



Pride of LIONS

DG Abhnash Bains



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A Centennial Legacy

A combined effort and a real community need has seen three Lions Clubs in Milton Keynes join together to help restart the local Food Cupboard.

After 27 years the Food Cupboard, which dealt solely with providing emergency food for families nominated by MK Social Services, lost their premises and had to close down. A devastating blow to all concerned, especially the social workers, who knew that whenever they asked the Food Cupboard for help, a family would be provided with a week's worth of food in a non-judgemental way to help them over a distressing situation. Unlike the food bank these food parcels are delivered direct to the family's home.

The Stony Stratford, Bletchley and MK Central Lions Clubs already involved with four local Lions delivering food parcels and two Clubs collecting non-perishable food and giving financial support could not see such a valuable community resource go.

Lions leapt in and within a matter of weeks, alongside other volunteers, had found and cleaned premises. Racking was sourced and erected, storage boxes bought, tables and chairs found, and a bank account organised. Harvest festival letters were sent to local schools and a trolley for food donations was placed in Tesco's at Bletchley. Lion members are on the executive committee.

On October 5th representatives of the three Lions Clubs and over 30 delivery and packing volunteers met to officially open the Food Cupboard in association with MK Lions. Again much needed



L-R: Les Westley, Margaret Rouse, Andrew Allen, 1st VDG Doreen Allen, LP Brian Gidley, LP Vic Wright and Lion Ken Rouse.

food parcels were delivered to very grateful families.

An excellent Lions Centennial project that saw and addressed a real need in the Milton Keynes community.

PDG Lion Andrew Allen

A Fun Day to Raise Thousands for Charity

Feltham and Whitton Lions Club held their second community fun day on the August Bank Holiday Monday at Redlees Park in Isleworth, in conjunction with Me, to and Co, Cajtha, and The British Legion.

The event featured Stunt Men on Tour as its main arena attraction. They wowed crowds with their motorbike display; at one point seven people rode along on one bike! They performed various jumps and stunts culminating with the final leap through a hoop of fire.

Live music, a licenced bar, funfair, charity haircut, various charity stalls and side shows including a Lions PR stand along with the always popular Feltham and Whitton Lions Club BBQ and skittle

alley, provided something for everyone and the event was blessed with glorious sunshine throughout the day.

Overall, several thousand people attended the day, and several thousands of pounds were raised for local good causes. Club President and Fete chairman Alastair Joel said 'we had a great day, although it was hard work, the end result has been well worth it, I would like to thank all those Lions who attended the event and for those who helped throughout the day, including our DG Abhnash Bains.

Here's to 2018 – planning has already begun!

LP Alistair Joel

NOTICE BOARD

10th District Youth Celebration party on Sunday 26th November at Allum Hall, Elstree. Please support this worthwhile event by sponsoring a table. Contact PDG Vijay Arora for details.

The Winter Forum is scheduled for Sunday, 5 November, 9am to 2.30pm, at the Holiday Inn, Elstree. Contact PDG Ken Rouse for details.

Lions who passed to Higher Service

Lion Rajni Shah – LC of Wembley

Lion Sylvia K. Brown – LC of Feltham and Whitton

Lion Gurdial Singh Phull MJF – LC of Chipping Barnet.

Lions of District 105A convey their sympathy and condolences to the families of the bereaved.



LCI Ethics:

*To Be Careful with my criticism
and liberal with my praise;
to build up and not destroy.*

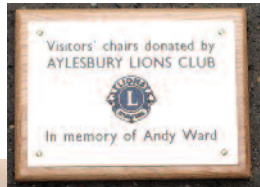
Aylesbury Lions' Gift to Stoke Mandeville Hospital

The Aylesbury Lions have bought a set of 18 visitors' chairs for the Cancer Care and Haematology Unit at Stoke Mandeville Hospital.

The idea came from a Club member, Lion Andy Ward, who was a patient at the CCHU. Sadly, Andy lost his own battle with cancer, and the chairs have been donated in his memory. A plaque in the unit commemorates the gift.

In August, representatives of the Club, accompanied by Di Ward, Andy's widow, visited the hospital to see the chairs and the plaque.

Lion Ron Syratt



Club President Ron Syratt, Sam Warman of the CCHU, Di Ward and Lion Mary Ann Evans.

Shoe Boxed Gifts for Romanian Children

Stony Stratford Lions Club are proud to have collected and filled 67 shoeboxes for orphans and sick children in Romania. All the boxes contain items suitable for children from ages 2 to 16 and include toys, clothes, books, toiletries and sweets.

They will be sent shortly, with other collected items, in a container lorry for the long journey across Europe.

Lion Christopher Coolen
PRO Stony Stratford Lions Club



Boxes lined up for Romania

Ealing Lions Deliver Nearly a Ton of Books for Schools in Africa



Delivering books for Africa.

Last year our District conducted a campaign to collect school books for Malawi and other African countries. Lions Kamlesh and Jasvir Gill of Ealing Lions club collected a few boxes of school books and delivered them to the District Officer co-ordinating the campaign.

They did not rest at that. This year they visited their local Primary and Secondary Schools and managed to collect nearly a ton of books. These books were sorted and packed in boxes with appropriate labels. The photograph shows husband and wife team of Lions Jasvir and Kamlesh Gill delivering some of the books to School Aid depot. The books are loaded in containers and shipped to Southern African Countries and dedicated teachers then distribute books to schools on needs lead basis.

