



105CW NEWS & INFORMATION

NEWS FROM AROUND YOUR DISTRICT



Newsletter Editor: **Lion Joy Haffner** Lion Magazine Liaison: **Lion Brigitte Green** Email: news@lions105cw.org.uk

Hello fellow Lions of District 105 CW another month goes by and this month has been incredibly busy. Just a few moments to gather my thoughts. Through the month there was seven club meeting visits, two zone meetings, three charter dinners and two lunches. In between there was meetings in Worcester about convention and a few online meetings for good measure. Oh, I nearly forgot the Council of Governors meeting with the massive task of reading and commenting on all the reports from the MD officers, the meeting starts on Friday, all day Saturday & Sunday morning. I did manage to skip out on Saturday evening to attend Marston Green Charter (excellent evening) then on Sunday after council I went to Oadby & Wigston's very enjoyable Sunday lunch. I have made twenty two official visits to clubs plus charters and zone meetings, more are planned for this month and then I think it is just those who meet on the second Monday & second Wednesday who will probably slip into next year now.

For those of you following this newsletter you will know that I started with following the route to become District Governor. Then last month I outlined the costs involved and this month I'd like to go through some of the fantastic training that you receive along the route to be District Governor.

When you are first elected as second vice District Governor the training really starts to kick in. In between your election date and sometime in June that year, you have lots and lots of homework to do or should I say is online training (Online training is available to every Lion so go and have a look).

After completing the online assignments you then attend a workshop and training weekend in this country, normally in June of that year.

Then continues more online training when you become first vice District Governor. These fixed

assignments of online training as part of the lead up to another weekend of training here in the UK. The training covers all aspects of becoming a District Governor there is lots of training including how to resolve conflicts, make radio interviews and make speeches and lots more including learning and quizzes on the wonderful constitution and board manual.

The training we receive in the UK is excellent and prepares you well for the training in Chicago in February. It was an interesting but very intensive four days in Chicago, the Americans seem to have their heating set at 75 °F (24°C) even when it was -40 outside (-40 is the same in °F & °C), so most nights found us sitting in the bar with short sleeves (one had shorts on) looking at the freezing weather outside. We were the first group to go through this training and it was a brilliant 4 days, we were in a group with people from Belgium, Holland, Turkey, Iceland and all over Europe. We made some great friends and had many laughs throughout the session (but I think they learnt a lesson and are splitting the Brits up next year) as I explained previously the accommodation was paid by LCI, we had a great time but the bar bill was eye watering. Finally flew back from Chicago overnight on Friday, arrived at Heathrow 7 am just ready to drive home, have a quick turn round and get changed and go to a Charter evening later that evening. All being well, Richard Williams our First Vice District Governor will have a similar experience as he will arrive back at a similar time and drive up to our convention on the 15th of February in Bank House in Worcester. So, what are the great parts of being District Governor, lots of things and probably the best is attending charter events and awarding some increasable Lions with service awards and there is just one word for the bad part TRAFFIC!

Thank you for reading this – have a great month
Ian



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A big warm welcome to the new Lions of District 105CW who joined in October.

Cheltenham	Martin Shorland
Cotswold Fosseyway	Mary Mills
Coventry Leofric	Victoria Whitwell
Kidderminster & District	Clive James
Rutland	Margaret Heath
Tetbury	Sandra Ball
	James Gregory
	Maggie Heaven
Thornbury	Wim Webber
Wotton Under Edge	Chris Anthony
Black Mountain	Howard Beavan
Newport	Ian Whitehill



CV - Club Visit
CL - Charter Lunch
CD - Charter Dinner
CM - Club Meeting

1st VDG

November

6 th	Sutton & Erdington	CV
7 th	Zone 8 Meeting	
12 th	Brecon	CV
13 th	Zone 12 Meeting	
14 th	Lechlade	CV
15 th -17 th	DG Training	
19 th	Zone 5 Meeting	
20 th	Southam	CV
21 st	Zone 10 Meeting	
22 nd	Worcestershire YFC Winter Wonderland	
23 rd	Worcester 50th	CD
24 th	Harborough Twenty 12	CL
26 th	Zone 7 Meeting	
27 th	Zone 9 Meeting venue tbc	
28 th	Birmingham Exhibition	CV
30 th	Glantawe (Swansea Valley)	CD

