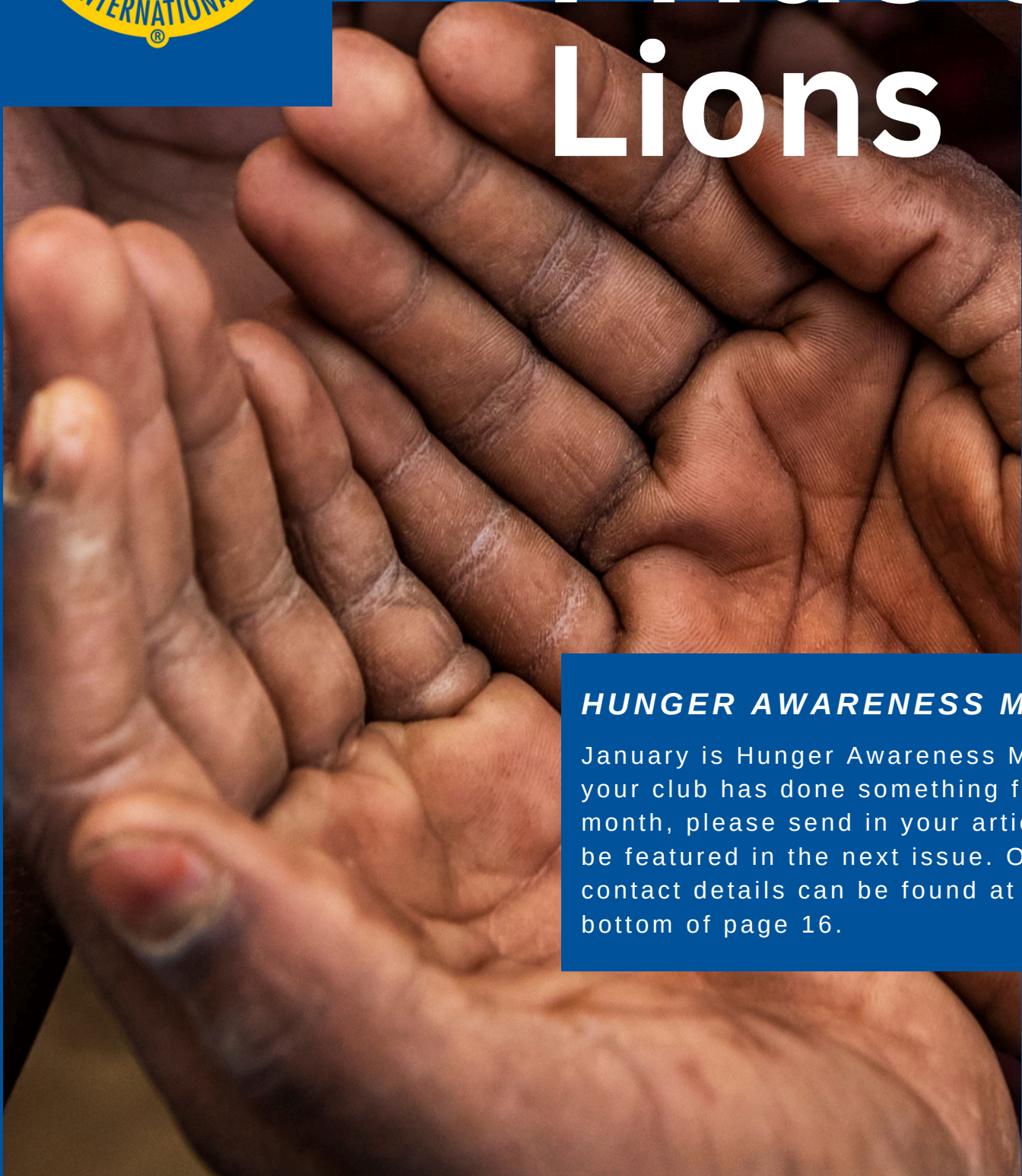




Issue 7: January 2025

Pride of Lions



HUNGER AWARENESS MONTH

January is Hunger Awareness Month. If your club has done something for this month, please send in your article to be featured in the next issue. Our contact details can be found at the bottom of page 16.

