



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



MONTHLY NEWS May 2022

Dear caring Lions & LEOs of District 105CE

Firstly, my apologies for the late issuing of our monthly bulletin, we felt it was worth delaying a day to include some highlights from MD Convention.

Well, I've had another action packed 10 days, we started with a knowledge sharing call with our friends from District 133 in Ireland, explaining how they went about creating their Lions Suicide Prevention & Anti Bullying Project, it was really informative and have shared some great collateral which is available from their District website - <https://lionsclubs.ie/service/suicide-prevention/>

I have visited a couple of clubs - one from the comfort of home - thanks to the Centennial 100 Champions Club for the invitation and your inspirational projects all around the world, your thought leadership and determination is amazing. A few days later I visited some of my old friends at Haverhill Lions, throughout the lockdowns they admit to having been very quiet but are now bouncing back and have a raft of activities through the summer, what was particular pleasing was to present 40-year Charter Chevrons to former Cabinet members Len Russell & David Goodwin a real treat to recognise their contribution to Lions - Thanks both of you.

Then it was off to MD Convention, we had a council meeting on Thursday afternoon, a meal in the evening, and then back again on Friday morning to another Council meeting. On the Friday afternoon I chose to visit a wonderful organisation call Baby Lifeline, based in the Midlands and supported by Balsall Common Lions Club - the Baby Lifeline website is well worth a look at the great work they are doing - <https://www.babylifeline.org.uk> Friday Night was a Taste of the Orient hosted by the Birmingham China Town Lions Club, it was a great spectacle and really good food.

During Saturday's business sessions we were treated to presentations and speeches from some of the greatest people around, including our own Lion Andrew Wilcox who opened the Convention with the Health & Safety briefing. A few notable events from the business was the overwhelming Endorsement of PID Lion Phil Nathan for 3rd International Vice President from the Lions of the British Isles, well done PID Lion Phil, we are with you all the way. Our International Guest was Past International President Lion Jim Ervin. Many of us have already met him as he has been our International Guest at some of our District Conventions, he never fails to motivate you and allows you to hear about the great things LCI are doing. We had a thought-provoking session on what made us Lions, one of the contributors was our own Lion Robyn Banks. This session was facilitated by Past MD LEO President Nigel Packer, in fact he was my MD LEO President when I was District LEO President in 1987/88. I took the opportunity to propose the vote of thanks and presented him with my DG certificate of Appreciation in recognition of the support & encouragement he gave me and many other LEOs in the 1980s. We also had one of our Lions Symposium graduates Lion Chris Speed from Great Yarmouth Lions who did a great job of explaining the benefits of the Lions Symposium and New Voices - it was a belter. On Saturday Night we had the gala dinner, the food and the company were great, sadly the service didn't match.

Sundays business session started with the DGs & DGEs walk-in, this is normally only for the DGEs but CC Richard wanted to give us a treat as we hadn't experienced it as our walk in was on Zoom! Sadly DGE Lion Chris & Lion Sue missed out as they weren't able to attend due to

illness, but they were with us on Zoom. Our District gave them a wonderful rousing welcome which I am certain they could hear all the way back in Ashby ! We had the pleasure of listening to, and be inspired by our very own Young Ambassador winner from 2021 Ellie Mae Banks, she received a standing ovation – clearly a bright star of the future.

A Huge thank you to PDG Lion Guch for all his efforts, he has shouldered MOST of this year's MD Convention – thank you, your efforts were appreciated.

Don't forget to tune into the remaining Service Roadshows, if you email roadshow@lionsclubs.co.uk , they will send you the links to the forthcoming events.

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.



Thank you

Thank you for being part of this wonderful organisation which through its various Service activities has provided help to over 2,000,000 people since the start of the current lionistic year – a truly remarkable achievement in just 9 months.