2nd VDG

November

5 th	Northampton 80	CV
6 th	Caerphilly	CV
13 th	Monmouth	CV



Sunday 3rd November 2019
District Information & Forum
Fownes Hotel, Worcester

14th to 16th February 2020
First 105CW Convention
Bank House Hotel Spa & Golf
Bransford, Worcester WR6
5JD

Membership Matters.

I considered not writing a message this month. I wondered, if I didn't send something to our Editor, would you notice? Would you spot that Membership was missing?



Is that how it is in your Club? Is Membership missing from your Club Agenda and if it is, has anyone noticed?

There are Clubs who are holding up well in the Membership stakes. They are recruiting well and bringing in volunteers to help them in their Service and Fundraising Activities.

Is there a link? Do we do better at Membership if we talk about it, if we have a Lion in our Club who takes on the responsibility for Membership and who has a couple of others who are helping them develop a plan of action?

Remember you can find ideas and help on the LCI and District websites and there are groups you can join on Facebook where all sorts of membership topics are discussed. But best of all, talk to other Lions. Go to Zone meetings, forum and workshops and book the dates in your diary to come to District Convention.

Sue Wilding gmt@lions105cw.org.uk



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Wotton Lions first 10k raises £3,000 for the Community 10,000M UNDER THE EDGE, Wotton's first 10k event, organised by Wotton Lions, took place on Sunday 22nd September. After a week of glorious weather, the skies opened on Sunday morning but this did not dampen the spirits of the 253 runners, the marshals or the spectators! The runners were kept cool by the downpour, and the marshals performed regardless of conditions.

This first event was not without its teething problems - with a bottleneck at the beginning of the course and a missing marshal at the 9.5km point resulting in the first 20 runners going the wrong way! The comments from one of the runners affected by this slight detour summed up the positive feelings expressed towards the first Wotton 10k. *"This was an excellent event. It was a great course, well organised and with an outstanding community feel. All those involved with the organisation should be congratulated on making the event happen"*.

Pat Comer, Wotton Lions President said; "The reaction to this inaugural event has been encouraging with comments such as 'one of my favourite races to date' and 'marshals were brilliant, and loads of them'. This gives us great encouragement for next year. We know how to resolve the issues raised and will put these right for future events. This year we will have raised over

£3000 for Wotton Community PARC and Lions charities".

Local support was excellent with over 30 Running Clubs represented. Prizes for the first three male and female finishers provided by Gloucester Sports were won by Heidi Siddle (47:08), Margaret Mclachlan(48:00) and Lindsay Heeley(49:27) and Andrew Kirkup (41:15), Andrew Pickford (44:32) Giles Dakin(44:33)..



Wotton Lions would like to thank all the sponsors and volunteers who made this event possible and can confirm 10,000M UNDER THE EDGE will be back in 2020. Special thanks to Clevedon Lions for assisting with Sound

Blaby Lions club 2019 beer festival raises £3750 for Prostaïd What a success the 2nd festival was, the Lions took an event which had happened once before and got nearly 1200 people there again. There were 3000 pints of real ale drunk, 500 pints of lager 1000 pints of cider, 1000 servings of gin (with 40 kg of ice), plus lots of wine & prosecco. The was a fantastic selection of food from organic meat to Jamacian chicken to traditional pies or doughnuts.



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There were over 60 volunteers who put in between 2 – 12 hours each giving a total of over 500 hours during the weekend. This is what Lionism is all about, doing stuff and enjoying it, in and for the community while raising funds at the same time.

There were around 25 cars parked in the car park as 90% of the people came by taxi or were dropped off by 'the wife/partner/girlfriend'!, some left their cars there overnight and came back the next morning.