**The formation of
a Club Branch**

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DG Lion Kadambari Shah

www.lions105a.uk



@LionsClubDistrict105A

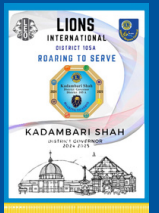


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NOTICE BOARD

Welcome to the team

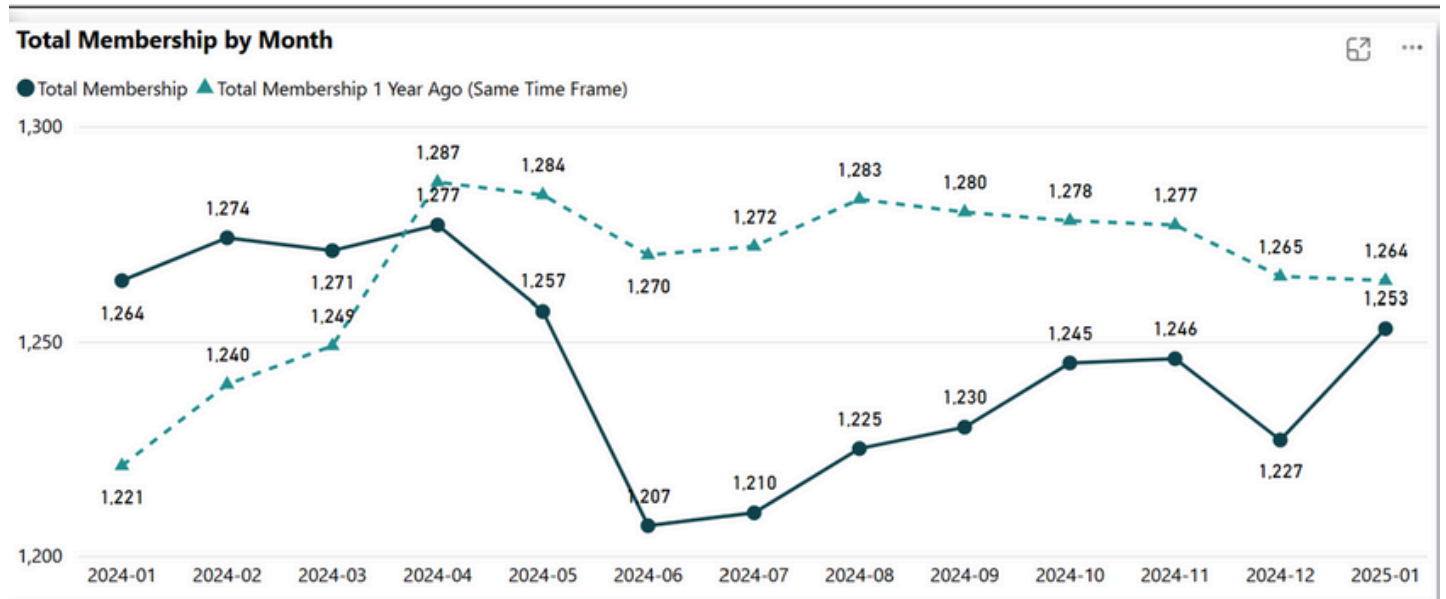
A big congratulations to our new members! We're excited to work alongside you as we continue our mission to serve and support as many people as possible.

