



# Pride of LIONS

DG Abhnash Bains



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[www.lions105a.org.uk](http://www.lions105a.org.uk) [info@lions105a.org.uk](mailto:info@lions105a.org.uk)

## Hemel Hempstead Lions donate to many good causes

LP Barbara Daniels assisted by the Mayor of Dacorum, Councillor David Collins and members of Hemel Hempstead gave 4 x £1,000 cheques to deserving causes. They include, South Hill School to start a library, Food for Friends who assist the elderly, Liberty Tea Rooms who provide help encouragement and support to the local community, and St. Johns Ambulance Badgers to assist them to send their young people to a camp.

They also presented a new saddle and halter to 'Blue' and trustee Karen at Gaddesden riding school for the disabled. LP Barbara, Lions Dianne Crook, Lorraine Watson and Mrs Sue Allen attended the presentation.

LP Barbara along with Lion Terry Allen also presented 2 defibrillators to Longdean School. Chief



*Hemel Hempstead donation*

First Aider Debbie Wilkins explained "The reality is that 12 young people die each week after suffering cardiac arrest. Of these, 270 children will die at school each year. The only definitive treatment for a victim of cardiac arrest is early CPR and defibrillation. This must be administered within 3-5 minutes following collapse to give a fighting chance of survival; making it imperative to have a defibrillator on site. Longdean now has three defibrillators distributed across our new building and we hope this means we are well equipped to offer vital lifesaving assistance if it is ever needed". Head teacher Graham Cunningham expressed the school's gratitude.

**Lion Terry Allen**



*Presentation to Blue*

## NOTICE BOARD

**Senior Citizens Celebration** is to be held on Sunday 18 Feb 2018. Make sure you book tables for your Club and help the senior Citizens have a wonderful afternoon. Contact PDG Ken Rouse or PDG Parveen Verma for more details.

**District 105A 53rd Annual Convention 2-3rd March 2018** at the Hotel Holiday Inn, Elstree. Host night Friday from 7.30pm with 4 course dinner, DG's Banquet and Ball Saturday from 8pm with 4 course dinner and international guest artists. Enquiries Lion Vijay Jain, Convention Officer 2017-18. Email: [vijay@i-g-c.co.uk](mailto:vijay@i-g-c.co.uk) Phone: 07887 710141.



### LCI Purpose:

*To Promote the principles of good government and good citizenship.*



## Kingsbury Lions Christmas party

**L**C of Kingsbury held their annual Christmas party in aid of Ashiana members who support all children and young adults with learning difficulties, regardless of gender, ethnicity or background.

A total of 45 children and young adults along with 69 carers attended the hugely successful event organised by Lion Vinodray Pandya. Additionally 13 Lions from other clubs attended and helped.

The event helps to empower and support children and young adults to improve their independence, choice and well-being through participation, social awareness and integration.

**Lion Sanjay Morzaria**



## Married for 50 years: Lions for 180 years!



**T**his photograph was taken back in 2007 when five married couples, all members of High Wycombe Lions Club, discovered they were each celebrating their 40th Wedding anniversary that year. 10 years later, in December 2017, they re-united to enjoy a meal together to celebrate their Golden Wedding anniversaries. Sadly, former Club President Terry Fendom had passed away in 2011 but his widow Lion Marcia was happy to join the others for the occasion.

Marcia, Doug and Pam Nower, Frank and Bridget Crowley, and Dennis and Eileen Wheatley are still very active members of High Wycombe Lions and five of them are Past Presidents. David Englefield and his wife Marilyn have moved away from Wycombe and are no longer Lions, but they return regularly to attend their former Club's Charter.

All of them are immensely proud of the wide range of community service initiatives across the Wycombe area that the Club is involved in. 300 food parcels were distributed to single parent families, victims of crime, and other vulnerable people just before Christmas; in November the Club donated £3,000, raised from a series of pub quizzes run by the Club, to the local Rape Crisis Centre; requests for Message in A Bottle and Message in A Wallet have never been higher and local surgeries, libraries, and even solicitors are helping to get the message out; and to commemorate LCI's Centenary and the Club's 45th anniversary, ten flowering trees were planted in a local beauty spot and it is hoped Lady Howe will dedicate the area in the New year.

