



We Serve

Jungle Jottings

THE NEWSLETTER OF BRIGHTON LIONS CLUB
TWINNED WITH FREEDOM DISTRICT LIONS CLUB

ORDINARY PEOPLE - AMAZING THINGS

JULY 2006

WELCOME, LION PRESIDENT RICHARD

Lion Richard Lintott will take over as President of the Club at the hand-over dinner on 12 July when the chain of office will be passed on by Lion Ron Fowler.

Richard, of course, is no stranger to the top table, having served twice before as President. One of his presidential years actually spread to more than a year and a half as he stepped up to take over when the then President resigned from the Club part way through his year.

As we extend our best wishes to Richard we thank the outgoing President, Lion Ron Fowler, for the manner in which he has conducted the Club's business during the past year. His laid-back - and sometimes apparently flippant - approach hides a deep concern for the well-being of the Club.

JULY DINNER MEETING

Remember - the date has been changed to 12 July. The venue will again be the Rendezvous Casino at Brighton Marina and the cost will be £16.

Other halves are most welcome to attend, but remember that they might need photo ID.

PETER PRICE

Most Brighton Lions will have heard by now that Peter Price died on 25 July. He had spent the last few weeks in hospital after suffering kidney failure.

Peter was inducted in August 1972 and, although he had recently announced his intended resignation from the club, he had been active to the last. For a number of years he had been the club's MedicAlert officer and had provided transport for stroke patients to attend their monthly social/therapy sessions.

He was also the lettings officer for the Housing Society for some time.

SUBSCRIPTIONS

Have you remembered?.

The annual subscription remains at £36 and is due to be paid to Brian Slater by 30 June.

As the Club has to pay International, Multiple District and District dues for each Lion early in July, please make life easier for our treasurer by sending your cheques as soon as possible.

JUNE BUSINESS MEETING

We were once again pleased to welcome a guest - this time Clare Elliott, a member of Groote Schuur Lions Club, Cape Town. Clare has recently relocated to Brighton and is looking to renew active membership of a club in the area.

A number of donations and pledges were agreed:

£50 to Martlets Hospice in memory of Ruth Sizeland, lately President of Woodingdean Lions Club;

£100 towards the cost of transport for the District Shoebox Appeal;

£500 to LCIF for the Indonesian earthquake (*see also page 4*);

£540 minimum to Sussex East Guides towards the cost of a visit to India;

£2,560 to purchase a defibrillator for the Lions Dene doctors' surgery.

CLUB DIARY

- 3 July Visit to Burgess Hill District Lions dinner meeting, Dannys Restaurant, Hurstpierpoint, 8.00pm
- 5 July Bingo, Lions Dene, 7.30pm.
- 6 July Children's outing to Drusilla's Zoo Park
- 9 July Peacehaven Donkey Derby, 12 noon - 5.00pm
- 12 July Dinner meeting, Rendezvous Casino, 7.30 for 8.00pm.
- 14 July Bingo, Evelyn Glennie, 7.30pm.
- 15 July Dorothy Stringer High School summer fair.
- 16 July RSPCA open day, Braypool.
- 19 July Board & business meeting, Lions Dene, 8.00pm.
- 26 July Bingo, Lions Dene, 7.30pm.
- 28 July Bingo, Evelyn Glennie, 7.30pm
- 30 July Worthing Festival charity day.
- 9 August Bingo, Lions Dene, 7.30pm.
- 11 August Bingo, Evelyn Glennie, 7.30pm
- 15 August Zone meeting, Lions Dene, 8.00pm.
- 16 August Board & business meeting, Lions Dene, 8.00pm.
- 19 August Westdene summer fair.
- 23 August Bingo, Lions Dene, 7.30pm.
- 25 August Bingo, Evelyn Glennie, 7.30pm
- 28 August Seaford Donkey Derby

BRIGHTON LIONS – JUST A LOCAL CALL AWAY

Anyone on a UK landline can now call Brighton Lions Club for the cost of a local call. We have been allocated an 0845 phone number - 0845 833 5765 - which will automatically divert to Alan Pratt's phone. There is no cost involved to the club.

