



105A News

Incorporating the District Governor's Newsletter



Mission: To inform, update and entertain

Issue 2, September 2004

REVAMPED WEB SITE IS ALREADY A HIT!

The District has finally got its new web site and past critics should now be pleased because it addresses most of the concerns that have been expressed in relation to the previous sites.

The chairman of the Honorary Committee, PCC Lion Viresh Paul, in welcoming the new design added "it is good to get away from the personalised web sites we have had in the recent years and present a site that is simple, functional, user friendly and not seen as a ego trip for the individual."

He added: "Here is a site that is informative and up to date to which Lions and non Lions can refer for all kinds of information".

The centre-piece of the new site is the "What's On" diary which lists all 105A events and details not only where and when the event takes place but also provides a contact name for follow up purposes. This diary is not limited to district events. Every club can have their programmes and events listed simply by contacting the District Secretary



who is responsible for keeping this part of the site up to date.

The site also lists all the clubs in the district. As we went to press this part was being updated and will have such details as the club's date of formation, where and when it meets as per the MD directory. It has been decided that this part will only offer basic information that is already in the public domain but clubs which wish to add other details will have the option of having a link from their club page to their own individual site (hosted by their ISPs or servers) wherein they can include whatever information the club wishes. Without listing any personal

phone numbers or addresses the club pages will offer a blind e-mailing facility so that any one wishing to contact any officer of the club can click on the link provided and write an e-mail message which will be forwarded to the club president and/or secretary for their action or response.

The 105A News (including past issues going back some years) is also available for downloading as is the DG's Newsletter. A more secure area will make available a number of resources like leaflets, forms and presentation material that will be accessible to all lions members equipped with the password to

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Viresh Paul

District Governor:

Max Mongia

be made available through club secretaries shortly.

The District 105A site has been designed by the district webmaster Lion Tony De Maillet of the Lions Club of Chipping Norton. Lion Tony is acutely aware that one cannot please everyone when it comes to something as subjective as design but he hopes that the uncluttered look and clean design will encourage more visitors and that the site will be seen as something useful to all clubs and lions in 105A.

URL: www.lions105a.org

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T.R. Suterwalla and Sons Ltd was founded in 1959 by Mr T.R. Suterwalla - hence the brand name TRS.

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IF YOU CAN READ THIS ... WE HAVE ACHIEVED OUR AIM

The first issue of this year's 105A News may have driven some of our readers scampering for their reading glasses but the universal opinion on the design and content was a big thumbs up, we are pleased to note.

We hope we have taken care of the print (font) size in this issue and that your eyes won't be too challenged this time around.

Our readers have also expressed gratitude at receiving their individual copies in the post. We can only apologise to those Lions who did not receive their copy because our district database was not 100% accurate it would appear. We are taking steps to remedy that - could club secretaries check who did not get their copy and let the District Secretary have a list (with full address) of all Lions who did not receive *both* the first and the second issue.

This is *your* Newsletter. To make it an interesting read we need stories of interesting activities undertaken by your clubs with pictures, if possible. You can email your copy directly to me and attach any digital pictures or send these on a disk if preferred.

And how about some comments?

Your letters may even get published! So, if it is fame and glory you are after, do put pen to paper or start tapping that keyboard!

- THE EDITOR

SEND FOR THE LIONS

When the Dunstable and District Disabled Sports association wanted to run their first disabled sports day, and they could not find enough volunteers, someone suggested that they should "send for the Lions"!

That was last year. This year again the call went out to the St Albans Lions who in turn asked the other surrounding clubs for help.

The result: the lions set up their rota system and turned up in numbers and the disabled had another most enjoyable and rewarding sports day that would never had taken place without the Lion volunteers.

According to Lion Kevin Hopley (seen in the top picture explaining the finer points of the organisation to DG Max Mongia) the participants have such a good time that some of them just don't want the day to come to an end. All participants are encourage to take part in every activity from *welly-wanging* to playing table tennis and even trying their hand at the laser rifle range. The second picture shows some of the wheel-chair bound participants competing with full gusto.



Diabetes Facts

Diabetes Awareness is a long standing programme of Lions Clubs International. Here are some facts we should all be aware of:

- There are two major forms of diabetes. Type 1 diabetes always requires daily injections of insulin for life. Type II diabetes can often be controlled through proper nutrition and exercise.
- Only heart disease and cancer kill more people per year than diabetes.
- Diabetes is the leading cause of new cases of adult blindness.
- Women are more likely to develop Type II diabetes than men.
- In addition to blindness, diabetes causes kidney disease, heart attacks, strokes, gangrene leading to leg amputation and other serious complications.
- Nearly 90% of those who develop Type II diabetes are obese. In many cases, the symptoms of diabetes would disappear if the person lost weight.
- The symptoms of Type II diabetes tend to be mild. Approximately 50% of those who develop Type II diabetes do not realize they have it.
- Diabetes lessens the chance of a successful pregnancy and increases the risk of birth defects and infant death.
- Diabetes is a major cause of impotence in males of all ages.
- Diabetes is not caused by eating too many sweets.



