



The International Association of Lions Clubs

District 105SC



> "Changing the World" AUGUST 2023 EDITION

The Acting DG's Leader... "Changing the World"

My fellow Lions of 1055C ...



t is my privilege to serve you this year as your Acting District Governor. This year will be a big learning curve for me as I have yet to begin the 1st Vice District Governor training!

Thankfully, I have an excellent support network with four Past District Governors to keep me on the straight and narrow.

- It will be a busy year as Lion Dianne Hopkins, Second Vice District Governor, and I aim to visit as many Clubs as we can between us. My diary is already looking rather full but I am going to make sure I find time to write a blog to share my journey with you. Teamwork will be very much a theme of this year as your Cabinet will work together to support you.
- Hot off the press! I am pleased to say that our District Fun Day at Marwell has been booked for Sunday 9 June and that Lions Judith Goodchild, Lisa Rust and Dianne Hopkins have agreed to take on the organising of the event. Last Lions year half the Clubs in our District took part and the feedback was really positive, so don't forget to put the date in your diary for 2024.
- I am looking forward to serving our District this year. In International President Lion Dr Patti Hill's words - together we can be "Changing the World".

Lion Sandra Acting District Governor

Fellow Lions ...

- I would like to say a big thank you to you all for the support and friendship for my District Governor year. It was a year of a few downs but the vast majority were the ups and for me to see the vast amount of work you did as individuals and as Clubs made me very proud. One of the highlights must be the District Fun Day at Marwell where we had around a thousand young and old through the gates and I know they had a great day and I also know our Lions really enjoyed it.
- Annie and I were made most welcome at the Charter Anniversaries we attended and thank you for your hospitality once again an apologies to those we had to miss for whatever reason. You have been extremely generous to our charity "My Cancer, my Choices" and on Monday 14 August we will be attending their premises to hand over a cheque for a grand total of £11,500. **THANK YOU.**
- Well that is it. And now I am moving to my new roles and Immediate Past District Governor, Finance Chairman, adviser (with the other three PDGs to hold my hand) and MD Events Chairman for three years.
- But I couldn't finish without saying thank you for all the kind words and support offered during this cancer illness and my time going through chemotherapy. I just had number three this week but there is some good news since my PSA has dropped from 40 to 12 and my consultant is very pleased and when they do the test again, Annie and I will receive even better news. Keep your fingers crossed for us.

Time to put my feet up, have a drinking chocolate and rest. hanks again.

Lion Dave IPDG for the BEST District



GST - The big picture

Introducing the Global Service Team

The GST consists of many Lions from all over the District who have taken on the roles of promoting various aspects of service. A big thank you to all last year's Officers for all the input you gave.

It was a proud moment at Multiple District Convention to see LionYorkyTuke honoured with the Bert MasonTrophy for all the work he has done over the years with regard toYoung Ambassadors.This year is the 50th year of Young Ambassadors, so let's find lots of youngsters to take part.

Sixty eight percent of Clubs reported service activities last year and clocked up 26,044 hours recording 1,245 service activities. Imagine the figures if every Club reported their service activities. If you are finding it difficult to record, please contact me and I will be able to help. It would be great if we could get more than 68 per cent of Clubs reporting this Lions year.

Some of last year's Officers have stepped down and other Lions have come forward to take their place. My thanks to them for volunteering to take on a role in GST.

LCI Service Themes:

Lion PaulaThorpe - Childhood Cancer Officer; Lion Gillian Clancy - Diabetes Officer; Lion Judith Goodchild - Environment Officer; Lion Ian Hambleton - Hunger Officer; Lion Mark Cooper - Vision Officer; and Lion Peter Burnett - Vision Camera.

Youth Officers:

Lion Pat Nixon - Youth Chairman; Lion Geoff Curtis - Leos; Lion Frances Bond - Peace Poster/Poetry; Lion Eric Warner - ROAR/Young Leaders in Service; Lion Heather Blackley -Young Ambassador; and Lion Steve Sherring - Youth Exchange

Project Officers:

Lion Pat Nixon - Alzheimer's and Dementia Awareness; Lion Sandra Manktelow - Brain Tumour Research Appeal; Lion Judith Goodchild - Competitions; Lion Dave Ebsworth -Dentaid; Lion Geoff Curtis - Message in a Bottle/MedicAlert; Lion Brian Proctor - Prostate Awareness; and Lion Frances Bond - Speech, Hearing, and Learning

Lions Judith Goodchild, Di Hopkins and **Lisa Rust** have agreed to take on the organisation for District Fun Day at Marwell. This has been booked for Sunday 9 June 2024.