The main benefit is that this will provide us with a listing in the local telephone directory in due course.

BINGO ROTA

An asterisk (*) indicates the Lion responsible for collecting the equipment from me and returning it to me after the session.

The current programme means that members are normally called upon up to three times in six months – excepting emergency cover.

I understand that fellow Brighton Lions Club members are all busy people with other commitments, but it would be helpful if you would make the rota a priority, giving me as much notice as possible if you are unable to help on the evenings listed below.

I have tried to reflect members' preferences as to time and place, but if there are any others, please let me know.

Tony Crapnell

LIONS DENE Contact: Brian Sivier (caretaker)		EVELYN GLENNIE Somerset Street Contact: Mrs Johnson (manager)	
5/7	Ron Fowler *, Tom Novis, Joe Matthews	14/7	Hugh Barron *, Allen Bryan
26/7	George Wood *, David Bryant, Joe Matthews	28/7	Pete Dilloway *, Alan Pratt
9/8	Tony Crapnell *, Richard Lintott, Joe Matthews	11/8	Brian Slater *, David Sawyer
23/8	Jason Bristow *, Guy Butterworth, Joe Matthews	25/8	Brian Slater *, Ron Fowler

BINGO PARKING AT EVELYN GLENNIE

A clamping regime is now in force at Evelyn Glennie and cars not displaying a permit are liable to be clamped at any time. News is that several genuine visitors have already been relieved of £40 a time to release their cars.

One of the bingo regulars (Ann) has obtained a couple of permits and will provide them on request.

JUST A THOUGHT - 1

Greatness is not found in possessions, power, position, or prestige. It is discovered in goodness, humility, service, and character.

William Arthur Ward

CHARTER NIGHT

Despite its distinctive registration number (CD 1) and a sign reading "Mayor on official business", no fewer than FOUR traffic wardens were vying to issue a parking ticket to the Mayor's car when he left at 10.45 pm!

LCIF HELPS INDONESIAN EARTHQUAKE VICTIMS

LCIF approved a US\$150,000 Major Catastrophe grant and set up a special fund for donations to assist Indonesian earthquake victims.

The earthquake on May 27 killed nearly 5,700 people and left more than 200,000 homeless.

The major catastrophe grant was approved by Lions Clubs International President Ashok Mehta and LCIF Chairperson Clement Kusiak on May 29. Lions in Indonesia are forming an earthquake committee to plan rebuilding projects.

LCIF also approved a US\$10,000 Emergency Grant for District 307-B. Indonesian Lions are using the funds for

basic needs such as food, medicine and other necessary short-term supplies.

Lions quickly responded to the disaster. Japanese Lions in District 334-A pledged to contribute to LCIF 500 yen per Lion. (That equals about US\$30,000, or US\$5 from 6,000 Lions.)

Indonesia is comprised of two Lions Districts: 307-A covers Sumatra, while 307-B covers Java, Kalimantan, and Sulawesi. MD-307 is comprised of 153 Lions clubs, with 4,414 members.

MORE PICS

Our on-line photo album has expanded with our American visitors uploading their pictures from the trip. We have also uploaded pictures from other occasions, notably that splendid Ladies' Night dinner meeting last September and the official opening of Lions Gate. The pictures can be seen at <http://photos.yahoo.com/westfieldebony>, or use the link from our web site, www.brighton-lions.org.

And don't forget our message board at <http://brightonlions.proboards76.com>, or again, use the link on our web site.

Other sites you might like to visit are:

District 105SE - www.lions105se.org.uk

Multiple District 105 - www.lions.org.uk

Lions Clubs International - www.lionsclubs.org/EN/index.shtml

JUST A THOUGHT - 2

If you lend somebody £20 and never see that person again, it was probably worth it.

