



Lions Club International
District 105A
Newsletter Editor
Maria Azcona

THE TEAM THAT
TURNS DREAMS
INTO REALITY

Pride of Lions

SEPTEMBER 2003

More of Our Dream Team.....

ISSUE 3



Europa Forum/Twinning Lion Les Westley (Leighton Buzzard) *"Explore all the possibilities for having fun..."*



Promotions/Activities & Marketing Lion Farokh Daruwalla (Hounslow) *"Bringing Lions to the people"*



District Archivist Lion Bert Randall (Redbridge) *"The longest word in the English Language is SMILES"*



LCIF Officer Lion Kishore Pattni (London Golders Green) *"Making Dreams come true over the Seven Seas!"*

"Your Ideas" Forum Sunday, 5th October 2003

District Governor Elliot Shubert's theme for this year is "Realising the Dream". He has decided to depict this theme by using a rainbow and it is his hope that the "pot of gold" at its' base enables your wishes or dreams to come true.

In the true spirit of this theme we are looking for **your ideas** or dreams for seminars or workshops at the Winter Forum – hence the name for "Your Ideas" Forum.

If you have any ideas for seminars or workshops then please forward them to Geoff Leeder as soon as possible, preferably by email at: leadershipdevelopment@lions105a.org

The range of topics we expect to cover will be **New Lions, Youth Activities, Membership, International Activities, Community Services, Health and Welfare, Public Relations** amongst other things.

We are hoping to emulate International President Dr Tae-Sup "TS" Lee's theme "Innovation: Gateway to our Future".

Please see if you can come up with some **innovative ideas** for the Forum.

As soon as I have received sufficient ideas I shall put together a schedule for the day, which is being hosted again by the Lions Club of High Wycombe.

The venue is Wycombe High School for Girls and once again for those of you leaving home early we hope to be able to provide bacon butties. There will be an opportunity for you to listen to the candidates seeking election for Vice District Governor as well as hearing from VDG Max Mongia who is hoping for your support at our District Convention next March.

After an early lunch we intend to have some more workshop sessions based on **your ideas** in the afternoon.

So don't delay, please get your ideas back to Geoff Leeder as soon as possible.

22,163 Gifts of Sight

This year, Uxbridge & Hillingdon Lions club have set *their* sights much higher, and have amassed a massive 12,227 pairs of superfluous specs for recycling – to add to the 9,936 pairs they collected last year! President Meg Wynne-Mayfield said, "We were disappointed to have missed our target of 10,000 last year, so we persuaded more opticians in our area to become involved. They have all been incredibly supportive. We have also received many pairs from the Hospice, British Heart Foundation and the MS Society in London. Our aim for the immediate future is to explore the possible involvement of the Boroughs' Schools and Libraries".

I am sure Meg would be more than happy to share the secret of the Clubs' success – give her a ring, she's in the book-Ed

Jam Sandwich or Bacon Sandwich Sir?

As Zone M Chairman Mike Moon wizzed long the M34, he noticed a blue flashing light behind him and saw two police officers mouthing for him to pull over. He went through a quick mental check...he wasn't speeding, his lights were working.....

"Can you tell me what's in the back seat of your car, Sir", asked the Officer. "Why, it's a pig," answered Mike not wanting to upset the copper by pointing out the obvious. "Any reason it's there and wearing a seat belt?" asked the policeman. "Well, Officer, I couldn't get it into the boot!", was Mike's reply. He then went on to explain that he was transporting it from the butchers to the Abingdon Pig Roast, and that he thought it safer to strap it in the rear seat rather than have it's legs hanging out of the boot. Now that really would have been suspicious!

Small Clubs and Some Answers

There seems to be a lot of speculation about the new Directive passed at the International Convention about a decision made regarding small clubs with under 10 members. There was a meeting held last week by the MERLPR committee, with another lined up on the 14th. The Committee would like to stress the following: We are by far the most forward looking District, a track record of which we should be proud of. This directive is not a problem, but a **challenge** in supporting Clubs to expand. Yes, small Clubs are just as important as larger Clubs, their work being of great value, just the same as bigger Clubs. Did you know, however, that the cost of supporting a Club with 4 members is the same as supporting one with 40? No Club will have to go it alone. There is an entire support network working tirelessly to improve the situation. There will be constant communications about this through the District Officers, Zone Chairs and YOUR VERY OWN Pride of Lions.

Roary on the right side of the law! Doodle by Jacqui Walsh



**Dr Eileen Cox
The Mental Health Foundation**

Dr Eileen Cox is the DG's wife, as well as being a Lion in her own right. In time honoured tradition, she has the option of choosing a cause for which she will head a campaign to raise funds, as well as awareness. With all our help, many thousands of pounds can be raised, and in this case, I am sure you will agree, that even though this is not the type of charity that is given much "air time", it is amongst one of the most important. Eileen explains this in greater detail below, and I am sure she will be more than happy to answer any questions anyone may have.