I wish all our Officers a successful year and look forward to serving as your GST Coordinator.

Lion Sandra Manktelow

GST Coordinator gst@lions105sc.org.uk

More of the bigger picture





I am delighted to be continuing in my role as 105SC Lions International Foundation Officer. I will continue to deal with any issues and queries that you may have and if I don't know the answer, I will find someone who does!

Melvin Jones Fellowships – my usual reminder. If your Club is wanting to award an MJF, please allow a couple of months before the date you wish to make your presentation. I am always willing to complete applications on behalf of Clubs, but if undertaken by the Club, I recommend sending a copy of the application to me just in case I need to follow up.

As a District, Clubs and individuals are generous in the support of our charity, the Foundation.

Donations can be made the old-fashioned way by cheque or by BACS to our District Treasurer. Please, if you are wanting your donation to go to a specific cause such as disaster relief or childhood cancer, then please make that clear.

Remember you can read about our Foundation on the International website where there is information covering all things to do with the Foundation, including details on the various grants.

I look forward to working with you in the forthcoming Lions year.

Lion ann Huntley MJF

District 105SC LCIF Coordinator lcif@lions105sc.org.uk



Lions Brain Tumour Research Appeal

This month my thanks go to Highworth & District, Petersfield, Ringwood & Fordingbridge and Warminster Lions Clubs who have recently donated £2,854 to the appeal between them.

A big thank you too to my Club Petersfield whose Lions who have raised more than £3000 this year from activities. One of our members has a long-standing friend with a brain tumour, so she has thrown her heart and soul into supporting the appeal. An activity is in the pipeline for September – a cake sale. If your Club is holding an event for the appeal, please let me know. Your idea might inspire others which could be shared across the Multiple District.

Lion Barrie, or should I say Mermaid Barrie, raised £1,135 from his sponsored walk up Butser Hill. His fame has spread far and wide.

PDG Lion Mary Ann Woodman is now leading the Multi-District Appeal. She has lots of ideas to reach our target of £1 million. She organised a bucket collection at a football match and is hoping that this can be rolled out in all the Districts both to raise awareness as well as collecting donations. Imagine how much we could collect at a Premiership match!

Please follow our Lions appeal on Facebook – type Lions Brain Tumour Research into the search engine to find it. Once again, many thanks to all Clubs who have supported the appeal this year. Remember it's not too late to donate!

Lion Sandra Manktelow Lions/Brain Tumour Research Appeal Officer btr@lions105sc.org.uk

Matters of moment and ideas

DG's Month August

Acting DG's Month

7 Aug: Petersfield Lions Business meeting
10 Aug: Poole Lions Boat Trip
Mid-August: Travels with our campervan
21 Aug: Petersfield Lions Social meeting
22 Aug: Petersfield Lions Toy Tombola
26 Aug: Stubbington Fair - supporting Fareham Lions
30 Aug: 1VDGs via Zoom
31 Aug: Brain Tumour Research Officers Zoom meeting



Symposium 24 to 26 November 2023 at the Abbey Hotel, Redditch

Are you a younger/younger in-service member of your Club?

If so, this could be for you if you have been a Lion for five years or less.

The weekend will be driven by your needs. At previous Symposiums some of the topics covered have included – how can we change, conflicts, communication, leadership opportunities, service journey, projects...

If you are interested, please contact me as soon as possible for all the details. Please note that I need to get nominations forms to MD by Saturday 30 September.

Lion Sandra

Acting District Governor Sandra Manktelow <u>dg@lions105sc.org.uk</u>

CREATIVE IDEAS

Why do we need creativity?

A close Lion friend is editor of a local parochial magazine and he has one very keen correspondent who sends him the same article every month on the grounds that the readers might not have read the previous one. He advised the correspondent (who is an accomplished writer) that she should be more creative.

What did he mean? Essentially, come up with something new.