There was fantastic non stop entertainment on the hour every hour for @ 25-35 minutes throughout the entire event. From a 6 piece jazz band, a 3 lady 'girl band', traditional one man singers and rock & roll groups

Comments from departing customers, a great event, you must do this every year.

This event now probably ranks as South Leicester's largest beer festival.

This is an event where two great service clubs Lions & Rotary get together and make a beer festival a great occasion, said Lion President Les Szabo.

The owner of the land was happy with the event and so it is hoped that it can be run for next year and the Lions are thankful for the opportunity to us the Victory show marquee.

A massive thanks go out to all our sponsors, in particular EH Smith & NEXT both at Enderby.

For next year look out for us on facebook or checkout our website

www.LeicesterLionsBeerFestival.uk Lions Clubs International is the largest service club organization in the world. Its 1.35 million members in more than 46,000 clubs are serving communities in 207 countries and geographical areas around the

globe. Since 1917, Lions clubs have aided the blind and visually impaired, championed youth initiatives and strengthened local communities through hands-on service and humanitarian projects.

Anyone wishing to find out more about the Lions can look at either their the Blaby Lions site <http://blabylions.org.uk> the UK web site at www.lions.org.uk/ or their international site at www.lionsclubs.org/

The Blaby District Lions club is very active in local charities and works to serve the local community where possible. Anyone interested in being considered as a member should in the first instance contact Roger Smith on 0116 2751567

In line with their aims to motivate and inspire



young people, Warwick Lions have recently responded to requests from two local schools.

Lion President Tamara Friedrich supported by Lions Neil Chisholm and Peter Amis presented a cheque to Head Teacher Nick Evans of The Ridgeway S.E.N. School in Warwick to provide sensory equipment for the children's Christmas festivities, and on a separate occasion Lion Neil Chisholm met the children and staff of Clapham Terrace Primary School in Leamington Spa to present a cheque for £1,000 towards the cost of an "open air classroom" where pupils can explore nature, learn to use tools and to grow flowers and vegetables.





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Coventry Leofric Lions Proud of Lion Melanie

Coventry Leofric Lions are very [#Proud](#) of our Club Member [Melanie Griffin](#) who has been awarded the Coventry Good Citizen Award by the Lord Mayor of Coventry.

Coventry City Council have recognised the work Melanie does to increase awareness of youth suicide along side her tireless work of suicide prevention and engagement with the young people of Coventry to sign post them to support where needed.

Melanie has spoken at many clubs across the district in the last eighteen months highlighting how we can support her work in reducing the suicide rate of young people.



She is an inspirational Lion who lives up to our international motto [#WeServe](#) and we are very proud to have her as a member.

Coventry Leofric Lion Celebrates 25 Years Supporting Social, Emotional and Behavioural Young People Congratulations to Lion Kerry Davies who this week has been presented with a 25 Years Long Service Award by Coventry City Council.

Kerry has almost 26 years of working with the SEBD (Social, Emotional & Behavioural Difficulties) youth of Coventry. On receiving here award Kerry said "I've had some fantastic laughs and made some fantastic friends & memories, worked

with a variety of great people (met my husband!) and hopefully made a positive impact on hundreds of young people's lives, many of whom I will never forget."



Kerry is a great ambassador for Leofric Lions and we are [#Proud](#) that she has made a real difference in so many young peoples lives. [#WeServe](#)

Rugby Rokeby Lions Club Prostrate Sreening

RUGBY ROKEBY LIONS CLUB is teamed up with the Coventry and North Warwickshire Prostate Cancer Support Group to stage their second prostate awareness event for men in Rugby and the surrounding area on Saturday 21st September. Men over the age of 45 were offered a free PSA blood test. This test is an indicator of the health of the prostate gland: if the PSA level is above normal it may indicate the presence of cancer of the prostate. Trained hospital staff conducted the testing, and members of the Support Group were on hand to provide information about the procedure and answer queries. All eligible men were welcome, and no appointment was needed. Cancer of the prostate is the most common cancer in men, and about 47,000 cases are diagnosed each year in the UK. Most early prostate cancers do not have symptoms and so it's important to diagnose



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the disease before symptoms arise and while it is still potentially curable. A total of 368 men turned out for the morning which the club was pleased to see was well up on last year's total.