It is worth noting that just over 25% of that total number were people helped by Lions from 105CE, a magnificent response from this part of the Multiple District. Of the 5 Global causes the ones mainly supported in our District were Environment, Vision, and Hunger but, of course, there were many other Service causes helped by your time, commitment, and generosity.

In recognising that life was far from easy for all of us at the start of the current fiscal year this wonderful total is all the more remarkable and we must think what it might have been. We have to wonder what the final total for the year will be, with still 3 months of work ahead of us.

Please continue to record your many Service achievements on MyLion on a regular basis and I will report the final total for this year in July, once I have all the figures.

I end where I started, by expressing on behalf of everyone helped, a heartfelt Thank You for the wonderful achievement of Lions throughout the Multiple District and, in particular those in 105CE.

David Merchant – GST Leader



Claire, the District Governors wife, has now walked 1162.7 miles, leaving only 68.3 miles to complete her challenge of virtually visiting all the district's clubs. The clubs still to see her virtual visit are Edwinstowe & Dukeries, Southwell & District, Nottingham West, North Notts, Notts/Derby Hykeham and Loughborough. I wonder how many shoes and socks have been worn out? **Well done, Claire.**

United through Kindness



Together, Lions across the world – with support from Lions Clubs International Foundation (LCIF) – have united through kindness to support Ukraine refugees in a time of great need.

“Alone, we can do so little; together we can do so much.”

Because of the ongoing conflict in Ukraine, millions of people have been forced to leave their homes to escape the intense fighting and violence, creating one of the fastest moving refugee crises since World War II. As the conflict continues, the number of families leaving Ukraine is expected to continue to rise.

In this time of great need, Lions and LCIF joined together to serve our communities during this humanitarian crisis. Lions in neighbouring countries immediately started to help Ukrainian refugees and displaced persons by collecting truckloads of food and essential resources as well as welcoming refugees into their homes. Some Lions even crossed the border to take supplies to Ukrainians, delivering food and medicine, while others transported men, women, and children from the border to safe zones. Around the world, Lions have raised money, created care packages, and hosted vigils for Ukraine. To magnify their service even more, Lions turned to LCIF for additional help.

Up to the end of March 2022, LCIF had awarded more than US\$936,140 for refugee relief to Lions serving in Poland, Hungary, Romania, Austria, Slovakia, Armenia, Lithuania, Finland, Turkey, Bulgaria and Italy to support Ukrainian refugees who have crossed their borders. LCIF’s grant funds to date are expected to help more than 151,715 refugees.

Lions also awarded grants to Lions in the Ukraine to address the critical needs of people who remain in the country with about 6.5 million displaced people staying in Ukraine, according to United Nations data.

“Lions and LEOs around the world continue to grieve for those impacted by the ongoing conflict in Ukraine,” said LCIF Chairperson Dr. Jung Yul Choi. “These LCIF grants are empowering our members to help families who have fled their homes to find safety and security during immensely challenging times.”



Lending a hand across the globe

Lions throughout the world have aided the refugees by donating to LCIF’s Refugee and Displaced Persons Appeal Fund to support refugees in their communities and around the world. Some Lions have also decided to send the proceeds of fundraising events to the LCIF’s Refugee and Displaced Persons Fund.



LCIF have received donations from Norway, Switzerland, Netherlands, Turkey, Belgium, Spain, Italy and from the British Isles totalling some US\$2,889,000. The British Isles have already donated over £100,000 to date. District 105CE have contributed some £51,257.74 towards that figure. What a fantastic response from all the Lions across the world but especially our Multiple District and Districts, LCIF says a huge Thank You to all those who have made donations.

Lions in many countries are now gearing up to take in Ukrainian refugees, the British Isles is no exception. Refugees are now starting to arrive in the U.K. and are being homed with families all over the country. Some refugees are being homed with Lions families. We will continue to help these people by donating funds to utilise in the UK. The MD Foundation is looking to provide grants to help via an extension of the existing MD 105 Refugee Grant Funding.