Good Mental Health is something that we take for granted. However, I bet we all know someone who has suffered when things haven't quite gone right.

Why choose to support a mental health charity, or this one in particular?

Primarily because mental health is important to everyone and mental health issues affect all of us to some extent or other. This may be because we ourselves can suffer, or because someone close to us is dealing with mental health problems.

It is also often a hidden issue. Why? Partly because we often don't want to talk about it, and there is still a stigma attached to "mental illness". But in addition, you can't always tell by looking at someone if they are having problems or are at risk. Yet increasingly the pace of modern life and the breakdown in some of the traditional support systems of family, friends and local social networks are making it harder for all of us to cope with the pressure of work and relationships.

The Mental Health Foundation works to support research and education for mental health, with foci on children and young people, adults of working age and adults in later life. They include work with people we might easily identify as having mental health problems, i.e. with learning disabilities, in crisis or suffering dementia. But more importantly they also encourage everyone to take steps to improve their own mental health, the emphasis being on health. If you go to their web page you can find their quiz to check your own well-being in relation to your working life. Just filling in the quiz is a useful check on one's own state of mind! What I like is that by supporting research, and publishing fact sheets and booklets they are providing resources for professionals and ordinary individuals alike. They also give useful links to other organisations dealing with similar issues.

Lions are known for helping others, but the friendship and fellowship offered within clubs is also a useful (and necessary) support for its hard-working members. We shouldn't forget that being able to help other people depends on our own health and well-being.

The Mental Health Foundation (www.mfh.org.uk) is working for all of us and deserve our support in return.

Dr Eileen J. Cox

Website Revisited

Have you looked on our Website recently? NO? Then once you have read *Pride of Lions* and DG's Newsletter from cover to cover, put it down, make yourself a nice drink, (optional), and log on to www.lions105a.org. Then talk to your Club, friends, family and work colleagues about it. Spread the Word.....

Letter from a Frustrated Lion

In the post bag this month, I received a letter from a fellow Lion. You may or may not agree with what this Lions says. The fact remains that this is YOUR newsletter. He/she has chosen to use it to get across a point of view. We all have a voice, Pride of Lions, so use it! - Ed

"Dear Fellow Lions,

Lions have a changing image these days and many of us are oblivious to these changes.

We are a marvellous organisation doing good works and helping the community at large. However there are some clubs finding it difficult in maintaining membership or attracting new members.

There is out there, a large proportion of the population who *would* be willing to help us in our quest: **TO HELP THOSE LESS FORTUNATE THAN OURSELVES** - an age-old call from the Lions.

But they have a problem: finance or should I say lack of finance. To be a Lion can be and usually is expensive. What with subs, Dinner Meetings, Charters and raffles, membership can be quite daunting to some, not to mention the work involved for which they don't get paid.

I realise we are not obliged to attend all the do's and such, but in the spirit of Lionism, it would be nice.

I don't know the answers, but I do know that we are loosing out on people who could help us in our service to the community and help fund raising in all sorts of ways.

I am appealing to you, the members, to think of ways we can incorporate this army of volunteers out there, who could help swell our ranks and enable us to offer an even a better service to our communities. We have an army waiting to join us but how do we tap into it?

Why are we not encouraging our youth around us to help those less fortunate? I hear all the time that "the young can't afford it, as they have to work". Well, so did I. I was self employed and had to try to make up the time I spent away from my work. I managed it and so did (and do) many others. Where is the spirit of the Human Race? Has it not been inbred in us to help THOSE LESS FORTUNATE?

Where are we going wrong or am I perceiving things in the wrong light?

Yours in Lionism

A frustrated Lion"

Ed says- Come on fellow Lions. Use your Right to Reply!

Ride on High Lions!

Watford Lions Club are calling on fellow Lions to help out at their horse ride event on Saturday, 20th September. It is a truly awesome event where you get to see lots of people falling off horses, (with nobody being hurt, naturally!) It's all in aid of the Riding School for the Disabled. You can also join in, if you are of the equestrian nature. Give Watford Lions a ring and they will give you all the details.

It is a really good day out. I wouldn't miss it for anything!-Ed

New Tools for Old

Tools for Self Reliance is basically, when we collect unwanted handtools and deliver them to the Camphill Community in Milton Keynes, which is a working community for adults with a learning disability but with a sufficient level of independence to benefit from an urban situation.

They make new tools out of old and box them up into toolsets, to order, and ship them out to villages in both Africa and South America.

Tools for Self Reliance works with local organisations in six African countries. They provide tools and skills training to help artisans and craftworkers.

