



Lions Clubs International
British Isles District 105CE
At the heart of your community



MONTHLY NEWS July 2022

Dear caring Lions & LEOs of District 105CE

As promised in the last week bulletin I will be doing my yearend report, but first I wanted to cover the splendid events I have been to during my final 10 days as your District Governor.

On Sunday 19th I attended a lovely Fund Raiser for LCIF at our local Indian Restaurant, thanks to Mr Bahkter who allowed Peterborough Lions to raise £300 for LCIF Refugees & Displaced people by having a great meal – how good is that!!

Thanks to the Vale of Belvoir Lions Club for my final club visit, I chose the right night to attend as they were having a meal to commemorate one of their Charter members who had sadly passed away a couple of years ago.

Last weekend I attended the Charters of Wisbech (49th), Glanford & Lindsey (31st) & Lowestoft (61st), it was great to see so many people in attendance, all 3 Charters were splendid along with the company during the events – Thanks to Lion Presidents Alan, Caroline & John for your very kind invitations and wonderful donations to Claires Charity - Young Carers.

I also attended my own club's handover and then drove to Lowestoft midway through! Sorry I couldn't stay for the sweets (and the handover) but I did have a great main course!! Congratulations to Lion Andrew for your year as MY Club President.

I attended the Royal Norfolk Show, supporting the great Lions of our District who perform valuable roles through the setting up and during the 2-day show – Thanks for all you do and to Jim & Jennifer Cawte who do all the organising.

At the end of the week, I will be looking forward to attending Felixstowe & Retfords Charters.

Final report from the 3rd District Governor of this great District 105CE

Due to the inability of clubs to meet face to face because of Covid restrictions, the start of this year was very reserved, clubs were just starting to meet, they were getting involved in helping their communities in so many ways – supporting vaccination centres, food banks etc. etc. I was determined that all clubs would be visited by the DG Team this year, I was able to visit 47 out of our 91 Lions Clubs, unfortunately 3 clubs did not receive a visit by the DG Team this year, but they are high on the schedule for next year's DG Team. The DG Team of myself VDG Chris and 2VDG Paul have worked well together and have attended as many functions as possible – there were quite a few diary clashes this year, if you want the DG Team to attend your functions, please get the dates across to them as soon as you have confirmed the venue.

My 5 International Goals this year were to:

1. To increase Membership through Development and Service, increasing awareness in the communities we serve. Create New Clubs in the areas not being served, engage more to retain valuable members.

1. A new Club Branch Washingborough was formed by Lincoln Lions.

2. Membership – we have recruited an incredible 146 new Lions, sadly we have lost 199 valuable Lions, even more upsetting is that we lost 25 Lions to higher service this year, our membership currently stands at 1574 a net loss of 53.

3. Sadly by the end of the year we will have lost 5 clubs, largely through age and inability to recruit younger members.

4. We have held a Membership meeting each month where tips and ideas are passed onto the attendees and shared more widely.

2. To develop Officers to be effective Leaders in Clubs and District through face to face and online development. Encourage the use of Member Centre Resources to improve knowledge for every Lion and to create bespoke development where the need arises.

1. Many training and upskilling events took place through the year, commencing with our District Handover weekend.

2. Region & Zone Chair events.

3. Officer training.

4. Certified Guiding Lion training.

5. MyLion / MyLCI Masterclasses.

6. Created our own Lions Personal Development roadmap – where to go if you want any further development.

7. Communicated and encouraged the use of the Lions Learning Centre as a great resource for personal development.

3. To encourage Lions service through working with parallel organisations, local authorities, and businesses, contributing to 300 million people being served. To actively support the Five Global Causes.

1. Our Service to our communities has been phenomenal.

2. Over 725,000 People Served by our District, that's an immense amount of support and help we have offered our communities. Over 82,000 Volunteer Hours, if you put a £10 per hour monetary value on our Volunteer Hours, we have contributed over £820,000 back to our communities – absolutely gob smackingly amazing.

3. Sadly 23 Clubs do not report their activities through MyLion, just think what our true value to our communities could be. I'm sure that with focussed help that number will reduce through next year.

4. To raise awareness of LCIF projects already in progress and new projects as the need arises. Encouraging donations to LCIF on a regular basis and make aware the Grants available. To encourage the presentation of MJF awards where appropriate.

1. Our support for LCIF has been incredible with 80% of clubs contributing.

2. An amazing £96,000 has been donated this year, this includes an incredible £6,000 from personal donations – THANK YOU.

3. I have had the privilege to witness (and be involved with) the presentations of many Melvin Jones Fellowships this year – great recognition for very deserving individuals.

