

## DISTRICT GOVERNOR'S VISION

I WOULD first like to thank all those Lions who have taken the trouble to Zoom into our little event today.

Only two days ago, I had planned just to have maybe ten local Lions here, to hear me Swear the Oath of Office of District Governor, just those Lions I thought of as awfully close friends.

Then I started to write the list. I realised that I could not leave her off the list and I definitely could not leave him off the list and definitely not her or him, and the list grew and grew until I simply gave up and thought I would invite everyone. I have met so many wonderful people over the years through Lions and I continue to do so.

You all know that I love this Lions Association of ours and you all know that I am passionate about our Association and have been since I first joined it over thirty years ago.

I believe in its Ethics, its purposes and the wish we all have to help people without any discrimination.

My Motto for this year is "*Humanity is Our Family*", and this is a statement of Fact, and there is nothing truer, because it is written in our DNA.

We are all Family Members, and we all deserve respect, justice, kindness and friendship. We sometimes may disagree with our Family Members, but we should always treat them as Family.

Lion Tom said that I should out-line my plan for the year ahead.

Well I just wish I could.

What I can do though, is to tell you the attitude I would want to foster for the year ahead.

I hope acting and thinking with this attitude we can start to move towards my dream of goals for our District.

I want to make this year one in which we value each other, we value our Communities, we value other people's opinions and we value this fantastic association we all belong to. This Lions Association that started just over a hundred years ago and that now spans the whole globe and that spans so many different belief systems, so many political ideas, but still manages to bond all of its Members in a fellowship of caring for the whole human race and for this beautiful blue planet we all inhabit.



We must realise that our primary goal in this year of cataclysmic change, hurt and hardship must be the keeping our Lions alive. I do not just mean individual lions, but I mean our Clubs, our Districts and our whole Association.

I know that I have said before that young people have dreams and old people have visions. Well me being Merlin and living my life backwards, I have both visions and dreams.

I have visions of a world free of want, free of injustice, free of fear, free of disease and free of discrimination of any kind. But I also have a dream that our Lionistic values could lead to a world of peace, equality and freedom of thought that will bring this world of ours together with all its differences to deliver my visions.

There is a film that was made, I think, in 1936 it is called the "*Shape of Things to Come*". Wings over the world, that appears in this movie, is a very distorted vision of what the people of the time thought they wanted then.

The film is very dated now but perhaps not so dated in what world the people of that time wished for.

As human beings I believe we all have a wish for friendship, for self-development, challenges and most of all for a purpose in life. The International Association of Lions Clubs gives people all these things and a lot of fun too.

So, my last and important attitude for this year is to be excited about being a Lion, be proud to be a Lion and be open about being a lion. As my dad used to say, "Sell Being A Lion".

Thank You all.



# MEMBERS MATTER

## “HELPING LIONS FLOURISH”

LIONS throughout the years have given freely of their time and resources to support our Communities.

We are in extraordinary times and have faced significant challenges, with many Lions having had to isolate, Lions have found new ways of working to provide Service to their Communities. Our “Members Matter” and the Global Action Team want to support Members fulfil their service work, however it is just as important that we support you.

We know that the implications of the virus outbreak for everyone’s health and well-being during and after the pandemic are significant, including their mental health. As well as worries about becoming ill, many Lions are isolated, others face income or job loss, while working parents have to juggle caring responsibilities and work.

Our District Teams are keen to support our Members, by putting in place a holistic framework in place to support physical health and safety, as well as mental health, and offer sources of help by providing information for you to utilise as you wish. We will help where we can, such as listening to sensitive conversations with individuals and signpost to help where needed.

The information we will be providing for you will help with a good self-care routine including a healthy approach to diet, relaxation and sleep.

The Five Ways to Wellbeing are evidence-based actions that people can do in their daily lives, that should improve Wellbeing: Connect, Give, Learn, Take Notice and Be Active. These were developed in 2008 based on a Government Office for Science Foresight Report into Mental Capital and Wellbeing. They are widely used by diverse organisations interested in promoting Wellbeing as a framework or a set of heuristics or rules of thumb.

Promoting Wellbeing can help prevent stress and create positive environments within Clubs thus individuals and the organisation can thrive.

We hope the information we will be providing you in the Newsletter and also can be found on the webpage will be useful to you.

We would love to hear from you, and learn about your experiences, we would also be keen to hear any ideas you have to support other Members.

We will be asking for your recipes, poems, hobby ideas and routines that you have found useful so we can share these with our Members.

Please e-mail Liz Axten at: [elizabeth.axten@gmail.com](mailto:elizabeth.axten@gmail.com)

## NEW MEMBERS

WE Welcome the New Lions who have joined the Association and they have joined the following Clubs in District 105 CN:

**ACCRINGTON**  
Donna Lawrenson

**LLANDUDNO**  
Janet Jones  
Angie O’Grady  
Joel Thomas  
Michael Woodyatt

**LEIGH**  
Paula Bowland

**SHEPSHED** Lisa Nielson-Waldon



# FIVE WAYS TO WELLBEING



**CONNECT** — Go for a walk; Step outside; Cycle; Play a Game; Dance; Swim or do some Gardening. Exercising makes you feel good

Discover a physical activity you enjoy doing and that suits your level of mobility and fitness



**BE ACTIVE** — With the people around you. With family, friends, colleagues, fellow Lions and neighbours

At home, at work, your Lions Club/s and your local community

Think of these as your cornerstones of your life and invest time in developing them

Building these connections will support and enrich you every day



**TAKE NOTICE** — Be curious, catch sight of the beautiful, remark on the unusual

Notice the changing seasons. Savour the moment whether you are at home, in work, doing a Lions activity or talking to friends

Beware of the world around you and what you are feeling

Reflecting on your experiences helps you appreciate what matters



**KEEP LEARNING** — Try something new. Revisit an old interest. Sign up for a course either through work, college or Lions. Take on a different responsibility.

