



2011 Résumé

Jumble - [Details >>](#)

Every February Clifton Community Centre is the venue for a Grand Charity Jumble Sale.

Easter - [Details >>](#)

A very big thank you to everyone who helped by taking one of our Easter Eggs and running a raffle on our behalf.

Fêtes - [Details >>](#)

We attended several Summer Fetes/Carnivals and would like to thank everyone who helped or supported us in the process.

Wicksteed - [Details >>](#)

Rain certainly didn't stop play on June 18th! A 43 seater coach, minibus, people carrier and car took 65 fun seekers to Wicksteed Park, Kettering. Families who needed a day free from cares and worries, and young carers who needed a day of release from their daily caring roles at home, joined us for a day to remember

End to End - [Details >>](#)

The longest bike ride.

A Walk in the Desert - [Details >>](#)

In October Jeanette joined 22 other like minded people (aged 18 to 72) from across the UK on a flight to Casablanca, Morocco for a 6 day trek over 100km of varied and undulating terrain across the Sahara Desert.

Steam Fayre - [Details >>](#)

Luckily the weather forecast continues to be inaccurate. We spent three days manning the main gate at the Bedfordshire Steam and Country Fayre and only got soaked once.

33rd Charter - [Details >>](#)

This year's Charter Dinner was held at the White Horse in Southill on 28th October, and was attend by 50 Lions, partners and friends from Biggleswade Sandy, Amptill, Bedford, Bletchley, Hemel Hempstead and Luton. Our Guests of Honour were Vice District Governor John Savell with his wife Linda

District Youth Celebration - [Details >>](#)

Following the success of our 2010 District Youth Celebration outing, Biggleswade Sandy Lions hired a mini coach on 20th November and took 6 children plus carers to Alum Hall in Elstree

Christmas - [Details >>](#)

Despite experiencing the worst December weather since Roger was a lad, we managed to complete the majority of our Street Collection Programme.





Jumble Sale Benefits St Dunstan's



Clifton Jumble Sale

An annual event. - Every February Clifton Community Centre is the venue for a Grand Charity Jumble Sale. The quantity and quality of the items donated are always of note. Providing us with plenty of interesting bric-a-brac items and clothing. Over the years our profit has increased; this year more than 100 people passed through the doors and we made a little over £400.

From these proceeds we were able to make a £200 donation towards the Lions Multiple District 105 Special Appeal for St Dunstan's -

Support for Sight Impaired Service Personnel. This appeal by the Lions Clubs of British Isles and Ireland aims to raise at least £50,000 towards the cost and dedication of a Day Room at St Dunstan's new Rehabilitation and Training Centre in Llandudno, North Wales. £100,000 would enable both Day Rooms to be dedicated.

St Dunstan's is the only organisation specifically committed to the rehabilitation of Servicemen, both current and past, who have been blinded in combat or whose sight has deteriorated over time.

Currently St Dunstan's provides lifelong commitment and services to nearly 3000 St Dunstaners. Their two Centres at Ovingdean (near Brighton) and a smaller site in Sheffield have come under increasing pressure as the organisation has had to respond to increased activity arising both from *current conflicts around the world and increasing number of ex-Servicemen* developing sight related issues as a result of the aging process.

The response to this increased demand has been the purchase of the former North Wales Medical Centre in Craig-y-Don, Llandudno. It is intended to make this a world class Centre, offering state of the art rehabilitation, training and respite facilities plus the provision of high dependency nursing beds, which will enable those who are unable to travel down to Brighton to benefit from the services for the first time.

May 2012 - Update

St Dunstan's new Llandudno Centre opened on 19th September 2011. The Lions Clubs of MD105 raised a total of £116,800 towards this centre

Three rooms have been named in recognition of Lions contribution as a major donor - Lion Melvin Jones Day Room; Lion Bert Masons Day Room; LCI-MD 105 British Isles and Ireland Bedroom. Melvin Jones was the founder of the organisation and Bert Mason was a former International President from our Multiple District 105 (United Kingdom and Ireland)



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



Easter Eggs raise funds for Special Day-out at Wicksteed Park



A very big thank you to everyone who helped by taking one of our Easter Eggs and running a raffle on our behalf.

Clapham Pre-School - Winner Ali Harrison

Clifton Over 60s - Winner Vic Humphries

CoffeeLicious - Winner Lisa Fairhead

Manor Farm, Sandy - Winner Kelly Vanstone

Potton Social Club - Winner Ros Giddings

Roundabout Club, Sandy - Winner Daniella Cross

The Bell, Sandy - Winner Loraine Pitman

The Five Bells, Henlow - Winner Stella Thorp

The Wheatsheaf, Tempsford - Winner Emma Blacaster

The White Horse, Southill - Winner Steph Parker

The proceeds will go towards the cost of our annual dayout at Wicksteed Park for disadvantaged children/families & young carers



Fêtes and Carnivals



We attended several Summer Fetes/Carnivals and would like to thank everyone who helped or supported us in the process.

