

# PRIDE OF LIONS

District 105A News, Issue 9  
March 2024

**CONGRATULATIONS DG LESLEY  
SPENCE ON A FANTASTIC  
CONVENTION!**

Read more about this event on page 4.

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**DG LESLEY SPENCE**

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# NOTICE BOARD

## Welcome to the team

Below are the names of the newest additions to our family of Lions as of 1 December.

Congratulations to:

- Gaurang Patel, Friern Barnet Centennial Lions Club
- Dhiren Sheth, Friern Barnet Centennial Lions Club
- Bijan Chehrazi, Heston Lions Club
- Mashid Daae, Heston Lions Club
- Mehrnoosh Daeinezhad, Heston Lions Club
- Harpreet Garcha, Heston Lions Club
- Golnosh Hosseini, Heston Lions Club
- Peiman Hosseini, Heston Lions Club
- Amir Parsayan, Heston Lions Club
- Julian Pereira, Heston Lions Club
- Najmeh Zareimohammadzade, Heston Lions Club
- Radhika Suryavanshi, London Hornsey Lions Club

***To hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given***

– One of the Lions Code of Ethics

# Lions Club District 105A Convention

The Lions Club District 105A Convention was a heart-warming celebration, with an impressive turnout reflecting the enthusiasm and dedication of the clubs in our District. There was a shared excitement for the future, fueled by a commitment to achieving even greater milestones in the coming Lionistic year. At the convention, attendees had the chance to learn about ongoing projects and contribute to a service activity by donating used glasses.

Throughout the day, there was laughter, fellowship, and a sense of unity, thanks to the efforts of District Governor Lesley Spence and the Lions Clubs of District 105A.

As we pass the torch to District Governor Elect Kadambari Shah and the incoming 2024/25 District Governor Team, we anticipate a future filled with continued service and community impact. The convention was a reminder of the power of collective action and the importance of serving others with compassion and dedication.

Here are just a few snaps from convention weekend. More photos will be made available soon, in the meantime, check out the [District 105A Facebook page](#).



## Donation of a £2,750 CADD pump made to Haven House Children's hospice

*By Seven Kings Lions Club*

Seven Kings Lions Club recently donated a £2,750 CADD pump to Haven House Children's hospice, a vital piece of equipment which the hospice required.

A CADD Pump is a new technology, a handheld device that is used for administering medication during end-of-life care. This portable machine allows families the flexibility to choose where they receive care. The CADD Pump can be taken to the child's home if the child and their family wish, and it can be moved with the child if they need to be transported. Specifically, the CADD Pump will serve as an essential tool for training Haven House nurses. The nurse-led unit takes direction on medication from the consultants at Great Ormond Street Hospital where a CADD Pump is pre-programmed with the correct dosages by the consultants at GOSH and sent to Haven House for the nurses to manage.

Until now, Haven House nurses would only ever encounter a CADD Pump when managing the symptoms of a seriously ill child at the end of life, which is a very pressured time to learn how to use a new piece of equipment. Seven Kings Lions Club have enabled Haven House nurses to



practice with the CADD Pump regularly and become familiar with the equipment so that when the time comes, they will be able to use it confidently.

## Tree planting at the Swaminarayan Temple

*by Wembley Lions Club*

Lion President Vinod Varsani is pictured here at the Swaminarayan Temple, Stanmore, for the tree planting activity on behalf of Wembley Lions Club. The club donated £101 to this cause.



## Message in a Bottle features on BBC's Crimewatch

On the morning of 19 March, Lion's Message in a Bottle was featured on BBC Crimewatch!

You can obtain your FREE Message In A Bottle from [our website](#), and it could truly save a life.



## Maintenance of our Avenue of Oaks

*By Newport Pagnell & Olney Lions Club*

A little while ago, we planted two 'Avenue of Oaks' consisting of 10 young oak trees in each one. One avenue is in Olney and one is in Newport Pagnell. This was a part of our commitment to Lions Centennial celebrations and to reflect Lions commitment to the environment. It is also our gift to the two towns, and we hope it will last for 100 years!

Three of our club members spent some time looking after the trees; clearing the areas of weeds and grasses around each tree, and then spread some new mulch around each of them. Note: this part of the field is mostly unmowed to encourage any wildlife (mainly birds and creepy-crawlies). In fact, they came across a wasp nest in the ground near one of the trees!



## Easter egg donation

*By Wembley Lions Club*

Easter Eggs were delivered to Action Homeless Concern by Lion Secretary Rita Tanda and Lion Madhu Patel.

These eggs were collected and donated by the Club.



## Redbridge Centennial Lions Club (CIO) donated £300 to Redbridge Talking Newspaper

*By Redbridge Centennial Lions Club (CIO)*

Redbridge Talking Newspaper provide a free service to anyone who is having trouble reading. They are a local charity producing free weekly local news in audible form. They record local newspapers and magazine features onto USB memory sticks. These are sent and returned to them for free by post. Anyone having difficulty reading due to visual impairment or other physical disabilities can benefit from this service.

