



# Pride of LIONS

DG Abhnash Bains



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[www.lions105a.org.uk](http://www.lions105a.org.uk) [info@lions105a.org.uk](mailto:info@lions105a.org.uk)

## Another Brilliant Day for Senior Citizens

While most of us were wrapped in our blankets on a cold crisp Sunday morning, almost 150 volunteers converged on Harrow Leisure Centre to prepare for over 700 Senior Citizen guests, together with their carers, making a total of approximately 900 people to be looked after.

Now in its 18th year the Senior Citizens Celebration is the brainchild of PDG Parveen Verma. His team comprising of Lions Ken Rouse, Dilip Shah, Margaret Rouse, Manish Chotai, Lesley Spence, Amar Obhie, Alf Sanders, Meena Gupta, Peter Codrai, Veena Sharma, Jane Codrai, Tony Hurley, Minesh Mehta, Alastair Joel, Andrew Allen Naresh Gupta and Doreen Allen worked tirelessly with a pride of Lions from the District, all with one focus – to give as many of our seniors as possible, the time of their life. Leos, Lions, their friends and families all pulled together for this annual event held on 18th February and organised by Clubs of District 105A.

Seventy tables were immaculately decorated with table cloth, balloons, and glitter to make this the event in honour of our senior citizens, something to enjoy and remember. Tables were arranged in red, blue, green and yellow colour zones. Through this colour scheme, guests could quickly identify the seating arrangements. Young and not so young, all joined forces to help put the event together. Almost 150 Lions and Leos gave up their Sunday to make this wonderful day of celebration, recognising all that our seniors have done over the years for their own communities.

Lunch for the volunteers was donated by Parveen's daughter Anushka and her fiancée Anil who ordered and paid for pizza from Florence together with other snacks from SNK Foods. Tea, coffee and refreshments were available through Lion volunteers. It was great to see the involvement of over 50 Clubs in this biggest annual



*At the Senior Citizens celebrations 2018*

service activity of our District. Past and present district governors lent their support to add to its success. St John's Ambulance were on hand to meet any eventuality. Guests who were infirm and found it difficult to walk were wheeled to their tables by St John's Ambulance cadets. This year we had nearly 20 guests in wheelchairs. Once there, they had a chance to mingle and speak to other guests or those on neighbouring tables.

Entertainment was provided by J. Kumar and his troupe of dancers. Adding to the excitement was a round of bingo and a raffle draw. Musical hits from the 50s, 60s and 70s were played by the group which took so many of our guests back to their childhood memories.

Event organiser PDG Lion Parveen Verma was overjoyed with the response and said: "This major event only goes to show what we as Lions can do when we put our heart and soul into it."

Harrow Leisure Centre has been the chosen venue for the Senior Citizens Celebration since its inception in 2000. Although costs have spiralled over the years it hasn't deterred Lions from holding the event. One 53 seater and six 16 seaters carried our seniors from all over the Home Counties to enjoy this special day.

This year is special. For the first time the entire event was recorded by Zee TV. Great publicity for Lions and the event will be aired on 3rd March at 7pm and on Sunday 4th March at 9:30am in their OUT & ABOUT programme. Zee TV UK is one of the largest network serving the South Asian diaspora. Channel 809 for those with Virgin and Channel 788 for those with the Sky Box.

**Lion Naresh Gupta**



## NOTICE BOARD

Following UN Day on 13 March, celebrate 50th Anniversary of LCIF with Melvin Jones Fellowship Dinner at Holiday Inn, Kensington Forum, SW7 4DN. The International First Vice President Lion Gudrun and her husband PID Lion Jón Bjarni will be presenting the Melvin Jones Fellowship to Lions of MD105. The event is by ticket only. For further information please contact PDG Max Mongia by email or mobile 07768 461723.

**DIST. 105A LIONS' TRAINING DAY** on Sunday 15 April 2018 from 9am to 2pm at the Holiday Inn, Elstree. The day will consist of training for incoming Presidents, Secretaries and Treasurers, Membership Chairs and Zone Chairs' Seminars, etc. All Lion members are invited to attend. Contact PDG Lion Eliot Schubert for details.



### LCI Purpose:

*To Take an active interest in the civic, cultural, social and moral welfare of the community.*



## Staking a Claim for the Next 100 Years

Trees planted ready for winter.



Members of **Newport Pagnell & Olney Lions Club** decided to take on the challenge of leaving a lasting legacy to their community to heart – a 'heart of oak' you could say.

Responding to the centennial challenge and being aware of the environmental issues at the moment, they decided to plant an avenue of 10 English oak trees, targeting an area adjacent to the town allotments. A popular walk along the River Great Ouse which flows around the town of Olney and frequented by many ramblers, dog walkers and local townspeople, this seemed a perfect location in which to showcase Lions concerns for the environment.

