Lions Club International
District 105A
Newsletter Editor
Maria Azcona

# Pride of Lions

THE TEAM THAT TURNS DREAMS INTO REALITY

MARCH 2004

ISSUE 9

## LIVING WITH MULTIPLE SCLEROSIS (MS)
## A Two-Way Life?

### By Mike Moon, Abingdon

**We are a family of Lions, and most people have a two-way life. Yes, I know what you are thinking:**

1. **Family life**
2. **The life of Lions**

But there are a few of us that have a third life: the day-to-day running of our lives; coping with dressing, getting food and drink, getting to work, (if one is able to) or going shopping. Then there we are again, finding a parking space, (if we're still able to drive), entering shops, some of which are disable-friendly and then again, there are those who are not.
Additionally, there are problems perhaps when one needs to go out either for a meal or to the cinema.

Being a Lion, presents us with possible problems. For example, getting to the Conference Centre, (March 2004) and the hotel for the Convention. This, for some, may be a yearly event, but it applies for Charters and helping out at fundraising functions also. But for now, back to the Convention. The hotel rooms may not be accessible to one in a wheel chair. Getting to and from the venue may not be situated in a place accessible to taxis. Once in the Convention you cannot get a coffee *and* wheel yourself around, well, at least if you are using a manual wheel chair. Even with a motorized chair, how can you hold your coffee *and* work the controls? You cannot mix freely with other Lions and as you are below eye level, you can feel small. You feel that people have to look down at you when talking, which makes both of you uncomfortable. The next problem is finding room in the Convention Hall, without getting in the way with your wheel chair. Come lunchtime there is the problem of getting food, if it is a buffet.

Then, come the end of the Convention, it means getting back to the hotel for the Gala Dinner. There is another problem with trying to get ready in time for the reception. It is not as easy as you think. You have to have planned clothes laid out ready, as it always takes longer to get ready. Once this is done, then it's getting down to the dinning room, and getting to your table, again, without feeling as if you are being treated differently from everyone else. You feel so tired, perhaps you cannot enjoy yourself.

Multiple Sclerosis is something one has to live with every day of one's life. Do you want to raise membership? Then look at disabled people in a different light. Then everyone can share the fellowship of Lions.
There is one thing I always say: **NEVER, NEVER GIVE IN.**

**SOME COMMON SYMPTOMS OF MUTLIPLE SCLEROSIS (MS)**
(Not all necessarily are present)

- Staggering or loss of balance (MS patients often erroneously are thought to be intoxicated).
- Numbness in parts of the body.
- Double or otherwise vision such as involuntary movements of eyeballs.
- Noticeable dragging of one or both feet.
- Bladder or bowel trouble (loss of control).
- Speech difficulties such as slurring.
- Extreme weakness or fatigue.
- Pricking sensation in parts of the body, like pins and needles.
- Loss of co-ordination.
- Tremors of hands.

**Symptom information issued by The Multiple Sclerosis Society**

## Cultural Extravaganza!

Yet again, the Women's Membership Development & Participation Committee (all in one breath), have got together with Harrow and Pinner Lions Club to celebrate yet another bunch of dreams being made into reality. On Sunday, 7th March at Harrow High School, Gayton Road, Harrow H1, there will be a cluster of dance, song, drama, storytelling, history, music, and creative art, to name but a few things.
You will be able to hear and join in with Antoinette Williams, and her moving Gospel singing, or close your eyes and be moved to another place by Britain's' number 1 saxophonist, Lascelles James. There will be dancing; from both Spanish and French Caribbean and the night will end with a fantastic Carnival Jamboree. Not to be missed either is the Norlington High School students – the most gifted and unpretentious grass roots young actors I have ever seen.
This is a wonderful family night out, starting at 6.30PM and finishing by 9.30PM. The whole family will enjoy it and will bring your weekend to a heart lifting end. Admission is only £10, but children under 12 go free and there is food included. Further details contact Dr Roselle Antoine, 0208 206 2988.

## Boogie Nights are here

Here's something that will take you back to your younger days of white flares and boob tubes, or even bobby socks and Elvis!
Lions Club of Hammersmith & Shepherds Bush are holding a Charity Disco in aid of Cystic Fibrosis and Mental Health Foundation. Spend an evening with the Mad Hatter Disco, enjoy the buffet and dance, dance, dance!
When? Friday, 16th April, 7-11.30pm at Kent House, Lower Mall, London, W6 9DJ. Tickets re only £7 each and available from Ann Harding, tel: 01279 329048 or Sylvia Kiernan, tel: 0207 630 5758

## All Aboard!

**Don't forget, as publicised throughout 105A, Friday, March 26th is a day when we must all work together at major railway stations, in one of the year's biggest Lions awareness and membership recruitment campaigns. Talk to your Zone Chair and join in.**

