



105A News

Incorporating the District Governor's Newsletter



Mission: To inform, update and entertain

Issue 5, October/November 2004

WORLD SIGHT DAY MARKED AT BRENT CROSS!

On World Sight Day, 14th October 2004, the Lions of 105A took up position at the Brent Cross Shopping Centre and provided the shoppers the opportunity to get their eyes tested on the amazing Heidelberg Retina Angiograph (HRAII) machine and to show the public how ordinary lions are doing amazing things.

World Sight Day is an annual event focusing on the problem of global blindness; it aims to raise public awareness around the world about the prevention and treatment of loss of vision.

In the United Kingdom the major causes of registerable blindness are diabetic retinopathy in the working age

population and age-related macular degeneration in the elderly. The current imaging system for the retina gives images on film, which subsequently requires developing prior to analysis, however a new machine called the "Heidelberg Retina Angiograph (HRAII)" uses a video capture system, which allows the initial results to be available immediately, so that subsequent treatment plans can be formulated in the shortest possible time thus reducing waiting lists. With the help of Lions clubs of Hadley wood, Chipping Barnet, and an LCIF grant among others, the first HRAII machine in this country has been introduced at the Barnet Hospital Eye Unit.

It was this miracle machine that was in action at Brent Cross. The picture shows District Sight First Officer Lion Ketan Thakrar with VDG Eric Amaria and DG Max Mongia. The patient is none other than district officer Lion Vijay Arora.



LIONS, DOGS, KIDS & THE REST

On Sunday, 3rd October St Albans Lions Club hosted their third annual sponsored walk *writes Maria Azcona*.

Altogether there were 144 walkers, 3 dogs, a six year old and a Lion who joined forces and walked up to 20 miles each to raise money and awareness for Grove House, which provides respite care for people with terminal cancer. Luckily, the six year old lasted longer than the Lion who I am informed drove part of the way.

Once reaching their final destination of Grove House, all walkers were treated to a nice cuddle from the Lion, (which was optional), a warm beer or glass of wine, and a lovely slap up meal. There were a few incidents along the way though; the six mile walk turned out to be slightly longer by 2 miles and one of the dogs took a distinct dislike to the Lion, who cowered in the toilets until said dog had passed. It wasn't just Lions though, as the local WI put in a team who walked with President Luke Adams who said, "It was such a pleasure to walk with such interesting ladies. They kept our spirits up in the pouring rain, with their wit and humour."

Editor:
Viresh Paul
District Governor:
Max Mongia

HAS YOUR CLUB BOOKED?

The Senior Citizens Party which attracted over 1250 people in 2004 will be held on Sunday, 6th February 2005.

There are 1000 places, which will be allocated on a FIRST COME, FIRST SERVED BASIS. Clubs are requested to return the booking form to Lion Ken Rouse, (Tel: 020 8531 5411) with their cheque by Friday, 7 January 2005 at the latest.

The committee appreciates and acknowledges that some strict vegetarians were not properly catered for at their last function but this year they promise that special arrangements will be made for those who are strict vegetarians

This issue is sponsored by



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LATE AGAIN!

I am afraid I have to apologise once again for the fact that the monthly magazine that so many of you just can't wait to get their hands onto is late once again!

Your phone calls and e-mails enquiring about the whereabouts of the third issue have at least confirmed one thing: *you really do miss this august journal!* We shall try and ensure that we do not give you cause for any more grief in what remains of this Li-

onistic year. For those in the know, both the DG and I have had to take more than a few days off from normal duties due to a bereavement in the family -- which may explain why this issue is late. On behalf of Lion Max and myself (and, indeed, our wives) I would like to take this opportunity to thank everyone for their condolences and messages of sympathy and understanding.

Coming back to this issue, I hope you enjoy the contents. In the last issue I promised fame and glory to

anyone who wrote a letter to the Editor and I am pleased that at least one item in the last issue provoked at least one letter for publication which I am happy to publish in this issue. I hope you will continue to write -- on different issues and not necessarily to do with what you read in this journal!

In the meanwhile, as you will not get the next (December) issue before the festivities, here's wishing you all a merry Christmas and a happy new year.

- THE EDITOR

Beware: You could be vulnerable!

Whilst one would not refer to Lions as being vulnerable, we might well end up in a position where our actions could be criticised, so it is just as well to remind ourselves of how we can protect ourselves and our clubs. PDG John Smith, the District Vulnerable Persons Officer offers the following topical advice:

Father Christmas

There is no reason why this should not continue provided safeguards are applied. Usually parents or carers are present.

- Lions Club members must never be left alone with children.
- If parents or carers are not present encourage another trusted adult to be present at all times
- It is perfectly acceptable to sit on Santa's lap providing these safeguards are in place.

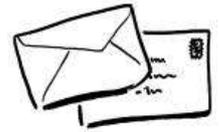
Christmas Lunch and Similar events.

These should continue with safeguards:

- Lifts. Where possible two people should assist (Form VP2 FOR REGULAR TRIPS)
- Meals. Dietary needs and allergies should be considered. Tickets should briefly highlight these points. (Form VP1 to be completed only if above applies).

