



Issue 2: August 2025

Pride of Lions



LIONS YOUTH EXCHANGE PROGRAMME 2025

Find out the amazing activities this year's group participated in on page 7.

**GIVE THE GIFT OF SIGHT: LIONS
VISION SCREENING FOR
CHILDREN**

Page 3

DG Lion Harvinder Virdee

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TABLE OF CONTENTS



3	GIVE THE GIFT OF SIGHT: LIONS VISION SCREENING FOR CHILDREN
4	A BLOOMING SUCCESS
5	DONATION TO FURZE DOWN SCHOOL
5	SERVICE, SUPPORT AND SWEET TREATS
5	SOUTH HARROW FOOD HUB
6	MODEL CLUB
6	LEO OF THE YEAR AWARD
6	CERTIFICATE OF APPRECIATION
7	LIONS YOUTH EXCHANGE PROGRAMME
8	NEW VOICES: REINA MENEZES DCOSTA
9	NEW VOICES: MANISH JASHANI
10	DG HARVINDER CORE BRIEF
11	DG HARVINDER VISITS

Give the gift of sight: Lions Vision Screening for Children

Imagine the moment a child sees the world clearly for the very first time.

Through our Vision Screening programme for children under the age of 7, we have the power to transform lives, one child at a time. You can help open doors. Reach out to schools through Governors, Head Teachers, or personal contacts, and invite them to take part in this life-changing initiative. Screenings can take place in schools or community venues across our district. Many vision problems, when detected early, can be corrected to give children the best possible start in life, free from the barriers poor eyesight can create. This service is completely free, and its impact is immeasurable.

All screenings are conducted under strict GDPR standards by approved, DBS-certified Lions, ensuring peace of mind for families.

Let's make Vision Screening a project every Zone in our District can be proud of. Together, we can ensure our youngest generations see the world with clarity, confidence, and opportunity.

We already have a team of trained Lions ready to deliver screenings and support others in receiving approved Multiple District training - ensuring coverage across our district.

If you know of any schools that may be interested, please share their contact information with:

- Past International Director Geoff Leeder, childsight@lions105a.org
- Immediate Past Council Chair Kavaljit Dev, ds@lions105a.org

Let's bring vision, hope, and opportunity to every child who needs it.



A blooming success

Last October, Lion Aurora embarked on her gardening journey at the Horsenden Grape & Honey Farm. With the kind support of Joseph, the allotment administrator, she was given a plot to manage and guided with both advice and access to essential machinery.

Aurora was warmly welcomed by her allotment neighbours:

- Hugh, who shared his tools, helped dig, and taught her how to use the rotavator.
- Lucy, who gave her a tour of her plot and shared valuable tips.
- Michael, who provided natural remedies to help with slow-growing peppers.

The plot had been left unused for more than three years and was completely overgrown and littered. With determination and a little help from Lion Satnam, Lion Andrea, and Hugh, she was able to clear the land and prepare it for spring. Her hard work was rewarded with a thriving crop of vegetables, most of which she generously donated to friends, family, neighbours, and the Harrow & Pinner Lions Food Hub.

Today, her allotment continues to flourish. Squashes, pumpkins, corn, courgettes, peppers, and tomatoes are ripening beautifully, promising another season of growth, sharing, and giving.



Donation to Furze Down School

Winslow Lions Club made a donation to Furze Down School towards the purchase of their new minibus. The bus will help pupils access activities, trips, and opportunities beyond the classroom. The Club thanks everyone whose support made this possible.



Service, support and sweet treats

Lions Barbara, Frances, Lorraine, and Terry attended an OPALS event to raise awareness of Message in a Bottle and Message in a Wallet schemes, sharing these life-saving initiatives with the community.



Lion Barbara also organised a wonderful afternoon tea in aid of Breast Cancer Now, supported by friends, residents, Brunch in the Marlowes Centre, and the Co-op. Guests enjoyed delicious treats and games such as quoits, giant snakes and ladders, and Play Your Cards Right.



The afternoon raised over £350, bringing people together for fellowship, fun, and an important cause.

South Harrow Food Hub

Each week, Harrow and Pinner Lions run their Food Hub with support from the London Community Kitchen, local supermarkets, and coffee shops. Joined by Kenton Lions, Heston Lions, and dedicated volunteers, the Hub is about more than food – it's about community and care. Member Aurora even donates fruit and vegetables from her own allotment. Soon, Harrow & Pinner Lions will celebrate their 150th Food Hub, a milestone made possible through teamwork, generosity, and service.



Model Club

The Club is proud to be recognised as a Model Club in support of LCIF's Campaign 100. This international honour celebrates Lions who go above and beyond in fundraising and service. Their commitment reflects the Lions' mission to create meaningful change and support humanitarian causes worldwide.



Leo of the Year Award

The Club is delighted to share that Pearl Arnold has received the Leo of the Year Award, one of only 30 presented worldwide. This prestigious honour celebrates outstanding achievement and leadership. Special credit also goes to Lion Doreen, whose dedication has placed Fairlop Lions Club firmly on the map.



Certificate of appreciation

The Club was honoured to receive a certificate of appreciation from Zone Chair Tony Kalsi. Recognised for raising the highest amount of funds in the Zone, and achieving the most cataract operations, members are proud of this achievement and grateful for the acknowledgment of their ongoing service and commitment.



Lions Youth Exchange Programme

This summer, District 105A proudly hosted the Lions of the British Isles Youth Exchange Camp at the Royal Masonic School for Girls in Rickmansworth. From 11–21 July, 27 young people from around the world came together for a programme of friendship, culture, and service.

Day 1 began with a warm welcome as 26 participants arrived at the school, settling in with their host families and meeting fellow campers.

