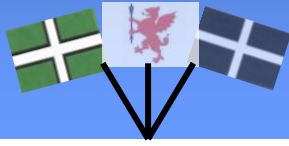




# Lions Clubs International District Newsletter of 105SW Chronicles of Clif



## September 2011

### The Year Ahead - I Believe

Since my last newsletter, life has been as busy as ever. At the end of July, we had our first Council of Governors meeting in Solihull. This continued from lunchtime on Friday until 5.30pm, started at 9am on Saturday until 6.30pm and then resumed on Sunday morning until 12.30pm. During this time, our wives managed an enjoyable visit by train to Warwick where they observed a Folk festival in the town centre, imbibed in Pimms etc and crawled back to our hotel just before dinner on Saturday evening. By all accounts they enjoyed themselves!

I hope all of your Club's fundraising events have been going well. The weather has been somewhat mixed, but what do we expect in this country. Once you have finished

the main season, try to find deserving causes to benefit from your efforts. Many of you will have seen the terrible conditions in which the refugees from Somalia are living. Children are dying every day. LCI has now recognised this as a disaster and Lions in Kenya on the border are working tirelessly to get supplies through to where they are most needed. PDG Brenda Wood can give you more information so please help if you can.

Many of you will now start looking ahead to your Service activities in the months ahead. Whether it be for young or old (or those in between) there are those in our community that can benefit from our help. It does not

necessarily mean handing over a cheque to a large organisation - try and find genuine individuals who have a need that Lions could meet. It may be a group of young people who have nowhere to go after school or at weekends. It may be some young single parents that would benefit from an outing, perhaps to the Zoo or a fun park. It could be others who are extremely lonely and need some purpose in their lives. The list is endless but it is up to you and Lions members to find them. I challenge each Lion to think of a new SERVICE activity this year. Let me know what you think!

*Clif Cane*



### Issue 3

#### District Governor's Diary

| SEPTEMBER |                                      |
|-----------|--------------------------------------|
| 1         | Holsworthy OV                        |
| 2         | CHSW Presentation                    |
| 5         | Bodmin OV                            |
| 6         | Wadebridge OV                        |
| 10        | Penzance CA                          |
| 11        | Fun Day Crealy                       |
| 14        | NMA Opening of Lions Shelter         |
| 15        | Kingsbridge OV                       |
| 19        | Bridgwater Branch (Taunton Deane) OV |
| 21        | Newquay OV                           |
| 29        | Newquay TB OV                        |
| OCTOBER   |                                      |
| 2         | Autumn Forum                         |
| 3         | Falmouth OV                          |
| 4         | Helston OV                           |
| 8         | Bideford CA                          |
| 9         | Launceston CA                        |
| 12        | Looe OV                              |
| 13        | Lyn OV                               |
| 14        | Yeovil CA                            |
| 15        | Portishead CA                        |
| 22        | Exeter 50th CA                       |
| 23        | Helston CA                           |
| 28-       | Council of Governors                 |
| 30        | Solihull                             |

**Phew!!!**

**The pace is hotting up**

### Inside this issue:

|                           |          |
|---------------------------|----------|
| District Governor's Diary | 1        |
| Travelling Lion           | 2        |
| Membership                | 2        |
| In Memoriam               | 2        |
| District News             | 2, 3 & 4 |



District Handover at Boringdon Park Golf Club - From Left to Right 2nd VDG Lion Marianne Warren - 1st VDG Lion Julian Chadwick - District Governor Lion Clif Cane & IPDG Lion Neil Rutter

## District News

### In Memoriam

Sadly the following Lions have passed to Higher Service since the August Newsletter

### Exeter

*Lion Syd Matthew*

### Seaton & District

*Lion Peter Mattocks MJF*



*They and their families remain in our thoughts*

### Travelling Lion

|                   |    |
|-------------------|----|
| Launceston        | 52 |
| Babbacombe St M   | 42 |
| Seaton            | 27 |
| Newquay T Blystra | 18 |
| Sidmouth          | 12 |
| Axminster         | 9  |
| Crewkerne         | 8  |
| Exeter            | 7  |
| Yeovil            | 6  |
| Callington        | 5  |
| Saltash           | 5  |
| Crediton          | 2  |

### Nookery Top Care Corridor



### LCIF Aid for Africa Appeal

Lions Club International have now launched an Aid for Africa Appeal. Any Clubs wishing to give a donation should send the cheque to me with following payee 'LCI MD105 Appeal Fund' and **Aid for Africa** on the back.