**Rugby Rokeby
Lions Club's**



QU?Z N?GHT

IN AID OF

RUGBYAUTISM NETWORK

Friday 29th November at 7pm

Venue:- The Railway Club

Hillmorton Road

CV22 5AL

Entry Fee £8.50 Per Person

Includes Fish & Chip Supper

Maximum of SIX people per team.

1st Prize ½ Case of Wine.

To Enter ring any of the following numbers

07594 855691 or 01788 561779

01788 331194 or 07957556389

Email – secretary.rugbyrokebylions@gmail.com

Find us on Facebook – Rugby Rokeby Lions Club



105CW News Letter Article - Coventry Leofric Lions Support Fridays - A Youth Project in Coventry

Coventry Leofric Lions are very proud to present a cheque to the new youth club in Coventry called FRIDAYS.

FRIDAYS was founded by Tyler Campbell, an inspiring young man who has been nominated for the Midlands Business, Community & Charity Award in the category of 'Entrepreneur of The Year'.

FRIDAYS is a weekly Youth Club, which enables teenagers in Coventry between the age of 15-17, to have an enjoyable and safe environment to enjoy various activities such as performing music, accessing Life skills to build confidence, mentoring, job matching and socialising whilst helping them stay away from negative influences such as antisocial behaviour.

Our donation will enable Fridays to purchase some much needed equipment to further enhance the facilities offered to their service users.

We are very impressed with how much Tyler has achieved in such a short space of time and impressed with the organisation and running of the Club.



This Youth Club deserves all the help it can get and we at Coventry Leofric Lions are thrilled to be able to support such an enterprising venture.





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MD GST (Global Service Team) Supporting World Diabetes Day Members of the Multiple District Global Service Team met at MDHQ during the month of October and part of the agenda was around how clubs, zones and districts can get involved with World Diabetes Day on Thursday 14th of November.

There are three ways members can get involved, the first is to raise awareness, this can be done by taking a selfie with a blue thumb and sharing it on social media (twitter, facebook, instagram) with the hash tag #LionsFightingDiabetes and ensuring that the following link <https://bit.ly/2L7Agzi> is also in the description of the picture.

The second way Lions can get involved is to all complete a individual online risk assessment, finding out if you are at risk of type 2 diabetes is simple. You can complete the Test2Prevent assessment in approximately ten minutes and a few clicks on the computer - importantly this is a free resource. Once you have completed the assessment encourage others to take the assessment - it can be found by clicking here

<https://bit.ly/2L7Agzi>

Thirdly clubs can make a difference by organising a screening project in their local communities.

There is a step by step guide and resources provided by Lions Clubs International that can be found here.

https://cdn2.webdamdb.com/md_IJaltfE1WIB4.jpg.pdf?v=1

Our international goal is to screen one million people so it is vital that once you have completed your service activity you record it in MyLion.



Pictured are members of the MD GST including International Director Lion Geoff Leader, and Past International Director and Chair of MD GST Lion Phil Nathan, all showing their thumbs that have been turned blue to highlight World Diabetes Day.

#WeServe #KindnessMatters #LionsFightingDiabetes

New Lions from across Zone One were invited to attend a New Member Workshop being facilitated by Lion Stu Young from Coventry Leofric Lions Club, participants from a number of clubs attended and spent the morning learning about the History of Lions Clubs International.

We discussed the meaning of our Logo, our motto, understanding the structure of Lions from being a member of a club through to the International Board and our five core service area's. Along side the importance of reporting activities through MyLion.

As part of the session Lions talked about the service opportunities within the local area of each club along side what the Community Needs Analysis is used for, one club present identified a couple of key things they can do following the conversation with other members in the room.

Members who completed the workshop were



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signposted to the Lions Mentoring Scheme and invited to Autumn Forum and District Convention.