VISION OF FREEDOM

One of the service activities undertaken by our twin club, Freedom District, and indeed many other Lions Clubs in the United States, is pre-school vision screening. The club has purchased a special camera with which to take photographs of the eyes of young children. The photographs are sent to a specialist centre where they are examined and where potential sight problems can be diagnosed. Treatment can then be started at an early stage, thereby improving the prognosis and, in many cases, making treatment simpler.

PDG Lion Bob Miller of Freedom Lions Club explains:

The screening is offered to parents of kids ages 1 through 5 who have not seen an eye care professional or who have not had a vision screening. We ask child care centres to partner with us in offering this service.

Our programme uses a specially designed camera using high speed, black and white Polaroid or Fuji film. Lions are trained to take a readable photo (focus, fixation, see the eyes, and dilation of the pupil). There is a bit more but too much to cover at this time. The parents must complete a consent form to which the readable photo is attached.

The forms/photos are sent to Vanderbilt University for evaluation. A group at that university determines if the photo indicates normal vision or one of several eye conditions that should be confirmed by a professional eye care specialist. The parents of the latter group are encouraged to take their child for an examination.

The Photoscreener camera is still manufactured by a firm in Florida. The present cost is \$4,000 to \$5,000 a unit. We estimate that the cost per child is around \$3.50 US plus administrative costs of about \$7.00 US per child. Our Multiple District received a grant from LCIF to support the start of the program and Lions Clubs that "buy into the program" have donated \$700 US each. We are now planning the future funding of this program.

The big issues in starting such a programme are having the photo interpreted by someone trained to "read" the photo and identify a "potential" problem. Of course there would be the acquiring and training on the equipment. Learning the camera is not difficult. Learning to determine a "readable" photo requires time. I have done that job for the most part in our club and am now having other Lions share that with me.

CHARTER NIGHT

Peter Walton won the prize of £71.75 for guessing the length of the speeches (36 minutes) but immediately donated it to the charity trust fund.

Thank you, Peter.

TIPS TO GET OUT OF YOUR RUT

Most dictionaries define a rut as being:
1.) A sunken track or groove made by the passage of vehicles 2.) A fixed, usually boring routine.

The definition we're most concerned with is the second, but let's examine the first, since it may give insight as to how we get into routine ruts in the first place. A sunken track or groove made by the passage of vehicles can be seen as a pretty clear metaphor for life lived to its dullest. If our schedules, habits, activities and thoughts are the roads, while our minds, bodies and souls are the vehicles, we'd be riding along the same road day in, and every single day out – creating a pretty sunken groove and an incredibly boring existence! But for many of us, this routine (or even worse - rut) is reality.

Before we proceed any further, let's understand that a routine can be looked at as a principle, simply there to guide us. A rut, on the other hand, is akin to a binding rule that restricts you in every way imaginable.

So why do we get into ruts, and how can we avoid them in the future?

Ruts become ruts because we allow our routine to dictate our activities. Whether you think your routine makes you more productive or your routine is used as a comfort mechanism, the bottom line is this: if it's causing you to be stagnant then it's time to make a drastic set of changes! Follow these five simple steps to help change your routine and get you out of your current rut.

Try to be Spontaneous. Do things on a whim. Example: go somewhere you've never been and don't plan every detailed step as you're on your way. Whether it's an out of town trip or an unexplored part

of your neighbourhood, trust your gut and follow your intuitions. Don't allow your routine to dictate your life's activities!

Be a Lifelong Learner. Learn something new everyday. Whether it's as simple as a new word or as complex as a new challenging yoga pose, as Nike says, just do it!

Be Adventurous. Try something new every week. It can be something as simple as trying new cuisines that you've never had, or maybe take up a different hobby or method of exercise. If you normally walk, then take a jog. If your drink of choice is beer, try a glass of wine. The idea here, and for the most part, is to simply shake things up!