**PDG Lion Brenda Wood**

**LCIF District 105SW Coordinator**

### Club Twinning

The Multiple District are trying to establish the number of Clubs who are twinned with other Clubs either Internationally or within our own Multiple District. Would Clubs who are twinned e-mail me the information so that I can pass it on to the MD Officer PCC Jacque Prebble.

**PDG Lion Brenda Wood**

**IRO District 105SW - [bwood47@btinternet.com](mailto:bwood47@btinternet.com)**

### Children's Hospice South West

#### Little Harbour Lions Den

**Open Days - Wed 28th, Thurs 29th,  
Fri 30th Sept & Sat 1st Oct**

**10 am - 4 pm**

The CHSW are to hold four days dedicated to Lions Clubs Tours. Any Club wishing to take part in a tour please contact me with the date required so that I can work out a timetable with the Hospice. The tour will take 1-1½ hrs and there will be refreshments at the end of the tour.

**PDG Lion Brenda Wood**

**LCIF District 105SW Coordinator (e-mail above)**

### Membership

Welcome to the following who have recently joined the family of Lions

|                   |                 |
|-------------------|-----------------|
| Babbacombe & St M | Kevin Ward      |
| Bodmin            | James Brewin    |
| Callington        | Philip Thomas   |
| Ilminster         | Jon Swift       |
| Ilminster         | Paul Whaites    |
| Launceston        | Andrew Dunning  |
| Launceston        | Robert Tremain  |
| Plymouth          | Bill Kester     |
| Saltash           | Dawn Jones      |
| Saltash           | Valerie Challen |
| Saltash           | Andrew Rogers   |
| Saltash           | Ann Rogers      |
| City of Wells     | Jane Vernoit    |

#### Reinstatement:-

Barry Willcocks - Plymouth

#### Transfer into District:-

**Falmouth/Penryn** - Stephen Cook from Fleet 105D

**Cheddar Vale** - Marion Adcock from Thurrock 105EA

#### Transfer within District:-

**Nailsea** - Wyn Davies from Burnham on Sea

**Penzance** - Harry Isaacs & Keith Sturdy from St Ives

**Clevedon** - Peter Bird from St Ives

**District Membership as per July reports 1353**

### District Governor's Wife's Appeal for 2011/12

#### Chestnut Appeal for Prostate Cancer

My chosen Charity as Wife of your District Governor is the Chestnut Appeal for Prostate Cancer. Funds need to be raised for two mobile ultra-scanners which cost £ 15,000 each. These mobile scanners also take biopsies and can be taken out into the community in the same way as mobile units checking women for breast cancer.

I hope that Clubs throughout the District will feel able to support my chosen charity and would ask that any cheque be sent to the District Treasurer - payee **MD105SW** with **DG's Wife's Charity** on the back. *Thank you*

*Lion Marjorie Cane*

**don't ignore the signs**  
symptoms can include

• frequent need to urinate, especially at night

• difficulty starting to pass urine

• hesitating or taking a long time to finish urinating

• urine appearing to have blood in it

• your penis leaking urine

• your prostate gland has not enlarged fully

If you have any of the above symptoms, visit your GP. You can also talk to one of our specialist nurses. For more information go to [www.chestnutappeal.org.uk](http://www.chestnutappeal.org.uk)

**support**

• Chestnut Appeal works with prostate cancer charities to raise the profile of the disease and to fund research into the causes of the disease and to fund the development of new treatments.

• Chestnut Appeal also provides financial support to help the cost of treatment.

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**why the big fuss about prostate cancer? it kills 10,000 men a year**

Prostate cancer is on the increase. There are approximately 37,000 new cases each year in the UK.

