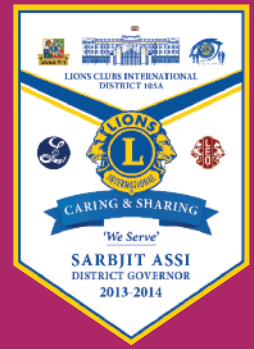




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PRIDE OF LIONS



District 105A News | DG Sarbjit Assi

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Young Leaders in Service strike Gold

Lion President Lynn Walker (Biggleswade Sandy Lions Club) presented On October 2nd, Young Leaders in Service Gold Awards to four of Biggleswade Sandy's finest youngsters. The fifth winner, Sea Cadet Charlotte Warren was unable to attend as she was up in Edinburgh training other Sea Cadets.

The five award winners had enlisted in the Lions Young Leaders in Service and completed well over 100 hours community service in the last twelve months. The four winners who attended to collect their prizes were Joshua Warburton, Matthew Wallace, Toby Simpson and Jamie Bate. All five received a personal letter of thanks from Lions Club International Past President Wayne A Madden.

At present there are another 10 young people completing their 12 month log books and Biggleswade Sandy Lions are actively looking for more.

Lion Steve Foott



Lion President Lynn Walker and Matthew Wallace... someone to look up to.



Award Winners: Joshua Warburton, Matthew Wallace, Toby Simpson and Jamie Bate with Biggleswade Sandy Lions.

... NOTICE BOARD ...

Lions Club of Enfield Charter celebrations on 19th October 2013.

Lions Club of Mill Hill's Annual Ras Garba Evening on Saturday, 26th October 2013.

Lions Club of Bletchley, Milton Keynes 44th Charter Celebration on Saturday 26th October 2013.

Lions Club of Fairlop, Mehfil Night, Saturday 9th November 2013, Ilford Conservative Club to raise funds for diabetes related projects.

LCI Purpose:
To Promote the principles of good government and good citizenship.



Thank You from Lion Vivien Raggett

Firstly my heartfelt thanks to all who have so kindly sent messages of support and enquired about my progress. I can assure you that these wishes have helped me through my challenging, painful and anxious time. I am most grateful to have a vast network of Lions friends. It has kept me positive and focussed on the road to recovery.

My Transverse Myelitis condition had remained in my spinal chord from the February/March attack and returned in early August with a vengeance. The initial diagnosis was a stroke, then a brain tumour with a final diagnosis of a rare form of MS plus Devics disease. This condition is the result of a mystery virus attacking the immune system and damaging the myelin coating, which encases the sensory nerves of the spine that control all limb movements. The nasty antibodies have been removed from my blood with five consecutive days of blood plasma exchange followed by IV steroids and immune suppression tablets.

My sense of humour is undiminished. My capacity to talk without taking a breath is also unaffected! I exist living out of one small NHS draw and one shelf! My bed is my tardis and I have adapted to life in a horizontal position. With my bionic arm grippers I can now reach drinks, pills, notepads etc without pressing the nurses call button. I've recently become more independent and progressed to sliding across my banana board onto my bright red wheelchair. The L plates have been discarded and I'm now propelling myself around the ward. The physiotherapists are encouraging my leg movement with bionic bike rides in the gym.

My medical condition was so unique that it was selected for review with over 80 neurology staff, from leading consultants to junior doctors, reviewing my symptoms and discussing the diagnosis in a large amphitheatre at the hospital.

After eight weeks I'm now on the next stage of my recovery having been moved to the rehab unit at Hillingdon hospital on Monday where I'm receiving more focussed physiotherapy.



My aim is to be propelling myself into Alum Hall for the Youth celebration event on the 24th November. I'm staying positive about the future and look forward to supporting a future fund raising event for the Brain and Spine Appeal. It provides much needed funds for the marvellous work that takes place at the National hospital for neurology.

With my best wishes to you all and look forward to meeting up again soon.

Lion Vivien Raggett
Past Street Children Officer
& Zone E Chairperson

Tools for Membership Drive

I have a message from the GMT Team for you, your membership Chair and the club, about 4 new exciting tools that are available for your membership drive. These can be found on the LCI website.

Utilizing these tools will increase the potential to meet membership dreams and goals and for the district to earn 2013-14 Dream Achiever Awards. Additionally, there is a new initiative whereby LCI will recognise member invitation in the months of October and April with a new Silver & Gold Membership Growth Award Pins. Clubs adding new members in both October and April will also receive a Membership Growth Award Banner Patch.