5. To encourage the use of technology in meetings, training, and other opportunities. To embrace social media to improve our communications and marketing.

1. Redesigned the District website.

2. 12 monthly newsletters & 24 District bulletins created and sent to approx 1,700 people every time.

3. Hybrid District Cabinet meetings and District Convention, this has enabled people to Zoom in if they were unable to attend in person.

4. February Cabinet meeting held on Zoom to save on meeting costs at the most unpredictable time of the year for the weather.

5. Monthly 'Social Media & Communications' drop in calls where ideas are shared, and best practise communicated more widely.

6. Supported Clubs in the IT, PR & Marketing issues.

Congratulations to Coningsby & Tattershall, Louth District, Wisbech and Wroxham & Hoveton who were all recognised by Lions Clubs International for their efforts last year and received a 2020/21 Club Excellence Award, all so richly deserved, WELL DONE.

The support for Claires chosen charity Young Carers has been phenomenal, through your generosity over £11,000 has been raised, this will make a considerable difference to the youngsters who through no fault of their own don't get a "normal" childhood because they are caring for a sibling, parent, or grandparent. A suitable and appropriate presentation will take place during the next few months.

We are fortunate to have some wonderfully passionate and dedicated District Officers who have served you this year, thank you for stepping up and supporting our Clubs, I hope you have enjoyed this experience supporting our great District.

I have been so impressed with all that I have seen & heard this year, as you are aware I chose the theme "Be Proud to Serve", with PROUD being Passionate, Resilient, Optimistic, Understanding and Dedicated. I am so PROUD of you all, for what you continue to do for your local communities, why you do it, how you do it and for continuing to do it all under the names of Lions.

I would like to wish DG Chris, VDG Paul and 2VDG Colin all the very best for their year ahead and I hope it fulfils all their wishes.

I joined this great organisation over 40 years ago to make a difference, after my apprenticeship as your District Secretary for 6 years and two goes at 2VDG! your VDG and now your District Governor, it is now time to spend more time golfing and more family time. This last 12 months has been all that I expected, a truly wonderful year working with brilliant Lions and meeting some amazing, dedicated Lions. Thank you for this magnificent opportunity.

But THAT'S ALL FOLKS!!!!

A VERY PROUD, HUMBLE & INSPIRED DG,

David.

Yours in Lionism

Lion David Pope **MJF**

District Governor for District 105CE covering the counties of – Cambridgeshire, Essex, Lincolnshire, Norfolk, Nottinghamshire & Suffolk and some adjacent areas.



HAVE YOU JOINED THE 250 CLUB YET?
Details on the **website.**



WHY NOT HELP THE BRAIN TUMOUR RESEARCH APPEAL AND PERHAPS WIN A PRIZE?



A word from the new District Governor all the way from Montreal in Canada.



Hello from the 104th International Lions Convention in the beautiful and friendly city of Montreal. We arrived a couple of days early to see a bit of the city, this was followed by two days of incredible sessions led by soon to be International President Lion Brian Sheehan and his wife and partner in service, Lion Lori. What an energetic and passionate pair of Lions.

Once this last piece of training was over, we were able to meet up with our friends in the British Isles and Ireland delegation for the parade of nations. What a spectacle.

Next, we were into the plenary sessions in the mornings at the Bell Centre followed by workshops in the exhibition halls. I visited a session on food waste, unfortunately the presenter couldn't make it. So not wanting the audience to miss out, I stepped up and stepped in to promote some of the food waste work we've been doing in our District. This was well received and generated an interesting discussion. Where there's a microphone there's a Lion.



I can't wait to get back home and to the next Lionistic year started. I am energised and full of ideas. But we all need to work together to share our ideas, we are part of the most incredible association, and we should all be so proud of what we do and why we do it.

Please start thinking about the service ideas you want to share and bring them to our Autumn Forum in October. Finally, ask every member what they're passionate about and then find ways of bringing these passions into your clubs.

See you very soon.

Lion Chris

CLUB NEWS

Sleaford Charter



2nd VDG receiving from Lion President Marcus Griffen the club bannerette for DG David, and a cheque from the club for the DG's wife's appeal. What a great evening, excellent food, good company, and entertainment lasting till nearly midnight.

Clacton Lions News June



Brightlingsea has been a limb of the Cinque Port of Sandwich since 1887 and keeps a lot of the original traditions. The Blessing and reclaiming of the Waters is an ancient ceremony parade -beating the boundaries of the Cinque Port Liberty of Brightlingsea. Dignitaries from all walks of

life parade from the town centre to the harbour, where a service is held before the actual blessing takes place. We were NOT blessed with good weather though, it rained, and it rained and we Lions, who were stopping the traffic so the procession could pass safely, got soaked through – but a hot cuppa at the local café soon sorted us out.



