



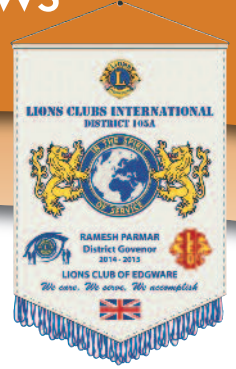
# PRIDE OF LIONS

District 105A News  
DG Ramesh Parmar

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## The Secrets of a Healthy Lions Club – Eat, Drink and Exercise ...but not necessarily in that order!

The members of Lions Club of Winslow 'Pride' themselves on helping others in the community and at the same time, maintaining their own good health, by following ambitious exercise routines, drinking the recommended amount of liquid, and ensuring a good diet of nutritious food.

In January 2013, at one of our social meetings, we had a First Aid refresher course which culminated in a lot of interest in the benefits of a *Public Access Defibrillator*. This proved to be the starting point for a lot of hard work to secure the approval, and eventually the purchase, and installation of this equipment. We also arranged for the provision of ongoing maintenance for the 24/7, community available unit, situated at the local Fire Station in Winslow. It was officially unveiled on the 3 April 2014. Further work is now being done on funding First Responders in order to fulfil the needs of the ambulance service in reacting to the needs of all our local communities.



Even this year, personal health has loomed large. We are now in the 5th year of organising the Winslow 10km



run. This year we had in excess of 350 runners take part, raising a total of over £2,400. The thought of all that running obviously requires a little reward in the form of lubrication. March this year was the 9th year of organising the Winslow Beer Festival, alternatively called our 'Drinking for Charity' event.

The event was attended by our local MP and Speaker of the House, John Bercow, who officially opened the first, 5 hour drinking session on Friday evening. With 36 beers and 9 ciders to choose from, and two drinking sessions on Saturday, together with the excitement of watching the final matches of this year's 6 Nations, the overall result was a grand total of nearly £9,000 for local charities.

This 'Drinking for Charity' obviously creates an appetite and it has now become an annual event to follow the Beer Festival with an 'Eating for Charity' evening, sponsored by one of our local restaurants. Last year, at this event we were introduced to the problems associated with an orphanage in



Bangladesh, which was in dire need of funds to improve its basic standards for the disadvantaged children. The amount we raised from our 'Eating for Charity' event was topped up and donated to the orphanage in order to instigate immediate improvements. The response to our donation was so great that this year, 2014, we donated a further sum to the orphanage and we were humbled by the reaction of the children when they produced this wonderful thank you message, which needs no further words of explanation.



Now fully fed, watered and fit, we are heavily committed to our autumn programme of the annual Winslow Show, the Bucks County Show, our Guy Fawkes Bonfire Night and finally, our Christmas Carols in the Market Square. So here's to 2015!

Lion Andrew Lowe

## NOTICE BOARD

**District Youth Celebration** is on Sunday 16th November. Please contact PDG Vijay Arora for details.

**Message in Bottle** A surgery in Cheshunt is looking for 20 bottles. Can one of the Clubs in the area help?

**Lions Club of Enfield** present GALA CHARITY NIGHT on 15th November 2014. Contact LP Dr. Prakash Naik.



LCI Ethic:

*Always to bear in mind my obligations as a citizen to my nation, my state, and my community.*

## International President Joe Preston invites all clubs to participate in Centennial Service Challenge

Lions Clubs International will be celebrating 100 years of service in 2017. International President Joe Preston is inviting Lions to be part of this special moment in the organisations history by supporting a new global service initiative Centennial Service Challenge, to celebrate the Lions Clubs Centennial.

The Challenge encourages Lions around the world to serve 100 million people by December 2017. "Every club can play a part in reaching our goal," explains Lion Joe Preston.

- Host service projects throughout the year that impact Youth, Vision, Hunger or the Environment.
- Report your service activities through the Service Activity Report on MyLCI.



- Earn a Centennial Banner Patch with a progressive gemstone design for each year your club participates.

International President added: "As Lions, we know that a single act of service can change a life. But when 1.35 million members come together to serve, we can change the world."

## Young Ambassadors

The competition for the Young Ambassadors of the 21st Century will soon be upon us. Please look to sponsoring at least one candidate from your Lions Club.