The tools that are available are :

- Just Ask! – A new Member Recruiting Guide*
- Membership Satisfaction Guide*
- Community Needs assessment and*
- Club Excellence Process (CEP)*

Do remember that your GMT Team is dedicated to assisting your efforts for new membership and retention. By utilizing a team approach, you will increase the potential to meet your membership dreams and goals. Feel free to contact me for details of any of the above tools.

Lion Kadu Shah
GMT Chair Dist 105A

From the Editor

Some of the Lions in District 105A hail from East Africa, particularly from Kenya. The tragic and awful events at the shopping mall in Nairobi has touched all of us particularly the senseless killing of innocent people including very young children. There are some Lions in 105A whose relatives were victims, and I am sure all the 105A Lions join in to extend our sympathies to them and the people of Kenya.

Lion Shirish Sheth

Healthy Schools London Programme – HSL update

Over the summer Districts A and SE have launched appeals to fund the Healthy Schools London programme. This programme was launched in May 2013 by the Mayor of London, Boris Johnson, and is regarded as very important to the long term progress of Lions Lifeskills Ltd as it may progress through the country broadening the use of our resources with it. So it falls to our two Districts to make it a success for the Multiple District.

With the HSL programme London schools first voluntarily engage and then work to attain the bronze, silver and gold awards. The programme contains the training elements of good diet, exercise and Personal, Social and Health Education – PSHE. Our Lions involvement is in the PSHE area and we have produced a resource specifically written as a tool to help engaged schools achieve their goals rather than rewarding them once they have achieved it. This is the Lions Lifeskills Health and Wellbeing CD.

Our intention is that Lions provide this CD free of charge to all engaged schools and the distribution of these will be organized between Mandy Broadbent, our Communications Manager, the HSL Borough contacts-there are 32- and the Lifeskills DOs from A and SE. The estimate of maximum uptake is 2400 schools. We also intend contributing specific Lifeskills resources to Silver and Gold candidates. All this is subject to the availability of funds and you will see that we will need to raise a minimum of £12000 over three years a between the two Districts.

The CDs will be purchased at £5 per copy from Lions Lifeskills Ltd who will invoice each District monthly. This will be paid by the District Charities Treasurer from the funds specifically raised by each District. **Please ask your Club to consider donating £100 through your District Charities Treasurer** if it has not already done so. We expect that the CD will be complete by end of September and distributed in October.

So-how are we doing? On the 9th September a letter went to all Borough Contacts announcing the Lions Plan to help this programme and at this point there were 245 schools engaged. The HSL Managers estimate 1000 schools will be engaged by March. This is a particularly exciting Lions project and we hope that all Lions Clubs in our Districts will support it enthusiastically.

Lion Martin Morgan
DO Lifeskills District A

Lion David Skinner
DO Lifeskills District SE

Spotting Lions everywhere



During my visit to Cambodia earlier this year, I visited the site of the infamous Killing Fields near Phnom Penh. It is a place which depicts the extremes of what humans can do to each other. This is of course the exact opposite of what Lions stand for. Yet, it was here that I spotted this Lions symbol, placed by Lions from Japan... obviously helping in a very human need!!

If any of 105A Lions spot the Lions logo in an unusual or some far flung places, please send a photo with a brief story and I will publish it in the POL. It will reinforce the message that Lions are everywhere.

Lion Shirish Sheth
Lions Club of Mill Hill

Region and Zone Quiz

The Quiz, held on 3rd October was attended by District Quiz Master Lion Derek, who travelled 2 hours from Bedford to run the Quiz. This was in fact the Regional Quiz, as a problem to get enough clubs in Zones to participate.

Lions Club of Mill Hill were the overall Winners of the Regional Quiz as well as Zone 'F'. London Kingsbury won Zone 'E' and came 2nd for the Regional Quiz. Mill Hill and Kingsbury will be going forward to the District Finals in February 2014.

Well done to both the Clubs and Good luck for the finals.

Lion Jenna El Taher
Lions Club of Kingsbury

Swiss Cottage Lions donate £2,000

Lions Club of London Swiss Cottage donated £1,000 towards the sponsorship of 5+ Lifesaver water purification system. The Jerrycan can be filled from any local source (but no sea water) and by simple pump action; the family can have clean/sterile water on tap as and when required. One Lifesaver Jerrycan provides a family with sufficient drinking water for up to 5 years without any resupply or on going support.

We also donated £1,000 in aid of our charity CIF towards the eradication of Measles and Rubella around the world.