Think Differently. This tip is probably the easiest one to try and yet the most difficult one to execute properly. In fact, thinking differently will either have to come prior to trying any of the aforementioned tips, or thinking differently will occur naturally once the above tips are employed in your daily life. An example of thinking differently can be to change your thought pattern – if you always consider the worse possible outcome in any given situation, instead think of the bright side and remain positive before taking the low road.

Finally, once you get out of a rut, stay out. Always challenge yourself with new goals, new ideas and new thoughts. More than anything else, the one thing that will guarantee you a life sans rut is to try and meet and connect with different people. Building a variety of relationships will help shape you and your life and smooth out those grooves made by your routine ways!

LEO HOUSE - AN UPDATE

A recent press release issued jointly by Leo House and Chestnut Tree House reads as follows.

Two Sussex-based charities are leading the way in providing care and support for life-limited children and young people across the Sussex counties. Chestnut Tree House children's hospice, based in West Sussex, and Leo House in Brighton are working together to reach out across Sussex to help more children and families.

The two organisations have already developed a strong collaboration providing care and support through community nurses in East and mid Sussex and are forging ahead, building on a year's work towards an even closer partnership.

One year ago, Chestnut Tree House appointed a special Leo House Respite Care Nurse to provide care at home for Sussex based life-limited children and young adults in the Brighton area. The post provided flexible support for young people and their families according to their needs – physical, emotional, social or spiritual. As part of this partnership, children and families under the care of Leo House could also come to Chestnut Tree House for overnight respite care.

The two charities have been looking

ahead together to consolidate their partnership with the result that Leo House will now work very closely with Chestnut Tree House on all levels. Care and support will be offered to children and families in both the Brighton area and beyond, sharing resources right across East Sussex thereby complementing the extensive services that Chestnut Tree House already provides in Sussex.

“Both charities share the same ethos and goals,” said Chestnut Tree House Chief Executive, Hugh Lawson, *“Our commitment to providing high quality care to our children and families, the success of our Leo Nurse and the ongoing partnership work we have been undertaking makes this the obvious course of action for us to take, both for the many children and families we currently help and for each organisation.”*

Both charities will benefit from sharing support, expertise and funding allowing them to extend and develop their services across Sussex and enable even more children and their families to receive the help they need.

LAST MINUTE UPDATE

As we were about to press the final button we learned the details of the funeral arrangements for Peter Price.

This will be at the Downs Crematorium at 12 noon next Monday, 3 July.

GROWTH OF FREEDOM

We learn from Joe Wiz that during the last 12 months, Freedom District Lions Club has gained 12 members, ten of them new and two transfers in. This brings their total membership to 69.

AND FINALLY . . .

In other countries, signs written in English can sometimes give rise to a smile. For example:

At Budapest zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

In a Hong Kong tailor's: Ladies may have a fit upstairs.

A dry cleaner's in Bangkok: Drop your trousers here for best results.

A tailor in Rhodes advertised: Order your summer suit. Because is big rush we will execute customers in strict rotation.

A Roman laundry suggested: Ladies, leave your clothes here and spend the afternoon having a good time.

Hotels are frequently a good source of amusement.

Moscow: If this is your first visit to Russia, you are welcome to it.

Mexico: The manager has personally passed all the water served here.

Japan: Cools and heats: if you want just condition of your room, please control yourself.

The Germans, on the other hand, are much more straight-laced: It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

Sex seems to have been in the mind of the Norwegian hotel proprietor who put up a sign saying: Ladies are requested not to have children in the bar.

Meanwhile, back in Rome, a doctor makes the following claim: Specialist in women and other diseases.

An Austrian hotel asks guests: Not to perambulate the corridors in the hours of repose in the boots of ascension.

Yugoslavia: The flattening of underwear with pleasure is the job of the chambermaid.

Japan: You are invited to take advantage of the chambermaid.

With thanks to Lion Allen Bryan

That's all, folks!