- Roma Kealy, Bedford Lions Club
- Darshini Joshi, Chipping Barnet Lions Club
- Kamaljit Bhogal, Ealing Lions Club
- Kulwant Singh Viridi, Ealing Lions Club
- Raghbir Notta, Ealing Lions Club
- Vinod Sabharwal, Ealing Lions Club
- Parul Metha, London Hendon Lions Club
- Mayank Shah, London-Finchley Lions Club
- Sandeep Sharma, London-Finchley Lions Club
- Archana Khosla, Redbridge Centennial Lions Club
- Deiljeet Kaur, Wanstead & Woodford Lions Club
- Shabbir Kaka, Enfield Lions Club
- Amir Kapadia, Enfield Lions Club
- Rajesh Shah, Enfield Lions Club
- Tatjana Djurdjevac, Heston Lions Club
- Beena Gossain, Heston Lions Club
- Mohammad Reza
- Elizabeth Patricia Traore-Andony, London Central Host Lions Club
- Emmanuel Abolaji, London Fortitude Lions Club
- Kaajal Champaneri, London Fortitude Lions Club
- Arif Devji, London Fortitude Lions Club
- Ashok Inamdar, London Fortitude Lions Club
- Alfred Samuels, London Fortitude Lions Club
- Grace Samuels, London Fortitude Lions Club
- Akshay Shah Shah, London Fortitude Lions Club
- Hiren Shah, London Fortitude Lions Club
- Manoj Shah, London Fortitude Lions Club
- Rajni Sokhal, London Fortitude Lions Club
- Sunny Sokhal, London Fortitude Lions Club
- Ashwin Vaghela, London Fortitude Lions Club
- Gopal Dabasia, London Platinum Jubilee Lions Club
- Bansari Rupani, London Platinum Jubilee Lions Club
- Jaishri, Osterley Lions Club
- Anjana Sethi, Redbridge Centennial Lions Club
- Baljit Singh Sethi, Redbridge Centennial Lions Club

Message from District Governor Kadambari

Well done to District 105A - we are roaring to serve!

At the beginning of this Lionistic year, we set a challenge to the District to come out of transition (have more than 1250 members) by the end of Lionistic year. My heart felt thanks to everyone for achieving this goal in just 6 months!



So far this Lionistic year...



volunteer hours



27
new members



276,744
people served

District 105A Convention

Get ready for a glittering experience that celebrates the heart of our Lions community - your dedication to service!

This will be our Diamond Anniversary: the 60th District 105A Convention. Expect a day filled with uplifting moments, engaging discussions, and inspirational talks that remind us why we serve.

This event will be a celebration of the incredible impact our members have made. Together, we'll reflect on our achievements, forge stronger connections, and reignite our passion for making a difference. Don't miss this opportunity to be inspired, share your stories, and embrace the future of service. This is your chance to meet the future leadership of our District too.

Let's get ready to make a difference together!

Speakers



PID Elisabeth Haderer
International guest and
keynote speaker



Colonel Leona Barr-Jones
Inspirational speaker



Manjiri Gokhale-Joshi
Motivational speaker

HOW TO BOOK

Don't miss your chance to join us for this unforgettable event. Click the link below.

[Book food & register](http://www.lions105a.uk/booking47)

www.lions105a.uk/booking47



[Register ONLY](http://www.cognitofrms.com/)

[www.cognitofrms.com/
LionsClubsDistrict105A/](http://www.cognitofrms.com/LionsClubsDistrict105A/)



District Young Ambassador Final

Lion Doreen Allen, Young Ambassador Officer

On 12 January the District Young Ambassador Final took place alongside the District Cabinet meeting. We had five excellent candidates with diverse projects.

Joshua Patel, aged 15, with extensive and consistent volunteering at the weekly Gratitude Food Bank also arranges food collections. He was sponsored by Harrow & Pinner Lions Club. Erika Skingsley, aged 17, sponsored by Fairlop Lions Club has volunteered consistently for five years at her local Community Hub, bereavement and Dementia groups, coached Football teams and supported the local Childrens home. Charlie-Rose Hill, aged 15, who has led an eco-warrior's environment group for three years, and was sponsored by Hemel Hempstead Lions Club. Tyra Bannerman-Hull, aged 16, is the Youth Mayor of Islington, Youth Councillor, and an anti-knife crime mentor sponsored by Chipping Barnet Lions Club. Ruby O'Brien, aged 16, suffered a brain tumour four years ago and has created awareness and raised significant amounts for Brain Tumour Research. She was sponsored by Milton Keynes Central.

