



MIDLANDS NEWS

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The new Editor introduces.

Lion Ken Barker has hung his keyboard up and handed the baton to fellow Shirley Lion, Jaap de Jonge. Ken will be a difficult act to follow, but I will do my best. There will be a few additions to the traditional content of this newsletter. We will add an editorial and a short article written by a cabinet member about his or her job in the cabinet, highlighting the projects our district is involved in. Lion Barbara Dutton, Diabetes Officer, is the first to submit her article.



Another new column we will start are newspaper reports of your activities. Please let them come thick and fast. Preferably scan them as jpeg files and email them to me.

Our district is being very fortunate to be in the middle of the Multiple District with many national and international activities taking place here. We will be giving a lot of attention to these events as it is a great opportunity for us to take part in these events without the need to travel far. Although I am only a relative new member, the few conventions I visited were very motivating. You can only enthuse yourself so much, taking part in these events will help you a lot to stay focused as a Lion.

Let me know if you have ideas that can make the newsletter more relevant. I am always open to suggestions and criticism.

I would like to end with asking you to submit articles about your club activities. Those that have happened, but also those that will take place. Remember, knowledge is power! It will make next issue hopefully less Shirley centred!

Europa Forum 2014 30/10-2/11 2014



The European Lions convention will take place at the Hilton Metropole at the NEC, near Birmingham airport and Birmingham International train station. It could not be more convenient, even those coming by car are 5 minutes from the M42. And for us in the district this is a great opportunity.

The business part of the convention is free of charge. The top class social events do have a charge. For us living nearby, we can take part without incurring hotel costs, but even for those who do like to stay close to the action, there are very good packages available.

Please visit <http://europaforum2014.org> and register. District M should be the best represented District at this event. We have no excuse.

Barbara Dutton, Diabetes Officer District 105m.



I cannot imagine my life without my Ferrero Roche, my Baileys and regular portion of Tiramisu.

Yes, I have a very sweet tooth and I'm a chocoholic. But if I had diabetes I would have to forgo these treats, so for that reason alone I dread developing the condition. Then of course there are the consequences that I could have-- visual impairment which can lead to eventual blindness, heart attacks, strokes, circulatory problems often resulting in amputation of the lower limbs, kidney problems requiring dialysis. I do not want to be a victim of any of these.

Until I had this appointment as diabetes officer I had, like many people never really given diabetes much thought even though I had owned and been the registered manager of two retirement care homes where several of the residents suffered with diabetes.

My first introduction to diabetes was when I was in my twenties, having a meal in an Indian restaurant with some friends when one of the boys collapsed in a diabetic coma, literally, into his curry. He was type 1 but was very careless with his insulin injections. Unfortunately he never regained consciousness and died aged twenty-six.

I also have a friend of some forty years who has type 1 since childhood and was fanatical about her injections and eating habits. In spite of this, although the same age as me, this once lively and energetic girl is now a decrepit old lady in a wheel chair having had two toes amputated and losing her sight.

Of course I know of others who manage to control their condition, living normal lives, though one friend tells me that her husband can always predict her sugar level by her appearance combined with her becoming forgetful and slurring her words.

Frequently the symptoms of diabetes type 2 individually appear to be too trivial to consult a doctor so by the time the condition is diagnosed it is well established and cannot be cured. This is why awareness and prevention is so important.

Research and development play a prime part in finding a cure so the collections arranged in conjunction with Tesco and Diabetes UK provide a major contribution towards funding this progress. Last month Lions took part in the second such collection which was very successful.

Any diabetes activity generated by clubs all serve to demonstrate Lion's commitment to serving their community.

Remember that type 2 diabetes is not curable but is preventable.

It is estimated that there are 850,000 people in the UK with undiagnosed diabetes and the Diabetes Federation predict a global epidemic by 2030 with one in ten having the condition.

Everything that Lions can do will help to prevent this.