At their celebratory meal this group of busy Lions were amazed when they calculated that between them they had contributed more than 180 years of service to Lionism!

**Lion Dennis Wheatley**

## Stony girls on top of the World

**T**here was an early Christmas present for a group of five schoolgirls from Denbigh School Milton Keynes. Imogen, Nia, Yasmin, Demi and Kathryn collectively known as the Epsilon Engineers set off to Abu Dhabi to showcase their engineering talent at the Land Rover 4x4 Schools Technology Challenge World Finals 2017. The challenge involved the team members working together to design and build a radio controlled four-wheel drive (4x4) vehicle, to set specifications plus it had to successfully negotiate a specially designed test track. They had been committed to the challenge for almost 3 years and persevered to perfect their car, raise enough money to cover cost and also keeping on top of their important school work.

The Epsilon Engineers won the England National Final and went forward as the only all girls team from 24 other nations to compete in the World Final coming a very credible fifth overall. They are passionate about engineering and through their experience of this unique hands-on learning challenge are keen to pursue careers in engineering after University. The girls had to fundraise for their trip and after a visit to Stony Lions the Club were delighted to help them reach their target.

**Lion Doreen Carr**



## ★★★★ Calling all Lions ★★★★★

**D**G Abhnash has kindly agreed that I may advertise for members willing to join my Cabinet 2018-2019. I am looking to fill Zone Chairmen positions plus others on the Cabinet. Those already in post may reapply if they wish. I will make the appointment based on your commitment to the post.

The role of Zone Chairman is essential to the smooth running of the District and you will be expected to hold at least 3 Zone meetings during the year file reports and attend the four Cabinet meetings. Other Cabinet positions are available for specialist posts. Please contact me on 07749 503757

**Lion Doreen Carr**

# Westminster Lions provide food for the homeless

In December the LC of London Westminster held its regular food collection for the homeless at the local Sainsbury's Pimlico in London, Victoria. Various prospective and long standing members helped collect 500kg of non-perishable food as well as personal items, which were donated to the Open Door Meal project for homeless persons at the Saint James the Less Church.



We also collected cash donations and £120 was donated to cover costs for the annual Christmas dinner for the homeless. London Westminster has been collecting food at the supermarket for the past six years and is grateful for the supermarket's support.

Many regular customers supported the collection and donated generously. Thank you to everyone for your help and support.

Lion Amelie Gericke

## Welcome new Lions



LC of Kingsbury inducted their 30th member – Lion Sandip Ruparelia. ZC Lion Sirkan carried out the induction process.



## LIONS CLUB INTERNATIONAL

DISTRICT 105A



### **53<sup>rd</sup> ANNUAL CONVENTION 2-3 MARCH 2018**

At Hotel Holiday Inn Elstree

#### **HOST NIGHT ON FRIDAY 2<sup>nd</sup> March 2018**

In smart casuals or Fancy Dress to celebrate 100 Years of Lions

From 7.30 p.m. till late ( 4 Course delicious dinner served on table )



#### **DG's BANQUET & BALL on Saturday 3<sup>rd</sup> March 2018**

Black Tie for Gents and Formal Dress for Ladies

From 8.00 P.M till late ( 4 Course delicious dinner served on table )

INTERNATIONAL GUEST ARTIST FROM OVERSEAS SINGING 1950s TO 80s

melodies of JIM REEVES, ELVIS & TOM JONES with SKY HIGH BAND

All enquiries to:

**Lion Vijay Jain**

Convention Officer 2017-18

Email: [vijay@i-g-c.co.uk](mailto:vijay@i-g-c.co.uk)

Phone: 07887710141

Please book by filling

Registration forms for the

Convention sent to all Clubs or visit

District 105A website

Google him –  
Janaka Palapathwala  
OR Jim Reeves of Sri Lanka





# DG Abhnash's Article



*"When a person really desires something, all the universe conspires to help that person to realise his dream"- Paulo Coelho*

I am certain that it has been a very busy family time for everyone with Christmas and New Year preparations. However, all good things come to an end and we have to go on with our usual chores. My holidays were equally eventful and I had a pleasant time with my daughters and my 2 grandsons. However, I have always kept myself available to my Lions family.