The Multiple District are also looking to recruit an MD105 Officer for Refugee Response. To be able to support the refugees coming to the U.K we require funds, hence the MD105 Refugee Appeal has been launched. LCI, LCIF and Lions Clubs collectively partner with Lions across the world. As Helen Keller said, *'Alone, we can do so little; together we can do so much more'*.

"The events in Ukraine have shocked the world, but the courage and resilience of the Ukrainian people have inspired it," said Lions International President Douglas X. Alexander. "We stand with our Lions and our communities in Ukraine. Lions serve from the heart, and the heart of Lions are shining through during this time of such great need."

How can your Club help?

Firstly, a massive thank you for your contributions to those in need because of the Ukraine conflict. You should be very proud of the impact you have made.

There are two very effective and simple ways to help:

1. Donate to Lions Clubs International Foundation (LCIF) that will enable further grants to be made to Lions Clubs in countries such as Ukraine, Poland, Hungary, Romania, Moldova and others to help those arriving and transiting those countries.
2. Donate to our own LCI MD105 Foundation that will make grants available to Clubs in the UK helping deal with the challenge of the refugees in our own communities. The fund is administrated by trustees who are all Lions from the UK and understand the needs of both our country and the ways our Clubs will want to help those refugees arriving in the UK.

This humanitarian crisis is unfortunately not over, we are still in the 'displacement' of people phase, and who knows when that phase will end. Once the conflict is over the refugees will require 'resettling' back into their native country of Ukraine and the 'rebuilding' of infrastructure such as schools, hospitals etc. will commence and hence support will be required for the Ukrainian people for a considerable length of time. So, your continued help, assistance and support is vital in the future.

Together, Lions can do more to provide hope for refugees by donating to LCIF's Refugees Relief and Displaced Persons Fund, which will help ensure that Lions are there to help them find safety and security they desperately need. The quickest and easiest way to ensure donations are made to LCIF for this cause is to make donations via our District Treasurer to LCIF 'Disaster Relief Fund – Refugee and Displaced Persons' or the LCI 105 Foundation – Refugees. Donations can be made electronically into the district account. Sort Code: 405240, A/c No. 00099737. These donations will then be transferred to the appropriate fund. Personal donations can also be made to the district account and Gift Aid may be claimable on your donation.

THANK YOU

PDG Lion Alan Hall
District LCIF Coordinator
On behalf of Lions Clubs International Foundation
25/04/2022

Southwell & District Lions Club

Help for Ukraine

Linda from the Bramley Apple and Magdalena from B Sweet have organised one of the many local initiatives to provide support to the refugees in Ukraine. Southwell residents have been amazingly generous with their donations and some of the Lions lent a hand to the many volunteers in sorting through the items for shipment to Ukraine and neighbouring countries.



Many of our members have also been helping the Romo warehouse in Kirkby-in-Ashfield, organised by Magdalena Wasiewicz, a resident and business owner in Southwell, who has been inundated with donations of goods for the Ukrainian people since starting her appeal following the invasion of Ukraine. Magda has family in Poland, who own a logistics and transport company, Gigamix Broker.



They are located 10 miles from the Ukrainian border and have extensive experience in transporting goods directly into the Ukraine. Huge thanks also to [Romo](#) for its support, with use of the warehouse, supply of boxes, equipment, and manpower.



Childhood Cancer

Pasic is a wonderful charity that supports families dealing with the diagnosis and treatment of a child with cancer. Earlier this year, we donated £500 to pay for 'Art Activity Packs' and activities to brighten up the hospital stay and make life a little more fun by offering respite and distraction for children with cancer who face very long stays in hospital. The packs are also given to children when recuperating at home. Louise Whittle from Pasic came along to show us the packs and the wide variety of activities they contain to help entertain the children.

President Nick Parr (left) with Louise and Lion Peter Brooker
You can find out about the great work that Pasic does by going to their website Pasic.org.uk





Some of the thanks.