## By order of HRH....

**The Lions Clubs of District 105A, hosted the biggest Senior Citizens Party ever seen at the Harrow Leisure Centre on Sunday 8th February, where people came from as far as High Wycombe, Letchworth, Walthamstow and from all over North London from over 50 Clubs.**

Over 1,000 of these most deserving citizens, some of whom have seen and fought for our freedom during two World Wars, were treated to an extravaganza of sing-a-longs, the Luton Jazz Band, bingo, a massive raffle, dancing from incredibly energetic Punjab Dancers from Southall, as well as joining in some dancing themselves. The Lions Club put on a high tea, indeed fit for a Queen, as she turned up and chatted to the surprised crowd! Well, it was an HRH impersonator Mrs Mary Renalds, who certainly made the day, although some have met the real McCoy already! It was in fact the late Queen Mother herself who requested the Lions Club to be set up in the UK in the early 1950s, so it seemed a fitting role to fill.

However, after a whole year of planning, the only downer to the event was that at precisely 3.45pm, as everyone was up and dancing, the entire building had to be evacuated due to fire alarms going off! These War heroes were not going to be put off however, and with such comments as "We put up with the Blitz, so this is child's play", most people went back inside once the all clear had been given and just carried on as if nothing had happened.

District Governor Dr Elliot Shubert, paid a fitting tribute to the party guests and said, "We are honouring our seniors, who have given their lives making important contributions to our country. It is our way of saying thank you very much".
Also thanked and congratulated were Parveen Verma and his substantial team, all the extra helpers and all the clubs who organised people from their own communities to be there.
The main comments, when participants were being interviewed for both Pride of Lions and POL TV, (artistic licence being used here), were, "Fantastic day!" , "Best time I've had in ages!", and ""When is the next one?" All interviews and comments are being put on to a video, which will be ready for clubs to purchase, both as a PR tool and a lovely reminder of a wonderful day. Details of this will be forthcoming soon.

## So, Over to the Weather...

**Forget the Lotto on a Saturday night, Lions Club of Newport Pagnell & Olney has found a more innovative and fun way to raise funds for their Club.**

Not only has it the potential to raise many pounds for worthy causes, but also gives those involved a chance of winning up to £10,000 each day, Monday to Friday, as some of the members have already found out. No £10,000 winners yet, but one £200, a bunch of £20 and many £2s winners, providing a fair bit of banter at monthly meetings when the previous months results are given out.

The game is called "The Great Weather Lottery" and costs the player £1 per week. Based on the temperatures of 6 European cities, the draw is effectively carried out each morning by the Daily Telegraph, when it prints the temperatures on its' weather page. When joining, a new player registers their chosen 6 digit number with the lottery company in Leeds, and this is automatically matched each morning to identify if the player has won any of the prizes. All administration including the banking, number checking, production of literature, local authority reporting stats and automatic prize payment is provided under an arrangement whereby each £1 played is split on the bases of 45% for prizes, 20% for admin, with 35% coming back each month to club funds.

If you would like to know more about this fun way of raising funds for your club, look at the lottery website www.theweatherlottery.com, or contact Lion John Ferris on john.ferris@talk21.com

## An Eggstraordinary Easter

**Harpenden Lions Club is once again raising money for charity by organising major raffles of enormous chocolate Easter Eggs—every chocoholics dream prize!**

Thirty six pubs and clubs in the area have each been given an egg by the Lions to raffle and raise money.
All profits will be put towards the Harpenden Lions Life Skills programme, which has been working since 1992 in partnership with local schools, and is now being extended with cooperation from other Clubs in the District, to benefit schools and children in a much larger area.

The Life Skills Programme provides teaching materials as well as training to help children to deal with living in the complex and modern world, and covers numerous topics including citizenship and government, as well as dealing with things that may be considered taboo, such as understanding sex, alcohol, drugs and antisocial behaviour—but more importantly, how to go about it in a responsible way. These publications are an invaluable part of curriculum assistance, both helping teachers to teach these subjects, as well as making young people think a bit more, whilst giving them information to make informed and accurate lifestyle choices.
If anyone is passing through Harpenden—stop and take in the local culture, pop into a pub and buy a ticket. Not only will your taste buds be refreshed and your pound go towards this worthwhile project—you may even win!