NEW BESO LIAISON OFFICER

District Governor Max Mongia has appointed PDG Lion John Hunt (pictured above) as the BESO Liaison Officer representing District 105A.

Lion John Hunt in agreeing to help launch this new office has agreed to accept this position for the remainder of the current Lion-istic year.

LIONS ON STAGE

Bedford Lions Club followed their success of last year by holding an evening of Music Hall on Friday and Saturday the 20th and 21st August, writes club PR Officer Lion David C Lee.

Assisted by five members of The Ridgewood Players, the cast of 19 was completed with Lion members, their families and friends. A free Ploughman's Supper and entertainment was provided for 170

senior citizens on the Friday, and on the Saturday, 175 paying guests enjoyed a three course meal before the show.

The show raised some £1,500 and was judged a great success by the audiences and cast alike, and reflected

the enormous amount of work – particularly by the cast - in the preceding 3 months. This is even more amazing when it is realised that most of the Lions involved had not put a foot on a stage prior to this performance.

The Music Hall was produced and directed by Lion Jill Chisholm who worked tirelessly to turn raw (sorry!) Lions into luvvy material. The proceeds of the Music Hall will go to the local Handicapped Riders Association who are in urgent need of replacement ponies.



Fellow Lions, Lionesses and Leos

Now that the holidays, handover and DG's garden party are behind us, work has started in earnest in facing up to the challenges of rebuilding our district to its former glory in quality and numbers.

In pursuit of my goal to bring the basic values of Lionism into foreplay I have taken the first step by recognizing each and every lion in the District (1868 of you) by presenting you with a lions pin as a personal gift to remind you of your induction ceremony. There is now no excuse for any Lion in our district not to wear a Lion's pin (its size is suitable for all occasions)! The world outside will recognise us through you, the members and the work we do.

MEMBERSHIP

At the close of June 2004 the membership of our district stood at 1868, substantially less than was expected. July and August figures have shown a further drop by some 10 members. **We must take stock of the situation and reverse this trend.** My slogan "members recruit members" highlights the role each member should play.

Our International President Clement F. Kusiak has launched an international growth programme based on a three-part strategy, namely, people, tools and incentives. Club Presidents, DG, VDG and the International Team will play a very important role in this programme and interface with the MERL team. To this end I have held breakfast meetings on 29th August and 5th and 12th September. I took the opportunity to present the IP's theme and our District / Multiple District objectives to the club presidents, equipped presidents with information and acquainted them with the membership tools such as "Healthy Club Toolbox", the largest membership package in the LCI's history to be offered to Lions. Our district MERL team has set up moderate and achievable targets:

Eggs, bacon and sausages with ... a word on Membership



- A net increase of 6% or a minimum of one member per club
- Two new Lions clubs
- Two new Club Branches
- Three new Leo clubs

The scene is set - now we need everyone to participate in this membership campaign.

CLUB BRANCH

We are pleased to welcome the members of "Fairlop" a newly formed Club Branch of the Lions Club of Seven Kings (London). It is a fantastic start and we wish them every success and offer them our wholehearted support. It is good news for the people of Fairlop.

LCIF

The exemplary accomplishments of the Lions Clubs International Foundation represent some of the greatest success stories that Lions have to share. These programmes require both continued contributions and general public awareness. Information is available on a LCIF video, "Doing a world of good". Some of the highlights for 2003-2004 are:

- Grants** – \$ 17 million awarded for 360 grants
- Sightfirst** - \$ 156 million approved for 672 projects; Restored sight to 4 million cataract

blind; Treated 10 million people per year for river blindness

Hearing Aid – LCIF has helped develop world's most affordable, high quality hearing aid which will be delivered to clubs for distribution at a cost of \$90 to \$120

LCIF Gala Night – 7th January 2005

District 105A will once again be hosting the Gala Night for the celebration of the achievements of LCIF and our

founder Melvin Jones' birthday on 7th January 2005. We are further pleased to announce that we are fortunate that our Immediate Past International President and LCIF chairman, Dr. Tae Sup "TS" Lee, has accepted to be our guest of honour. Members and clubs are requested to support the event by attending. It will be a unique opportunity to recognise a member of your club or community.

