



# Pride of Lions

District 105A News



Issue 2, August 2005

DG Lion Erach Amaria

## Habitat for Humanity - A Lions “working holiday” in Romania

**Eight Lions from District 105A embarked on an adventure of a lifetime when they travelled to Pitesti, Romania to undertake a LCIF-Habitat for Humanity project to renovate flats for families with disabilities. The team of volunteers was composed of Steve Foott (Amphill District), Bob Goymer (Denham), Gordon Holland (Denham), Raza Ismail (London Hornsey), Amar Obhie (Ealing), Veni Vaghela (Sudbury) and Karl Wells (Denham). The Team Leader was PDG Dr Elliot Shubert (London Westminster).**

*The team, upon their arrival back home, sent Pride of Lions their working diary, which we are publishing in a shortened form. It is fascinating reading and it is good to hear a first hand account of how this \$22,000 project unravelled. The rest of the article is written by Team Leader PDG Elliot Shubert. A full account of this trip is on the 105A Website, which also includes photos.*

The Team arrived in Bucharest at 4.30 am on the 16th of June. We were met by Andrei Beliou, manager of the local Habitat for Humanity affiliate, and we were transported in a 12-passenger minivan to Pitesti (pronounced pea-tesh-t), 100 km northwest of Bucharest. Our work site was in Oarja (20 km from Pitesti). The flats were in a building built in the 1950s for a farm commune. The flats were derelict and they required a complete refit: new windows, tiling, bathrooms, kitchens, removal of paint from walls and ceiling, new plaster and paint, etc. Our tasks were to scrape the walls and ceiling (by hand), patch the cracks, apply two coats of plaster and two coats of paint, grout the tile in the bathroom and kitchen and clean-up the debris. We had four full work days to accomplish our tasks! We developed a work plan and we put in 8-9 hour days (in soaring heat of over 30 degrees) for a total of 260 man (and woman)-hours. It was a real team effort and we completed one and half flats.

It was not all work. We attended a traditional Romanian welcome dinner, hosted by the staff from the Habitat for Humanity affiliate. We took in a day trip touring a 500 year-old monastery, Poienari Fortress “Dracula’s castle” (this required a climb of over 2,000 steps or 860 m) and finally Vidaru Dam (which created a lake 14 km long). The last evening, we hosted a dinner for the Habitat for Humanity staff, some local



business people and the recipient families. We conducted the event in true Lionistic style with lots of fun and fellowship. We all agreed it was an emotional high of our trip.

We met Tudor Pendiuc, Mayor of Pitesti, and Dan Ionescu, President of the Arges County Businessmen Association, and the local press. Pitesti does not have a Lions Club and we promoted the idea of the formation of a new club, which was very favourably received by everyone and endorsed by the Mayor. One evening, we arranged a meeting with a social worker and some needy families. Several cases of clothing for children were handed out to several needy families. It was a very happy occasion.

We arrived in London on the 23rd of June at 6 am tired but satisfied that we had accomplished our goals and we made many new friends. We appreciate the support of numerous Lions Clubs and individuals who donated to this charitable cause, the logistical support of British Airways for allowing excess baggage weight including tools and 100 kg of clothing for disadvantaged children, the financial support of LCIF and the financial and logistical support of Habitat for Humanity (Banbury and Pitesti).

**Footnote: The Pitesti region was struck by disaster earlier this month when heavy rains caused flash flooding. 22 people were killed, over 2,000 houses were destroyed and roads and bridges were washed out. The Habitat for Humanity affiliate in Pitesti is working with the Red Cross to assist the flood victims. If your club would like to make a donation or assist in some way, please contact: PDG Elliot Shubert.**

**Following the atrocities of the London bombings on 7th July, I would like to offer my support and sincere condolences for all those affected by this monstrosity. This brings very much to mind what our motto stands for:  
LIBERTY INTELLIGENCE OUR NATIONS SAFETY  
DG E. Amaria**



All articles, announcements for publication should be short and concise. Please send photos where possible

Pride of Lions

## Play for Habitat for Humanity in the Dr Elliot Shubert Trophy

Habitat for Humanity together with LCIF are calling on all golfers to help with the Romanian Project. Start the day with coffee and bacon rolls from 9.15am followed by 18 holes from 10.00am finishing with a 3 course meal at 5.00pm.

