



TOUCHING THE  
HEARTS OF THOSE  
IN NEED

## DISTRICT GOVERNOR'S NEWSLETTER

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### ANOTHER CHRISTMAS OVER, ANOTHER NEW YEAR BEGINS

Whilst December and the Christmas period should be 'deep and crisp and even', this year someone forgot to tell the 'boss upstairs' that he is supposed to chill the water drops as they fall so they land as snowflakes and not rain. As I drove around the District this December I came across many flooded fields and swollen rivers, but fortunately that is about as serious as it got in this District.

Other Districts have not fared as well, especially 105SW in Devon and Cornwall and 105BS in North Wales, particularly at St. Asaph. But when the call for help came from District Governor Rob Brown of 105BS, the Lions in this District responded with great speed and compassion as I knew you would.

We were able to immediately send £2,000 to District 105BS from the District's Emergency Aid Funds in advance of receiving donations from the clubs around this District.

I was amazed, made to feel proud and, in some way, felt very humble that your response has been such that, within two weeks, much of the District donation has been replaced through your generosity and that donations are still coming in.

I will be seeing District Governor Rob in a couple of weeks and we will discuss what further help he needs from us. Thank you for your generosity and thoughts for others, truly you are reaching out and 'touching the hearts of those in need'.

For all the years that Jackie and I have been Lions, December is synonymous with Santa's sleigh and street collections and, indeed, it does not feel like Christmas until we have been out collecting. Whilst we as Lions look on this as a fund-raising activity, in reality it also serves as a community service activity as well.

We only have to look at the wonderment in the eyes of the young children and the smiling faces of the adults, especially the elderly and lonely, as they come out to see Santa to realise that we are bringing happiness and joy even if it is for a short period of time.

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### ..... Christmas continued

Since the branch at Brixworth folded, and with it Santa's sleigh, Jackie and I have been involved with Northampton Eighty's manning of Santa's grotto and 'Breakfast with Santa' at our local Wyevale Garden Centre for the past few years.

Unfortunately this year, the new manager decided he would have a 'professional' Santa for the grotto and so my opportunity to support my club by being Santa was restricted to one appearance.

Most of the children were delighted to meet Santa, although one eighteen month old young girl took one look at this strange white bearded person in a red suit and bawled the place down.

Jackie and I did get one other night out collecting with Santa as we were invited to join Bedworth Lions Club on their first evening out with the sleigh, which we were very pleased to accept. We were also 'blessed' with the presence of the Mayor who arrived for the photo shoot at the start of the collection.



I believe the intention was that he would collect with us as his predecessors had but, as soon as the photos were taken, he hopped back into his warm car and shot off somewhere else.

The evening was great fun and Jackie and I would like to thank Bedworth Lions for giving us the opportunity to join them.

**Please circulate to all Club Members**

## LIONS FESTIVE WALK

The few days break over Christmas were lovely and we enjoyed the rest, even though the emails still kept on arriving and we crammed in a Governors Team meeting.

By the end of the month Lion Dave Carter of Knowle and Dorridge Lions Club was right when he said that it would do the District Governor good to walk off some of the Christmas food and take part in their 'Lions Festive Walk'. What Lion Dave omitted to say was the fields would be waterlogged, although we should have known that, and that we would trudge across fields weighed down by half a ton of mud attached to our boots.

Having said that, we enjoyed joining about a thousand other intrepid walkers and managed to complete the five and half mile walk in about two and half hours.



The best part of the walk was the finish and the mulled wine and mince pie (which probably undid all the good the walk had achieved). We would both like to congratulate the Knowle and Dorridge Lions for a well-run event and we look forward to knowing how much has been raised for the various charities.

And now we look forward to a new year and new challenges that face us as Lions. I know you will all face and respond to them with care and compassion and will continue **'touching the hearts of those in need'**.

## And just when you thought there were no more Christmas cracker jokes.....

Q: What did the kidney say to the liver after a big night out?

A: 'Do you know, I feel offall!'

Q: Where do relay teams go for their training?

A: Andover

Q: What do you do with a sick bee?

A: Take him to Wasp-ital!

Jackie and I wish each and every one of you a happy and prosperous New Year.

## DISTRICT CONVENTION

Trying to think of a New Year's Resolution? What better than to make a resolution to attend District Convention on 22<sup>nd</sup> to 24 March 2013 at the Pear Tree Inn and Country Hotel in Worcester.

Convention weekend starts on Friday evening with a themed 'Birthday Party' Host Night full of 'fun and entertainment'. On Saturday there is the formal business session with a chance to air your views on how the District has performed, vote on a number of resolutions and elect the Governors Team for 2013-2014.