Lion President Alan's last Business Meeting of the year was one to remember – for the right reasons. District Governor David Pope visited us and presented six of our members with long service awards. (Should have been



seven but Lion Peter was on holiday) Lion Terry, Lion Adrian, Lion John, Lion Mags, Lion Rose, and Lion Andrew. The awards recognised a fantastic total of 160 years of service to the local community. DG David also presented Lion Wilf with his DG's pin as Wilf was not able to attend 105CE Convention last year.



When a Membership Satisfaction Survey conducted in 2021 showed that our members wanted to raise the profile of the Club and to learn more about the work of LCIF, the planning for this event started. Council permission was obtained to 'take-over' the town centre with gazebos showing the work of LCIF, Clacton Lions Club and showcasing our massive recycling projects. This was a real team effort with most of our members getting involved in one way or another. We found out that the Lifesaving

IconSaver Water filters which LCIF have stored in warehouses around the world, were produced locally - in Marks Tey. They very generously, donated one for us to use as a prop. Members of Chelmsford Lions joined us on the day, bringing their gleaning information and their children's pig race game. The weather was kind to us and over 200 people



stopped to talk to us and not ONE person asked if we look after SEA LIONS. We answered lots of questions on the work that we do in the local community and worldwide, gave out 43 Message in a Bottle kits, 32 Plugster pulls and received recycling donations of cuddly toys, a bag of hearing aids, a bag of foreign currency and 162 pairs of used spectacles. One little girl, aged about 8, was listening intently about the One Shot = One Life measles programme, she told us that she had recently had measles and was shocked that children were dying with it. She asked her dad for 75p so that she could donate, and a save a life too – the smile on her face when she left the gazebo will stay with us for a long time. Our last Car Boot of the Lionistic year was a bumper one, with us taking 3 cars filled to the brim with items to sell. It was a very warm and humid day with the threat of thunderstorms looming, which did affect the numbers of people attending so we did leave a bit earlier than usual. It started to rain heavily just as we had finished loading the unsold items at the store – perfect timing. We were surprised and pleased to find that despite the adverse conditions, we had raised £300.00, it was £299.95, but just had to find a 5p to round it up.



Steve Robertson at his induction on 8th June, with his sponsor Nicki Waldie, who regular readers will recognise as The Deepings' skydiver. In fact, Steve is a returning member; he left us several years ago when he returned to his native Yorkshire, but it seems it didn't match up to his memories and he has come back to the lowlands. Unfortunately, his past membership records had disappeared from MyLCI, so we had to enrol him as a new member instead of re-instating him. We will now try to get his previous service both with our club and with Tick Hill Lions added to his record.

A Deeping Lion returns

Steve Robertson at his induction on 8th June, with his sponsor Nicki Waldie, who regular readers will recognise as The Deepings' skydiver. In fact, Steve is a returning member; he left us several years ago when he returned to his native Yorkshire, but it seems it didn't match up to his memories and he has come back to the lowlands. Unfortunately, his past membership records had disappeared from MyLCI, so we had to enrol him as a new member instead of re-instating him. We will now try to get his previous service both with our club and with Tick Hill Lions added to his record.



March Lions Club



“After two years away, March Lions Gala returned on Saturday 4th June in West End Park, March. The perfect weather brought out local residents in their droves and all our stallholders enjoyed a successful day. The club welcomed over 20 local charities and businesses, and raised just over £750 ourselves for our public funds.

March Lions Gala has been an annual fixture in the town calendar in its current form since the early 1990s and has been part of the March Summer Festival since its Inception in 2000.



Our thanks go to all the local charities and businesses that brought stalls, and those that came and supported all the stalls! Our thanks are also extended to the March Summer Festival Committee, and their work on to organise the other events on park over the weekend. Without any of these, the event could not continue to be the success it is.”

Spalding Lions Club



Spalding Lions celebrated their 51st Charter event on Saturday 28th May at The Woodlands Hotel, Spalding. The evening, hosted by President Lion Eileen Robson, was attended by Lions, partners and friends. Invited guests included District Governor Lion David Pope and his wife Claire, Past District Governor Michael Phillips and his wife Patricia Phillips, Zone Chair Lynne Roberts and Rotary Club President for Spalding and Welland Howard Gelley. Representatives from other

Lions Clubs travelled to attend the event.

During the evening Spalding Lions Stuart East, Fred Collins and Jim Walker were presented with their Melvin Jones Fellow award for dedicated humanitarian services to Lions Club International Foundation.



Everyone had a very enjoyable evening of excellent food, music and catching up with the Lion family having missed out on celebrating their 49th and 50th Charter due to the pandemic.