Application forms (together with required documentation) must be returned to me by 25th December 2014. District Finals will be held at 2pm on 11th January 2015, Venue - Harrow District Masonic Centre, 11 Northwick Circle, Kenton, Harrow HA3 0EL.

Lion Minesh Mehta

## LIONS CLUB OF OSTERLEY invites you to its 9th Charter Night

**14th November 2014**

Osterley Park Hotel  
764 Great West Road, Isleworth, Middlesex TW7 5NA

**From 7.00 for 7.45pm**

**Dance till late**

**Tickets £30**

**Dhol by ministryofdhol**

Delicious 4 course menu  
including soft drinks

Cash bar

Dance to toe tapping  
Bollywood music and bhangra

Great  
Entertainment

Grand Raffle 3  
figure cash prize

Every penny raised  
will go to supporting  
Lions charities

**For tickets contact Lions:**

**Gurinder 07837 748074 Baljit 07880 672916**

**Naresh 07985 693985**

## Welcome new members

DG Ramesh Parmar inducted 2 new members for LC of Ealing on 1.10.14. One on left is Lion Kuldip Arora (sponsored by Lion Varinder Chott) and one on right is Lion Harbhajan Rooprai (sponsored by Lion Ranjit Mangat).

DG Ramesh Parmar



## A win for Kingsbury Leos

On Saturday 13th September 2014, the District Leo Quiz was held in the afternoon at the Savoy Court Community Centre in Harrow. The Quiz was attended by the Leos of Hadley Wood, Hendon & Kingsbury, supported by Lions of Hadley Wood, Hendon, Osterley and Stanmore. Also present were DG Lion Ramesh Parmar and District Leo Advisor Lion Minesh Mehta.

IP District Leo President Leo Sadia Hameed organised 5 quiz rounds with 4 bonus rounds to give everyone participating a challenging time. Together with Lions Azad and Louisa, Leo Sadia had helped prepare some delicious refreshments for everyone. Hadley Wood Lion President Aziz assisted in the diligent marking of the papers and eventually announced triumphantly that Leos of Kingsbury were the winners of the quiz. The Kingsbury Leos, led by their Leo President Jay, were awarded the Leo Quiz trophy, sponsored by Lion Minesh Mehta together with a cheque for £100 towards the Leo Club's chosen charity. The other teams, and the Lions were also awarded prizes for participation.

Lion Minesh presented gifts to Leo Sadia, Lion Aziz and Lions Azad and Louisa in appreciation of their hard work and efforts in organising the event. He thanked DG



Ramesh and VDG Meena for attending and encouraging the young people in our District. He asked if more clubs can support the Leos in future by bringing their teams along as well as asking more Leo Clubs to participate in future events.

Lion Minesh Mehta

## New Club Formation meeting

We are pleased to announce formation of a new Club – **Lions Club of Uxbridge** in ZONE C Sponsored by Lions Club of Edgware.

The formation will be on 8th October 2014 at  
The Horizon Banqueting, 210 Hanworth Road,  
Hounslow, Middx, TW3 3TU

Time: 7.30 for 8.00pm

£16 pp including 3 course dinner and soft drinks  
We will appreciate your attendance to welcome the new members and you will have opportunity to present your club banners to the new club.

For booking please send your cheque (payable to *Feltham & Whitton Lions Club*) to: Lion Alf Sanders, 93 Heath Road, Hounslow, Middx. TW3 2NP  
Mob: 07973 462513 email: lionalfredsand@aol.com

## Peace Poster Competition

The Competition is well on its way. Deadline to submit the entries is 14th November 2014, and must be delivered to the Peace Poster Office by this date. Judging will take place on 17th November at the Northwood College. All are welcome. Please contact **Lion Pravin Nathwani – Peace Poster Officer** for any further details you may need.



### Lions Environmental Photo Contest

The Lions Environmental Photo Contest provides a way for Lions to portray, through an original photo, their pride and commitment to improving, protecting and preserving the environment. Every Lion from a Club in good standing can enter a photograph of his or her immediate surroundings into the Club-level Lions Environmental Photo Contest.