Lots of negotiation had to be done between the Club and a very receptive Olney Town Council before the final location was determined and then it was all go to get our trees in the ground before the winter set in.

It was on a cold, wintry day when a number of the members turned up complete with semi mature trees, stakes, tools, compost and not a little enthusiasm to commence the task of planting the next 100 years heritage.

Under the expert guidance of Lion Martin Ward, the club's resident horticulturist and project manager, boots were donned, protective gear put on and we got under way. First task was to lay out the line which the trees would take and over the next few hours and dodging rain showers, holes were dug, trees inserted, stakes and rabbit collars affixed and our 'Avenue' slowly appeared.

The result? 10 strong, upright new baby additions to the community of Olney which as Lion President Trevor Aldred states "will grow to maturity over the next hundred years and be repeated in our other town of Newport Pagnell when we can identify a suitable location. All going well, we will identify an area suitable for receiving a similar Centennial planting and a further 20 new trees will take root."

Lion John Ferris



## Mill Hill Lions Donate to Alzheimer's Society

Among our Club's chosen charities for the last few years have been Dementia UK and Alzheimer's Society. This year we have donated £3,000 to the Alzheimer's Society. The donation was made to the Alzheimer's North West London fundraiser, in the presence of DG Abhnash Bains.

Pippa Holdup, the Alzheimer's representative responded...  
*"A massive thank you once again for all your efforts and for raising an incredible amount for Alzheimer's Society."*

*I want to give you bit of an idea of the difference your donation can make. For example, your donation, could pay for a Side by Side service to run for a month, providing companionship and helping people with dementia to feel part of their community. Or alternatively it could allow our Helpline Advisers to give the best possible support to thousands of families dealing with dementia, by paying for vital training for an entire year.*

*It could even enable us to run 70 Dementia Friends Information Session in hospitals or GP practices, helping potentially hundreds of health professionals understand the impact of dementia and provide better care."*

Lion Shirish Sheth



## Welcome new Lions



Lions Club of Osterley inducted Surinder Bal into their club at the Zone C meeting this February. Lion Surinder is sponsored by LP Jasinder Dhillon.

## Spotting Lions

Spotted by Lion Ashwin Sodha of Mill Hill.





## Enfield Lion Runs the Mumbai Marathon to Raise Funds

On Sunday, 21 January 2018, I successfully ran the Mumbai Marathon – 26.3 miles on a hot and humid day, along with my colleague, Mr Martin Klein, a Consultant Surgeon, Barnet Hospital. We were encouraged enthusiastically by the warm and exuberant Mumbaiers.

We ran the marathon to raise awareness of our UK Registered Charity – Empowerment Through Education- (ETE-U.K) [www.etei.co.uk](http://www.etei.co.uk). The charity was established four years ago and funds raised have been able to enhance the infra structural facilities and learning experiences of the children of the Government High School in my native village Talakondapally, 65km from Hyderabad, India.

ETE-UK is generously supported by the members of Lions Club of Enfield and their family and friends, as a result of which the School is now equipped with a science laboratory – fully equipped to conduct experiments, library, computer room and digital classroom (10 computers with internet connection), benches and electricity for all classrooms, dining hall, toilets and clean drinking water for the students..

ETE through its scholarship are also providing bursaries for the college education to over 6 students from the village. Over the coming years, ETE aim to improve the facilities in the primary school, and to increase the number of bursaries for higher education for the students from the village of Talakondapally.

PP Lion Dr Srikanth Mandumula



## Senior Citizens Celebration



*"Travelled from 105M to help mum Lesley. Wow what an experience! Great team of Lions. Seeing the expressions of the clients enjoying the food and entertainment will stay in my memory for a long time. #Fun and Fellowship."*

Lion Melissa

## Sudbury Lions Raise Funds for Vital Research

Lions of Sudbury have an our annual event called Bhajan and Bhojan when to raise funds. This year we raised £4,665.

Congenital Hyperinsulinism (CHI) a condition which causes severe drop in children's blood sugar level. It is due to the pancreas producing too much insulin in a rare condition called Hypoglycaemia, a reverse form of Diabetes! If not corrected, it can lead to loss of consciousness, seizures, potential brain injury and very rarely death. The only solution till recently has been near total pancreatectomy, an invasive operation.

Mr Pratik Shah is the consultant who specialises in Paediatric Endocrinology. He treats children with CHI. Mr Shah and team are researching in newer forms of medication to stabilize blood sugar levels. Instead of parents giving their child 4 injections a day, research has helped to find medication where only 1 injection is given every four weeks thus hugely improving the quality of both child and parents.

Members, their families and guests donated funds in loving memory of their loved ones who have passed on.

Encouraged by this we have donated £4,665 to Mr Shah and his team to help fund their research.