ON: Friday 14th October 2005

AT: Wycombe Heights Golf Centre  
(Tel: 01494 811454)

Cost: £45 Each

Buggies available - £20 each

Prizes: 1st, 2nd and 3rd

Longest Drive, Nearest the Pin  
Trophy to the winning team

Club teams of two players required (male or female).

Each team must include one Lions member. Clubs may enter more than one team.

For application forms contact:

Lion Peter Gent (Berkhampstead) 01442 864472

Lion Girdhar Sodha (London Host) 020 8933 7406

Lion Vasant Shah (London Finchley) 020 8907 1664

## SENIOR CITIZENS ANNUAL CELEBRATION

SUNDAY 6<sup>th</sup> FEBRUARY 2005

Lions of District 105A and your Senior Citizens Celebration Committee have pleasure in announcing that once again, we are hosting this party, which attracted over 1250 people last year. With improvements in hand it will be an even GREATER event. With 1000 places, it is a first come, first served basis. We hope to raise sponsorship monies, so that the cost is only £7 per person, including free raffle and bingo.

For more information or, for a booking form, please visit the 105A website. Forms have gone to Club Secretaries. If you or your Club would like to sponsor this event please call Lion Ken Rouse on 020 8531 5411.

All forms and cheques must be received BEFORE 7th January 2006.

### If Music be the food of Love, Play on

After last years success, Lion Vijay Arora is proud to announce this years' European Music competition, with the flute as this years chosen instrument .

All entrants, must be no more than 25 years old as of 1st January 2006. The closing date is 30th December 2005. More details and an application form contact Lion Vijay Arora, Cultural & Community Affairs Officer on 020 7323 0580 or 077 1244 7408 or e-mail victory801@hotmail.com or culture@lions105a.org

**Walk on Please..** St Albans Lions Club are holding their annual sponsored walk on Sunday 11th September with all proceeds going to Grove House. This can suit any walker of any age and capability, as walks vary from 3-18 miles. This is an enjoyable (and healthy) day out for all the family. For more details, please contact Lion Alan Ross on 01727 872450 or email alanhenryross@aol.com

## Leos Present Thousands - Cheers!

St. Albans Leo club held a Cheque presentation evening to donate the funds raised from the fantastic success of the St.Albans Beer Festival run in conjunction with CAMRA the Campaign for Real Ale. The St.Albans beer festival, held annually in September gets better each year and the 2004 festival was the most successful yet. St.Albans Leos helped with manpower throughout the week and because of their help CAMRA presented them with a cheque for £2000. At the beginning of July the Leos invited five worthy charities: St.Albans Grove House Hospice, Huntington's Disease Society,, Riding club for the Disabled, Youth Talk (A local organization that listens and gives help to young people) a ASBAH (a disabled and physically handicapped society) to a special Cheque Presentation evening at the CAMRA headquarters in St.Albans to donate their £2000 straight back to the local area.

St.Albans Leo club would like to thank all the Lions clubs who helped to make the Festival such a success but in particular London Phoenix New Century Lions Club, Redbridge, St Albans and Luton Lions Club members. The 2005 St.Albans beer festival will be held from Wednesday 28<sup>th</sup> September to Saturday 1<sup>st</sup> October 2005 and St.Albans Leos have started the preparations. **Note from Ed:-** What a magnificent way to raise cash and awareness and have a jolly good excuse to try some of the worlds' best beers. Please note Communications Team: meeting in St Albans on 28<sup>th</sup> - 30<sup>th</sup> September. We should be finished on the 1<sup>st</sup> October around 11pm!