April 2022

Dear Peter, Mick and
the Southwell Lions,
I'm writing to say a very big thankyou
for your very generous donation of
£500 to our charity, PASIC childhood
cancer support.
Your very kind gifts will make a huge
difference to make life better through craft
and art items for children and young
people with cancer on hospital wards and
when they are recovering at home.
We have a greater number of families
turning to us for help and very much

appreciate your support in this way.

Once again I'd like to thank you
on behalf of the PASIC team, our
trustees and the families we support

Very best wishes,
Louise

PASIC CEO

Clacton Lions News

Defibrillator placed



After what seemed to be a very long wait – thank you Covid – members of Clacton on Sea Lions Club were very pleased to hand over third defibrillator unit they have provided in the local area – this one will be found outside The Kingscliff Hotel, Holland on Sea and has been registered on The Circuit which is the national register. District Councillor Andy Baker thanked both Clacton Lions Club for raising the money for this unit and The Kingscliff Hotel for agreeing to it being placed on their outside wall, which is just a few hundred yards from the seafront. The other two defibrillator units Clacton Lions Club previously provided are in Clacton town centre - outside Tom Peppers in Pier Avenue and outside the CVST in Rosemary Road. The unit at Tom Peppers has been used twice in the last year, showing what a valuable piece of life saving equipment they are. Pictured are District Councillor Andy Baker, Rebecca Williamson - Manager of the Kingscliff Hotel, Lion Andrew - Clacton Lions Welfare Officer, and Lion President Alan.

More recycling

Clacton on Sea Lions Club have been recycling printer cartridges for many years and have many drop off points across Tendring. They have recently teamed up with the Ink Bin, a local company, and have sited two of their recycling boxes – one can be found in the Co-op in Holland on Sea, and the other in the foyer of St Osyth Village Hall. Ink cartridges collected in these bins helps raise much needed funds for Clacton on Sea Lions Club as well as looking after the environment. Picture shows Lion President Alan handing over the recycling box to Steve Cole at St Osyth Village Hall.



EASTWOOD LIONS DELIVER EASTER BASKETS



If you're a fan of the on-line number puzzle game Nerdle you can work out the Easter Basket combinations that Eastwood Lions delivered over the Easter weekend to the Eastwood Care Homes.



We had six boxes of various Fruit from our local supplier; Twenty-Four Cadbury's Easter Eggs; Six Care Homes with Fifteen; Thirty & Sixty residents and Two Eastwood Lions; Brian Stanbridge & Eric Hoile.

OK, OK, I'll give you the answers! The Care Home with Sixty Residents got 5 Easter Eggs; the Fifteen got 3 and the rest got 4 each all together with a basket of Fruit!

They were all Happy Bunnies!



Lowestoft Lions chocolate egg bonanza!

Over 1000 people headed to Sparrow's Nest Gardens in Lowestoft on Easter Sunday so that their youngsters could search for the answers to clues needed to secure one of the 500 Easter egg prizes on offer. But the fun didn't stop there, as there were stalls, BBQ food supplied by Beccles Lions, children's entertainment and Easter bunny and Lion mascots providing photographic opportunities. President John Swatton said " After an enforced break for Covid after 17 years of staging this free to enter event, we are really pleased with the day - sunshine has brought people out and boosted community spirit".



Dereham Lions Club.

Callie Skelton Tesco's Community Officer presenting a cheque for £300 to Dereham Lions for manning the car parking a Dereham Tesco's annual charity car boot on Easter Sunday morning



Littleport Lions Club.

What to do with the glasses cases. The one on the right is a first aid kit, the one on the left is a sewing kit, you could even fill one with pencils, eraser, and crayons to make a school kit.



Lions Club of Felixstowe

Felixstowe Lions Club is glad to have recently been able to help support the current crisis appeal in the Ukraine. We are sure we will be on hand with further help as needed.