Lion Kiran Vaghela



*"Another well delivered event. It was clear that the senior citizens really had a ball. Bravo to all of you. My two girls, Talya and Alana had a really good time and enjoyed meeting the senior citizens and selling raffle tickets with Madam Amar Ji"*

Munir, sponsor

### Lions passed to Higher Service

LC of Sudbury's senior Lion Member Natwarlal R. Popat, passed away on the 2nd February 2018. He was a Charter Member since April 2000, and was awarded the MJF in the year 2006-07 for his services in Lionism. He will truly be missed by the Club members.





# DG Abhnash's Article



*"Some people want it to happen, some wish it would happen, others make it happen." – Michael Jordan*

I would like to start by thanking all my Lions who have been working so hard with the Convention preparations. We all are trying our best to make our Convention memorable and in spite of all our other appointments we are all working extra hours to meet the deadlines.

I began with a very busy yet successful Council of Governors meeting from 26th to 28th January. Fun and intellectual people are always very creative and it is very fortunate that I spend time with other Lions with similar thoughts and spirit. I congratulate Lion Peter Burnett on being selected as the Chairman of the Council of Governors. I always believe, everything happens for a reason as it is his District that is getting one of our Zones. He is a true Lion and will do the best for all the members concerned.

As you all are aware, the re-districting is going ahead. There are 2 resolutions that our re-districting officer, Lion Viresh Paul has put forward.

The resolutions are that, this Convention asks the MD Council of Governors of 2017/18 and subsequent years to note that this District will not accept any change in the name or title of the District which should continue to be called and referred to as District 105A in the future.

Also, the Convention Resolves that the current Constitution of District 105A be and is hereby adopted as the formal and only constitution of the District notwithstanding any changes to the boundaries or constituent zones of the District which may or may not follow the redistricting of Multiple District 105 in July 2019.

On the 1st February, I had the opportunity of meeting my Zone E members. Our Zone E Chair and his members were as usual very hospitable and made me very comfortable. It was a lively discussion and they are much focused on how to achieve their goals in the New Year. Zone E works as a team and our GAT Officer, Viresh Paul gave an inspiring talk on membership.

As we are all aware, the Convention preparations are on the peak and we are busy doing our last bits. With this in mind, we had a meeting with Convention team on the 3rd Feb which also included, Lion Steve Foott. Lion Steve and Lion Satnam Loyal made a useful suggestion on promoting Lions.

On the 4th February we had the District Quiz in Mumbai Gardens, Harrow. The enthusiasm and dedication of my fellow Lions is worth appreciation.



*DG Abhnash Bains in the Lioness Convention with Chair of Governor Balvinder Singh Sokhi and his wife Rupal, DG Derek G Prior, Lioness Chair Jeanette Morgan and Lioness Angela Howard.*



*DG Abhnash Bains at Annual Senior Citizens celebration.*

The LC of Wembley held their business meeting on the 7th February. It was nice meeting. We all had a good time. The club is unique in its own way and doing very well. They have a clear understanding of their goals and have a planned structure.

The demise of Lion Popat was very sudden and unfortunate as he was a very hard working and dedicated Lion. I attended his funeral on the 11th February. Our prayers are with the family and we know that he has moved on to a higher service.

As duty never stops and we still have to carry on, I attended a Convention meeting on the same day with the printing people to fine tune the brochure. I feel very fortunate that the procedures are moving so swiftly and this is completely due to the efficiency of my Lions family.

I attended the Lioness convention between the 16th-18th Feb. It was a really fun filled event and very successful. The hosts were incredibly charming. I would like to thank Lioness Chair Jeanette, Lioness Angela and the other Lionesses for making me feel so welcome.



*DG Abhnash Bains with LP Derek Beazley and Deputy Lord Lieutenant Christopher Kilroy.*

On the 18th Feb I attended the Annual Senior Citizens Celebration. The event was covered by the Zee TV and thoroughly enjoyed by all who had attended. Read more about the very successful event in this Newsletter.

On the 24th of Feb I attended the 50th Charter of Bedford Lions club. I thank them for inviting me and letting me a part

of such a memorable and fun filled event. LP Derek and the Bedford Lions deserve our thanks and Congratulations for reaching half century of service to the community as well as to International projects.

See you all at the Convention.

**DG Abhnash Bains**

## My Diary March 2018

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|--|---|
| 1 Meeting PID Bud Wahl and his lady Jama | 13 UN Day at Palace of Westminster        |
| 2-4 District 105A Convention.            | 23 Ealing Lions Club Charter              |
| 7 Ealing Club Meeting                    | 24 West Drayton Club, Southall            |
| 10 MK Stony Stratford 42nd Charter       | 25 LC of Hatch End Centennial 1st Charter |
| 13 Melvin Jones Reception                |   |