- **May 2nd - Ickwell May Day**

Bric-à-brac, Books, Skittles, Golf and Lucky Dip
T'was a fine day, sun in the sky, scarcely a cloud to be seen; but a cutting wind from the east ensured that our PR stand was as cold as Christmas. Over on the main stalls we were kept busy all day.
Here's hoping the other fetes are as successful.

- **July 2nd - Clifton Church Fête**

Books, Skittles, Golf, Lucky Dip & Magnifiers
We had wonderful weather, gentlemen in Victorian attire, a grave yard scene and lots of fun on the day.

- **July 16th - Arlesey Fun Day**

Mug Tombola, Books/Jigsaws, Skittles, Golf and Lucky Dip & Magnifiers
What a day! We started well, erected our gazebo in the dry, sheltered under it until the fete was cancelled at 12:30 and we got soaked packing up!

- **July 23rd - Letchworth Lions Fun Day**

Bric-à-brac, Books/Jigsaws, Golf and Lucky Dip & Magnifiers
What a day! It was brilliant, the weather really does make a difference. We sold out of the Mug Tombola and Lucky Dips, did brisk trade with our magnifiers and everyone agreed we'd be back next year.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



All the Fun of the Fair



Wicksteed Park

Rain certainly didn't stop play on June 18th! A 43 seater coach, minibus, people carrier and car took 65 fun seekers to Wicksteed Park, Kettering. Families who needed a day free from cares and worries, and young carers who needed a day of release from their daily caring roles at home, joined us for a day to remember.

True there was rain, but then we got wet on the water shoot and the other water rides! The sandwiches and cakes at lunchtime were a welcomed picnic before heading back to the excitement of yet more rides. There were many smiles and much laughter through the day and some very sleepy youngsters returned to board the vehicles for the journey home. Rumour has it that even Lion Ian, caught up with forty winks between Kettering and Sandy!!!

Truly, a great time was had by all.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



A Second Coast to Coast for Ian

It started with walking along Hadrian's Wall in 2010 raising funds for Multiple Sclerosis.

We all know that Hadrian's Wall is a "hop, skip and jump" in the world of UK Coast to Coast challenges.

Lion Ian Williamson spent September doing the ultimate UK Coast To Coast; cycling from Lands End to John O'Groats with his sister and brother-in-law. Such was his enthusiasm for this Project that whilst concentrating on the training; he forgot to start fund raising until a month before setting off.

He still managed to raise £1,025 for the Ivel Stroke Club!



Ian's highlights

- Crossing the Severn Bridge
- Iron Bridge with all its history
- Being blown across the Forth Bridge by gale force winds
- Going over Glenshee and the Cairngorm's
- Presenting a cheque for £1,025 to the Ivel Stroke Club



Interesting Facts

- Google Maps gives a route distance of 837 miles taking some 15 hours by car; an average of 55.8 miles per hour.
- Ian's cycle route via the local Railway Stations to and from the Start and Finish points was 1111 miles and took 18 Days, an average of 61.7 miles per day.
- Ian recommends at least a month's training in preparation for this challenge.
- This route included 11½ miles of hills, which is approximately twice the height of Mount Everest. On the bright side, this gave them the opportunity for 11½ miles of free-wheeling downhill
- Ian was not accompanied by a support vehicle and on occasion essential maintenance and thus their continued progress relied heavily on the availability of local cycle businesses.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



Jeanette Walks Everywhere!



In **2009** Jeanette walked from Sandy, Bedfordshire to Winchester Cathedral to raise money for The Alzheimer's Society

In **2010** Jeanette was the instigator behind Biggleswade Sandy's Hadrian's Wall walk for the Multiple Sclerosis Therapy Centre in Bedford



In **May 2011** Jeanette did the St Cuthbert's Way Walk from Melrose to Lindisfarne raising funds for the Nordoff Robbins – Music Therapy Centre.

In **October 2011** Jeanette joined 22 other like minded people (aged 18 to 72) from across the UK on a flight to Casablanca, Morocco for a 6 day trek over 100km of varied and undulating terrain across the Sahara Desert.