This is a fine example of how all our Clubs in 105A **can make a difference** with next to no hard effort. We just use our Lions hearts, give Andrew Allen a ring, (he's in the book), and he can explain everything you need to know.



DG'S NEWSLETTER

WHAT IS GOING ON NOW? DG AND DISTRICT DIARY DATES FOR SEPTEMBER

- 1 September:** Redbridge OV (previous visit cancelled due to hospital stay)
2 September: London Westminster
3 September: Barking OV (cancelled due to President unwell)
2 September: London Walthamstow 36th Charter Anniversary
7 September: Disabled Sports Day at Dunstable OV
8 September: Zone K meeting, Leighton Buzzard OV
9 September: Senior Citizens Planning Committee meeting OV
10 September: Abingdon OV
11 September: Convention 2004 meeting
14 September: MERCLPR Committee meeting OV
20 September: Watford Horse ride, Watford (10am-4pm) Great Westwood Equestrian Park, Kings Langley OV
21 September: Zone F Mela, (11 am – 7 pm) RCT Cricket Grounds, Harrow,
23 September: Wallingford & District OV
24 September: Bicester OV
25 September: Wantage & Grove OV
27 September: Membership meeting at MDHQ
28 September: London Westminster Founding Charter, Mezzo Restaurant, Soho, London OV
29 September: Zone L meeting, High Wycombe OV
30 September: International Team Committee meeting OV

WHAT IS GOING TO HAPPEN? DG AND DISTRICT DIARY DATES FOR OCTOBER

- 1 October:** London Finchley OV
4 October: Redbridge 29th Charter & London Newham 20th OV; Hertford 32nd Charter Anniversaries
5 October: "Your Ideas" Forum, High Wycombe School for Girls OV, **Please make every effort to attend and learn more about Lionism**
6 October: Lions World Service Day, Oxford Isis OV
7 October: Banbury OV
8 October: Leighton Buzzard OV
9 October: Lions World Sight Day OV
11 October: Bletchley Milton Keynes 34th Charter Anniversary OV
12 October: 2nd Cabinet meeting, with partners, at Blakemore Thistle, Hitchin
All Cabinet meetings are open to all Lions
13 October: Zone A meeting OV
14 October: Amersham & Chesham OV
15 October: Aylesbury OV
18 October: Berkhamstead 25th Charter Anniversary OV
19 October: Luton 31st Charter Anniversary OV
20 October: Thame & District OV
21 October: Bedford Harpur OV
22 October: Winslow OV
24 October: Biggleswade Sandy 25th Charter OV
25-26 October CoG meeting at Merry Hill
31 October Eileen & Elliot attending professional

A letter has been sent to all Clubs explaining the International Board policy on Lions Clubs with less than 10 members. A companion letter described the pro-active membership strategy that will be undertaken in 105A for all clubs.

CLUB NAME CHANGE

London Kensington & Chelsea has been approved by LCI to change their club name to London Central.

District Governor's competition: Guess his official mileage?

I live outside the District (in 105SE) and I will be visiting 88 clubs, and attending Charters, District committee meetings and special club activities during my year. All official visits (OV) will be listed on the 105A website. Submit your guess of the number of miles traveled by 30 June 2004 to the Competitions Officer, Louvain

Allen. It will cost you £1 per guess. All funds raised will go towards Eileen's chosen charity, The Mental Health Foundation. The winner will be announced at the Handover on 17 July 2004. The winner will receive a bottle of champagne.

IN MEMORIAM

It is with much regret that the DG has learned of the passing to Higher Service of...

Jack Ross

Charter Member of Ruislip Lions Club

I know that he will be sadly missed and I extend my deepest sympathy to his family and friends.

NEW MEMBERS

It is with great pleasure to welcome new members to 105A. I appreciate the commitment to membership demonstrated by the sponsors.

<u>New Member</u>	<u>Lions Club</u>	<u>Sponsor</u>
Paul Bevan	Abingdon	Richard Hover
Doug Wright	Abingdon	Roger Stephens
Margaret Fowler	Amphill District	Steve Foott
Parminder Kaur Armit		
Corrine Smith	Hammersmith & Shepherds Bush	Doreen Carr
Ramkumar Sabharwal	Hammersmith & Shepherds Bush	Doreen Carr
Lina Kong	London (Covent Garden)	Flora Man
Stephanie Brown	Redbridge	Doreen Carr
Steven Brown	Redbridge	Doreen Carr
Dawn Pendrick	Royston	Diana Margaret Charles
Kewal Krishan Kapur	Southall	Amarjit Sagoo

DISTRICT GOVERNORS' TWINNING (OR BLIND DATE LIONS' STYLE)

Every District Governor is automatically twinned with another District Governor by assignment from LCI. It was sort of like a "blind date", because we knew each others' name, spouses' names and each others' District locations before Convention, but little else.