In a previous life, I had a client who decided to import French bread from France (which is not that far away) and he wanted this to make news. French bread was readily available in the local supermarkets (albeit always just a little stale) and my client's unique selling proposition was that he would bring it in from Saint-Malo (our nearest ferry port) early every morning. He needed publicity and I came up with the idea of showing the first of his ovenfresh loaves being unloaded, not in a van off the car ferry as they would be every day thereafter, but as a single loaf on a pallet board, swung ashore from a cargo boat by a towering crane. The local media, press, radio and tv loved it, especially when down that same vessel's gangway appeared the French baker who had actually made it. I wanted him to be swung ashore on the same pallet board but health and safety, etc.

Though I say it myself that was being creative and fortunately everyone involved, from the operators of the cargo boat, the dockers to the crane driver, thought the idea was creative enough to go along with it.

Like Barrie last month, let your mind think what might at first seem to be the unthinkable and work out how to make it happen. And let the media love it.

Lion Peter Tall MJF MCIM MCIPR

More Matters of Moment

Welcome New Lions

A warm welcome to 12 new members to Lions International and best wishes to them for a long and happy time as a Lion.

BRADFORD-ON-AVON - Lions Betty Rogers, John Rogers and Mark Rowson

CALNE - Lion Jo Yabsley

MAIDENHEAD - Lion Carol Pearce

MELKSHAM - Lion Jane Lowson

NEW MILTON - Lion Simon Carter

SWANWICK - Lion Tim Cooper

WOKINGHAM - Lion Marion Naylor

WOODLEY & EARLEY - Lions John Bennison, Carolyn Law and Trisha Lomax

Acting DG Lion Sandra



Changing the world with International President Lion Dr Patti Hill

Dear Lion

I believe that the power to make the world a better place is in our hands. Our impact is what makes being a Lion do special. Every small act of service creates a personal impact, and the collective impact of our kindness can change the world forever. That's why "Changing the World" is my message to Lions and the world.

Changing thr world begins with us. It begins when we change the lives of the people we serve and find ourselves changed as well. It groes when we change our communities by bringing them to the table and inviting them to become the change they wish to see. It multiplies when we show the world that real change is truly possible and that Lions are changing the world - one life, one relationship and one community at a time.

Serving as your International President is an incredible honour. You and I together can make a difference. Let's be bold and lead the way forward to a better future and a world of change.

Lion Dr Patti Hill

International President

PASSED TO HIGHER SERVICE

Lion Colin Ames passed away in June after a brave battle with cancer. He was a very active member of Maidenhead Lions, and Colin's subtle and observant sense of humour made him a brilliant Tail Twister, always finishing a meeting with wit and logical comments about each member, making everyone laugh and leave in good spirits. A great asset for any Club.

He retired in 1995 after a distinguished career as chief executive of the Home Grown Cereal Authority. Then he advised the government of newly independent Ukraine on worldwide grain marketing, a function previously managed directly from Moscow.

We all join Colin's wife Maddie, sons Gavin and Alastair, and six grandchildren with our sympathies, and our great respect for this very amiable and capable man.

"Judge a man by his questions, not his answers."

National Lions Award for Lion Yorky Tuke

Lion Yorky Tuke, one of the longest serving members of the Ringwood & Fordingbridge Lions Club, and one of the longest serving District Officers for Youth in this area, has been awarded the Bert Mason Memorial Trophy.

The trophy was presented to him by the Immediate Past District Governor, Lion Dave Ebsworth, at their Club meeting held at the Trinity Church in Ringwood. Lion Yorky was nominated for this award by his peers because of his continued outstanding participation in his Club and District's contribution to working with youth. Lion Yorky has worked tirelessly, promoting the Young Ambassador project which seeks to recognise young people in District 105SC who have made and continue to make an exceptional contribution to the lives of people in their local communities.

Making the presentation Lion Dave said: "Over the years I have got to know Yorky and he is a kind, generous man for whom nothing is too much trouble... and he has been the driving force behind the Young Ambassador programme in our District."

Lion Yorky is pictured on the front page of this edition holding the trophy, together with his wife Dot who helps him and the Club with all their activities and who received a Certificate of appreciation from Club President, Lion Phil Gregory.

Lion Bert Mason was the International President in 1984, the only Lion from the Britain to attain that distinction. The trophy was dedicated to his memory and is awarded to one person in the United Kingdom each year for services to youth.



- Voltaire

THE INFAMOUS TUTTI Frutti Fruit Machine!

