



Pride of LIONS

DG Abhnash Bains



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Stony Stratford Lions Celebrate with Youth



Stony Stratford school visit

The Stony Stratford Lions Club gave a gift to over 800 local school children to celebrate the Lions Centennial and MK 50th. Members of the Club recently visited two local schools, the Russell Street Infants and St Mary and St Giles Primary at morning Assembly, to explain that Lions International formed in 1917 and Milton Keynes formed in 1967 were both celebrating special birthdays in 2017. The children listened enthralled to the history and relevance of Lions Clubs today and heard from Cllr Martin Petchey Deputy Mayor of Milton Keynes and Ian Stewart the MP for Milton Keynes South, about how our City was born 50 years ago and has grown to the large city it is today.

As a gift to the schoolchildren they were each presented with a presentation pack containing one of the last pre decimal coins minted in 1967 – itself 50 years old.

As a part of Lions Clubs International's Centennial Community Legacy Projects program the Lions Club donated 100 Library books to each school promising a further donation of at least 400 more to follow.

Tring Lions Legacy Project

For the last three years Tring Lions have been sponsoring a community mini bus via Community Action Dacorum. The bus has the Tring Lions logo giving the club publicity as it is driven around the area. The Club wanted to develop a legacy project to celebrate 100 years of Lionism and after discussing several projects, we realised that our sponsorship of the bus gives the community an asset that will last for a few more years. The Club has agreed to continue with this sponsorship and have ensured that one of the panels on the bus reads '2017 – A Century of service achieved by Lions Clubs'.

Lion Steve Mitchell



Bus sponsored by Tring Lions

NOTICE BOARD

District Golf Day on 8th September. Please book as soon as possible if you wish to play or just attend the carvery dinner in the evening. Deadline for booking is 31st August, 2017. Contact: Lion Narendra C Patel – Golf Chairman – Dist 105A.

Members of **Bletchley, Milton Keynes Lions Club** invite you to their 48th Charter Celebration on **Saturday 7th October 2017** at the Novotel, Saxon St, Heelands, Milton Keynes MK13 7RA. Drinks from 6.30pm with dinner at 7:30pm. Contact Lion Chris Bryant.

10th District Youth Celebration Party to be held on Sunday 26th Nov at Allum Hall, Elstree. We are able to hold this event only with the dedicated support from Lions Clubs of District 105A and many generous sponsors. Contact PDG Vijay Arora.



LCI Ethics:

To hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

A fitting tribute to a Past President

The Lions Club of Sudbury has donated £4,500 to the Department of Cardiac Research at Northwick Park Hospital. The cheque was presented by LP Rajen Sangani, and the funds were raised during the year of IPP Lion Pami Sevak, in loving memory of Past President Late Lion Veni Vaghela.

Ann Bannfield, Business Manager for the department of Cardiac Research, said:
"The support offered by the Lions Club of Sudbury has made it possible for us to develop our research further and we would like to express our thanks for their incredible generosity. Thanks to this donation we have been able to purchase a new heart monitoring system for use with our exercise bike for assessing patients with heart valve disease."

LP Rajen said that it was our members' wish to support a local charity and the Cardiac Research at NWH fitted the criteria. This charity also became close to 'our hearts' as other members from our club like PP Lion Vamanrao Sevak have been affected by this disease and had been looked after by this charity.

Lion Kiran Vaghela



Sudbury Lions donate to Northwick Park Hospital

Raising funds for the Grenfell Tower survivors



Redbridge Centennial donate to Grenfell Disaster Fund

Appeal to District 105A Clubs

You would have seen the report in the Pride of Lions of my visit to our Twinned District 121 in Poland along with PDG Lion Brindar. District 121 have taken the challenge to build a hospice with the assistance of local community and LCIF.

They are at the threshold of opening the hospital pending further equipment in the order of £15,000. We are raising monies to give matching grant of £7,500 to make this happen. Clubs and Lions are requested to make generous contributions to make this happen.

Please Send monies to the District Treasurer, endorsed to Hospice Project Poland – Special Appeal.