Lions were pleased to support a recent Charity Darts Competition to help raise funds for a local boy, Bobby, and in memory of a local lady. Bobby is 9 years old and is sadly on end-of-life care. He has a dream to go to Disneyland, Paris and the darts event was in aid of raising funds to help with his wish. Funds raised were also to go to St Elizabeth's Hospice in memory of a

local lady, Sally Bird, who held the Hospice close to her heart due to the amazing work they had done for family and friends.

The photo shows Lions President, Richard handing over a cheque for £500 towards the appeal.

We will again be holding the popular Antiques and Collectables sales on the Triangle on Saturdays the 7th May, 2nd July and 3rd September. Look forward to seeing you there!

Southend Lions Club

Southend Lions Club Member Pam Roberts presented a £500 cheque to Anne Ashdown a lead member of the Sunday Club. This club provides leisure facilities for young people with special needs, every Sunday afternoon, for three hours. The money will help the Sunday Club, with a planned holiday in Devon later in the year



"WOW – what a ride at the RLLI by Robyn Banks



Along with a member of the Great Yarmouth Lions Club, I was one of 20 MD 105 and D133 Lions who attended the recent Regional Lions Leadership Institute (RLLI). I doubt any of us expected the weekend we got – and I even doubt that the District Governors who approved our attendance expected it to have the profound affect it had on all who were there – Facilitators or attendees alike.

The idea is to promote leadership skills through learning, friendship, and fellowship. The facilitators were incredibly supportive – because I will not lie – some of it can be very challenging on a personal level.

I for one was not expecting the group to embrace the friendships made for life nor the support that those friendships would bring. I am delighted to report that this support has continued since returning home too with some queries on aspects of Lionism and taking matters forward in our clubs.

We had sessions on Time Management; planning events; presentational skills, diversity – to name just a few. These were all skills that I can take into my workplace as well as improving my communication skills within Lions and strengthening my confidence where I have not had a very long Lions Career – unlike some on the course. For the confidence building, I know I am not alone amongst attendees for this overall boost from the weekend. Throughout, the emphasis was on fun and friendship – so it did not feel like learning at all, despite being quite intense at times.

I think the most surprising thing about the whole experience is the great impact on my life, not just in Lions. I have "grown" as a person as a result and that can only be good for my involvement in Lions as well as me personally. The motivation the experience has instilled in each one of us is palpable too. We have been home a week as I write – and already we are all achieving great things for the organisation and ourselves. This is surely what Lionism and "We Serve" should be all about? I have been asked what I "gout out" of the weekend and this is quite hard to put into words – but the following spring to mind as I reflect – Confidence, motivation, and a knowledge of the skills I have to enrich my service to my fellow Lions, my community and the organisation as a whole.



We talked about the "lions' moment" – that one point when everything falls into place within you for the benefit of Lions – I truly believe this weekend at the RLLI was mine!

Grimsby Cleethorpes Lions Club



At Grimsby Cleethorpes 54th Charter anniversary, Lion President Stephen presented an MJF to Lion Bernard Christie, and a club bannerette to VDG Paul Southerton. DG David's bannerette had previously been given at a club meeting. This was an excellent Sunday lunchtime charter dinner which lasted over three hours. It was good meet-



ing again with old friends. Presentations of a 50-year chevron to Lion John Green, a 25-year chevron to Lion Mark Lovesy. It was a great pity that Lion Anthony Taylor was not present as he would have received a 45-year chevron. If he was there, it would have made a fantastic photo with awards totalling 120 years of service to the local community.

Bourne Lions Club.



During the month of April 2022, Bourne Lions awarded Certificates of Appreciation to the following members of Bourne who have supported the club and the community of Bourne.

Matt Bostock, Jill Clarke, Ian Haver, of Roadphone NRB for their continued support of Bourne Lions throughout the years in Providing Personnel, transport, help and equipment for, Santa's Sleigh and other Community events.

Judy Miller, Caroline Dean, John Dunn of, Harrison & Dunn Hardware, for years of support in advertising and selling tickets for Bourne Lions events.