District Handover 13 July

Around 100 people gathered in the St. Johns hotel in Solihull to witness Lion Simon Moss handing over the chain to our new DG, Lion Ian Haffner. After a lovely lunch we heard now IPDG Simon review his year. It was a year of much action and DG Ian Haffner will take some of the actions forward and will definitely put his own stamp on his reign. Although Simon looked back with much satisfaction on his time in office, like running for his wife's Christine charity, Mee and Dee, for which he raised much money, he was very disappointed that he did not end the year with more members in the district. By the end of the year we ended on a minus. How many depends on where you put the line, but somewhere around 8. Simon mentioned that the vast majority were members for less than 3 years. Simon asked clubs to do more to

recruit the right people and when we have them, to keep them. The new International President Joe Presion, wants every Lion to bring in a new member. Something that fits in with the MD 105 "Just Ask" campaign . Simon mentioned the fact that during his time £281,384 was raised. But also this number was incomplete as only 27 clubs had returned the numbers. He mentioned that in order to be able to inform the wider community, we need to know the facts. The same was valid for other activities like spectacle collections.

Although Lion Simon steps down as DG, he will be active as District Communication Chairman and MD Convention host committee chairman.



**IPDG Lion Simon Moss
and DG Lion Ian Heffner**

Lion Ian followed with his plans for the new year and introduced his cabinet. Most were well known people who have been around for some time.

His wife, Lion Joy, introduced the DG's wife chosen charity project, which is covering certain homeless centers around the District. She is supported by a team from all over the district who liaise with local centres. Although money will be collected, the team is after goods, like clean underwear! Yes, everything a human being need is welcome. Money received will be spent on goods which the team will donate to the centres.

The Homeless Centres Joy has chosen to support are: P3 in Zone A with Barbara Dutton; Sifafireside in Zones B, C and D with Stewart

Sherman, Terry Smith and Heather Lee; Emmaus in Zones E and G with Pauline Fanti and Lorraine Shipley; St Paul's in Zone F with Geoff

Lewis or Joy, The Hope Centre in Zone H with Cath Kendall and The Dawn Centre in Zone I with Sarah Hill. Please be in touch with these Lions and check what items are needed. Joy trust all Lions and Partners will support her.



**Outgoing DG couple Lion Simon and Lion Christine
and in coming DG couple, Lion Ian and Lion Joy**



Lion Joy introduces her team for her charity

Update Stop Press

This came just in before this newsletter went to print. A great start to Joy's campaign:

Just to let you know I made the first drop to SIFA FIRESIDE yesterday from Birmingham Chinatown. It comprised...

Ladies Shoes 30 Pairs, Mens Shoes 20 Pairs, Books 150, Mens trousers 20 pairs, Mens Shirts 10
Mens T Shirts 30, Ladies Trousers 10 pairs

Shirley Lions Carnival a roaring success

The sun shone down on revellers at this year's Shirley Lions Carnival which took place on Saturday 12th July. The annual event saw thousands of people descend on Shirley Park for an afternoon of fun events and attractions and bask in temperatures more common with further afield as the mercury rose near to a whopping 30 degrees.

The many attractions included hook a ducks and temporary tattoos, paintball, tin can alley, miniature train rides, a birds of prey demonstration and musical performances by local groups.

Following the official opening by Solihull MP Lorely Burt, the Shirley Pipe Band kicked things off with a marching display in the main arena.

Entertainment continued with performances from the Animated Dance Academy, the Pauline Quirke Performance Academy and the Ashiqui Belly Dancers. The Shirley Churches Together provided their own unique performance whilst the Village Hotel gave a demonstration of their Grit Series Plyo Class.

Carnival Chairman, Lion Ken Barker said: "This



year we introduced some new elements to the Carnival and they certainly went down well with the crowds. The day went off fantastically and we were delighted that the weather was so wonderful – it really does make a difference to events such as this." "We had a great turnout which will hopefully mean we have raised a lot of money for good causes" The Lions are still totting up the final figure but is hoped in the region of £6,000 will have been raised.