By Day 2, the group were already bonding over a lively BBQ and karaoke evening, filled with music, laughter, and new friendships.

Day 3 saw our guests head to London, where they experienced the Changing of the Guard at Buckingham Palace before enjoying a picnic in the capital's historic surroundings. The following day, after a morning visit to Cambridge, the group joined Lions at The Cloisters in Letchworth Garden City. There, they helped sort and pack more than 7,000 spectacles for recycling and learned about our Message in a Bottle and Message in a Wallet schemes. Their hard work was rewarded with a well-deserved feast of pizza, chips, and cakes – teamwork and service at its very best.

The camp concluded with a special Youth Exchange Celebration Dinner, bringing together host families, Lions, and friends to mark the end of an unforgettable 10 days. A huge thank you goes to the host families, organisers, District 105A, and the MD105 Foundation Trustees whose support made this year's camp possible.

Together, Lions continue to build understanding among the peoples of the world.





New Voices

Interview with Reina Menezes Dcosta, member of
London Next Generation Lions Club

What first drew you to join Lions Club?

I am already very actively involved in the community with women's empowerment work and felt that I would like to be associated with a large charity like Lions, therefore I joined.

How did you first hear about Lions?

I got invited to a Lions event on Healthy Eating and met a lot of like minded people who were Lions members, so learnt about the charity from them.

What inspires you most about being a Lion so far?

I am inspired by the work that Lions do worldwide on so many important causes.

What Lions Events have you been attended/involved in so far?

- I have organised a sponsored walk for a Children's Charity
- I attended the Environment Day and planted two saplings for my son's Environment Day as well
- I have linked up with another Lion on Neurodiversity and will be organising more work around this
- I have attended Charters and formation of a new Club. I have completed various training and attended the District Convention.

What difference do you hope to make through Lions Club?

I believe that actions speak louder than words, and I continue to do various service activities in the community to serve and make a difference.

Tell us something about yourself that no one else knows

I am an advisor of CRY UK – helping the children of the Slums in Mumbai India I have helped connect CRY UK to another Club to see if they would like to be involved in supporting them.

What would you say to someone thinking of joining the Lions?

I would say come and see if it is right for you.



New Voices

Interview with Manish Jashani, member of Hatch End Centennial Lions Club

What first drew you to join Lions Club?

The humane work that Lions Club charity do that is dedicated to in assisting people who are less fortunate than us, in line with Lions motto “We Serve”.

How did you first hear about Lions?

I knew about Lions from my days in Malaysia, where I have attended one or two functions that Lions hosted, and more recently through my wife who attended a Bingo event organised by Hatch End Centennial Lions Club.

What inspires you most about being a Lion so far?

I am inspired by the variety and dedication shown by members towards a variety of causes. This involved organising various projects in assisting people.

What Lions Club events have you attended/got involved in so far?

We became members on 17 July this year, and so far we have attended the lunch organised by the Club at the Gastro Pub, and plan to attend the fundraising Golf Event on 29 August at Stanmore organised by our Club.

What difference do you hope to make through Lions Club?

I hope to be actively involved in the various activities in promoting Lions values and individual Club's goals.

Tell us something about yourself that no one else knows

I love meeting people who are involved in rational discussions. I collect stamps and First Day Covers and I enjoy music I recently attended the BBC Proms concert by Anushka Shankar.

What would you say to someone thinking of joining the Lions?

It is one of the best things one can do to help oneself in terms of contributing to society at large.



DG Harvinder Core Brief

“Alone we can do so little; together we can do so much.”
– Helen Keller

The new Lions year has kicked off to a strong start. Our first Cabinet Meeting is already behind us, and it was amazing to see so much passion and commitment in one room. It reminded us why District 105A is known for always leading from the front. But this year, we're aiming even higher.

Our global challenge is Mission 1.5 i.e. to have 1.5 million Lions worldwide by July 2027. For us, that means welcoming 196 new members this year. Wow! But the important part: is not just about adding new Lions, it's about retention. Every Lion should feel like they belong, that they matter, and that their voice counts. So let's bring recruits into our projects, celebrate their ideas, showing them the friendship and fun that makes being a Lion so special. That's how we became Lions for life!

Obviously, Lions are not just about numbers. We're about service. Recruitment makes us stronger, but service gives us purpose. When we roll up our sleeves and deliver projects that matter, people see who we really are.

This year, we are spotlighting on four powerful areas of service:

- Youth: lifting up young leaders and giving the next generation the confidence to shine.
- Environment: making our communities greener through tree planting, clean-ups, and sustainability.
- Vision Screening: giving children the gift of clear sight and brighter futures.
- Mental Health: supporting those who struggle in silence and spreading awareness.

These are not just projects. They are opportunities to change lives, inspire hope, and show others why being a Lion matters.

Fellow Lions together, we can exceed our membership target, strengthen our service, and expand our impact. With passion, unity, and fellowship, I know we will achieve great things. Let us continue to lead from the front, because we are in A Team.



DG Harvinder visits

Attended Waltham Forest LC 9th Charter. Delighted to give Charter and carry out Handover ceremony. Pleased to induct new member. Plus collected from Club 150 pairs of spectacles for recycling.



DG Harvinder’s August summary

Meetings	Events
<ul style="list-style-type: none"> • Global Service Team • Finance Committee, • First Cabinet • DG Team x 2 sessions • Global Action Team • District Sustainable Goals • Global Membership Team 	<ul style="list-style-type: none"> • Youth Camp Welcome • Aria Club Branch • Litter picking with Youth Exchange • Youth Exchange Gala evening • Heston & West London LC • Collection of spectacles from Potters Bar • Hatch End Charity Golf



District 105A Lions



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Do you have a story that you would like to share in the next issue of Pride of Lions? Please submit your article to: pol@lions105a.org.uk

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