Lion Jon Chudley, for his continued exemplary support to the Club and community.

Lion Paul Woodman, for his dedicated support and expertise during the covid pandemic in distributing and organizing help within the communities of Lincolnshire.



Maureen & Struan Cornell, Maureen, for ensuring the operation of collecting and distributing food at the Bourne Food Bank and Struan for tirelessly delivering covid and medical supplies to communities in South Lincolnshire as well as ensuring the safety at the many public events within the Bourne Community

Hannah Williams of Bourne Photographic for giving her time and photographic skills in covering Bourne Lions 1940's events over the years at no cost to the club, very

much appreciated.



Lionel (Jake) Nolan's untiring work as the club's community officer, supporting within the local community the local food bank, church welfare and individuals needing humanitarian help.

Ian Bland has been an avid supporter of the Bourne Lions

Claire is the editor of Discovering Bourne Magazine, supporting the club with advertising our events. Claire is also heavily involved within the community of Bourne, chairing the Bourne Events Team and working tirelessly for the good of the community.



On Monday 11th April, Lion 2nd Vice District Governor Paul Southerton presented Certificates of Service to Lion Stephen Smith on completing 30years of service and Lion Maryse Brown on completing 15years service to the communities of Bourne and surrounding villages.

Both Stephen and Maryse have during their service been past presidents of Bourne Lions and continue serving the communities of Bourne.

At the Bourne Lions meeting on Monday 25th April Bourne Lions Vice President Steve Wilson presented Lion Kevin Brown with the 45year service pin. At the time of joining Bourne Lions 45years ago Kevin was the youngest member to join the club, following in the footsteps of his father Lesley. Kevin has been a stalwart of the club, holding throughout the years several Club officer positions and is highly motivated in supporting fellow club members and the community of Bourne and the surrounding villages. A Family of Lionism tradition continues with his mother Maryse, one of Bourne Lions senior active members.



Forthcoming events

Brigg Lions are hosting a country music night on Friday 6 May 2022, at Brigg Servicemen's Club, doors open at 7.30pm. Tickets are £6.50 and can be obtained by email us or calling 07725021725. The Main act is Brigg's own Darren Busby.



BRIGG DISTRICT LIONS CLUB
presents

A COUNTRY MUSIC NIGHT

Friday 6th May 2022 *in BRIGG SERVICEMEN'S CLUB*
8.00pm to 11.00pm *Coney Court, Brigg*
Doors open 7.30pm



starring
DARREN BUSBY
plus **DAVE LESLIE**

Licensed Bar

Tickets **£6.50** available from 07725 021725
or Pat Bowness...07979 690827





Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

UKRAINIAN SPRING QUIZ

Raising funds to support displaced Ukrainian refugees



Friday 13th May 7.00 for 7.45 start
MINSTER SCHOOL, SOUTHWELL

£6 per person. Bring your own food

Licensed bar. Teams of up to 6

To enter a team, contact

Steve Scall 07779 338 887
Graham Coulson 07777 635833
Or email stevescall@gmail.com
 lionsouthwell@gmail.com

