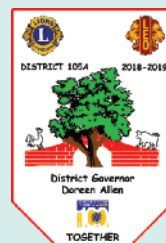




Issue 3 • September 2018
District 105A News

PRIDE OF *Lions*

DG Doreen Allen



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Youth Exchange 2018

District 105A was delighted to welcome on 23rd July 2018 five young people from Denmark, Germany, India, Japan and the Netherlands. Lions showed their hospitality by inviting the youth into their homes. Clubs hosted meals (lunch and dinner) and gave an insight to London.

During their week-long stay various Clubs took them to see the sights of London that included Windsor Castle, cruising on the River Thames, museums and exhibitions, dressing up as Lords and Ladies at Kenwood House (Hampstead Heath), not to forget the visit to pubs and the London night life.

A Farewell Dinner took place on 30th July and approximately 70 people attended. Everyone had a good time as the food was

delicious. They were entertained by the youths singing and playing musical instruments. People took part in a Bollywood dance workshop and a presentation of the Youth Programme week was shown.

Overall, the success of the Programme was measured by the good memories the young people will take home of their time in London. A big thank you to the participating Lion clubs and host families for making the youth exchange possible.

If anyone would like further information on hosting a Youth for next year(2019) programme please email me on ashwin@malkan.co.uk

Lion Ashwin Malkan, District Youth Exchange Officer

Youth Exchange visit to Windsor



..... NOTICE BOARD

11th District Youth Celebration – for disadvantaged and disabled young people

To be held Sunday 25 November 2018 at Allum Hall, 2 Allum Lane, Elstree, Herts WD6 3PJ.

Disco – Singing – Dancing – Magicians – Clowns – Sideshows – Games – Food – Drink.

450 places available for 12 to 18 year olds and their carers, £9pp on a first come first served basis. Closing date 10 November 2018.

Please contact Lion Vijay Arora. Email: lionsdyc@hotmail.com Tel: 020 7495 3202, 07712 447408 www.lions105a.org.uk



Beyond the Horizon

LCI Ethics:

To Remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

Carnival in Watford



At the Carnival

Every year **Watford Lions Club** organises the Abbots Langley Carnival, come rain or shine and with good fortune it is always successful. This year, with some new members in tow, it was even better.

The sun was shining and we saw some regular faces along with some new faces coming along to enjoy the day. Each float was magnificently decorated, with individual flair. Everyone enjoyed the acts, incredibly diverse, from the dog show, to dancing to Bhangra. Tae Kwon Do and gymnastics also featured. The rides were always well occupied and the introduction of two new activities, tug-of-war and hitting-the-pot, also went down well.

It was genuinely a fun family day where adults and children had something to enjoy. We managed to raise £1,143 from the buckets alone! We also raised £62 from Lion Sri's new game of hit-the-pot! We are awaiting the final total of funds raised, but in the mean time take a look at the couple of pictures, to give you a taste of the fun.

For more pictures of the day, please visit our new and improved website: www.watfordlions.org.uk

Lion Prakash Panchal



Carnival Dhol Players

The Lions Book Shop

DG Doreen and Andrew took time out from a busy schedule to visit the **Hemel Hempstead Lions Book Shop** at the Marlow's Centre. The Shop is overseen by **Hemel Lions Club**, with a rota of Lions from various other Clubs in the area volunteering to cover the seven days a week opening times.

That morning on duty at the front desk, were Peter and Rita Gent ex- **Berkhampsted Lions**, and during the morning Lion Frances from Hemel popped in with some more donated books. The shop is a real haven for booklovers with books, DVD's and jigsaw puzzles all carefully categorised and displayed. The stock was so tempting that Andrew couldn't help himself and went home with a large bag of books.

Well done to all the Lions involved –each Club working TOGETHER, sharing the funds raised to support so many diverse groups and individuals... as a bonus, everywhere I looked, there was information about who the Lions are and what we do, from a bin for collecting spectacles to MIAB.

DG Doreen



Abingdon Defibrillators

After the summer fundraising at Stivvy Fest and Cowley Classic Car Show with their Win a Lion Stall, **Abingdon Lions** are looking towards the safety of their community. Defibrillators have been installed in prominent places at Abingdon Town Centre and Abingdon Rugby Club plus a donation has been

made towards another at Long Furlong Community Centre – all acknowledging Abingdon Lions. It is hoped that we can install one at the Abbey.

The next fundraiser is for John Radcliff Children's ward and a number of 'brave' Lions will be abseiling down the Sutcliffe Tower on September 23rd.

Abingdon Lions Club



A prestigious award for DG Doreen

Zone BBQ was held in honour of DG Doreen Allen to welcome her as the DG to the zone on 19 August at Hargreaves Scout Camp Site, Romford.

It was a very successful event where around 100 Lions, Leos, guests and partners were present to enjoy the excellent food and fellowship. Choice of food included vegetarian, non vegetarian and Halal. DG led the fun and games with rounders and three-legged races.

All Zone B clubs were represented and included past present and future DGs, Club Presidents and potential members.

Lion Praful Chakravarti from Fairlop LC(CIO) surprised and presented DG Doreen Allen with The Bert Mason Humanitarian Award. This award is given to just one person per year in the UK. Well deserved achievement.