The three judges spent the morning listening to candidates, interviewing them, and learning more about their volunteering achievements. After lunch, candidates, supporters, judges, and District Lions gathered for the results. The Judging Panel Chairman praised all candidates and highlighted the tough decision they faced. The District 105A Young Ambassador for 2024-2025 was revealed: Erika! She will represent our District at the MD Final in February at Dudley and attend our Convention in March.

Congratulations to Lion President Bob and the Fairlop Lions Club for sponsoring such a worthy winner.



Fellow Lions, there are young people like these in YOUR communities – the search starts now. Give them the recognition they deserve and enter next year's Young Ambassador Award. As always, I am here to help.

LIONS OF DISTRICT 105A PRESENT

An afternoon of fun and joy

22ND ANNUAL SENIOR CITIZENS CELEBRATION



16TH OF FEBRUARY 2025

Byron Hall,
Harrow Leisure Centre,
Harrow, Middlesex
HA3 5BD

BINGO
MUSIC
GOOD FOOD
AFTERNOON
TEA

DETAILS
TO
BE
CONFIRMED...

STAY TUNED!



District Cabinet Meeting and Young Ambassador Winner

On 12 January, we held our first District Cabinet Meeting of the year, setting the stage for an exciting and productive 2025. The meeting was filled with discussions, plans, and updates that will shape the months ahead.

One of the key topics was the calendar of upcoming District events. The Senior Citizens Celebration, our flagship event, will take place on 16 February, bringing together members of the community for a day of joy and connection. The District 105A Diamond Anniversary Convention will follow from 28 February to 2 March, marking a significant milestone. Looking further ahead, the London Central Host Lions Club (the first Club to be formed in the UK) will celebrate its Diamond Anniversary on 6 April.

A highlight of the meeting was the District Young Ambassadors Competition, where we were delighted to announce this year's winner, Erika Skingsley, proudly sponsored by Seva Daar. Erika's dedication and commitment to serving others truly stood out, and we congratulate her on this well-deserved achievement. We look forward to seeing her continue to make a difference and inspire others along the way.



District 105A at the London New Year's Day Parade

Not even the rain could dampen the spirits of our Pride as they proudly represented District 105A at the London New Year's Day Parade! Led by District Governor Lion Kadambari Shah, and joined by a dedicated group of Lions, they marched through the city, showcasing their commitment to service and community. Despite the weather, the energy and enthusiasm of our team shone through. This is what being a Lion is all about—making a difference, no matter the challenge.



Reiki healing camp and guided meditation

By Sudbury Lions Club

The Lions Club of Sudbury proudly presented, for the first time in London: Free Reiki Healing Camp and 7 Chakra Healing Guided Meditation, led by the renowned Rajshree Bharrnee, Certified Trainer and Master, and Traditional Reiki Teacher.

Attendees experienced a powerful session of Reiki healing, a beautiful technique that channels universal life energy to enhance overall well-being. The 7 Chakra Healing Meditation provided deep relaxation, aligning the body's energy centers, bringing peace and balance to all who participated.



Community kindness in action

By Heston Lions Club

A generous individual donated two trolley loads of toys for Heston Lions Club at Lidl. Two pallets of toys have also been donated to two primary schools the Club has supported for years. Originally, the Lidl collection was planned for a third school, but the generosity received means there is now enough to support the school and a children's hospital or hospice - a brilliant outcome!



Quiz night at David Lloyd Club

By Northwood Lions Club

A great quiz night at the David Lloyd Club in Bushey was organised by Lion Sue Carr from Northwood Lions. Supporting Watford Lions Club and their local chosen charity: You Matter. Thank you to Lion Tony from Harrow and Pinner Lions Club, the quiz master, and all the people who helped make this evening happen, especially the businesses who donated prizes for the raffle!



Fundraising picnic and walk

By London Platinum Jubilee Lions Club

The fundraising picnic and walk event by London Platinum Jubilee Lions Club was a truly memorable occasion, with all those who participated having a fantastic time. This event stands as the biggest fundraising achievement in the Club's history, raising an impressive £5,400 thanks to the generosity of Lions members and supporters.