#### Entry guidelines

This year's Lions Environmental Photo Contest includes the following five categories:

- Animal life
- Plant life
- Urban or natural landscape
- Weather phenomenon
- Special theme: Lions pride in our environment capturing the magnificent beauty and grandeur of our natural environment



The contest begins at the Club level and winning photographs will advance to the District, Multiple District, and International Competitions. Lions can submit only one photograph of their environment. If the submitted photograph meets all of the criteria, it will be displayed at the Lions International Convention where registered attendees will vote for their favourite in each category, as well as their overall favourite photograph. The six photos will appear on the contest winners page and the Lions photographers will receive an award.



To learn more about the Environmental Photo Contest, please contact us.

Lions Clubs International  
257 Alcester Road South, Kings Heath  
Birmingham B14 6DT  
0121 441 4544  
Email: [mdhq@lionsclubs.co](mailto:mdhq@lionsclubs.co)



# DG Ramesh's Report



**M**y fellow Lions.

September has been busy with lots of visits to Lions Clubs. I thank all the Clubs for their warm welcome and hospitality.

Winter Forum is scheduled to take place 5th October 2015 at Woodhall School, Oxhey, Herts WD19 6QX.

We plan to have Certified Guiding Lions course, hearing and deaf awareness course, CPR Training, LCIF projects and many other interesting topics. You will have a chance to hear the VDG presentations! Please book early to secure your place. Coffee on arrival and lunch is only £12.

A new Lions club, Uxbridge is being formed on 8.10.14. The meeting chaired by ZC Alf Sander will take place at the Horizon club in Hounslow.

The charity golf day will be on 10th October 2014 at Stanmore Golf Club. Lion Vinod and Lion NC Patel are working hard to collect the players and sponsors for placards – all monies raised will go to Charity for Children with Special Needs.

The cabinet meeting will be on 12 Oct 14. Partners are invited to attend and they will have sessions on yoga, beauty therapy, etc – all organised by Lady Arnawaz!



*Bicester Lions*

Since the last newsletter I attended LC of Bicester on 10 Sept 14.

It was great to attend the Leo Quiz and meet the Leos and Lion members on 13th September.



*Leo Quiz*

Enjoyed golf day at Radlett Park arranged by Stanmore Lions on 14th September where they raised substantial funds for Macmillan Cancer support.



*Stanmore golf day*

Nice to meet the Amptill & District Lions on 15th September.



*Amptill & District LC*

Visited the Luton LC on 16th September.



*Luton Lion President Keith*

Great to see the Biggleswade Sandy Lions on 17th September.



*With LP Mary*

Zone E had an excellent meeting on 18th September.



*Zone E CM Lion Ashwin and Members*

I thoroughly enjoyed the Charter Anniversary of Berkhamsted LC on 20th September.



*LC of Berkhamsted Charter Evening.*

Zone D had an excellent meeting on 22nd September.



*Zone D Presidents*

It was lovely meeting the Leighton Buzzard Lions on 24th September. The dinner was superb.



*With Leighton Buzzard Lions*

I would like to wish Happy Diwali to all Hindu Lion Members.

**DG Ramesh**



## My Diary – October 2014

Wed 1	AYLESBURY CLUB VISIT (OV)	Mon 13	2nd ZONE F MEETING (OV)
Tue 2	LONDON CENTRAL CLUB VISIT (OV)	Tue 14	LONDON SWISS COTTAGE CLUB VISIT (OV)
Sat 4	ZONE E GARBA (OV)	Thu 16	CONVENTION MEETING
Sun 5	WINTER FORUM	Fri 17	HEMEL HEMPSTEAD CHARTER (C)
Mon 6	PARK ROYAL CLUB VISIT (OV)	Sun 19	AMERSHAM CHARTER (C)
Tue 7	LONDON KINGSBURY CLUB VISIT (OV)	Tue 21	EDGWARE CLUB BOARD MEETING
Wed 8	FORMATION OF NEW LIONS CLUB (OV)	Sat 25	BLETCHLEY MILTON KEYNES CHARTER (C)
Thu 9	LIONS CLUB OF UXBRIDGE DISTRICT QUIZ ZONE E & F (OV)	Mon 27	CONVENTION MEETING
Fri 10	DISTRICT GOLF DAY	Tue 28	COUNCIL MEETING
Sun 12	2nd CABINET MEETING	Wed 29	COUNCIL MEETING
		Thu 30	EUROPA FORUM, BIRMINGHAM
			OV = Official visit