## Annual Watford Horse Ride for the Disabled

Saturday 10<sup>th</sup> September is the chosen date for Watfords near 30 year old charity horse ride, with proceeds going to riding for disabled and donations to St Johns ambulance. Meet at Great Westwood equestrian park, (144 Acres) Old House Lane, Langleybury, Nr Kings Langley. Refreshments marquee on site. Meet 8am, riders start at 10am finishing about 3.30 - 4pm. If you can only do a few hours, that's ok, as everyone will be welcomed. For more information contact Lion David Warren of Watford Lions Club.

## From the Editor

Something fantastic has happened this month which has made me go goose pimply all over! It is this: WE ALL DO SUCH AMAZING THINGS THAT I HAVE RUN OUT OF ROOM!!! Your articles have flooded in, (and long may this trend continue!). They are funny, informative and show an amazing talent for sharing your successes, of which there are many. Last month alone, I spent 77.5 hours to produce one newsletter, and this month I am going to beat the record. Thankfully, DG Erach has sanctioned an extra insert this month for all your news, thanks to the kind sponsors. I don't mind putting in the extra hours, breaking a few more records or having another sleepless night if that gives us an interesting newsletter. (Some more sponsors would be lovely and if anyone wants to donate broadband to me...).

**Maria Azcona**

TO SHOW  
my faith in the  
worthiness of my  
vocation by  
industrious  
application to the  
end, that I may  
merit a  
reputation for  
quality of service

## Circus ! Circus! Circus! It's Zippos Again

1st July was a very special day for many an adult and child, when Zippos Circus Charity pulled into town again for this special show, now in its' sixth year **writes Lion Rana Dhawan**. Organized by the Lions Club of Acton, this show is for children with special needs. Some were in wheelchairs, with their teachers and carers – all from schools in London Boroughs of Ealing, Hillingdon and Hounslow. This year the total attendance was 917 full capacity! A record number of 27 schools and units took part. Over the six years a total of 4,364 young people have had the opportunity of enjoying this show, provided free of charge by the wonderful Zippos Circus.

The Circus is one of the few remaining forms of live entertainment in this world of computer games, i-pods and 24 hour television. Charlie Cairoli, the clown of the BBC TV comedy show 'Right Charlie', together with the world's greatest Ringmaster Norman Barrett, displayed a rare talent, professionalism and relentless energy. With juggling acts by Nicolas Sourent, gymnasts and JMD Dancers, this year's new show had a rich and diverse mix of acts from around the world. To see the children's faces light up as they watched the show makes everything worth-while!

### **Lions have made it happen for those children.**

The majority of children with special needs do not get an opportunity to go to a live show. Quite a few schools follow up the visit to the circus by work in the classroom. Some children may not be able to write but they have been able to express their experiences through paintings and drawings sent to me.

*"We are using the theme of circus as our end of term concert", wrote one teacher. "Most of the children in the lower school had never been to a circus before, so to be able to give them this experience was perfect. Thank you for making this such a memorable afternoon".*

## Admin Matters

### **Policy on the protection of children & vulnerable people**

As you may know there is now an MD policy on the protection of children & vulnerable people, and it is important that all Lions and clubs are aware of this and act accordingly. It is a well written document which is as much to help us as it is to protect those we serve. However there is an immediate need for us all to understand the implications.

I intend to visit all Zone meetings to explain things and also hope to visit a number of clubs, where there is a need to know more. In the meantime please do ring me if you want to discuss and matters relevant to this and I will do my best to help.

**David Green**  
Vulnerable Persons Officer

Every year we also have elderly people from Harlington Hospice to come to the circus. One of the residents had been telling all his family that he was going to the circus and there he was on the front row singing along - fantastic! A live show makes anyone forget their aches and pains for a couple of hours. Who said 'Old age is second childhood'?