This latest walk has raised over £2,600 in aid of the St. John's Hospice, Moggerhanger, Bedford

Jeanette's highlights

- The camaraderie and friendship amongst this group of erstwhile strangers, working as a team, under the leadership of a wonderful and very efficient former SAS Soldier; a knowledgeable, sensitive and caring lady doctor and a young Moroccan guide with a lovely sense of humour
- Sleeping under the stars. The clear sky and the stars at night were a wonder to behold
- Walking in to camp each evening, just in time to scramble up a dune to catch the magnificent sunset and then to sit chatting for a while before it became too cold and warmer clothes were required.
- The excitement, when at the hottest part of the fourth day they walked over a ridge and had a spectacular view of Chgaga, the largest dune in the region. Emotions ran high as the trekkers (except those who were too ill that day) walked over the rolling dunes, with boots filling with sand, before finally reaching the summit of Chgaga. In the desert, distances are extremely difficult to gauge and there is a strange feeling of timelessness.
- Elation, when they were told that they could possibly have a wash/shower on reaching the campsite at the end of Day 5. A tent was erected, and a three litre water container (each individual's allocation) was fitted. This luxury was most welcome. For the rest of the time on the trek they had to clean themselves with wet wipes which were an essential part of their luggage.
- Seeing the mirages developing in the heat as they walked across the salt-pans. There was not a single piece of vegetation, so a tent had to be erected to provide a bit of shade at lunchtime. They were then given the opportunity to have a brief ride on a camel. Jeanette chose Anthony – a very patient camel!
- On the final day of walking, with quite a few of the walkers now somewhat the worse for wear and in need of support and encouragement they made it past the WELCOME post and crossed the FINISH line together, accompanied by the beating of drums and cheers from the Berbers and cameleers.

Interesting Facts

- The daily temperature ranged from 40°C and 5°C
- The walkers had to drink 5 litres (a sip every 10 minutes) of water each day to avoid dehydration
- The walk was well organised with a need to walk for 7 hours a day
- Sand did get everywhere, when it got in your boots, you needed to stop and empty it out. Blister Clinics were held 3 times a day
- It was essential to cover up against the Sun. Failure to follow advice about sipping water regularly, inappropriate clothing and dehydration resulted in several casualties needing to be evacuated from where they fell to the overnight camp site.
- Only 7 of the 23 walkers completed the full distance, Jeanette was one of them.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



The Bedfordshire Steam & Country Fayre



Luckily the weather forecast continues to be inaccurate. We spent three days manning the main gate at the Bedfordshire Steam and Country Fayre and only got soaked once.

Biggleswade Sandy Lions with the help of a local caravan club, have manned the main gate for many years at this annual event run by the Bedford Steam Engine Preservation Society. The Society gives donations to several charities from the profits and has given support to our Lions projects. Lions often work in partnership with others to help those in need.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



Bigg Sandy is now 33 years old!

Each year we celebrate the formation of our Club in 1978 by holding a Charter Dinner.

This year's Charter Dinner was held at the White Horse in Southill on 28th October, and was attended by 50 Lions, partners and friends from Biggleswade Sandy, Amphill, Bedford, Bletchley, Hemel Hempstead and Luton. Our Guests of Honour were Vice District Governor John Savell with his wife Linda



A Brief Reflection on Biggleswade Sandy Lions Club

Biggleswade Sandy Lions Club was formed in October 1978 under the leadership of our Guiding Lion, Jack Rothwell from Bedford Lions Club, when twenty-six local men became Charter Members at our Inaugural Charter.

In 1999 the club agreed to invite ladies to become members. Of our 22 different Presidents 2 have been ladies, Lions Judith Hagger and Lion Lynn Walker.

Over the years we have held many major events including:

- A classic/new car motor show; a classic motor cycle show
- 10 mile sponsored walks
- Half marathon road race
- Bavarian nights with an OOMpah band
- Big band concerts
- Concerts by The London Welsh Male Voice Choir
- Only two weeks ago a Shannon Express concert in association with Bedford and District Handicapped Riders Association.

Currently our Fund Raising and Community Service activities include:

- Sleigh runs with Father Christmas around the villages
- An annual Christmas Dance
- Taking disadvantaged children to Wicksteed Park
- Taking stalls to local village fairs/fetes
- Helping at St John's Hospice fete and the Shuttleworth Steam Fair.

The Club's history includes the award of an International President's Certificate to Lion Mike Green, holder of the Melvyn Jones Award. We presented this to him for his outstanding service to Lionism before he moved to Bideford where he is still a very active Lion at the age of 80.

Of the original 26 Charter Members, two of them Lions Jim Dickson and Cliff Thornhill are still active members. We salute their achievements

bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



District Youth Celebration



Following the success of our 2010 District Youth Celebration outing, Biggleswade Sandy Lions hired a mini coach on 20th November and took 6 children plus carers to Alum Hall in Elstree.

This is the fourth year that PDG Lion Vijay Arora and her committee have organised this Party for Disadvantaged and Disabled young people. Thanks to the support of many clubs from District 105A it was once again a huge success.

The theme for the party was the Lion King. Well over 350 young people, carers and Lions attended and enjoyed the Feast, Entertainment by Clowns, Magicians and Dancing.

A great time was had by all!



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome



Thank You Everybody!