Redbridge Centennial Lions Club (CIO) are proud to be sponsoring this amazing local charity and happy to contribute to the commendable service they do for people with reading disabilities.



## Community collaboration

*By Letchworth & Baldock Lions Club CIO*



Thanks to the stallholders, Love Letchworth, and Letchworth & Baldock Lions Club CIO for their support, making it a fun (if not exhausting) day, and helping with the visibility of our Lions Club. We also managed to hand out some MIAW! Overall, it was a great success.



# NATIONAL HQ - BIRMINGHAM

# Recycle for Sight

UPDATE · UPDATE · UPDATE · UPDATE

I am pleased to send you all an update regarding the Lions Spectacle Recycling from your National Headquarters. This update highlights our ongoing efforts and achievements in getting glasses to those who desperately need them whilst promoting sustainable practices to improve our environmental consciousness through the recycling of eyewear.

## KEY ACHIEVEMENTS:

- 1. Collection Initiatives:** We thank all the Clubs who are working so hard to continue to collect spectacles across the country. Our dedicated volunteer team at HQ have successfully sorted at least one million pairs of spectacles this year alone and that number is increasing.
- 2. Community Engagement:** We have actively engaged with the local community by introducing volunteers to sort the spectacles through local awareness campaigns and invitations to visit the sorting operation. This has led to a positive shift in public perception of Lions and how they serve generally and people who might not think they had an opportunity to volunteer are now doing so.
- 3. Partnerships:** The Lions Recycling Programme has established working relationships with opticians, optometrists, eyewear retailers, and community centres to enhance our collection network. You, our members have worked so hard on forging these relationships and again we thank you for your continued efforts. These collaborations have meant you are very visible when collecting spectacles and hearing aids meaning we are no longer 'a well kept secret'.
- 4. Processing and Recycling:** The recycling that takes place in Lions Clubs HQ offers volunteering opportunities to local people ranging from school age to those well into retirement age. We have recently organised a weekly visit from a school whose pupils have various degrees of learning difficulties and disabilities. These young people want to volunteer and the glasses project offers them an opportunity to do some basic sorting of glasses and allows them the chance to volunteer in their community.
- 5.** Any materials recovered from sorting spectacles are directed towards responsible recycling methods, minimizing the environmental impact. All waste material that cannot be used is collected and incinerated to supply energy for the National Grid. We do obtain a small donation from some metals within the spectacle recycle process which enables us to cover some costs and overheads.
- 6.** We have managed to send glasses to Mali, Ghana, Chad, The Gambia, Tanzania, Nigeria and Ukraine. We have recently sent 35 boxes of glasses to the Ukraine and 5 boxes of hearing aids. We will be sending glasses to Medico France – which involves a cost sadly but we can find no way of transporting the glasses free of charge but we would like to continue the relationship with Medico and send some of our spectacles over to the Lions French operation.
- 7.** Please continue to follow the process and send glasses in during the first week of each month - we do appreciate there must be some flexibility in that process but this has allowed us to get on with sorting during the other three weeks of each month. Again many thanks for phoning in to book a slot which is really assisting our own organisation and knowing when glasses are arriving.
- 8. Educational Programmes:** We have successfully visited schools locally to make the younger generation aware of the importance of recycling eyewear and its contribution to sustainability and other environmental issues. Once we are able to visit schools we have the opportunity to talk about the many other fantastic Youth Projects Lions can offer to schools.

## CHALLENGES AND FUTURE STRATEGIES:

- 1. Public Awareness:** We have a new website [www.lionsrecycling.co.uk](http://www.lionsrecycling.co.uk). The website explains where our glasses move on to and the success this programme has had nationally.
- 2.** We plan to intensify our visibility on various digital platforms and visit more community events to reach a broader audience now that we have the website in place. Again that gives the opportunity to talk to a wider audience about the work of Lions generally and our other great projects.
- 3. Logistics:** Streamlining the logistics of eyewear collection and transportation will be a focus in the coming months. We know there are many glasses still in various locations around the country and we will try and identify where they are and by communicating together we can try to formulate a planned approach to receiving the glasses into National HQ.

The Lions Glasses Recycling Initiative at National HQ has made significant strides in promoting eyewear recycling and environmental responsibility. We have addressed a number of challenges and the project continues to grow. We appreciate fully your hard work and your ongoing support for this wonderful project which not only gives sight to those who might otherwise be blind but also in our responsibilities



environmentally. Please remember we don't just recycle glasses and hearing aids we also recycle foreign coins and old currency for our Gift for Living Project and Bras where we work in partnership with Breast Cancer UK, postage stamps for baby charity SANDS The Stillbirth and Neonatal Death Charity.