Jump Back Up July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	8 Shift your mood by doing something you really enjoy	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it
11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them
18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today
25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong
				29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human




ACTION FOR HAPPINESS

Happier · Kinder · Together

LIVING IN OUR NEIGHBOURS SERVICE

Forthcoming Events

Welcome to the

ANNUAL

A photograph of several horses and jockeys racing on a green track. The jockeys are wearing colorful silks and helmets. The background is slightly blurred to convey motion.

LaC night

START:
7 for 7.30pm

Friday **15th July** 2022

COST £10.00 | Includes: Pie, Chips & Peas or Veg Option (Pre-Booked ONLY)

For guaranteed entrance please **RSVP** JON YARWOOD

Email: jon.c.yarwood@gmail.com

Enquiries contact Jon on 07581 265531

All proceeds of raffle and bets to local charities

Venue: South Forest Leisure Complex | Robin Hood Crossroads | Edwinstowe | NG21 9JA



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

GOLF DAY

Raising funds to support our local community
and overseas Lions appeals



Tuesday 20th Sept : First Tee 10.30

Southwell Golf Club : Occupation Lane,
Southwell NG25 0TS

£ 160 for team of 4 : inc. bacon cob and buffet

To enter a team and more info contact

Steve Foster

07748 803114

fizzie149@yahoo.co.uk



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

AM AM GOLF DAY Tuesday 20th September

Raising funds to support our local community and overseas Lions appeals

- Tee Time 10.30 to 3.00 pm : will be allocated on first come basis.
- Venue Southwell Golf Club : Occupation Lane, Southwell NG25 0TS
- Entrance fee £ 160 for team of 4
- Refreshments Coffee/tea and bacon cob on arrival, 1 course running buffet
- Non players Are most welcome. Food is available at £10 per head
- Competition AM-AM Stableford with any combination of 2 best scores to count on each hole. 36 handicap index will apply
Will play off 90% handicap. Ladies in a mixed team will add 2 courtesy shots and use yellow index. "All Lady" teams use red index and receive no courtesy shots.
- Prize giving On the day at approx 7.30 pm.
Prizes will be forwarded to any teams unable to attend

Player's Name	Handicap	Club

Team Name			
Contact number		Email	
Dietary requirements if applicable			

Preferred Tee time 10.30- 12.00 12.00-1.00 1.00-2.00 2.00-3.00

ENTRY FEE £ 40/ head No. of Tees. £

We enclose cheque /cash for £ **Total**

Cheques to be payable to Southwell and District Lions Club (CIO)
Send to : Steve Foster at 9 Newark Road, Southwell, Notts. NG25 0ES

Signed _____ Name _____ Date _____

Sponsorship available £ 100 per hole

Raffle prize on the day.



Coningsby & Tattershall
Lions Club



BEER & CIDER

★ **FESTIVAL** ★

Tattershall Village Hall

Lodge Road, LN4 4LL

Friday
5th August
5pm - 11pm

Saturday
6th August
Noon - 11pm

Craft Beers from around
the UK including
The Best from Lincolnshire
Cider, Wine & Soft Drinks
are also available

Saturday

Nicky Haxby
Singer-Songwriter



Saturday



HOT FOOD
SERVED HERE



Coningsby & Tattershall Lions Club



Registered Charity Number: 1183298



www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

I am. We are. LIONS

MERSEA ISLAND LIONS CLUB

FAMILY SUMMER SHOW 2022



SATURDAY
20th AUGUST 2022
11am to 4pm
WALDEGRAVES HOLIDAY PARK

Come and join us for a fantastic family day out

- Classic vehicles
- Vintage buses
- Live music
- Circus skills
- Variety of stalls
- Artisan 'This is me' craft stalls & demonstrations
- Food and drink stalls
- Lions tea tent
- Bouncy castles
- Children's entertainment marquee
- and much much more



Entrance: Adults £4 under 16 Free
www.merseaislandlionsclub.com



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

Comedy and Dinner Evening

Comedy
- NIGHT -

Compered by **Spikey Mike**,
Introducing acts by comedians
Andrew Bird and **Gerry K**



- ✓ **3 Course Dinner with Coffee**
- ✓ **Drinks available all evening**



Starts 7.30pm Friday, 21st October £45 per ticket

Newark Golf Club
Sleaford Road, Coddington, Newark NG24 2QX

Complimentary return transport available to Newark Golf Club from Southwell

For tickets contact:
Ian Gillings 07795 176105 gillings7@hotmail.co.uk or Steve Scall 07779 338887
stevescall@gmail.com

All proceeds go to the Southwell Lions charity fund supporting our local community
and overseas Lions appeals