The success of the event is credited to the dedication of its co-ordinators, the commitment of participating Lions, the tireless efforts of volunteers, and the generosity of donors. The funds raised will go towards supporting compassionate causes, with details of the charities to be announced by the Board in due course.

This remarkable achievement is set to make a real difference to those in need, and the Club looks forward to seeing the positive impact it will bring to the community.



Growing the Pride

Congratulations to the London Next Generation Club branch on welcoming four new members! A big well done to LP Hasmita Solanki for expanding your pride.



Donations and awards

By Surjit K Chodda, Fairlop Lions Club

Parkinson's disease is a progressive neurological disorder that primarily affects movement. It occurs when nerve cells in the brain, particularly those that produce dopamine, begin to break down or die. Dopamine is a crucial neurotransmitter that helps regulate movement and coordination.

Recently, Fairlop Lions Club invited Jagdeep, a qualified Parkinson's exercise instructor who was recently diagnosed with Parkinson's himself, to one of their meetings.

Jagdeep runs a non-combative boxing/exercise class for people with Parkinson's. These classes focus on non-combative boxing, brain-body coordination, posture improvement, and balance challenges. Participants work on enhancing their strength, power, agility, speed, balance, postural stability, hand-eye coordination, and reaction time, which helps slow the progression of Parkinson's.

Jagdeep gave an informative presentation about his class and its progress. The Fairlop Lions Club funded some equipment needed for his classes, spending just under £1,000 to purchase boxing gloves and blaze pods. A few members from the club recently attended one of his classes and were humbled by the efforts of the attendees, Jagdeep's dedication, and the benefits the class provides to its participants.

Fairlop Lions Club are also proud to announce that one of their members, Lion Amarjit Soora, has been awarded the Honorary Freeman status from the London Borough of Redbridge. Freedom of the Borough is the highest accolade that the Council can bestow to community heroes who make an invaluable contribution to their Borough.

The voluntary works Lion Amarjit has been involved in over a number of years do not just limit his time and services to the Borough of Redbridge, but extend outside the Borough, outside London and even abroad. He has both personally and as a Lion, made a significant contribution and impact to those less fortunate than himself – a true Lion.



Fundraising, service, and festive cheer

Kenton Lions Club has been active in fundraising and community service. Their Bhajan Bhojans event on 9 November 2024 raised £1,400 for Childhood Cancer, attended by District Governor Kadu and Lion Kaushik. In August, a Sponsored Walk for LCIF brought in £1,000.

Lion President (LP) Rhea helped raise £2,000 during a Cancer Research activity and welcomed two new members, Lion Christine Mohan in July and Lion Debbie Annells in October.

On 17 December, two of our Lions visited Acton Homeless Concern, donating clothing, shoes, crockery, food, and cash, alongside sleeping bags organised by Wembley Lions.

Kenton Lions combat loneliness with monthly tea parties for the elderly, along with yoga and Reiki sessions.



Musical evening and mental health awareness workshops

By Friern Barnet Centennial Lions Club

Friern Barnet Centennial Lions Club's musical evening on 9 November 2024 was a very successful, sold-out event. The Club successfully raised £3,000 for Sangeet Foundation, a Mental Health Charity in the UK. The Club also completed four successful community workshops on mental health awareness over the past four months. Their theme, "Mental Health Awareness and Support," has made a significant impact. These workshops were well attended and delivered in various languages, ensuring inclusivity.



Donations to the Redbridge Forum

By Redbridge Centennial Lions Club CIO

Redbridge Centennial Lions Club CIO members dropped off 154 toys to the Redbridge Forum. The Redbridge Forum provide support & care for children with a learning disability & their carers including those on the Autistic Spectrum. The toys will be for the children. Thank you to Lion Nimmy, Lion Tony and Lion Rani who helped with the delivery of the toys.

The formation of a Club Branch

By London Hendon Lions Club

A Lions Club has been formed in London! In November, 20 individuals came together to create the London Fortitude Lions Club, officially joining the Lions family.

Congratulations to the London Fortitude Lions Club and its 13 founding members! Here's to a bright future of service and dedication.



Welcome Leos

By London Hendon Lions Club

The Leo Club "Hendon Stars" has also been launched, targeting younger members of the community.