At the DGE School, we attended a "twinning luncheon" where we have our "blind date". Eileen and I were delighted to meet Phil and Sheri Hill from District 49A, Big Lake, Alaska USA. We immediately hit it off and we had a very enjoyable time. We exchanged friendship gifts and pins. We received a beautiful handmade wall hanging with cross stitching images of an Eskimo in a kayak, igloo, and an Inuit totem pole, magazines about the state and miscellaneous Alaskan items. We gave Phil and Sheri a quintessentially English item, a porcelain Royal Worcester letter opener and some MD "bridges" pins.

I thought it was a challenge to visit 88 clubs in 105A. However, Phil writes, "Alaska is divided into 2 districts: 49A-Aurora and 49B-Borealis. My district, which is 49A, covers the lower 1/2 of Alaska. There are 41 clubs in my district. Ten of which you have to fly to as there are no roads to those areas. When weather conditions in the fall and winter are bad a person could be stuck there for 2-3 extra days. My district has 1,445 Lions. Our two districts consist of about 2700 Lions". We had an enjoyable *blind date* with DG Phil and Sheri. I have sent DG Phil my personal banner and pin, as well as an illustrated guidebook to London. I wish Phil and Sheri much success and enjoyment during their year. It would be great to exchange visits to each others' District Convention, but the time and distance (6,000 miles) may prevent it from happening.



AN UNEXPECTED HOLIDAY

Yours truly recently had an unexpected stay in hospital. While in Scotland teaching the algae course, I slipped on a rock as I was traversing up a stream bank and fell backwards, hitting my elbow on a rock (ouch!).

Other than a bruised ego and after proper first aid, I thought I was ok. But, a week later back in London, my left arm swelled up to twice normal size overnight. I was diagnosed in Casualty with a fractured elbow and an infected arm. I was told that I had to stay in hospital and receive a full course of antibiotics until it cleared up. Six days later I emerged healthy and fit. This was my first "NHS experience" and I received first rate treatment from the Doctors, Consultants, Nurses and Staff. I must admit I had plenty of time for reading, writing, thinking and resting. I was also introduced to the "NHS diet" (little to eat and hardly haute cuisine) At least I shed a few *un-needed* pounds. In my absence, VDG Max represented me at the Redbridge L. C. meeting and a Zone B meeting.

The newest club in the District, **London Westminster** is planning to hold a charter luncheon on Sunday, 28 February at the Mezzo restaurant, 100 Wardour St, Soho, London. Every club has been sent an invitation. Let's show our support for our 88th club. For more information contact :

Dr Eileen Cox, President

LIONS WORLD SIGHT DAY

Before we can blink an eye, World Sight Day will be here on Thursday, 9 October 2003. Every club was sent a special pack by the MD PR Committee, so that you can plan an event in your community. Remember Helen Keller's challenge to us to become "Knights of the Blind". Please try to get some publicity in your local newspaper, radio and/or TV about our programmes for the prevention of blindness.

An effective PR tool is to have a local dignitary blindfolded to create awareness. Planned activities in the District include handing out brochures at the Brent Shopping Mall in north London and tentatively "Meet the Lions in Trafalgar Square" with blindfolded celebrities. Contact Maria, District PRO, and let her know what activities your Club is planning. Let's show the public that "Lions care about sight conservation".

NOTE TO CLUB SECRETARIES...

Please check the DG's Diary on the 105A website, the DG's Newsletter or Email the DG before you plan special events, especially if you are planning to invite the DG and do not want to be disappointed, because there is a conflict.

Remind your club members of the District competitions (details on the 105A website).

Resolutions must be submitted by 1 October for the 12 October Cabinet meeting.

Last call for Lions to apply for the Emerging Lions Leadership Institute in Walsall.

The 39th District Convention will be held on 6 March 2004 at Church House, Westminster, London.

I would like to feature two persons or organizations at the District Convention that have been helped by a Lions Club and are willing to make an 5-10 min oral presentation to the Convention on how Lions helped them to "*realise the dream*". I am requesting that clubs nominate a person or organization with a justification. Please submit your nomination to the DG, no later than, 1 December 2003.

LCI PATCHES AND CERTIFICATES

At the DGE School, I received a packet of various patches (very colourful and attractive) and certificates to be presented to outstanding clubs during my year in office. At the Handover on 17 July 2004, I will present the following awards to the clubs who achieve the following:

"Cultural and Community Activities" patch for the best programme promoting the first Object of Lionism, "To create and foster a spirit of understanding among the peoples of the world."

"Lions International Relations Award" patch for demonstrating the most outstanding international relations activity.

"Excellence in Effort Award: Sight Conserva-