Earlier this year, Reading Lions joined the Loddon Valley Treacle Fayre bringing along their infamous Tutti Frutti fruit machine.

OK, the continuous crowds also helped to raise the funds that will be put to great use but the Fruity Lions taking part had as much fun as those who dropped their money in the slot.



Tutti is available to use FREE to other Lions Clubs and artwork is available should any Club wish to make its own. Visit: www.readinglions.org.uk/fundraising/ tuttifruitimachine.html

"If only we'd stop trying to be happy we could have a pretty good time."- Edith Wharton

Abingdon Lions go M.A.D.



For the second year Abingdon Lions have been delighted to support a local secondary school during their "Make a Difference" (MAD) week.

Two students spent the week with Club members at their storage, repairing, painting and sorting equipment for the forthcoming summer event under the supervision of Lion Richard Terry.

For helping the Lions to make a difference, Club president Lion Lesley Donovan presented the students with Lions Certificates of Appreciation.

ARE WE UNIQUE?

This year PDGs Lion Judith and Lion John Goodchild are Presidents of Hook and Odiham Lions and Loddon Valley Lions Clubs respectively.

Have a husband and wife ever been Presidents simultaneously? If so please let us know.

We have always supported each other's Clubs' projects but this year will see us doing so even more.

Lions Judith and John Goodchild



Andrew and Katy



Luke and Kerenza

"Growing up is losing some illusions in order to acquire others." - Virginia Woolf



Maidenhead Lions celebrate their Golden Anniversary

To mark this special occasion, Maidenhead's MP, the Rt Hon. Theresa May was invited to unveil a tree in Kidwell's Park.

On Friday 7 July, with the Mayor of Windsor and Maidenhead Councillor Neil Knowles in attendance, members of the Club gathered around the tree to see Mrs May unveil the tree and its brass plaque to mark this milestone.

The tree was specifically chosen so that it is visible to the town's residents, especially when big events, such as the Maidenhead Festival in which the Club participates, are being held in the park. The tree is a Cherry Bird, a native tree that flowers and produces berries that birds enjoy.

Lion Gerry Tekerian, who organised the 'adoption' of the tree, said he had been inspired by an article in the Sentinel by Zone Chairman Haynes. The tree will also give The Club greater visibility in the community and with the current concern about climate change will show that the Club can take a lead, even if it is just one tree at a time, to protect the environment health of the community.

JENNIFER AND JANE VISIT LIONS HQ



Wokingham Lions Jennifer Rawsthorn and Jane Bentley, who have both been Wokingham Lions for just over a year, made a visit recently to Lions headquarters in Birmingham Ostensibly the visit was to collect 800 Message in a Bottle kits (Lion Jennifer has recently taken over as MAB Officer) and to find out more about their SpecTrek collections. They also combined this with meeting the team and finding out more about the functions of the Lions' HQ

Lion Jennifer continues the story. "Brigitte and Jan made us very welcome and were extremely generous with their time, giving us a grand tour of the HQ building, explaining how it serves the local community as well as being the Lions' centre of administration. They answered the many questions that we had as new Lions. We also met a team of volunteers who were sorting glasses, preparing the MABs and getting ready to volunteer for a local charity event at the weekend. We learnt a great about the Lions in Britain and role of HQ, plus we came away with four huge boxes of our MAB kits plus handfuls of posters, leaflets and, of course, we did some shopping and bought some Lions apparel too!"

"Patience is not the ability to wait, but the ability to keep a good attitude while waiting." - Joyce Meyer



The Fleet Lions are celebrating their 50th birthday! Fifty glorious years of serving their local community.

So they started their celebrations in the town's Carnival procession on 1 July by illustrating the major events they organise for the people of Fleet - the Fireworks, the Beerfest and their Santa float.

They also hid 50 fantastic stones (seec above), decorated with lions, along the Carnival route with prizes for the finders. And they had also organised the marshalling of the procession!

They plan to brand all their events and activities with the 50th theme - Beerfest aprons, baseball cap, car stickers, etc. What a great excuse for promoting Lions in the town.