The advice from the MD and our District is that if you have any member dealing with vulnerable people on a regular basis, they should obtain a basic CRB check, this can be done by sending a list of names to the District Vulnerable Persons Officer, PDG John.E.Smith, who will send you the form.

Letters to the Editor



Dear Sir

I refer to your article in respect of the current District web site and take strong exception to your statement that I was on a "ego trip" as allegedly I had a "personalised" web site in 1999/2000, although I know not what you precisely mean by personalised.

Lions of District 105A will no doubt recall the stupendous efforts made by all during the said year to promote and publicise the first fully functional District 105A web site. The tremendous work put in by Lions Satnam Loyal and Geoff Brown was innovative and has been the basis of our subsequent web sites. The question of ego did not come into the equation and it is important to remember that not everyone lives or thinks on those lines. All this good work is now being demeaned by insensitive and libelous comments. I am sure your intention was not to cause offence albeit it inadvertently did so and therefore you will not hesitate to offer an unreserved apology.

I do not share the views of Honorary Committee Chairman on the new web site.

- PDG Parveen Verma

Lion Viresh replies: I am sorry that you have taken this personally as I did not refer to any one individual but you have my unreserved apology if my words caused you or any other past DG offence. I would point out that the first district web site was set up by me at my own expense in 1996/97 when I was the DG of District 105A.

Four Entertainers and a Masseuse regale blind residents

Four members of London-Phoenix Club went to entertain the resident's at a local Home for elderly blind people as part of its "mega weekend" of welfare activities last month. The home has its own piano so we were able to entertain the residents with our own personal

"Sing-a-long with London Phoenix!" writes *writes Chris Willson.*

Lion Andy Cuerel did a superb job as our Richard Clayderman for the afternoon and, although we were few in numbers we gave a good impersonation of people who could actually sing. It

was even better when the residents joined in! *I think they had more idea of some of the tunes than we did!*

After a few tuneful renditions of old style numbers such as "We'll meet again", "You are my sunshine" and even had the old favourite of "The

Hokey-Cokey" – actions compulsory! - we went round and chatted to the twenty or so residents. Sally even turned masseuse for the afternoon and massaged hands with lavender and peppermint smelling lotions which was very popular.

Out and about in the Park

On a far from moon lit night 15 teams of at least four walkers, braved the elements to do a five mile Moonraker walk around Ampthill in the dark and wet, to raise over £3500 for Leukaemia Care *writes Lion Roy Tebbutt.*

The walkers ranged from 12 to our 79 years old Charter Member Lion Phil Davies, and a strong contingent of the Cranfield Air Cadets,

They started at the Parkside Hall, through Ampthill to Gas House Lane, and over the fields to Houghton House, crossed the Bedford Road and them into the Ampthill Park to return to the start. The walkers were wet and muddy after a two hour track, but cheerful in that they had succeeded in the Moonraker Challenge.

The Ampthill Lions continued their activities in the Park by organising a Firework and Bonfire Spectacular on Friday November 5th attended by over 10,000 people. A team of Lions set out the arena during the day by fencing off the Firework area, building a large bonfire, and set up temporary lighting and other Health and Safety requirements. We would like to thank our fellow Lions from the Bedford Harpur, Biggleswade and Sandy and Shefford Clubs for their support on the night.

Over £1,000 of light novelties were sold on the night, and the ticket sales were our best ever. The Night really went off with a "Bang", once again ensuring that we can continue our Charity work in the area in our 25th Year as a Club.

Wantage and Grove Lions held their annual "Brains of Wantage and Grove" quiz night recently.

The event has been going for a number of years and was well supported by over 20 teams and the Mayor of Wantage. The picture shows the Junior Team Winners, "Pure Jelly Genius", receiving their awards from the

Mayor of Wantage Julia Reynolds and Lion President Earnest Draper





DG's Newsletter

Alice with mother Kate and dad Steve

Fellow Lions, Lionesses and Leos

Aruna and I had a successful trip to Rome where we attended the Europa Forum.

It was a wonderful experience to meet fellow lions through a cross section of Europe and our leaders from Oakbrook. International President reiterated his theme for Membership Growth. He also highlighted the role of our foundation LCIF and the work that has been done in the last decade.

We were informed of the successes of Sight First programme and further plans to launch an extended Sight First programme early next year for a further three-year campaign.

Conference also debated the growth of Lionism in extended Europe.

Our District celebrated a first by fielding a worthy candidate in Alice Gledhill (daughter of Steve Gledhill, of the Lions Club of Harpenden, and Kate) in the Music Competition in which a total of 17 youngsters from all over Europe took part.

Alice played extremely well and didn't seem at all hampered by her accompanist who apparently spoke no English. The contest was won by the candidate from Belgium, Jean-Luc Votano.

Twinning

Our District has now agreed to Twin with District 121 in Poland, in recognition of the emerging Lions from new European countries. The ceremony will take place at our District Convention in London in March 2005.