Thank you to the Lions who took part and took the first few steps of their Lions Journey together, you are the future of our association and you truly embody the mantra, "Where Ever There Is A Need There Is A Lion"

Bromsgrove Lions' Inclusive Swimming Gala

Disabled Swimmers from as far away as Bristol converged on Bromsgrove Sports & Leisure Centre recently for an inclusive swimming competition organised by Dave White from Swim Projects and sponsored by Bromsgrove Lions Club.

The evening was a chance for youngsters with various needs to use their skills against others in a friendly and supportive event. Each swimmer took part in a variety of different races during the evening and was awarded with medals for their effort. A cup was awarded at the end of the races for overall effort throughout the evening and the look on the face of the winner brought many a tear to the eye.



The many spectators were treated to an impressive display of swimming skill while encouraging the youngsters. It really was an amazing evening with a fantastic display of effort from them all which, at times, was quite emotional for parents as well as spectators.

Bromsgrove Lions Club is hoping to repeat the event next year with even more children taking part."

Queens Award for Voluntary Service presented to Zone 7 When the procedure started Zone 7 was known as Zone C in 105M. But yesterday the celebrations came to a climax with the presentation by the Lord Lieutenant of the award hardware. It is recognition for all the hard work the 150 odd members of the 7 Solihull Clubs do for their community and the wider community.

The event in the Birmingham Hippodrome theatre was to recognise and celebrate the work the 16 Midland winners of the awards do. It is a great feeling to be a Lion at such a moment. We are not alone, many other charities are out there working hard. But the vast majority are focussed on a particular cause. Lions is all encompassing. Lions do not focus, Lions can support everything and anything.



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Kington Lions were “the tops” on the top.

On a chilly, misty, and dull Monday morning of 16th September Kington Lions took ten brave pensioners up Pen Y Fan.

They all made it safely to the top and back down again. Two of the walkers, Sian Rump and Sue Atkins, were delighted as they had previously both been quite unwell.

Sian had had a heart bypass and Sue had suffered a stroke four years earlier.

Both ladies had been training by walking different distances and it was their life’s goal to reach the summit of Pen Y Fan.

Sue said “This date is etched in my heart. I would never have achieved this without the help and guidance from Kington Lions. Having been ill a while ago, I never thought I would walk again. But thanks to Kington Lions I reached the top and have a medal to prove it”.

Sian said “The compassion shown to us by the Lions was outstanding. They obviously knew the route and walked at our pace. I felt so proud of myself and the other walkers for reaching the summit of Pen Y Fan”.

Some of the walkers were sponsored and the money raised went to good causes including The Air Ambulance and Parkinson’s UK.

Sue and Sian both attended the next Kington Lions meeting and have since joined us.

So well done all and welcome to our growing Kington Lions Club.



3 Million Steps Jogle Challenge arrived and given a Lions warm welcome as they transited through District 105CW

In September 2016 Zara Dyer was involved in a car accident, she had many injuries including a broken neck, complete paralysis on her right side and a traumatic brain injury which resulted in her brain being split in two severing the nerves that connected her brain to her muscles.

Zara had to learn how to swallow again as well as learning to walk, talk, eat, use her arms and hands, the doctors at first said she would not live but she did, then said she would be in a wheelchair for the rest of her life but Zara was determined to prove them wrong.

After a long slow process she eventually started to get everything working again, and as soon as she was able to take a few steps she knew she wanted to achieve a bigger goal, this was walking the length of the UK and so the 3 Million Steps Jogle Challenge was put into practice.

On the 7th May 2019 Lions Zara Dyer and her Partner Lion Ian Brown from Bungay Lions Club set off from John O’Groats on their 3 Million Steps Jogle Challenge, they would be walking approximately 10 miles everyday, at the end of each day they would need to get back to their starting point to collect their motor home and drive it to the next days starting point so they would need help and assistance with this, they also would need safe overnight and next day parking for their motor home and also somewhere to park up when they had rest days.