Childhood Cancer

As the Fleet Lions celebrated the handover into their 50th year and outgoing president Lion Mark Cooper gave an award that was extremely overdue. He presented Lion John Geering with a Melvin Jones Fellowship. Lion John's dedication, commitment and action know no bounds. He's been working for years not only on Fleet Lions' behalf but also for many other Clubs in and out of the District. He has been instrumental in setting up Fleet Lions as a CIO and also many other Clubs. He has been Fleets' treasurer and a valued advisor on the Board of Trustees for many years. Most people just do not realise how much work he has put into the Club.



HAPPY BIRTHDAY

FLEET LIONS

September is Childhood Cancer Awareness Month

What could your Club do to support families and those affected by cance through your service activities?

There are many affiliated charities that assist the Health Service such as *Make a Duck Foundation*, *Beads of Coiurage*, *Sophie's Legacy* and the *Teenage Cancer Trust*.

Please contact Lion Paula Thorpe for details. District Childhood Cancer Awareness Officer pmthorpe60@gmail.com

"A little inaccuracy sometimes saves a ton of explanation." - Saki



Then President Lion Claire Mangers-Page with Leo the Lion see the parents and children off on their trip to Marwell Zoo

Wokingham Lions Club were delighted to join in and support the District Fun Day to Marwell Zoo in June.

The Lions teamed up with local charity Me2 Club to provide a great day out. Me2 Club is an inclusion charity that supports children and young people with additional needs and disabilities aged five to 19 years to take part in mainstream leisure activities, recruiting and training volunteers to 'buddy' one-to-one with them, so they can join in and have fun by accessing a range of activities.

Eleven families took part; 27 children and 26 parents having a wonderful family day out together. For one Me2 teenager, it was the first time they had been able to experience a zoo. Many travelled on the coach the Club hired and were waved off by Leo the Lion. Some also travelled under their own steam, where this was more appropriate. We provided packed lunches for everyone to enjoy.

A great day out was had by all. Comments included; "Thank you so much Wokingham Lions Club. It was such a lovely day!" "We thoroughly enjoyed the activities at Marwell Hall and the zoo!" and "We had a fantastic day at one of our son's favourite locations. Wonderfully organised, we loved being able to spend some time in Marwell Hall painting the rocks".

A brace of Melvin Jones Fellowships for Wokingham Lions

Two members of the Wokingham Lions Club have awarded Melvin Jones Fellowship for their outstanding contributions to the Club. At a Charter Anniversary/handover dinner on Friday 30 June, Lions Debbie Slay and Ian Grange were presented with the awards by Immediate Past President, Lion Claire Mangers-Page.



"Debbie Slay has been a member of our Lions Club for 15 years, and is deserving of the MJF Award. She has been

President twice, served as Secretary and Social chairman, produces a quarterly newsletter and is currently in charge of public relations and marketing," Lion Claire said.

"Lion Ian Grange is equally worthy of the award. A member for seven years, Lion Ian is our



social media guru, who posts constantly on Facebook, Instagram, Twitter, LinkedIn, and now Threads. During lockdown, he kept our Club alive both socially and financially by livestreaming weekly pub quizzes on Facebook. He also helps out with our Re-Tec project, recycling used laptops," Lion Claire added.

"The ordinary is the proper domain of artists, the extraordinary may be safely left to journalists."

WOKINGHAM LIONS DONATE TO MAY FAYRE BENEFICIARIES CAMP MOHAWK AND THAMES HOSPICE

Wokingham Lions Club were delighted to invite the main May Fayre 2023 beneficiaries, Camp Mohawk and Thames Hospice to their July Business Meeting. Each charity was presented with £4,000 from the proceeds of The May Fayre by President Lion Lyn Baily.

Camp Mohawk is a multifunctional day centre for children with special needs and their families.



Samantha Rosier, Fundraising chairman for the charity told Wokingham Lions, "We will use the money to refurbish our Sensory Room, to provide options of both calming and stimulating environments. Sensory rooms play a pivotal part in assisting with the development of children with sensory issues.".



Layla Pipe, Senior Community Fundraiser for Thames Hospice said, "On behalf of us

all at Thames Hospice, I would like to thank the Wokingham Lions for the £4,000, which could fund six weeks of vital end-of-life care for two patients at home. We rely heavily on support from groups such as the Lions to help fund our care and it is very much appreciated". - James Joyce

ARE YOU READY TO TAKE PART IN OUR COMPETITIONS?

I am organising two competitions.

THE ENVIRONMENTAL PHOTOGRAPHIC COMPETITION

All the rules can be found on the website (lions105sc.org.uk/clubs/competitions.html) All the pictures should be taken locally in the British Isles and be 8" x 10".