1. Having a family history of prostate cancer increases the risk of getting the disease.
2. Age - the risk of getting prostate cancer increases with age.
3. Diet - eating a diet high in fat and red meat increases the risk of getting prostate cancer.
4. What does the prostate gland do? The prostate gland is a small, walnut-sized gland that sits below the bladder and in front of the rectum. It produces and stores semen, the fluid that carries sperm from the testicles.
5. Why is prostate cancer so common? Prostate cancer is the most common cancer in men over the age of 50.
6. How is prostate cancer diagnosed? Prostate cancer is usually diagnosed by a blood test called the PSA test.
7. How is prostate cancer treated? Prostate cancer can be treated with surgery, hormone therapy, or radiation therapy.
8. Can prostate cancer be prevented? There is no known way to prevent prostate cancer.
9. Can prostate cancer be cured? Prostate cancer can often be cured, especially if it is found early.
10. How can I help? You can help by donating to Chestnut Appeal, which funds research into the causes of the disease and to fund the development of new treatments.

**IMPORTANT UPDATE**

**Plant a Million Trees**

**The Forestry Commission has Grants available from £ 500 to £ 25,000**

**Grants are for Community Groups to plant where people live and work**

**Funding Applications must be received by 5pm on 5th September**

**Further details available on the Forestry Commission website**

**<http://thebigtreeplant.direct.gov.uk/funding>**

**e-mail: [bigtreeplant@groundwork.org.uk](mailto:bigtreeplant@groundwork.org.uk)**

**DO Lion Ian Snell**

**0845 833 6725**

**e-mail: [info@iansnell.co.uk](mailto:info@iansnell.co.uk)**

**DEADLINE**

Don't forget - deadline for articles to be included in the Newsletter:

**14th of the Month to [news@lions105sw.org.uk](mailto:news@lions105sw.org.uk)**

**Font: Times New Roman -**

**All images to be attached as jpgs**

## DISTRICT NEWS continued

### YOUNG AMBASSADOR 2011/12

It is now time to start searching for your Young Ambassador candidates. Try your local schools and colleges, youth groups, care groups (Red Cross, Guides, Scouts, St John's Ambulance etc) within the right age category.

Entry forms along with the rules and further information can be obtained from the District Website - lions105sw.org.uk under **Youth** but if you have any queries please phone Fred on **01460 72305**.

The District Final will be held on **8th January 2012** at Clapton Village Hall, (nr Crewkerne on the Lyme Regis Road).

A roast lunch will be provided free for candidates and at **£5** per head (two courses) for anyone else attending. **Advance Booking** of the lunch must be made by **5th January**.

**Lion Fred Broom - District Young Ambassador Officer**

### PEACE POSTER COMPETITION - 'CHILDREN KNOW PEACE'

Peace Poster Packs are available from Lion Fred Broom at a cost of £8. Please make cheques payable to Fred. This years theme 'Children know peace' is very thought provoking after the recent problems.

Please **do not e-mail** Fred but contact him on **01460 72305**

Full details are available on the District Website - lions@105sw.org.uk under **Youth** and all entries are to be with Fred by **October 30th**

**Lion Fred Broom - Peace Poster Officer**

### SW's Response to the St Dunstons Appeal

Thanks to the generosity of Clubs throughout the District I am pleased to announce that since the appeal was launched 105SW have raised **£ 5,858.89**.

**Thanks to all concerned for supporting this wonderful cause. District Governor Clif**

### DISTRICT COFFIN DRAPE

The District Coffin Drape is now being held by Zone Chairman (C) Lion Peter Rowe.

Any Club wishing to use the Drape please contact Lion Peter (details in Directory). Please note that the cost of getting the Drape is the individual Clubs responsibility.

**Zone Chairman C Lion Peter Rowe**



### DG's Wife's Appeal 2010-2011 The Air Ambulances of Cornwall, Devon & Somerset

The final figure donated to Val Rutters chosen Charity for 2010-2011 is

**£ 3,276**

Thank you to all the Clubs who generously supported this cause. Cheque presentations are now in the process of being organised.