Not only did everyone get treated to "The Best Show on Earth", but goodie bags were given out to everyone, which one teacher wrote, "Just added to their excitement!". **This show has created awareness of Lionism amongst the public.**

I would like to thank the managements of Princess Soft Drinks, Bradford, Natco Foods Ltd, Wembley, J.Fox & Sons, Iver, Lion Bhasker Patel of Greenford & Willow Tree and Teddington Lions for sponsorships. These shows would not have been possible without the active support of the Lions from different clubs in the District especially Zone D. Last, but not least, Lions Club of Hayes & Harlington also deserves a mention here. Thank you everyone!

**The Editor writes:- On behalf of all Lions, Lionesses and Leos in 105A - THANK YOU, LION RANA for what you have achieved!**

### **SENIOR LIONS LEADERSHIP INSTITUTE 6-10 NOVEMBER 2005 Stuttgart**

I have very recently received confirmation of the above-mentioned Institute which is for those Lions who have been Club President but not yet attained the position of Vice District Governor.

Application packs are downloadable from the international web-site [www.lionsclubs.org](http://www.lionsclubs.org).

Applicants MUST be approved by one of the following: DG: Eric Amaria. If he is unavailable then by VDG: Louvain Allen. Should neither be available then by me as LDO and as a PDG. Please do not submit a completed application direct to Oak Brook. Once completed the application please send it to me first, either by E-mail to [lionmikebaldwin@btinternet.com](mailto:lionmikebaldwin@btinternet.com) or [leadershipdevelopment@lions105a.org](mailto:leadershipdevelopment@lions105a.org) or by post by 12 August at the very latest. Because of the nature of the institute (it is for senior experienced Lions) and the possibility of numerous application forms it is possible that we will then have to judge which one to forward to Oak Brook. Unsuccessful applicants, will not be precluded from applying next time. Approved completed applications must reach Oak Brook by 22 August. To avoid the possibility of a misunderstanding please note that any application forwarded by DG Eric does not automatically imply selection by Oak Brook but members can be certain that DG Eric will use all his endeavours to make sure that District 105A applicants are accepted.

**LDO Mike Baldwin**

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foster a spirit of  
understanding  
among the peoples  
of the World**

Pride of Lions



# DG Erach's News



## Hong Kong - Our trip of a Lifetime

It was an experience of a life time being sworn in as District Governor for 105A at the International Convention in Hong Kong on 1st July 2005.

Since the day we landed in Hong Kong, it was hectic and exciting. The DG Schooling for 5 days was truly intensive and we had excellent sessions which were full of fun and fellowship.

The day before the convention was the Parade, which was witnessed by several thousand Lions from all over the world, including our District Lions and families from 105A.

International President Lion ashok Mehta was inducted into the office of President and then he asked 786 DGEs from around the world to take the Oath of Office to become the next District Governors. It was exactly 12.07pm when my ribbon was pulled off by none other than our DG, Lion Max. He put the DG collar on me in the presence of some 30,000 Lions and guest packed into that hall. This was most memorable and truly a very happy moment of my life. I would like to thank several Lion members of our District, who were present on the day: PCC Lion Geoff and Mary, PDG Lion Mike Baldwin and Janet, PDG Lion Donald Lyen and Jean, Charter President Lion Kirit Patel and Dhanoo, Lion Raju Paw and Meena, Lions Wessley Mendonca, Lion Martin Morgan and Jill, Lion Pravin Nathwani and Lions Satyen Kabra, Lion Himanshu Bavaria and Lion Kirit Patel.

After the Convention, we visited Beijing. Had I hoped it would be very relaxing, but Arnawaz in her wisdom wanted to visit EXCITING places, and made me walk 2-3 miles a day in 40 degrees heat, from the Great Wall of China to the Summer Palace of the Ming Dynasty. I established strong links with various Lions from all over the world and both of us will remember the fellowship, fun and friendship of everyone we met.