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On Sunday 4th August 2019 Zara and Ian arrived in District 105CW, they was given a warm welcome from Zone Chairman Trevor Jones who gave them daily help and support for the next five days then passed the batten of support over to PDG Ron Cross & Kidderminster Lions Club To help Zara and Ian have a smooth, safe and easy transit through 105CW Trevor decided to take on the challenge of getting clubs and club members along walking route to get involved and give Zara and Ian the help and support they needed.

Trevor contacted Zone Chairman and clubs along the route and everyone was happy to get involved, Trevor kept everyone up to date with posts of where Zara and Ian would be walking from and to, where they need parking for their motor home, when their rest days would be, who would be helping on the day and what help and assistance would be given.

Trevor said it was fantastic the way clubs and club members throughout the District came forward and gave Zara and Ian all the help and support they needed as well as showing them great hospitality, clubs found them parking places such as caravan parks and even booked them into hotels so they could have a good nights sleep.

Council Chairman Stewart Sherman-Kahn gave certificates to be presented to Patshull Park and Enville Estates for the hospitality given to Zara and Ian, these was the first two places that helped Zara and Ian when they first arrived in 105CW Zara and Ian have thanked District 105CW for all their support and the friendly welcomes they had as they transited through the District, well done District 105CW, where There is a Need, There is a Lion and District most certainly lived up to this motto.

Pictures



Zone Chair Trevor Jones Welcomes Zara & Ian to District 105CW



District Governor Ian swaps club banners with Zara & Ian



Zone Chair Trevor Jones help Zara & Ian present a certificate of Appreciation to the owners of Enville Estates for the support and

hospitality given to Zara & Ian

A Thank from Zara & Ian





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Wellesbourne & District Lions

On Sunday 8th September the Wellesbourne & District Lions held their second 'Classic Funday', at Wellesbourne Sports Field. The event was blessed with some amazing autumn sunshine which helped achieve a fantastic turnout of both



vehicles and visitors. Over 110 cars and classic vehicles were in attendance and people enjoyed a number of food and drink stalls,

Cake Stall, Tombola, Craft Stalls, Games, Bouncy Castle, Children's Go Karts and a girl's football tournament. The cricket club bar proved very popular and coffee, teas and refreshments were served up by the Wellesbourne Bowls Club. The lions would like to say a big thank you to everyone, especially sponsors, Barbers and Munster. A fabulous £1,358 was raised which will be used to help local charities and organisations.



Market Harborough Twenty 12 Pig Race!

Our hilarious annual pig race raised over £300 for charity.



Bets were placed, batteries (some of them very flat) randomly inserted in mechanical pigs and they were off ... very slowly, stopping periodically to whiffle their noses, oink and helicopter their tails.

Racing commentary was provided for all 6 races,



along with a pig-nic supper of sausage, fish and chips or pizza. In the Grand Final Bertie Bacon battled Oinky Ollie to be overall champion,

but the tote system meant every participant could be a winner, so no-one went home disgruntled. Sponsors of winning jockeys in each race earned additional pork scratchings. We'd like to take the opportunity to apologise to anyone distressed by ham-fisted pig puns - it may not have been the Olympics, but it was a crackling good evening.

THE ULTIMATE NIGHT OF ELEGANCE & STYLE.
MOUNTON BROOK LODGE HOST

A WINTER FUNDRAISING BALL

CHEPSTOW & CALDICOT LIONS WILL BE FUNDRAISING IN AID OF TY HAFAN

7PM - 12AM	SATURDAY 16TH NOVEMBER	£32.00 PER TICKET
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ENJOY LIVE JAZZ TO START
A TWO COURSE DINNER
CASINO TABLES & A FANTASTIC DJ
TO DANCE THE NIGHT AWAY

DRESS YOUR BEST & SEE IN THIS EVENING WITH
GLAMOUR & SOPHISTICATION - DRESS CODE: BLACK TIE

FOR TICKETS OR MORE INFORMATION:
MOUNTON BROOK LODGE 01291 621490 / 07857 692590
PWLLMEYRIC, CHEPSTOW, NP16 6LF CHARLOTTE@MOUNTONBROOKLODGE.CO.UK