The weather this year was much kinder than last, though we did encounter high winds and wet weather.

Our problem this year was the 30 year old generator that keeps the lights and music on the float going. This year it didn't!

We had to cut one night short, in the words of Don McLean, on "The day the music died"

Thank you once again to everyone who responded to our collections at G & M Grower's, Sainsbury's, Aldi's and Asda.



Thank you to everyone in Langford, Potton, Biggleswade, Clifton and Henlow who answered our knock on the door when we called in the evening with the sleigh and Father Christmas.

Special thanks to all the Friends of Lions and Families of Lions who helped out on the Day or Night to make sure that we had a tow for the float and sufficient helpers to shake the collection buckets; ring the doorbells and pack and deliver all the food parcels. Without your help we would have fallen short on the task which started on 3rd December and continued through to 21st December.



Father Christmas and his elf helper were kept very busy at Langford Garden Centre for four weekends and three teatime sessions.

Lots of young people stepped into the Grotto and shared their hopes and dreams, and Father Christmas was a good listener. We hope very much that the wishes came true for those youngsters.

The "Tea with Father Christmas" afternoons was a new venture that seemed to go along very well, with Father Christmas chatting to the young diners but declining a cup of tea himself due to beard management concerns!

Our sincere thanks go to Langford Garden Centre for inviting us to help and to all their staff for their help to us.



This year we packed and delivered some 200 Food Parcels to distribute to local people in need across our area. In carrying out this work we owe special thanks to The Jordan & Ryvita Company and Bedfordshire Growers for their generous gifts towards our Parcels, Rainbow Rentals of Upper Caldecote for providing us with a van to transport the food, Sutton Village Hall for providing somewhere to pack the parcels and Biggleswade's Aldi for their keen pricing in supplying the main food items.





PRIDE OF LIONS



District 105A News
DG Andrew Allen

Issue 8, February 2012 • www.lions105a.org.uk • info@lions105a.org.uk • T: 0845 833 4964

A Second Coast to Coast for Ian!

It started in 2010 when a group of Lions from Biggleswade Sandy Club walked from coast to coast along Hadrian's Wall raising funds for Multiple Sclerosis.

We all know that Hadrian's Wall is a "hop, skip and jump" in the world of UK Coast to Coast challenges.

Lion Ian Williamson spent September doing the ultimate UK Coast To Coast - Cycling from Land's End to John O'Groats with his sister and brother-in-law. Such was his enthusiasm for this Project that whilst concentrating on the training, he forgot about fund raising until a month before setting off. He still managed to raise £1,025 for the Ivel Stroke Club!



For the full story see:
<http://www.biggleswadesandyions.org.uk/endoend.html>

Some interesting facts:

- The official distance at Lands End and John O'Groats is 874 miles.
- Ian's cycle route via the local Railway Stations to and from the Start and Finish points was 1,111 miles and took 18 days, an average of 61.7 miles per day.
- This route included 11 1/2 miles of hills, which is approximately twice the height of Mount Everest. On the bright side, this gave them the opportunity for 11 1/2 miles of free-wheeling downhill.

PRIDE OF LIONS • Issue 9, March 2012

Lion Jeanette Walks Everywhere!

In 2009 Jeanette walked from Sandy, Bedfordshire to Winchester Cathedral to raise money for The Alzheimer's Society. In 2010 Jeanette was the instigator behind Biggleswade Sandy's Hadrian's Wall walk for the Multiple Sclerosis Therapy Centre in Bedford.

In May 2011 Jeanette did the St Cuthbert's Way Walk from Melrose to Lindisfarne raising funds for the Nordoff Robbins - Music Therapy Centre. In October 2011 Jeanette joined 22 other like minded people (aged 18 to 72) on a flight to Casablanca, Morocco for a 6 day trek over 100km of varied and undulating terrain across the Sahara Desert. This latest walk raised over £2,600 in aid of the St. John's Hospice, Moggerhanger, Bedford.

Interesting Facts

- The daily temperature ranged from 40°C and 5°C
- The walkers had to drink 5 litres (a sip every 10 minutes) of water each day to avoid dehydration
- The walk was well organised with a need to walk for 7 hours a day
- Sand did get everywhere, when it got in your boots, you needed to stop and empty it out. Blister Clinics were held 3 times a day
- It was essential to cover up against the sun. Failure to follow advice about sipping water regularly, inappropriate clothing and dehydration resulted in several casualties needing to be evacuated from where they fell to the overnight camp site.
- Only 7 of the 23 walkers completed the full distance, Jeanette was one of them.



bslions.org.uk

Meetings held on 1st and 3rd Wednesday of each month at 8:00pm
The Biggleswade Sea Cadet Unit, 4 Station Road, Biggleswade, SG18 8AL
Visitors most welcome