They need to be with me by Friday IDecember to for judging by the DG team before submission to MD.

THE BARRY RICHARDSON TRAVELLING LION COMPETITION

To simplify reporting, all I now require is an email with the name of the Club who are visiting, the name of the Club or event visited (e.g. Zone Meetings) and the names of the visiting Lions. I will verify these with the Club or event organizer.

Please do start visiting — you can get a lot of fun by doing so and you can also learn a great deal. Again all the rules can be found on the website as above.

There are several awards which you can work towards by conducting service projects and then REPORTING them on mylion. Judging of the following will be dependent on what the GST team can find out from your reports. These awards are:

IAN BIRCH MEMBERSHIP BILL FIELD SIGHT JOHN GREENAWAY INTERNATIONAL LEO PLUMLEY DAVE FBSWORTH ENVIRONMENTAL

Information on all of these can be found at lions105sc.org.uk/clubs/awards.html

PDG Lion Judith Goodchild

Competitions Officer 105SC Email competitions@lions105sc.org.uk Sentinel's eye on...

The Events Calendar

Club events for the next three months and updated month by month are listed here

Club Events: August, September and October 2023

- ALTON Second Saturday of the month, Lions Craft Markets
- BRADFORD ON AVON Sunday 17 September, Family Fun Run and 5k Race; Saturday 7 October, Comedy Evening
- DEVIZES Saturday 14 October, Lions Arts Coaching Day
- EASTLEIGH Monday 28 August, Duck Race with Swanwick Lions
- GUERNSEY Saturday 19 August, Lions Donkey Derby: Wednesday & Thursday 23 & 24 August, Lions Stall at the Annual North Show
- ◆ JERSEY Saturday 26 August, Lions Great Muddy Fun Run
- NEW MILTON Sunday 20 August, Lions New Milton Town Show
- ROMSEY & WATERSIDE Wednesday 9 August, Club Business Meeting; Monday 28 August, Nomansland Village Fair; Wednesday 13 September, Club Business Meeting; Saturday 16 September, Bookstall in Romsey Cornmarket
- WESTBURY Sunday 3 September, Vehicle Show
- WINDSOR Sunday 29 October, Swimathon

Webpage - www.lions105sc.org.uk/events

District Diary -Finance Committee Meeting

Sunday 8 October via Zoom

LIONS WIT

My wife asked me: "Is it just me, or is the cat getting fat?"

Apparently "No, it's just you," is not the right answer.

A Gift for your Club! Wild Tribe Heroes Books

Cabinet has agreed that every Club will receive a set of The Wild Tribe Heroes books.

These are a series of seven books dealing with plastic pollution, climate change and habitat loss and are aimed at primary school aged children. These books are a very good way for teachers to tackle environmental problems with children, as well as being appealing stories.

By presenting schools with a set of these books future links can be made. In Junior Schools this could open the way for Lions to talk about ROAR.

Initially the books will be sent to the Zone Chairmen, (except for Zone I where separate arrangements will apply), who will distribute them to the Clubs. We hope that you will welcome this gift but if you do not wish to receive it then please tell your Zone Chairman who can then give it to another Club.

More information about the books can be found at https://wildtribeheroes.com

To purchase extra sets of books, email <u>ellie.jackson@wildtribeheroes.com</u>. For Lions the cost is £40 plus postage, which is a considerable saving on the price elsewhere.

Please let Ellie know that you are purchasing as a Lion.

PDG Lion Judith Goodchild

Environment Officer 105SC





The Editor has the last word ...

With the number of articles from two sources in particular I was tempted to rename this edition either the Wokingham Times or the Manktelow Messenger. Notwithstanding, I am grateful to all the contributors to this somewhat bumper edition and particularly to our Immediate Past District Governor Lion Dave, or Ebbo as he is affectionally known. I'm sure we all wish him well in his new roles and are delighted with his good news.

We are living in times when our community services are more needed than ever and "Where there is a need, there is a Lion" has never been more true. By these pages I am confident that all our Clubs are meeting the challenges these times pose. Lion Peter Tall



Please send all articles and pictures

for publication in the DISTRICT 105SC SENTINEL to the Editor, Lion Peter Tabb, email : news@lions105sc.org.uk