In moving forward this Lionistic year, I would like to place on record my thanks to all District Cabinet Officers and indeed all Lions, Lionesses and Leos who have helped our District over the last year. I also welcome with open arms all NEW Lions, Leos and Lionesses who have joined our District.

It is with much sadness and deep regret that I have to advise you of the recent demise of the following:

**Lion President Rawel Maingi  
of London Acton Lions Club  
and  
DG Lion Rati Shah's sister  
who passed away on Tuesday 12 July 2005**

May they rest in peace and may their families and friends find comfort in knowing that they have passed to higher service.



## Web Masters 48 Hour Turnaround

Have you seen the District website yet on [www.lions105a.org](http://www.lions105a.org)? Our webmasters, Satnam Loyal and Geoff Brown, have managed to get the website up and running, but are looking at it from the view which some of us have, namely as a **non** computer whizz genius that doesn't really care what the settings are, as long as they work (and what are settings anyway)?!. They have kept it as simple as possible and have said that they will endeavour to put things on, amend or correct within 48 hours. Maybe Nick Nolte and Eddie Murphy should watch out! The "48hr team are here".

## My Diary

- 1 August Ampthill (OV)
- 2 August Banbury (OV)
- 3 August London-Host (OV)  
Afternoon
- 3 August Aylesbury (OV)
- 4 August Berkhamsted (OV)
- 7 August LEHP Workshop
- 7 August Zone F Cricket
- 8 August Witney (OV)
- 9 August SwissCottage  
Business Meeting
- 10 August Bicester (OV)
- 11 August Hammersmith &  
Shepherds Bush (OV)
- 12 August Tottenham (OV)
- 14 August Cabinet Meeting at  
Blakemore, Hitchin
- 15 August Oxford Isis (OV)
- 16 August Zone F Meeting (OV)
- 17 August Southall (OV)
- 23 August Harpenden (OV)
- 31 August Barcelona.... Spain

# Pride of Lions - The Extra Bits

## Och Ei The Noo It's a Highland Gathering Too!

The Harpenden Highland Gathering held on Sunday 10<sup>th</sup> July boasted a record attendance as well as a record amount of money raised for charity.

The glorious weather no doubt was an attraction, but the wide range of events from bagpipe bands, Scottish dancing and traditional Scottish heavy events were also a great attraction.

Commercial stalls, charity stalls, funfair, beer tent and ox roast all added to the fun of the day. The "K2 climbing wall" was a tremendous attraction for the youngsters.

Attendance was up this year to an estimated total of well over 8,000 people!

Charities will benefit in excess of £6,000. Principal beneficiaries this year are The Willow Foundation, which provides special days out for seriously ill young people and The Herts & Beds Pastoral Foundation which provides counselling for people with emotional and mental problems.

Local dignitaries attended including Peter Lilley MP and Councillor Clennell Collingwood the mayor of Harpenden. Marc Ellis and Matthew Ridge who played rugby for the All Blacks in the 1990s were also there. They now host a travelling show called "Matthew and Marc's Rocky Road." The Harpenden Highland Gathering was their latest venue to test their skills and strength against each other. A TV crew filmed their participation in the heavy events and other activities and it will be broadcast in New Zealand.

Bengie Walden from Harpenden Lions led the Lions organising team commented, "We are delighted with the success of our latest Highland Gathering and thankful for the beautiful weather and the crowds of people who attended. We feel sure they all had a great day! And we have raised substantial funds for our beneficiary charities."