Lions Club International
District 105A
District Governor
Dr Elliot Shubert

# DG'S NEWSLETTER

REALISING THE DREAM

## Marchin' into March
## DG's & District Diary

**1 March:** Newport Pagnell & Olney OV
**5 March:** Informal Dinner with DG & International Guests, Thistle Tower Hotel, London
**6 March:** 39th Annual District 105A Convention, Church House, Westminster, London
**7 March:** Bletchley Milton Keynes Swimathon Educational & Cultural Showcase, Harrow
**8 March:** Letchworth & Baldock OV
**9 March:** London Hornsey OV
**10 March:** Stanmore OV
**12 March:** Bedford Harpur CA
**13 March:** Craft Fair, Royston OV
**14 March:** Zone E Swimathon OV
**16 March:** London Golders Green Lioness OV
**19 March:** Spring Golf Tournament, W. Herts Golf Club OV
**20 March:** District 111NB Convention, Bremen, Germany
**21 March:** Zone B Swimming Gala
**23 March:** UN Day at Houses of Parliament
**26 March:** Collection at BR stations
Leo Conference, Cornwall
**27 March:** Southall CA
Leo Conference, Cornwall
**30 March** Tring OV

## *In Memorium*

It is with much regret that the DG has learned of the passing to higher service of…

17-02-04 Les House (Great Missenden & Prestwood)

Les joined Amersham & Chesham in February 1978 and transferred to Great Missenden & Prestwood as a founder member in June 1981. Les served in the RAF from 1939-1945. Les' Lionistic work included assisting the deaf, Welfare Officer, SightFirst Officer, Tacade and used spectacles collector. Les also ran the Prestwood Old People's Luncheon Club for many years and was an accredited driver for the Age Concern minibus.
(Brian Hill, President, Great Missenden & Prestwood)

***I know he will be sadly missed and I extend my deepest sympathy to his family and friends.***

### SPEECH AID

What is a speech aid unit? It is a device produced and marketed by the Lions Club of Buckingham as a service to anyone who has low volume speech and requires amplification to aid communication such as laryngectomees, sufferers from multiple sclerosis, Parkinson's disease, stroke victims and any disorder that reduces the volume of a voice to a whisper. Speech Aid costs £70 plus £3 p&p. Please make cheque payable to "District 105A Speech Aid". Send order to: David Lloyd, Lions Speech Aid, 3 Campbell Close, Buckingham MK18 7HP, tel 01280 813 747.

## April showers bring May flowers
## DG's & District Diary

**2 April:** Watford CA
**3 April:** Berkhamsted Project for the Elderly OV
Mill Hill CA
**10 April:** St Albans CA
**13 April:** Bedford OV
**16 April:** Milton Keynes Stony Stratford Spring Event
**17 April:** Lions Worldwide Induction Day
**18 April:** Zone I Swimming Gala
**24April:** Hendon & Kenton CA
**25 April:** ZC/Incoming Presidents' Seminar
Please plan to attend.
**27 April:** Ruislip OV
**29 April:** Council of Governor's Meeting
**30 April –**
**2 May:** MD105 Convention, Bournemouth
(additional visitations are being planned)

### WELCOME TO THE 39TH ANNUAL DISTRICT 105A CONVENTION: A CELEBRATION OF LIONISM

I would like to extend a warm and friendly welcome to all of the delegates, alternates, visitors and guests attending the District 105A Convention at Church House. This is the first time that the District 105A Convention has been held in central London. It took a lot of imagination, innovation and sponsorship to organise and plan the Convention. I hope you like what you will see, hear and experience.
This is <u>your</u> Convention and it is an opportunity to meet old friends, make new friends, share ideas and to enjoy the celebration of Lionism. There is much in store for you today and I hope you will find the programme interesting, enjoyable, inspiring, and motivating. The Convention Committee comprising Zones A and B have been working very long and hard to ensure that the day runs smoothly. Please be sure to personally thank your fellow Lions for their dedicated service (you may have a responsibility at a future convention!). If you have any questions or problems, please ask at Registration or ask the Convention Chairpersons, Ken Rouse or Ashok Bhardwaj.
First Timers attending Convention can enter a competition (please ask at registration). Also, District Officers will be making an effort to meet as many Lions as possible during the Convention.
Upon departure from the Day Convention, please leave your completed evaluation form. This will help us to better plan for future Conventions.
For those of you who plan to attend the DG's Gala Banquet and Ball, the reception begins at 7.00 PM at the Tower Suite, First Floor, Thistle Tower Hotel, St Katherine's Way. Dinner will begin at 8.00 PM. Dress is formal. An exciting and fun evening is planned. Harpist, Nicola Broke, will perform during dinner. After a few toasts (no speeches) the Cavern Beatles (a Beatles Tribute Band from Liverpool) will perform. They look and sound like the Beatles, although no one will ever replace the original Beatles. I hope it will be an evening for you to remember.

## 105A Cabinet Officers for 2004/2005

I take this opportunity to invite Lion members of District 105A to serve on the District Cabinet for the year 2004/2005. In addition to the positions for Zone Chairpersons, I will be seeking the appointment of Officers for Specialist Services, Administrative, Communication, Membership and Membership Services, Services in the Community and Youth Teams. All active members are eligible to apply, whilst knowledge and experience of the position would be an advantage, previous Cabinet experience is not essential. Lions will be expected to devote time and commitment with dedication.