At the time of going to press we have the following candidates:

District Governor 2013-2014: Lion Simon Moss

1<sup>st</sup> Vice District Governor 2013-2014: Lion Ian Haffner

2<sup>nd</sup> Vice District Governor 2013-2014: We have three candidates:

1. Lion Anita Bedi-Suri of Coventry Godiva
2. Lion Heather Jeavons of Malvern Hills
3. Lion Terry White of Kidderminster and District

It is also your chance to hear our guest, International Director Benedict Ancar from Romania.

In the evening there is a formal 'Black Tie and Tiara' Banquet. Finally on Sunday there is a chance to talk to ID Benedict Ancar at the end of Convention Question and Answer session.

There are two special package deals

1. Package Booking £260 per couple including two night's accommodation at Convention Hotel (limited numbers)
2. Package Booking £230 per couple at Fownes Hotel, Worcester including transport on Friday and Saturday evenings

There is also a Package Booking for singles which will be £200 at both hotels.

So don't delay, book today.

For further details go to the District website on [www.lions105m.org.uk](http://www.lions105m.org.uk) and look under 'Latest News'.



Please circulate to all Club Members

## PROSTATE CANCER

Last year as 1<sup>st</sup> Vice District Governor and this year as District Governor I have visited several clubs that have carried out Prostate Cancer screenings within their communities.



On each occasion I have thought that it is a good and worthwhile service activity to be involved with, even though it is not an 'official' Lions project. But I'm not sure if I have given it much further serious thought since those visits. Yes, I am aware that prostate cancer is the most common cancer in men and 1 in 9 men will get prostate cancer. Yes, I am aware that men aged 60 and over are most at risk. But I'm not sure I really want to know if I have a problem.

A few weeks ago, I met a Lion who made me start to think differently. He told me that he went to visit his doctor with a pain which he was sure was associated with a back problem. He was shocked to find that he had advanced prostate cancer as it had not crossed his mind that his pain was associated with something as devastating.

Yes, he too knew of prostate cancer, he too knew the risks but, like me, had not taken any steps to check things out. As a result, he has had to have major surgery and undergo extensive related treatment. He told me that, in the short term, things have improved but medium to long term his prognosis is not good.

I made two promises to this Lion:

1. I would try to raise the awareness of men of the dangers of prostate cancer, in particular the male Lions in this District and Multiple District.
2. I would not reveal his name.

Prostate cancer is unique to men as they are the only sex with a prostate gland. Situated beneath the bladder, it is the size of a walnut and produces seminal fluid during intercourse. There are three main problems associated with the prostate gland:

1. The most common is benign prostatic hyperplasia (BPH) or enlargement (BPE). This affects most men from about 45 to 50 years of age onwards.
2. Inflammation or infection of the prostate called prostatitis. This is common in men from between 30 to 50 years of age.
3. Prostate cancer. This is usually diagnosed in men of 60 years of age and over although it can develop unnoticed from a much earlier age.

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Many men with prostate problems do not show symptoms at all and so are completely unaware of it. There are some warning signs such as:

- Changes in urinary habits
- Frequent urinating, especially at night
- Painful urination
- Presence of blood in the urine
- Continuing pain in the lower back or abdomen

Amongst us, there are men who are at greater risk of prostate cancer than others. If we have one close relative who has had prostate cancer our risk increases by three, by five if we have two relatives and by eight times if we have three relatives.

9% of prostate cancer is inherited. The risk also increases by three if we are of Afro-Caribbean origins. About 30,000 men are currently diagnosed with prostate cancer in a year and alarmingly, this figure is increasing by 7.6% per year.

### So what can we do?

Firstly, if we recognise any of these symptoms, we should not be shy but see our doctor for a check-up as many of these symptoms will be associated with the non-cancerous problems with the prostate gland.

Secondly, as Lions, we can raise awareness of the problem within our communities and arrange Prostate Cancer screenings. If you ask the Lion who is on the wrong end of prostate cancer, he would tell every male Lion in this District to let their wife or partner read this, as they will ensure we men act now, be checked and not put our heads in the sand and hope the problem will go away.

At the moment the District does not have an officer within the Health and Environment portfolio that specialises in this area.