ZC Lion Pravin Nathwani

Welcome New Members High Wycombe Lions

Two new members Lions Steve and Helene Elting were inducted at our August meeting bringing our membership back to the magical 40. Recruited during Marie Curie Collection.

Lion Doug Nower





DG Sarbjit's Story



My Family of Lions, what an amazing time so far – the official club visits, some accompanied by Kuldip, have been very impressive and enjoyable. Although clubs are very different to one another, they still all share one common aim; "We Serve", and this they do so extremely well in many different ways. The Lion members we have met have been very hospitable and welcoming. Their work and commitment in helping others has truly amazed us. The way in which they enjoy themselves during their fund raising activities, organise themselves for their meetings and manage their own Clubs is equally impressive.



DG presenting MJF to Lion Peter Gent (Berkhamsted)

We attended the 35th Charter of Berkhamsted Lions Club on 21st September and had the pleasure of presenting MJF Award to Lion Peter Gent. I also attended the 42nd Charter of Hertford Lions Club on 22nd September.

On Saturday 28th September Kuldip and I had the pleasure of attending the formation of Eaton Bray & Edlesborough Lions Club, held at Doubletree Milton Keynes – this was attended by many Lions from different clubs, as well as by our PID Phil Nathan, ICCP Philip Goodyear, PCC Martin Morgan and Jill Morgan. PDG Andrew Allen held a reunion with the



At the formation of Eaton Bray Club



Eaton Bray President and Lion Shelly at the formation

PDGs from his year that same evening, and it was very enjoyable, full of fun and games!

Winter Forum is taking place on 6th October. This forum provides an excellent opportunity to meet the District Team. You will be able to find more about how they can help you and let them know what else they can do for you. There will be six workshops held on the day:

1. Power Point - Chris Bryant
2. How to write and deliver a perfect speech – Martin Morgan
3. Club Branch – Rachel Arnold and Kadu Shah
4. First Aid – External trainer
5. PR and Marketing – Naresh Gupta
6. Leadership Skills – Alastair Joel and Meena Gupta



With PID Phil Nathan and PCC Martin Morgan at the formation

Our 2nd Cabinet meeting with partners is due to take place on the 13th October 2013.

As many of you may already know, World Sight Day is on 10th October. So my fellow Lions, it is an ideal opportunity for PR. Please send your articles to our District PRO Naresh Gupta on the activities that your club undertakes. Also at the same it would be an added bonus and benefit if clubs would kindly send articles of their activities to our Editor of POL, Lion Shirish Sheth.

The DG Team will soon be putting together a 'Membership Campaign

Pack' to offer you the opportunity of having material which we hope will help us to promote Lionism in the communities all over.

May I take this opportunity to briefly bring to your attention that we are fast approaching our centenary celebration in 2017. I will be looking to appoint a Chairperson who will be co-ordinating with the District to provide appropriate ways in celebrating this very special milestone in our history.

"Caring & Sharing" We Serve

Kuldip's nominated charity

The Alzheimer's Society is delighted to have been selected as the Charity of the Year. The Community Fundraiser at Alzheimer's Society, said: 'We are extremely grateful to Kuldip Assi for all of the time and energy she is putting into the partnership. As a charity, we rely on the generosity of individuals and association like the Lions to help us support people to live well with dementia today and fund research to find a cure for tomorrow'.

There are 800,000 people with dementia in the UK with numbers set to rise to over 1 million by 2021. We hope that our partnership with the District 105A will really highlight the importance of being dementia aware.

DG Sarbjit Assi

My Diary – October 2013

- 1st OV Banbury Lions Club
 - 2nd OV Aylesbury Lions Club
 - 3rd OV Enfield Lions Clubs
 - 4th Charter Biggleswade Club
 - 5th Charter London China Town
 - 6th Winter Forum
 - 7th OV London Park Royal Club
 - 8th OV Chipping Norton Lions Club
 - 9th OV Dunstable Lions Club
 - 10th Zone Meeting Eaton Bray
 - 11th WaterAid AGM
 - 13th 2nd Cabinet Meeting
 - 14th Zone F Meeting
 - 15th OV Luton Lions Club
 - 16th OV Hounslow Lions Club
 - 18th Charter Carterton Lions Club
 - 19th Charter Enfield Lions Club
 - 20th Charter Luton Lions Club
 - 22nd OV London Hornsey Lions Club
 - 23rd OV Bicester Lions Club
 - 25th CoG Meeting Birmingham
 - 26th CoG Meeting/Charter Bletchley Milton Keynes Club
 - 27th CoG Meeting
 - 28th OV Stevenage Corey's Mill Lions Club
- OV = Official visit