Join the A-team to support our clubs and membership and achieve our objectives to serve those less fortunate than ourselves. Personal and Professional satisfaction guaranteed! All current District Officers who wish to serve are also requested to re-apply.

Please send your notes to the undersigned giving details of Lionistic experience, reply preferably by email ASAP but not later than 15 March 2004. If you have any question, please do not hesitate to contact me.

VDG S.K. (Max) Mongia, 32 Bedford Road, Moor Park, Northwood, Middlesex HA6 2AZ, Tel. 01923 823 732, Mobile. 07768 461 723, E-mail mongia@strongfield.com

## MARCH IS INTRODUCER MONTH

**During March 2004, I am asking *all* 19,000 Lions of MD105, British Isles & Ireland, to introduce someone to Lionism by inviting them to a Club meeting or activity. By ensuring more members of the community are aware of the wonderful work of Lions Clubs, the more support we are likely to receive with our service projects and the more new members we are likely to attract.**

We hope that every Lion will bring someone along to one of their Club meetings or activities in March. Whom will you introduce? It could be a relative, neighbour, colleague, friend, someone you admire, someone who has already shown service to your community or someone who holds a prominent position within your community. Few people today read leaflets and they don't believe advertisements. We need to make more people aware of the wonderful work we do and YOU can help us do that.

While it would be great if we could attain an additional 19,000 new members through this strategy, we also have an expectation to help market Lions Clubs within communities. Therefore, when a Club is in need of ideas or resources, there is a pool of non-Lions nearby, who can assist. It could also mean that with the aid of these friends your Club will be able to take on larger projects with a higher profile, and perhaps after a period of working closely together they may decide to become a member in your Club.

Please do not rely on others within your Club to introduce someone, *we are asking every Lion in every Club*, throughout the British Isles and Ireland, to play their part and help more people within your community to become aware of the service and social activities of your Lions Club.

We are the largest and best service organisation in the world, and with your support we will maintain that position.

**Gilbert Lee, MD105 Membership & Retention Chairperson, membership@lions.org.uk**

## Spring Golf Tournament

The competition for the Ram Jaggi Trophy will take place on Friday 19th March at the West Herts Golf Club, Watford. Please contact Peter Gent, District Golf Officer, as soon as possible , as places are limited.

## UN DAY AT HOUSES OF PARLIAMENT

This year on Tuesday, 23rd March, Lions Club International, MD105, will be represented and recognised, as the only voluntary organisation having an entire day dedicated to the United Nations at the Houses of Parliament. This is a very important date, even though we, as Lions, know so very little about it. Previously, invitations were sent to all clubs announcing this event. District 105A will be well represented. Our own Lion member from 105A, Stephen Twigg, MP, will be presiding over the event.

This is a special day for 105A, since our MD Peace Poster winner, Brady White, will be recognised. Unfortunately, no more reservations are being accepted. It will be a full house!

## IT IS THAT TIME OF YEAR AGAIN: MANDATORY FORMS MUST BE COMPLETED FOR MULTIPLE DISTRICT AND INTERNATIONAL DIRECTORIES

MD forms for the MD Directory 2004-2005 will be sent to all Clubs on 1 March 2004. The deadline for completion of the forms and returned to MDHQ is 19 April 2004. Once received at MDHQ, the information is transferred to a database. A copy of the club information as it will appear in the MD Directory will be sent to the club secretary. Any changes or corrections must be submitted by 17 May. The MD form can also be downloaded from the MD105 website (www.lions.org.uk), completed and returned via Email.

International requires the completion of the PU101 form and returned to Oak Brook no later than 15 May 2004. The PU101 can be downloaded from the international website (www.lionsclubs.org) and submitted electronically.

If the club secretary does not complete the above forms, the information from 2003-2004 will be used. I know of numerous cases where incoming Presidents and Secretaries discovered that the information had not been submitted and their club entry was completely out-of-date. This is a good reason to attend the incoming Officers' seminars to ensure that you are informed of Lions' policies and procedures.

## 50TH EUROPA FORUM 2004

The 50th annual Europa Forum will take place on Thursday, September 30 to Saturday, 2 October 2004 in Rome, Italy. This is an excellent meeting for exchanging ideas with European Lions and networking. For more information about the programme, participation fees, registration form, hotels, social activities, etc. consult the website (www.europaforum2004.it)

## CONGRATULATIONS SUDBURY!

**Eileen and I were invited guests at the Sudbury Lions meeting on 24 February 2004. Sudbury is the District's largest club with 52 members. However, they just got larger! I had the honour of inducting nine new members, including their first female member. Two additional female members will be inducted in March. Despite being a young club, the Sudbury Lions, under the able leadership of President Veni Vaghela, have been conducting diabetic screening clinics and and built a primary school for 400 children in the recent earthquake affected area of Gujart.**