless Charity Funday organised by Whitton and Feltham Lions Clubs. On the same day I was hoping to go to Abington Garden Party. Unfortunately my car had broken down and was in the garage. Luckily Lion Varinder and Zone Chair Srik were attending the Funday. So they were kind enough to let me accompany them. So my apologies to Brian and his Club, as I was unable to attend their function which I was very much looking forward to. But I hope to meet with you all soon. The sun was shining on both events and both Clubs outdid themselves. Lot of hard work and planning had been put into these events by their Clubs and members, which made them the success they were.



Charity walk LC of Wanstead and Woodford

At Berkhamsted Club I had the pleasure of meeting with fellow Lions who truly are committed and hard working. Here I had the opportunity of talking to the members of the public, who appreciated everything these Lions have done over the years. It seems such a shame that we cannot prevent the closure of this very unique club. I know Zone Chair Mick has done everything in his power to prevent this from happening. The question is why?

I would appreciate if others could come up with some answers. I was talking to the Mayor at the event and asked if some of the local authority employees would be interested, maybe we can approach and give them a presentation on Lions and what they do.

As expected we have had various meetings including with my DG team to iron out and plan the year ahead. I attended a very enjoyable sponsor walk organised by Wanstead and Woodford Lions Club on 3rd of September, full of good company and good food.

On the 7th September London Central Host Lions Club had their club meeting where I was delighted to induct a new member. Next, on 8th September I attended our District Golf event. I was pleased to receive £60 from their auction and £101



DG Abhnash with Lions at Charity walk

from Edgware Lion Club as well as £20 from the Golf club Barman, Glen. He was interested in the service activities we do and may even join Lions. I was pleased that in total we had raised £181 for the charity *Heads Together*. I was very honoured to receive this amount as I feel it is a worthwhile charity.

I attended the Indian Independence Day celebration at the Indian Gymkhana on 10th September and was encouraged to learn that from the 60 people who I spoke to, at least 5 were interested in joining and the others were willing to consider. After that it was on to the Zone F Cricket Event. It was lovely to talk to the hardworking wives of our Zone F members who had put on a wonderful spread of mouth-watering food. The match was lively and full of comradeship. I enjoyed the special bond amongst the players and everyone there. I hope other clubs and zones will get involved in the interest of fostering ties of friendship .

Please keep sending in articles and pictures of all the wonderful service you do so others will learn and maybe even join you to make those events even bigger and successful.

Heads Together is my chosen charity for this year. As a qualified counsellor and clinical hypnotherapist I have encountered many with mental health issues, including depression, anxiety and substance abuse, and their fears of being judged or stigmatised. Mental health issues continue to be poorly understood by many, and *Heads Together* works with those affected by mental health issues and their families, providing practical support. It also raises awareness of mental health issues, with the aim of reducing the stigma surrounding it, encouraging those who are suffering to seek help when needed, as well as making all aware where help can be found.

DG Abhnash Bains

My Diary September - October 2017

September	October
10 Zone F Cricket Match	7 48th Charter Celebration
13 Communication Team Meeting	Milton Keynes Lions Club
25 Lifeskill at the House of Commons	10 Zone A Meeting
27 Sept to 1 Oct Europa Forum	15 Cabinet Meeting with Patners
30 Waltham Lions Club Charter	27 DG Meeting
	OV = Official visit