WINTER FORUM – 24th October 2004

Leadership and training has been on the forefront of our strategy for members and club development this year. I have brought back Winter Forum with a difference. We have invited two international guests, International Director Howard Lee and Lion Gudrun Yngavdottir from Iceland. Howard Lee will speak on "International Officers Growth Initiative". Lion Gudrun will speak on "Why Leadership is Important". The day has been packed with several interactive sessions covering IT, Membership, Lifeskills, Youth, Services in the Community, International Projects and several others. There is something for everyone from new, senior Lions and future Leaders. Book early to ensure a place!





DG's Newsletter

DISTRICT CONVENTION – 5th March 2005

Our district convention is scheduled for 5th March 2005 and will be held at the "Marriott Hotel", Heathrow.

We are pleased to inform you that First International Vice President, Ashok Mehta, has confirmed his acceptance of our invitation. We will have the traditional informal evening on Friday, 4th March followed by the Convention and DG's Banquet and Ball on Saturday, 5th March. Please make a note of the dates in your diaries.

MD LIONS LEADERSHIP INSTITUTE

Lions Clubs International and the Council of Governors for MD105 have agreed to part finance a third MD Institute for Emerging Lions. This will be at The County Hotel, Walsall from 13 to 16 January 2005.

This training and leadership opportunity is available to all Lions who have been a member for 6 years or less and have not attended a previous Institute.

The scope of the institute will be on strengthening the participant's core skill in: Leadership appreciation; Personal Effectiveness; Team Building; Action planning; Presentation skills; Managing Meetings; Public speaking; Leadership styles; Managing Conflict; Vision Development; Motivation; Leading and managing service and fundraising activities.

The Institute is heavily financed by LCI/MD105 and is inclusive of the workshops/seminars, accommodation, food and beverages. The successful applicants will be required to make an individual contribution of £85 towards the cost of the Institute. Successful applicants will also be responsible for their own travel arrangements and the cost of travel. Clubs may choose to sponsor an individual.

Applications have to be in by 1 November and I am advised that *applications and payments received after date will not be considered*. Successful applicants will be notified by 15th No-

vember 2004, applicants' monetary contribution to be received by 30th November 2004.

Lions wishing to take part are requested to get in touch with our District Leadership Chairman, Lion Geoff Leeder [Tel: 01582 712379 or email: leadershipdevelop@lions105a.org] who will be able to give more details and provide you a booking form for this purpose.

CLUB LIFE SKILLS OFFICERS

Club Officers and Club Presidents: Do you know about the Lions Life Skills Programme? What about our partnership with TACADE? Now is your chance to learn more. Lion Mike Baldwin would like you to attend a joint Life Skills Awareness Day with Tacade and Districts 105EA and 105SE on Sunday, 14 November at the Ramada Jarvis Hotel (The Comet), Hatfield from 9.30 am to about 3.00pm.

The seminar will cover the Lions/Tacade part-

Totally focused. The DG has his target in his sight. Photo taken at the Dunstable and District Disabled Sports event



nership, Tacade National programmes, Little Steps (3-5 Year olds) Current Personal Social & Health including Drug education in schools and how you and your club can help, and much more.

To support your district and learn about your post, please contact our District Life Skills Officer, Lion Mike Baldwin on 01908 373966 or lionmikebaldwin@btinternet.com.

There will no charges for the training or the coffee and biscuits. If you want to stay for lunch, the two course buffet lunch is about £10

MEDIC ALERT ROLL OF HONOUR

It is now 40 years since The Medic Alert Foundation was founded in our Multiple District. During that time, many Lions have contributed to the success of this life-saving service which allows people with hidden medical conditions to lead relatively normal lives. Indeed, many Lions are themselves Medic Alert members.

To mark this year of celebration of a true partnership, Medic Alert have proposed that they compose a book made up of the names, stories, and contributions made by Lions since The Medic Alert Foundation was first introduced.

The Roll of Honour needs to contain all the names of Lions who have played a part in promoting and supporting Medic Alert. Is there a Lion in your Club who has taken a keen interest in Medic Alert? Does your Club have a Medic Alert Officer? Has your Club sponsored Medic Alert members? Is there someone in your community who has benefited greatly from wearing a Medic Alert emblem?

All contributions to The Roll of Honour should sent to our District Medic Alert Officer Lion Surinder Aujla, Tel: 020 8346 6669 (office) or 020 8502 6218 (res). Email: medicalert@lions105a.org

CLUB/ZONE VISITS

I was much encouraged to see that clubs in the district have made an early start in community projects and fund raising programmes. I visited the Summer Fair organised by the Northwood Lions. Despite sporadic showers it turned out to be an enjoyable and profitable day. Lions club of Hadley Wood supported a Mega Mela (great fair) with TV stars. It publicised Lions and had promotional stalls for Sight First and Diabetic / BP screening. I was most impressed with the "Disabled Sport" programme supported by the St.Alban's Lions and Leos. I will continue my visits to Zones, Clubs, functions and Charter Nights. Please keep me posted of your special events.

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

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