Set a challenge you will enjoy, for example try a new recipe, or learn a new skill

Learning new things will make you feel more confident as well as being fun



**GIVE** — Do something nice for a friend or neighbour or a stranger. Thank someone, smile and volunteer your time

Volunteering with Lions, seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you

AS District Governor of 105 CN I am faced with a lot of issues that are unusual.

The first of these being that we are a new District and have no established norms yet and no traditions.

Because the Districts which were amalgamated to form 105 CN had different traditions, we were always going to find it difficult to decide which ones to follow in the new District.

For example, at Cabinet Meetings in 105 BN we would have a break halfway through the Meeting and have bacon butties. We are Lancashire through and through.

On the other hand, in 105 BS they had a lunch in a restaurant at the end of the Meeting. Norm in Cheshire, I think.

I am not sure what they did in 105 E or 105 C but probably something different again. There is no right and no wrong thing to do here its just something that will establish itself over time.

This year I decided after consultation to go for BS's way of doing things once we can safely hold such Cabinet Meetings again. From now until further notice however, we will be holding Cabinet Meetings online.

When it came to choosing a Cabinet this year, I was aware that the majority of officers have come from the old BN, something I personally am not happy about.

I would have preferred a much more balanced approach, and I did try to get more people from the other Districts to fill posts, but I found it difficult to do so for several reasons.

I wish to rectify this situation in the future by making sure that Lions Neil and Mary Ann get the opportunity to make as many Visits to the Clubs that have come from Districts other than their own as possible, before they take office. Then they may establish a rapport with them.

This hopefully will mean that next year Lions Neil and Mary Ann will know which Members to ask to fill posts and hopefully that those Members will feel confident enough to except posts if they have been offered them.

Please bear in mind that certain posts require the right experience in order to take them on, President in order to be a Zone or Region Chair. If you are interested in a position on next years Cabinet let this be known to Neil over the course of the year so he can consider how to help you



**District Governor Lion Barry Prior**

achieve your wish to serve in this way.

I hope by now you are all aware that I wish to build a Lions District full of happy Members and ones which do not feel there is a them and us, or that the hierarchy is different than ordinary Members, which they are not.

We were lucky enough to have next year's International President turn up at our District Handover. He did this just because I asked him to. He is a nice guy, as are all the other Members from the so-called hierarchy I have met over the years.

This year I make a plea to you all. Please let us make our District one where we are all Friends where we work together to build a Lions future without barriers, where our only ambition is to serve our Communities to the best of our abilities.

Normally as District Governor I would now tell you all about my trip to the International Convention and how fantastic it was, etc. But as you are all probably aware the International Convention, which should have taken place in Singapore, was cancelled along with my trip to it. Woe is me Lol. I'm afraid after waiting for 34 years to become District Governor I chose this year.

What most people, who have not been directly involved recently in being District Governor, don't know is there is a load of training you have to do over the years leading up to taking office.

This is meant to equip you for the role and this training starts with the ALLI course which is normally done before you even put yourself forward for becoming Second Vice. This is The Advanced Lions Leadership Institute, and you then have the Second Vice District Governor training followed by the First Vice District Governor training and finally the District Governor Elect training.

Each of these courses involve many online exercises and weekends away. The District Governor Elect training consists of three days in Chicago, near Oakbrook our International Headquarters and normally another

full day at International Convention.

Which brings be to my point. Because even though I never got to the International Convention in Singapore because of the corona virus, I did get to Chicago for that training.

I would like to say that it was a really great event where all the incoming District Governor's from around the world (all except those from China) met each other.

It was here I met next year's International President, and can I say that this event gave me hope for the world, never have I seen or felt more convinced of the worth of our fantastic and wonderful Association.

There were no indications of the separation of humanity into groups or nationalities, we were all one family. Before I went to Chicago, I had thought up some complicated motto, but when I returned the motto I now have came into my mind as clear as crystal.

### ***Humanity is Our Family***

I cannot stress this enough all the Lions in Chicago were just Lions, they were friends, yes, they dressed differently and spoke different languages, but they were all Lions when queueing up for breakfast or lunch.

They all smiled at each, all moaned when the lifts were full or waiting too long at the bar, and when I attended the International Convention in Birmingham in 1998 and watched the parade then while stood as a marshal on the roadside.

I was amazed then by the four and half hour-long procession of national costumes, but also the way a Birmingham pub emptied as a tribe of native American's in full War bonnets entered.

They ended up giving me a native America name and making me an honorary Member of their tribe. They could not stop laughing at the exit of the other pub clients, and I have to say they were all enormous and had enormous tomahawks and knives hanging from their belts.

I wish I could tell you how important our Association is to the world in the way that became so clear to me on those training days, but words cannot really do it justice. It was not for no reason that the western allies at the end of the second world war called on Melvin Jones and the Lions to draw up and structure the International structure of the United Nations Treaty.

***District Governor Barry***