We will continue to update you and please have a look at the new website and may we wish you all

The information in this update relates to the Birmingham recycling operation and we should not forget the wonderful work carried out by the Lions in Chichester - if you want to know about the Chichester operation then please view their website <https://www.chilions.org.uk/specs.htm>



# Out and about with DG Lesley

Find out what our DG has been up to recently

Hello Lions of District 105A,

I missed my entry to last month's Pride of Lions. It was such a busy period, full of commitments for both Lions and my own family, that even the extra day for Leap Year didn't help. So, with your permission, I will take perhaps a little more time and space to reflect on, and celebrate some of the events of the last two months.

Throughout the period, Lions clubs within our District have continued to meet in friendship and service, as seen through your Club Facebook pages and the service recording. The numbers for our District alone are truly amazing. You are all amazing, Thank you for all you do for others within your communities.



## February

1 February: London Host Club visit



4 February: Year of the Dragon Celebration Lunch with London St James's Lions Club. Smiles and good wishes for the New Year. Lovely to meet and get to know some of the many members of the club.

6 February: Tring Lions Club visit - a club with a big heart. So much service going on in the local community and help going out to help other clubs within our district.



7 February – Swapping Banners at London Finchley Lions Club.



14 February: Year of the Dragon Street Party with London St James's Lions Club. Organisations coming together in partnership to ensure a great time was had by all.



15 February: Visiting Barking Lions Club, where I had the honour of induction five new members.



16 to 18 February: Young Ambassador Finals in Dudley. District 105A and MD winner - Liliana Noor.

19 February: Visit to the Rickmansworth Masonic School for Youth Exchange Camp.

20 February: Working with Chris, Satnam, George and Peter on the convention script, slides, and music, making adjustments where necessary. Thank you to the team who made it all run smoothly on the day.

21 February: Official Visit to MK Stoney Stratford Lions Club

### **DG Team meetings**

22 February: Discussion re the upcoming convention.

### **Drop-in session**

22 February: 10 min focus - Reporting Service. Thanks to Lion Penny for taking us through the process – 105A are still holding the record for reporting service but District CW are catching up fast.



25 February: the Senior Citizens Celebration. I enjoyed working with the team and visiting tables with the mayor.

It was a brilliant event; great to see so many people willing to help with the preparations and clear up. Just wonderful to be part of the magic and service that makes this such a great day! The smiles said it all.

Many thanks to the Lions, helpers and family members, you certainly did our seniors proud.

26 February: Emails and reminders to all convention speakers and the Lions involved in the opening ceremony. Thank you again to all those who played a part in making the weekend so special.

29 February: Credentials committee meeting and producing the ultimate list of District 105A Clubs – number of delegates and voting rights for the committee and for use by credentials officers at convention. The new delegate rules and payment of dues according to the January invoices made the job more difficult this year but overall clubs did a great job. Many thanks to our District Treasurer and all club treasurers and secretaries for all their work throughout the year.

**March**

4 March: Official visit to Mill Hill Lions Club.

6 March: Official visit to London Acton Lions Club



11 March: Official visit to London Platinum Lions Club. Wonderful to meet so many of the members at their dinnertime meeting.



12 March: United Nations Day at the Palace of Westminster. PDG Kav's first official duty as Council Chair Elect was giving the vote of thanks.



17 March: London Platinum first Charter Anniversary with their very own Dragon Dance.

**DG Team meetings**

1 March to 3 March: we saw our very own District 105A Convention begin with the cabinet meeting and a fun Elvis host night on Friday, and then to the business meeting beginning 9am on Saturday morning with our International Guest Barbara Grewe, plus some inspirational speakers on hunger (LCK), the environment, bees, youth, and the Lions Roar Program. Not forgetting, of course, the presentations by our Young Ambassador Liliana Noor, and our Symposium attendees Lions Bobby and Aurora.



Moving on to the amazing Saturday evening banquet and ball and disco. A wonderful evening of friendship, fun and dancing. The Q&A session on Sunday morning was well attended and ended with us all being challenged to think about what our “restart button” was. That act of service, kindness, or compassion that you have witnessed or felt ensures you don’t just wear the badge of a Lion, but also feel the beating heart of a Lion. It is the day you know why you became a Lion and why you continue to be a Lion.

*So many thanks to all the individuals who worked so hard for the weeks before and over the weekend to ensure everything ran smoothly and resulted in everyone having such a great time. District 105A Lions at their very best. You certainly gave me and others, I'm sure, such an unforgettable weekend. Thanks to all, the DG team, the Convention Committee, the speakers on the day, and Lesley's crew.*

**District Conventions attended**

8 March to 10 March: District SC Sandra, Swindon, host night with the theme of western dress. On the Sunday morning we had a Q&A session with acting DG, DG Elect, and other members of cabinet



15 March to 17 March: District CE DG Paul Southerton's convention. Although a different process, there was great camaraderie socially. The host night was a cops and robbers theme, and in the evening there was a bake off competition and a raffle. There was also a Q&A session with International guest PID Gary Andrson.



22 March to 24 March: I attended the CW Convention. The host night on Saturday evening had a Dad's Army theme, and it was a great evening filled with entertainment.