Thank you

*Val Rutter*

## District 105SW Autumn Forum

**2nd October 2011**

### Okehampton Community College

# NEWFORMAT

- Reduced number of District Officers stands but still including key projects
- **A series on 4 running programmes**  
Introduction to 'My Ideal Club'  
Orientation  
Mentoring  
Environment/Plant a Tree Campaign

**Each programme will run for 30 minutes from 10.30 until 12.30 so you can drop in at any time.**

- **2 Speakers**

The Chestnut Appeal - Lesley Ann Simpson

So you think you are a good Lion? - Lion Alan Harker

- **Any Questions**

Return of a popular feature from the past. This is your opportunity to raise issues with a panel of Lions, experienced and new, chaired by PDG David Atkins.

We want this to be an interesting and informative day **but above all we want to have fun.**

**Please contact your club secretary or look on 105SW website for booking details.**

**Lion Andrew Bryant**

**105SW GLT Coordinator**

**We're on the web  
Lions105sw.org.uk**

**For all District News and  
Information**

## District continued



### Okehampton Lions Club



Host a Concert by  
**Lions Brass 4 Youth Band**



**Saturday 24th September**

**Fairplace Church,  
Okehampton**

**7 pm**

**Tickets £ 5**

**(14yrs and under £3)**

**Doors open at 6 pm**

**Tickets available from**

**Donalds Outfitters**

**United Reform Church Shop,**

**The Arcade, Okehampton**

**and Club Members**

**At the Door on the Night**

**Any queries to Lion Walter Jory**

**01837 53229**

### DISTRICT HANDOVER

#### BORINGDON PARK GOLF CLUB

Handover on 24th July was at Boringdon Park Golf Club for the second year running. An excellent venue and good food was appreciated by those who attended. As you will see from the photo on page 1 the Chains of Office were passed down leaving the Immediate Past District Governor Neil with a new pin rather than Chain.



### MULTIPLE DISTRICT CONVENTION 2012 BIRMINGHAM

Please consider attending the Multiple District Convention next year at the NEC Birmingham. With Birmingham centrally situated it is the perfect opportunity for Lions from all over the country to get together and have a great weekend.

Let's have a strong contingent from SW in Birmingham next year.

**District Governor Clif Cane**



## Welcome

Hilton Birmingham Metropole offers 790 bedrooms, superb leisure facilities with a choice of 2 restaurants and a lounge bar; the hotel is within easy walking distance of the train station and close to the airport.



Make the most of your time here, whether dining, unwinding, exercising or exploring the area.

#### Guest Room

**Eat and drink**  
We have something to suit all tastes, ages and preferences, so you can indulge yourself any time of day or night.



- Dine in style at The Boulevard and Millers
- Unwind in comfort at The Lounge
- Enjoy home from home favourites with room service

#### The Lounge

**Feel invigorated**  
Enjoy time working out, or simply relax and de-stress in our health club.



- Fully equipped Precor® gym
- 2 solariums
- 20m x 20m indoor pool & Jacuzzi
- Treatment rooms
- Sauna & steam room

#### Swimming Pool

**Things to do in the area**  
Let the concierge inspire you with information about the wonderful local attractions on offer.



- Birmingham NEC and LG Arena (0.2 miles)
- Millennium Point, Science Museum & IMAX cinema (8 miles)
- Birmingham city centre shopping (8 miles)
- Sea Life Centre (8 miles)
- Indoor skiing at Snowdome (15 miles)
- Warwick Castle (20 miles)

#### The Bullring

**Special rate of £81.71 (per room, per night) including breakfast and parking. To book visit [www.birminghammet.hilton.com/lions](http://www.birminghammet.hilton.com/lions)**

[hilton.co.uk/birminghammet](http://hilton.co.uk/birminghammet)

The District presented Neil with garden furniture and a Brennan (a hard disk with 160g of memory capable of storing 1500 cd's) and speakers.

Several presentations were made to fellow Lions by IPDG Neil for their service during his year in office.

IPDG Neil Rutter with a wonderful lion print presented to him by his wife Val as a thank you for their memorable year in Office



Owing to the large amount of District News all **Club News** will be in a separate **SUMMER SPECIAL**