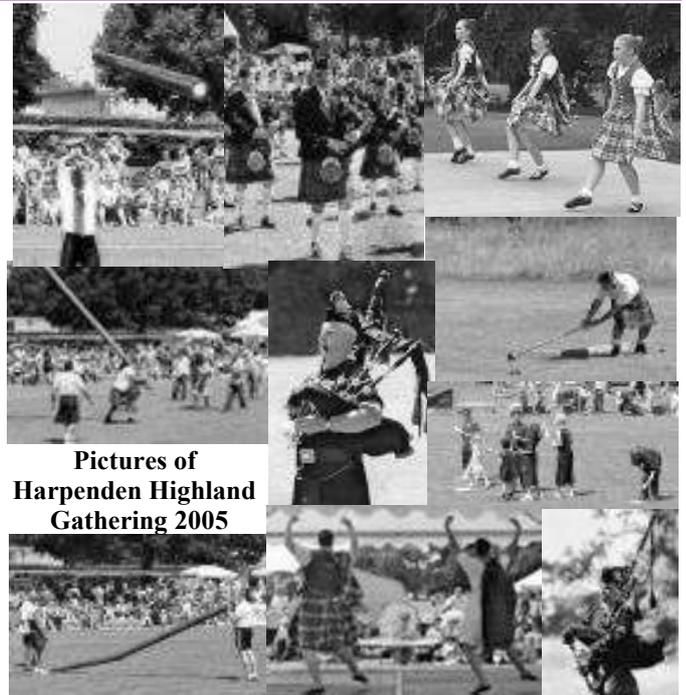


## The "Baton" is passed on

On Saturday 16th July the District Handover was expertly organised by Lions Ken and Margaret Rouse at the Marriot Hotel, Waltham Abbey. It was well supported. Lion Max (IPDG) welcomed and greeted everyone present. There were a number of Lions who served in this year, that were recognised for their service and dedication. Lion Erach Amaria was installed as DG at exactly 10.47pm. followed by the installation of the new Cabinet for 2005-06. It was a most jolly affair, as once the better halves of the new Zone Chairs had placed the chain of office around their necks, Erach thought it would be nice for the Cabinet Officers to have the same done to them, in the form of a flower garland!

"I would like to congratulate my Cabinet Officers", said DG Erach, "who have taken on the challenge and have assured to serve to the best of their ability in our District 105A". Heartiest congratulations goes to Vice District Governor Louvaine Allen and Andrew. Sincere thanks also to IPDG Lion Max and Aruna for giving me all the help and assistance during the term last year. "Finally", adds DG Erach, "I would not have achieved this position without the help of my wife Arnawaz, who has been a strong pillar in grooming me as your Governor.

Above all, I thank each and every Lion and Lioness for putting their confidence and trust in me and electing me as your District Governor for 105A. THANK YOU!"



Pictures of  
Harpenden Highland  
Gathering 2005

## ICE - A Simple Solution

My fellow Lions, Lionesses and Leos will never cease to amaze me, for within hours of the atrocity in London on the 7<sup>th</sup> July, emails and phone calls were already circulating asking very simply: "is everyone ok?". Bearing this in mind, I feel I must tell you of East Anglian Ambulance Service who have launched a national "In case of Emergency (ICE)" campaign with the support of Falklands war hero Simon Weston. The idea is that you store the word "ICE" in your mobile phone addressbook, and against it enter the number of the person you would want to be contacted "In Case of Emergency". In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and contact them. It's so simple that everyone can do it. For more than one contact name ICE1, ICE2,

## What is expected of a District Governor? Is it easy/Is it fun?

**Come and find out on 29 September 2005**

**Where:** The Holiday Inn Brent Cross

**Who?** NOT ONLY Lions and partners who are already thinking of standing as Vice District Governor BUT ALSO Lions and partners who have a glimmer of interest and want to know more.

**What will you learn?** More about cost: About relationships with Lions Clubs International: About Relationships at Multiple District and your District. About attendance at International Convention: About the role of your partner. And much more.

**Who will be there to help you?** A team of very experienced Past Governors.

**Fellow Lions:** This is part of our ongoing commitment to you, to help prepare you and your partner so that together you can make informed decisions about a very important, substantial (and fun) post.

**Cost:** £17.50p per head. The format will be informal, over dinner.

**How to Register?** Drop a note to me. E-Mail, letter, telephone call, however you like. Registrants will be treated as confidential until individual registrants decide otherwise.