Prostate Cancer screenings have been carried out within the District - Kingswinford and Stourbridge and Balsall Common Lions Clubs - and I am sure that, should any club within the District wish to carry out a screening, either of these clubs will be willing to give guidance and share their experiences

**Please circulate to all Club Members**

**DIARY DATES FOR JANUARY & FEBRUARY****District Governor****January**

- 8<sup>th</sup> MD Youth Activities Review meeting (MDHQ)  
 9<sup>th</sup> Thurnby Club visit  
 14<sup>th</sup> Hinckley and Burbage Club visit  
 16<sup>th</sup> Northampton Lions visit  
 19<sup>th</sup> Kenilworth 43rd Charter Anniversary  
 25<sup>th</sup>-27<sup>th</sup> Council of Governors Meeting  
 27<sup>th</sup> Birmingham Exhibition 36<sup>th</sup> Charter Anniversary  
 29<sup>th</sup> Governors Team Meeting  
 31<sup>st</sup> Convention Committee meeting

**February**

- 1<sup>st</sup> Kettering & District 40<sup>th</sup> Charter Anniversary  
 2<sup>nd</sup> Solihull 43<sup>rd</sup> Charter Anniversary  
 5<sup>th</sup> Birmingham Handsworth Club visit  
 7<sup>th</sup> Corby and District Club visit  
 9<sup>th</sup> Bushby Lions 17<sup>th</sup> Charter Anniversary  
 10<sup>th</sup> District Cabinet Meeting  
 11<sup>th</sup> Wellesbourne and District Club visit – TBC  
 12<sup>th</sup> Stour Valley Club visit  
 13<sup>th</sup> Birmingham Chinatown Club visit  
 16<sup>th</sup> Walsall Lions 38<sup>th</sup> Charter Anniversary  
 22<sup>nd</sup>-24<sup>th</sup> MD Young Ambassadors Final  
 26<sup>th</sup> Governors Meeting

**1<sup>st</sup> Vice District Governor****January**

- 4<sup>th</sup>-6<sup>th</sup> District Governor Training  
 15<sup>th</sup> District Finance and Administration meeting  
 22<sup>nd</sup> District Long Range Planning meeting  
 25<sup>th</sup>-27<sup>th</sup> Council of Governors Meeting  
 29<sup>th</sup> Governors Team Meeting

**February**

- 5<sup>th</sup> Sandwell Club visit  
 10<sup>th</sup> District Cabinet Meeting  
 11<sup>th</sup> Lutterworth Club visit  
 13<sup>th</sup> Redditch Club visit  
 25<sup>th</sup> Kingswinford and Stourbridge Club visit  
 26<sup>th</sup> Governors Meeting

**2<sup>nd</sup> Vice District Governor****January**

- 12<sup>th</sup> MD105 Lifeskills Ltd Non-executive meeting (MDHQ)  
 15<sup>th</sup> District Finance and Administration meeting  
 22<sup>nd</sup> District Long Range Planning meeting

**February**

- 10<sup>th</sup> District Cabinet Meeting  
 Zone meetings to be arranged

**LIONS SIGHT SAVERS**

In the District Officers Recommendation List clubs were asked to consider donating £250 to Comprehensive Eye Services and I would like to thank those clubs who have donated so far.

Lions and Sight Savers began working together in the 1970s. Lions Sight Savers is a registered charity donating about £80,000 a year to Sight Savers' work in India through the Comprehensive Eye Services (CES) Programme which provides integrated services of eye care, education and rehabilitation across various communities.

The programme grew from Lions Sight Savers Eye Camps and has resulted in a very large number of people having their sight restored. Originally operations were carried out in improvised conditions but, with time, conditions and funding (some through Campaign Sight-First) treatment is now given in hospitals.

The CES programme is able to offer something to everyone with a sight related problem. A blind person can have rehabilitation or training, a blind child will be helped to be integrated into school and all other eye problems are dealt with appropriately through health education, treatment or surgery.

A Lions Club's donation now buys a share in CES' eye care, education and rehabilitation work and reports are issued to Clubs that donate £250 or more, identifying where their money has been spent. For more information contact District Sight Officer, Lion Linda Cross on [sight@lions105m.org.uk](mailto:sight@lions105m.org.uk)

**MEMBERS**

It is with sadness that I start this section with the passing to higher service of two past Lions: Lion Mike Cornelius from Northampton Lions Club and Lion Doug Wiggins of Redditch Lions Club.

Lion Mike Cornelius retired eighteen months ago after forty years as a Lion, during which time he had served his club and District with distinction. Our sympathy goes to his widow Barbara and his family.

Similarly, Lion Doug Wiggins had been a member of Redditch club for a great many years and it was with reluctance that he retired as his health deteriorated. Our sympathy goes to his partner Sheila and his extended family.

I would like to welcome the following new members into the family of Lions:

Judith Gardener	Kidderminster and District
Philip Boswell	Market Harborough
Liam Barratt	Marston Green and District
Caroline Sykes	Sutton Coldfield and Erdington
Dave Morrow	Wellesbourne and District

**Please circulate to all Club Members**