PDG Lion Surinder (Max) Mongia
International Relations Officer

Toast to LC of London Covent Garden 20th Charter Anniversary

Lions Club of London Covent Garden celebrated their 20th Charter Anniversary on 7th May 2017 at the Holiday Inn, Kensington, London.

It was an enjoyable afternoon in pleasant surroundings with guests and members including the then, Incoming District

Governor Abhnash Bains. Everyone enjoyed the fantastic buffet lunch and wonderful atmosphere. Many congratulations to the Club for reaching 20 years doing amazing things for Lions Club International.

Lion Flora Man



International Convention 2017 in Chicago



Before the parade



A very happy DG Abhnash



At the Chicago Convention



105A Lions



US Lions in the Parade



Pulling the ribbon



UK Lions in the Parade





DG Abhnash's Article



Warm greetings to all my fellow Lions. I am only able to send this message to you because members of my club and District 105A encouraged, supported and nominated me to for the position of District Governor (DG). At first, I was apprehensive in taking up the post as my mother had passed away and was expecting to be a grandmother in a couple of weeks. However, it was the messages of support and caring thoughts from fellow Lions that gave me the strength to stand as your DG. I was overwhelmed and touched as you showed by your actions that "We truly are a family of Lions, MY Family".

I would like to express my thanks to members of my club and District 105A for being there for me at my time of need. Also, I am indebted to Geoff Leader, Linda Picton, IDG Brindar and all those who assisted and provided training to increase my knowledge and skillset to take up this role. In addition, I would like to thank my Cabinet Members and fellow Lions, who joined me at the I garden party on 18th June 2017 to celebrate me becoming DG.

My attendance at the MDI convention in Chicago from 24th June to 5th July 2017 was enjoyable as it gave me the opportunity to network with Lions from

other countries and enriched my personal development. The training school consists of hard work and long days but I feel it was a worthwhile experience. The highlight of the Convention was the International Parade where Lions from all over the world took part. They were all in their national dress or the Lion's District uniform. This was a very enjoyable and colourful event. We had some amazing speakers including Nick Vujicic, born without arms and legs and former US Vice President Al Gore, to name just a few.

Although I became DG 105A on 1st July the formal District Handover took place on 23rd July 2017. I feel deeply honoured for the privilege to serve as your DG and will use my skills and experience for the benefit of our District so we develop and grow for us to serve our communities.

Based on my personal and professional life experience my approach will be to offer practical assistance, support members, provide constructive criticism and openly give recognition and praise to members. I was brought up to believe and through my personal and professional life experience learnt that positivity is a powerful tool in ensuring aims and goals are successfully achieved. My aims are that we work towards increasing our membership, enhance club success and upgrade all members leadership



Beginning of the DG responsibility

qualities. I am aware that in our district we have untapped pool of talent – so please come forward – YOUR DISTRICT, CLUB AND THIS WONDERFUL ORGANISATION NEEDS YOU!

Finally, I would like all of us to work as a cohesive team, who is ready to take the initiative to move our District 105A forward, so we have a great Lionistic year.

DG Abhnash Bains



Handover by PDG Brindar



PDG presentation to Admiral Nurses

DG's chosen charity

My charity for this Lionistic year is **Heads Together**. My choice is based on my experience of dealing with people who have mental health problems. I have seen the stigma associated with it; the society deals with the individuals loss of self-esteem, feelings of alienation and sad treatment – being ignored, not respected or given dignity. In my work as a counsellor and therapist I feel there is a need to do more.

DG Abhnash

My Diary July-August 2017

- July
 26 June to 5 July International Convention in Chicago
 23 District 105A Handover
 28-30 Council meeting in Solihull
 30 10th Charter Anniversary at Mumbai Gardens Harrow

OV = Official visit

- August
 2 Youth gathering Dinner by Eric Amaria and Hatch End Club
 3 Youth Exchange farewell party
 3 DG team meeting
 13 Cabinet meeting
 14 Zone F meeting
 28 Whitton and Feltham Lions Fun Day
 31 DG team meeting