National Memorial Arboretum.

Leo the Lion, the latest addition to the Lions Shelter at the National Memorial Arboretum, was delivered on a very wet, rainy, Saturday 19th July by two of the volunteer wood carvers Ted and Ken.

The third carver, Pete, was unable to be there as he had been in hospital. These wood carvers have also been responsible for the carving of many more wooden sculptures throughout the Arboretum .

There to receive Leo were the District Governors from 105 BS, Lion Carol Godden and 105M, Lion Ian Haffner, with their partners along with PCC Lion Mike Cooke and PDG Lion Henry



Woodgate who have managed this project from its' inception.

Also there were Barbara Woodgate, Lion Martin Conlon, and not in the photograph were PDG Lion Alan James and his wife.

Whilst there the new "In Memoriam" containing the names announced at the Multiple District Convention was placed in the display case.

If you have not already done so, a visit to the Lions Shelter at the Arboretum is well worthwhile and there is so much more to see so why not arrange a Club visit!

DON'T CALL ME SHIRLEY

Another busy year ahead – that's how Lion Ken Barker sees it as he takes over as President of Shirley Lions Club from Gillian Conlon.

"Gillian will be a really hard act to follow", said Ken. "She has had a really successful year during which time the Club has continued to serve the local community as well as raising thousands of pounds for many worthy causes"



"Our Lions Club enjoys a high profile and a great deal of support from local companies and residents in the area, especially through Shirley Carnival which the Club has been organising for over 35 years"

Ken's first event as President was the Carnival which took place on Saturday 12th July in Shirley Park where co-incidentally he was also the Carnival Chairman

Very shortly after sees the annual Blythe Valley Fun Run on Sunday 14th September and then before we know it will be

the run up to Christmas with the Lions Sleigh taking to the streets of Shirley.

"This is what being a Lion is all about," said Ken. "There is no resting on your laurels as one event follows another. Great though the Carnival was all members are now geared up to the Fun Run and we would like to see fellow Lions proving they are not too old to run the 5k or 10k course. To enter online please visit www.runnersworld.co.uk/blythevalley10k

In the Papers

PAGE 20 www.solihullobserver.co.uk

Istanbul trip wheels in £11k for charity



Shirley Lions President Gillian Conlon and Mayor Joe Tildesley present the cheque for £11,014.35 to Fundraising Manager Tracey Finegan. From left to right: Mark Stokes, Gillian Conlon, Joe Tildesley, Tracey Finegan, Bob Tench and Liz Cottier.

BOB Tench and Mark Stokes spent 35 days at the height of last summer's heatwave cycling from the Marie Curie Hospice in Solihull to Istanbul in Turkey.

Averaging 80 miles a day, they each completed a 2,635 mile trans-continental cycling marathon that took them through 12 countries and followed the route of the River Danube for much of the way.

From the outset their aim was to raise £10,000 for the Solihull Hospice and that figure has been well exceeded - as highlighted when outgoing Mayor Joe Tildesley presented a cheque for £11,014.35 to the Marie Curie Solihull Hospice on behalf of Shirley Lions Club and the Istanbulbust bike team.

Eight months after completing the ride, Bob and Mark have had time to reflect on their experiences.

Mark, a member of Shirley Lions Club, said: "For both of us this was the most gruelling and arduous experience of our lives.

"The heat was our biggest enemy and despite drinking a litre of fluids every hour we each lost a massive amount of weight - sadly all now put back on.

"But most importantly, the people we met were along the way overwhelmingly generous and welcoming. And none of the money raised went to finance the trip, which we paid for out of our own pockets."

Full details and photos of the quest can be viewed at the blogspot [istanbulbust2013](http://istanbulbust2013.blogspot.com).



Bob Tench and Mark Stokes celebrate their success in front of the Aya Sofya in Istanbul in August 2013.

the Wilkes

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