Environmental Photo Contest

Lions Clubs International is introducing an exciting new program called the Lions Environmental Photo Contest. The annual photo contest is intended to provide a way for Lions to portray, through an original photo, their pride

and commitment to improving, protecting and preserving an aspect of the environment in which they live.

The contest is open to all Lions and Lions clubs in good standing. Lions wishing to enter the contest should submit an original photo that depicts the environment where they live in *one* of the following five categories:

- Landscapes (urban or natural)
- Animal Life
- Plant Life
- Weather Phenomena

This year's theme is "Sharing our World". Each photo submission should include a title, the negative, and a 25-word (or less) description of the photo and why the environment being depicted should be improved, protected or preserved

The photos have to be submitted to the DG by 1 January 2005 *but I may extend this deadline*. The multiple district will then conduct its own contest to select one winning photo to be submitted to Lions Clubs International by 1 March 2005. Winning photos will be displayed at the Lions international convention and judged by convention registrants for the categories indicated and for "Best of Show." *Winners are to be selected on originality, artistic merit and portrayal of environmental themes. Photographs must be original, unaltered in any way, and have been taken solely for the purpose of this contest.* Photos depicting people will be disqualified. Lions Clubs International reserves the right to reject photos not meeting contest criteria. *Submitted photos shall become property of Lions Clubs International.* Lions Clubs



International will be responsible for standardizing the size of the photo for framing and exhibiting. Entrants are responsible for all costs in taking and submitting photos. Winners will receive a suitable award.

World Sight Day

World Sight Day was celebrated on 14th October an annual event focusing on the problem of global blindness; it aims to raise public awareness around the world about the prevention and treatment of loss of vision and Lions commitment to this programme. The HRAII (Heidelberg Retina Angiograph) machine purchased by Chipping Barnet with a LCIF grant for Barnet Hospital Eye Unit, was in action at Brent Cross Shopping Centre. The public were able to get their eyes tested with the amazing machine. The programme was well supported.

Winter Forum

We have brought back Winter Forum with a difference. We had an International guest speaker, Lion Gudrun Yngavdottir an accomplished speaker from Iceland, who spoke on "Why Leadership is Important". The day was packed with several interactive sessions covering membership, leader-



ship, club development and other interesting topics and seminars. There was something for everyone. Some 70% of the clubs participated in this programme. I thank the members and clubs for their support. I also congratulate Past Council Chairman Geoff Leeder for his organisation and other senior Lions for their presentations.

New Lion

One of the Highlights of this month was the induction as a member of the Lions Club of South Herts – Moor Park of Sir Magdi Yacoub, Internationally renowned Heart Surgeon. We are very proud of this achievement and hope this will bring a huge PR opportunity to LCI.

I would like to congratulate the leadership and members of Lions club of South Hert-Moor Park for the work they are doing for their local community.

United Nations

Lions Clubs International enjoy a special relationship with the United nations, which started in 1945 when our founder Melvin Jones together with Past International Presidents DA Skeens and Fred Smith played an important role in the formation of non governmental organizations (NGO's) of the United nations charter. Lions will once again be hosted at LCI HQ on the 11th March 2005. We will celebrate the event at the Houses Of Parliament on March 15th 2005. Please keep the date clear in your diary and book well in advance to ensure a place.

LCIF Gala Night

We are fast approaching our LCIF Gala Night function on 7th January 2005. We are fortunate to have the Chairman of our foundation Dr TS Lee as our honored guest. Your team has been working hard to make the evening a memorable one. Please book your places for the evening and help our foundation in whatever way you can.



Lord Mayor's show

Lord Mayor's show took place on Saturday 13th November. Aruna and I went to St Paul's to support our MD team. The theme this year was depicting the 'message in a bottle'. It was well displayed and supported - see the picture, above.

Message in a bottle is one of our fast growing and supported programmes in the MD. It is now recognized as a Multiple District project. We will see and hear more of it. 105A has once again

been the foundation of a successful programme.

Remembrance Day was followed on the 14th November with the representatives from various Districts from our MD. I thank the members of our District for actively supporting this event, which is a great honor to be invited to.

Strong Clubs

My theme this year is to build strong and successful clubs, help maller clubs to grow and build new clubs. to encourage fellowship and to promote and establish "Lions Charity Shops" that will give us exposure to the public and at the same time raise much needed funds for the charities we support.

I chose the option to visit zones instead of individual Lions clubs as per International President's new approach.

I have already met some 70% of the Club Presi-

dents and updated them with International and District Objectives for the year at special meetings. I am also visiting Clubs with low membership, or any other club in the District by invitation. This has helped me to spend my time more productively and support the clubs that need assistance.

Membership still remains our number one target and I'd like to remind you of our slogan 'members recruit members'. And I hope you will introduce one today.

Finally, greetings of the Season to you all: Have a very Merry Christmas and a Happy New Year!

Send copy, pictures etc to The Editor, Lion Viresh Paul, 108a High Street, Wealdstone, Harrow Midd, or by e-mail

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