The Leo Club is designed for individuals aged 12 to 18, providing them with leadership opportunities and a platform to engage in meaningful service projects. The Charter President for Hendon Stars is Tara Shah, niece of Late Lion Minesh, who was inspired by the Late Lion Minesh's work and wishes to continue his legacy.



Harrow and Pinner Lions Club's annual Waitrose Food Collection

By Harrow and Pinner Lions Club

Every year, Harrow and Pinner Lions Club collect food outside Waitrose in South Harrow to create parcels for people in need in the community. This year, together with members of Northwood Lions Club plus friends and family of Harrow and Pinner Lions Club, the Club managed to collect 2,396 items over the two days, and they also had donations totaling £339.25.

The items collected were used to put together over 100 boxes which contained a wide range of items. These were distributed to those in need via contacts with the Met Police safer neighbourhood team, Harrow Carers, South Harrow Methodist Church and more.



Club Donations

By Wembley Lions Club

Wembley Lions Club members Lion Secretary Rita and Lion Madhu delivered 50 chocolate bags to Action Homeless Concern. The Club also donated £340 for the Christmas dinners.



£300 cheque to You Matter Watford

By Watford Lions Club

Watford Lions Club presented a £300 cheque to Andree at You Matter Watford. They do wonderful work supporting the local community and long may it continue.





Out and about with DG Kadu

Find out what our DG has been up to recently



Happy Chinese New Year!



District 105A Lions



www.lions105a.org.uk



info@lions105a.org.uk

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

Editor
Lion Sukh Kaur

Fundraising for children in need

By Friern Barnet Centennial Lions Club

Friern Barnet Centennial Lions Club held a musical evening held on 16 December 2023 at The Everest Abercorn in Stanmore, and raised £4,266 for Childhood Cancer for Great Ormond Street Children's Hospital and Haven House Children's Hospice.

International Past President Lion Nisha Patel, with other Lion Members, presented £2,000 on 29 August 2024 to Haven House Children's Hospice.

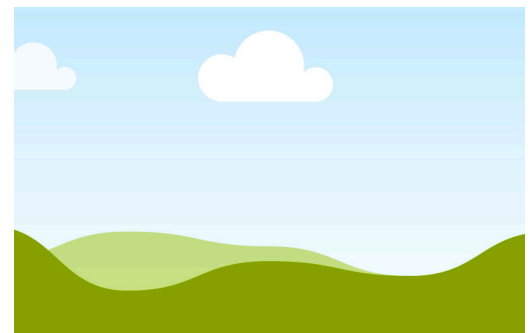
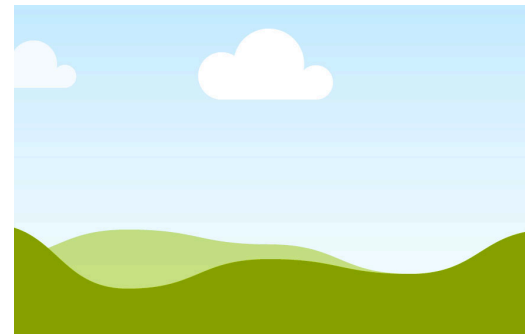


New president and fundraising activities

By Kenton Lions Club

Welcome Rhea Banerjea to presidency at Kenton Lions Club! On the day of their induction, Kenton Lions Club also inducted two new members with Past District Governor Lesley Spence.

Kenton Lions Club also participated in a walk and picnic fundraiser for LCIF on the 31 August in Rickmansworth, where they raised approximately £1,800 through sponsors, and donations of a total of £1,000 from the Lion President and their niece, Monika Sharma.



Title

Thursday 10 October 2024 was World Sight Day. Vision is one of Lions Clubs International's global causes, so members of Letchworth & Baldock Lions Club CIO walked in Letchworth Town Centre with the Leader of North Hertfordshire Council, Councillor Daniel Allen, raising awareness of the different types of vision defects and the importance of getting your eyes tested. Thank you to Councillor Daniel Allen for sparing time for us today.