Lion Pervinder Singh Panesar
PRO Ealing Lions Club

Young Ambassador 2017

Our own 105A District 2017 winner, and subsequently our MD 105 winner, James Curtis, sponsored by Lions Club of Stony Stratford Milton Keynes, travelled to Europa Forum at Montreux in Switzerland to represent MD105 in the Bert Mason Young Ambassador European Final. It was won by Alp Mizrakki (MD118, Turkey). James, was third equal with Xavier Friesen (MD110, the Netherlands) and he was delighted to have been awarded a bursary of Euro 500 towards his project of peer to peer support for deaf children – congratulations to him.



Lion Christopher Coolen
PRO Stony Stratford Lions Club

New Service Framework and a Brand New Team

Having marked 100 years of service, it has been decided that we need to reset our service framework for the new century of service. This is as a result of a strategic plan called LCI Forward the aim of which is to create a world class service model that will empower and mobilise Lions and Leos to serve as champions for the following areas:

- Diabetes
- The Environment
- Hunger
- Vision
- Childhood Cancer



The LCI Forward strategic plan has identified the need for creating a Global Service Team (GST) which along with LCIF will be responsible for the above service areas. This is in addition to the Global Leadership Team (GLT) and the Global Membership Team (GMT) which have been in existence for a number of years. The three teams will work hand in hand under the Global Action Team (or GAT) – set up to promote “action” in all three areas – in

recognition of the fact that unless we take “action” nothing will really change from what we have been doing.

Under the strategic plan all the above five areas (which fall under the responsibility of GST) will provide clubs service engagement opportunities that will elevate the Lions volunteer experience and inspire action. However, our global focus over the next 5 to 10 years will be diabetes. Why diabetes? Because diabetes affects every country. It doesn't discriminate based on race, culture or national origin. And because it is the world's fastest growing epidemic.

Lions have established 4 principle goals in our strategy to address the growing epidemic of diabetes:

1. Educate ourselves and our communities about diabetes
2. Develop community programs that inspire and support healthy lifestyles
3. Increase access to affordable, high quality and effective diabetes care, medication and diagnostic equipment
4. Coordinate and support the implementation and/or creation of national diabetes policies and plans.

So let's get started. Let's Serve as a team – and do what can only be done by teamwork.

PCC Viresh Paul
District GST Co-ordinator

World Sight Day Celebrated



LC of Stony Stratford (Milton Keynes) recently celebrated World Sight Day on 12th October with afternoon tea and a presentation of Lions **Message in a Bottle** and **Message in a Wallet** given by LP Brian Gidley and Lion Brian Kite to 130 blind and visually impaired people and their supporters. The event at Pear Tree Bridge, Milton Keynes was organised by the MK Readers Service who have been helped with office equipment by Stony Lions Club. A number of other organisations who work with the blind and disabled were also there encouraging people to look at their services and clubs.

This has led to two members becoming befrienders and readers for blind and visually impaired people in the local area. The afternoon was a resounding success and the Lions information was much appreciated. Members of the Club give MIAB and LEHP presentations to local organisations and has also sent their monthly box of unwanted spectacles to Chichester Lions Club for onward transportation to the Third World.

Lion Christopher Coolen
PRO Stony Stratford Lions Club



Spotting Lions



PDG Lion Parveen and Lion Veena spotting Lions in Bordeaux



In Harrogate Town Centre

Visiting Lions



LP Harvinder Virdee with LP Manraj Matharu and Lion Secretary Sharnjit Matharu from the Lions Club of Nairobi Dagoretti on their visit to London. Redbridge Centennial Lions Club has twinned with this club and we hope to carry out some joint projects in the near future.



DG Abhnash's Article



Hello My Fellow Lions,

I too started ordinary, but my journey to the extraordinary became possible with just adding... a little "extra". In my opinion, every Lion is outstanding. When the situation gets tough us Lions get tougher.

We as a DG Team hold regular meetings to make sure that we are working together for the benefit of our district. This has given us a chance to learn from each other's experience and knowledge.

Attended in September the Life skills launch of the bereavement and loss, where I had the pleasure of talking to our Patron **The Countess of Wessex**. She was interested in the work we are doing.

From the 27th September to 1st October, I attended Europa Convention in Montreux. It was also a celebration of 30 years of women joining the organisation.



The Lions Kenton and Stanmore Fund event for the Aspire centre and spinal injury Unit.

We had open space workshop – Women's power for LCI. In Open Space setting all participants discussed: Status Quo, Data-Facts, new path, the magic 50%, Women and leadership, compatibility of family, work and Lions, It is a workshop, so there is no main speaker, but 4 moderators.

On 4th of October I attended the funeral of very hard-working Lion Syliva of Feltham & Whitton club. It was very sad occasion for all and she shall be missed by her Lion friends and family. On 5th October attended London Central Host Lions Club where I was pleased to see another member being inducted. Also, I had the pleasure of meeting SERV Surrey and South London Blood



Surrey and South London Blood Runners.

Runners where they were given £1,800 as part of one of London Central Host Lion Centennial project.

I also attended the 48th Charter of Milton Keynes Celebration on 7th October. It was an enjoyable event (though I feel sorry for my dancing partner as I may have bruised his feet having myself two left feet!) where everybody made me feel welcomed.

We had our Pre Convention Meeting to iron out the timetable programme. Lastly on 14th October I attended 56th Charter Anniversary of Hemel Hempstead. I had the pleasure of talking to many of their members, as well as the public who were interested and had heard about the work of Lions.

I look forward to hearing from any club who wish to invite me to visit their clubs.

DG Abhnash Bains



Letter from the charity Place2Be, part of the 'Heads Together'

My Diary October 2017

- | | |
|--|--|
| 7 48th Charter Celebration
Milton Keynes Lions Club | 21 London Chinatown 48th
Charter |
| 10 Zone A Meeting 15
Cabinet Meeting with
Partners | 27-29 CoG meeting Solihull
29 SOG |
| 16 Zone Quiz | 4 November – Winter Forum
OV = Official visit |