**PDG Lion Mike Baldwin**

## Boat Race a Swimming Success

This year's 9<sup>th</sup> London Dragon Boat Festival was successfully organised on 5<sup>th</sup> June 2005 at Dockland Sailing & Water sports Centre **writes Zone A Chair, Lion Vijay Jain**. This festival has been organised by Lions Club of London Chinatown for several years but this year it was jointly hosted by London Chinatown Club and Lions Clubs in Zone A. There were 18 teams participate in races including teams from the Metropolitan Police, British Army, Fire Dragons and teams from Lions Clubs of London Chinatown, London Covent Garden, London Central and a team from IPDG Lion Max. The winner was a team called Bravehearts. The program started promptly at 9 a.m. and there was fun whole day which ended with Prize Distribution at about 4.30 p.m. Races were organised very professionally and there was lot of food, snacks and drinks (no hard drinks).

Among all the organisers, most hard work was done by Lion Robert Kwan from London Chinatown supported by his club members, Zone A chairperson Sam Wong from London Covent Garden and her club members. Many members from London Central were present and they had organised Samosas. There was a lone member from London Host, Girdhar Sodha.

Raffles Prizes were many including first prize of pair of return air ticket to Beijing/Shanghai which was won by a young girl.

I understand that this function will become Zone A event in future and may also become District 105-A event in future. This year they have made a profit of over £ 2500 which will go to LCIF on behalf of four participating clubs i.e. London Chinatown, Covent Garden, Central and Host.



## SPECIAL OLYMPICS Great Britain, Glasgow 2005



It was very early Friday 1st July and Andrew & I, were on our way to Luton Airport, where we were to meet up with Lion Penny Tregillus from the Leighton Buzzard Club, to catch the 08.20 flight to Glasgow., **writes VDG Louvaine Allen**.

We were met at the airport and taken to the Marriot Hotel (not to stay there....alas) to meet other Lions from all over the UK and even one from Tenerife, who had volunteered. We were given our uniforms (very nice they were to).



Our job on Saturday would be working in the marquee for the 'Healthy Athletes'. We were introduced to the experts who would be looking after the four specialist areas, eyes, ears, feet and teeth.

The Opening Ceremony on Saturday night was super! The athletes enjoyed every moment, it didn't matter that the torch carrier set the red carpet alight, and that the Olympic flame, when lit, almost touched the top of the stadium roof. The Olympic Oath when read by one of the athletes and repeated by all the athletes in the stadium, was an emotional moment.

The Lions sponsor the Opening Eyes section of the Healthy Athletes Programme of Athletes.

Of 2,500 athletes at the Games, 1252 registered for the programme, 909 had sight tests of which 20% needed glasses. The prescriptions for these were taken to the University, the glasses were made up and given to the athletes the following morning. Those who had their eyes tested but didn't need glasses were given a pair of sun glasses.

There are three stories to tell to show how important these different disciplines were to the athletes: Firstly - an eleven-year-old gymnast had been a battered baby, and had been left brain damaged, and then adopted. This was her first sight test. It was discovered she was totally blind in one eye and had tunnel vision in the other. Secondly - a young man went to have his hearing tested as he was known to be deaf in one ear. He was deaf because there was a bead in his ear, no-one knew how long it had been there, Thirdly - an athlete came into the tent after running his heat in the relay race, he went to the feet section, one of the first things they did was to measure peoples feet, he took off his size 8 trainers, they measured his feet and found one was a size 10 the other a 10.5.

These are just three of the stories to tell, there are probably many more but none quite as mind boggling.

I don't know where the next Special Olympics, in 2009, will be held, but, we will be there, the organisers were hoping for 40+ Lion volunteers to help, there were 20 of us this time

**Will you be there next time?**

**A full and very funny report of what really went on can be found on our website: [www.lions105a.org](http://www.lions105a.org).**