**Lion Harvinder Virdee
Zone B Chairman**

At the Zone B BBQ



Presentation of the award to DG Doreen



Food for thought as demand soars

The Food Bank, which runs from the Preen Reuse Centre, in Biggleswade, provides packs which include basic food supplies like cereals, pastas, soups, tinned fruit and vegetables and biscuits, for anyone who needs emergency help. In particular it helps working families whose children receive free school lunches and find it hard financially in the holidays. It is financially supported by Preen Community Interest Group and all food and toiletries are used in Bedfordshire to help people who are in financial crisis. Preen Food Bank receives monetary donations and food items from the public, local organisations and businesses, but with more and more people needing help it is struggling to meet the demand.

Kathy Lewis, Preen community director, said: "We would like to thank our friends at Biggleswade and Sandy Lions who donated £500 to us to help buy supplies for the food bank, we really appreciate all the support we get." She said she would have had to have shut the foodbank for the day on Saturday without the Lions' generosity.

She added, "I just can't keep up with the steady stream of people. In the last few weeks the demand for food parcels has really increased and with the school holidays it is really important that we are able to continue making them."

Thank you Biggleswade and Sandy Lions.

Lion Steve Foott



Bedfordshire Food Aid Network is run by volunteers from the Preen Reuse Centre



DG Doreen's Dialogue



Fellow Lions, the summer is coming to a close and as we move along let's think about some important dates ahead.

- World Deaf Day 30 September
- World Sight Day 11 October
- World Service Week 8-14 October
- Winter Forum 4 November
- World Diabetes Day 14 November
- District Youth Celebration 24 November

As a District we should share posters, flyers, photographs and success stories with each other, with friends, families and the most of all with the public. Wear our Lions sweatshirt, T-shirt or hi-viz. Be proud of what we do and show how our efforts make a difference. Remember, new members join because they want to be involved and serve. We should be providing service that is central to our communities and in doing so important to our membership.

The LCI five pillars of Service are DIABETES, VISION, ENVIRONMENT, HUNGER RELIEF and CHILDHOOD CANCER and many Clubs already have active projects in these areas.

VISION – LCI has project ideas online under the Vision heading in the 'How to Serve' section. Have a look, be inspired and motivated to do something extra. Please remember Sight has been at the heart of Lions' service since Helen Keller challenged us in 1925 to be "Knights of the Blind". Our Lions Eye Health Programme (LEHP) is to be relaunched soon with the emphasis being on Save Our Sight –more information will follow from MD Officer Keith Hedges. During the World Wide Week of Service, Clubs are asked to do something to help the blind or visually impaired, or to raise awareness of vision issues in their area. Many Clubs collect used spectacles sending them to the Third World via Chichester Lions. Do you have a group or organisation which supports the blind and visually impaired in your community? Why not do something for them during October or help a blind person living in your area. Stony Stratford Lions have members who are readers and befrienders of blind and visually impaired residents. Thame Lions organise a Bowls competition for the Blind. Make your community aware of the difficulties of being blind or visually impaired by arranging a

blindfolded walk for your Club or Zone with a local dignitary. Let them experience and publicise the practical problems of broken paving stones, crossing roads, obstacles on pavements and other issues. Will you step up to the challenge and do something?

CHILDHOOD CANCER – Our District Officer Lion Penny Tregillus has written a very informative document that was emailed to all Clubs, about Childhood and Prostrate Cancer. It is also on the 105A website. Please take time to read it. Work is still ongoing to set up a partnership with Brain Tumour Research. This will result in Clubs being able to help finance a new laboratory for research into brain tumours which is the biggest cancer killing children and young people under 40, and don't forget to record on MyLCI. We know Lions are making a difference in our communities and by reporting your activities you can inspire new members, attract community partners and celebrate your achievements to a wider audience..

Finally, a reminder... the DGs Partners Appeal is for Haven House, a children's hospice who provide respite and end of life care and family support for children affected by cancer. Please think about making a donation – cheques to our District Treasurer Vanmali made payable to LCI District 105A, endorsed on the back Haven House Hospice. Andrew and I thank you for considering this wonderful appeal.

DG Doreen

My Diary September 2018

- | | |
|----------------------------------|--------------------------------|
| 1 London Westminster Charter | 11 Fairlop meeting |
| 2 Fairlop Leos | 12 District Leadership Meeting |
| 4 London Kingsbury | 15 Fairlop Leos |
| 5 Stony Stratford | 16 Sponsored Walk –Lea Valley |
| 7 District Golf Day | 16 COG online meeting |
| 8 Fundraiser Milton Keynes | 18 Ampthill Seniors Party |
| 9 Wanstead & Woodford Fundraiser | 20 - 24 DG Reunion |
| 10 DG Team meeting | 25 -28 St Albans Beer Festival |
| | 27 Fairlop Trustees |

Message from DG Doreen

Do You Just Belong?

Are you an active member?

The kind that would be missed

Or are you just content that your name is on the list

Do you attend the meetings and mingle with the pride

Or do you stay at home to criticise and chide

Do you take an active part to help the work along?

Or are you satisfied to only just belong

Do you join the committee work and get it right in the mix

Or leave the work to just a few and moan about the cliques?

Think it over fellow Lion – you know the right from wrong

Are you an active member or do you just belong?

Let us work TOGETHER to reach BEYOND THE HORIZON



PDG Andrew at Lions Book Shop