The year began with a brainstorming Convention Meeting in London on 4th January. A lot was discussed and it is a great relief to see things moving swiftly, invitations being accepted and to see the enthusiasm in everyone for the Convention. A lot of best wishes have been received and we are all geared up to have a great time. So far I have been informed of 150 for Host Night and around 80 for the DG Ball.

Abingdon Lions Meeting was held on 10th January. The club members of Abingdon LC were welcoming and I would like to thank Lion President Ron and his members for their hospitality. They had a lively discussion on how to achieve their goals in the New Year with some wonderful projects in the pipeline.

Next day was followed by a meeting with my own club, Lions Central Host in Kensington. It is always great to meet your family members and it is the same feeling I have each time I see my club. We caught up on a lot of things and every member was once again reminded of our goals and how we shall achieve them in the shortest deadline. Our main focus shall remain on retention of members and how we shall work in the next 2 months towards the Convention.

I would like to focus more on our chosen charity and hope more people become aware of them and their work. **Place2Be** have 22 years of experience and have developed resources to help schools understand, raise awareness of and support children and young people's mental health. Their mission is to enhance the wellbeing and prospects of children and their families by providing access to therapeutic and emotional support in schools. They provide support in, building children's resilience through talking, creative work and play. **Place2Be** provides children's mental health services in 282 primary and secondary schools, and last year provided in-depth training in a further 31 schools, reaching a total school population of over 135,000 pupils, helping them to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

This month, there was a meeting to discuss and spread awareness on Diabetes. I am very glad that Dr. Arun Hansi came and gave a speech on raising awareness for the partners at our cabinet meeting.



*Diabetes awareness at cabinet meeting.*



*Georgia Flatman, Young Ambassador Winner.*

We presented the "Young Ambassador Winner, January 2018" to Georgia Flatman, for her remarkable contribution to the community. It is inspiring for us to see how young people are getting involved and aiming for great achievements. It is a matter of pride for all of us as we have given them the platform, encouragement and influenced them to focus their energy on achieving positive goals. The young members are taking active participation in the Lions projects.

Zone G meeting was held on 16th Jan and it was attended by the three 2nd VDG candidates. I was asked to speak regarding my vision for the District but it was interesting to see and hear about their projects. I encouraged members to get involved with other clubs and consider doing joint projects.

The communication meeting in Wembley on the 17th was to recap on the work done to date and look at areas that still needed improvement. The DG Meeting was held on the 19th and was a really successful one as we discussed on a lot of issues and I feel addressing some of them were of utmost importance. There was also a lot of discussion on future events and meetings.

I would like to thank everyone who showed interest in attending the Buckingham Palace reception and we had more interested members than the number of places allocated to us. PCC Lion Philip Goodier kindly supervised the draw for the lucky winners, while the other District Governors participated. I wish those of you lucky to go to the Buckingham Place reception a wonderful time.

The re-districting is going ahead and must be known by all who have read the MD letter. There was a lot of discussion, particularly regarding the doom and gloom of our District. I believe it is best not to think negative as that yields nothing and only creates unrest amongst members. Regarding the name, we can keep our District as 105A according to SC Lion Andy Pemberton and the Senior Lions who were present at the COG meeting.

I have faith in each one of you, so let's work together to create a bigger and better District 105A. Lions raising from the Ashes!

**DG Abhnash Bains**

## My Diary February 2018

- |                            |                           |
|----------------------------|---------------------------|
| 1 Zone E meeting           | 18 ANNUAL SENIOR          |
| 2 Convention Host meeting  | CITIZENS CELEBRATION      |
| 4 District Quiz            | 2 - 4 March 2018 District |
| 16 - 18 Lioness convention | 105A Convention           |