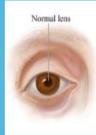


Hornchurch Lions Club (CIO) District 105CE



presents their

CHARITY EVENING TO RAISE FUNDS FOR VISION AND EDUCATION





AT THE CITY PAVILION, COLLIER ROW ROAD,
ROMFORD, ESSEX. RM5 2BH

ON SATURDAY 21st MAY 2022
7.00pm - 11.30pm

**Dance to the vocals of ANAMI
and her live band.....**




**3 course veg & non-veg
food with unlimited
soft drinks**

BEER
WINE
SPIRITS
SERVED AT
THE PAY BAR

TICKETS
£45
Children under 10
£10



Afternoon Tea Dance

Sing-a-long & Dance to Popular Songs
Including Last Night of the Proms Finale

at the Polish Community Centre
True Lovers Walk, Loughborough, LE11 3DB

Saturday 14 May 2022
2.00pm - 5.00pm



Tickets £8.00 from
Ann Parsons
07547 907414
or
01509 232422

In Association with
Suzanne Buckeridge
07754 799639

Loughborough Lions
raising funds
for the
**UKRAINIAN
REFUGEES
APPEAL**



Loughborough Lions registered CIO Charity No 1188675



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CONVENTION VENUES

Centre Bell/Bell Centre

The Centre Bell, formerly known as the Molson Centre, is a multi-purpose arena. It opened in March 1996 and is most notable as the home arena for the National Hockey League's Montreal Canadiens who are co-owned by the Molson Family. The Bell Centre seats more than 21,000 and in addition to sport, is also a venue for rock concerts, classical music performances and family entertainment. The complex is in the downtown core on the street befittingly named, Avenue des Canadiens-de-Montréal.



L'INTERNATIONAL DES FEUX LOTO-QUÉBEC

International Fireworks Festival
Dates: mid-June to mid-July 2022

The Montreal fireworks festival was first held in 1985 at La Ronde, Quebec's largest amusement park, built for the 1967 Universal Exposition. This is pyromusical arts at their best! Held on Saturdays and Wednesdays at 10pm.



OLD MONTREAL

The historic neighbourhood of Old Montreal, on the edge of the St. Lawrence River just south of the downtown core, used to be surrounded by fortifying walls. This is the site where the city was founded in 1642. Old Montreal still conserves its European feel, with cobblestone streets, historic buildings, public squares and monuments.

The historic Old Port, one of Old Montreal's most popular attractions, is made up of a series of piers linked by a park-lined boardwalk. The area is vibrant all year round, offering a wide variety of activities, boutiques, art galleries, cafes, restaurants and museums.



The white polo shirt in the photo is available to purchase and can be personalised.
Please contact National HQ, Birmingham - to place your order.

Your International Convention Team are:

PCC Philip Goodier
Chair – International Convention Committee
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E: treasurer@lionsmd105.org

PCC Stewart Sherman-Kahn
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E: g.manku@ntworld.com

Travel Agent – JTA TRAVEL



Newsletter No.3

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Welcome to the second Newsletter for the 2022 International Convention.



With the International Convention approaching rapidly the International Convention Committee would like to pass on information and ideas.

BEFORE YOU GO

Electronic Travel Authorisation (eTA)

Visitors travelling to Canada by air are required to get an electronic travel authorisation (eTA) to enter Canada. Applying for an eTA is a simple online process. Most applicants get their eTA approval (via an email) within minutes. The cost is C\$7.00 per person and the application may be found at: <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta/apply.html> Be cautious as there are "commercial" sites that will charge more for the same service without adding value.

ArriveCAN

Due to the evolving epidemiological situation of the COVID-19 pandemic, the Government of Canada is continuously adjusting its border measures. **Even if you have a valid eTA, you may not be able to travel to Canada.**

Most foreign nationals need to qualify as a fully vaccinated traveller to travel to Canada, and are encouraged to check pre-entry testing and quarantine requirements before travelling. If you do not qualify as a fully vaccinated traveller, you will need to meet the criteria under one of the limited exemptions: Find out if you can enter Canada.

Note that, as at the date of drafting this Newsletter, **you must provide your mandatory travel information** electronically via ArriveCAN **within 72 hours before arrival** to Canada and show

the receipt of submission to a Canadian border services officer before you'll be allowed to enter. Please make sure you are using the latest, updated version of ArriveCan.

Arrival in Montreal

Montréal-Pierre Elliott Trudeau International Airport
Montreal Airport is located on Montreal Island which is twelve miles or twenty kilometres from the heart of the downtown area.

Transport

The 747 bus line service runs 24 hours a day, 7 days a week, between Montréal-Trudeau airport and downtown Montréal (corner of Berri and Sainte-Catherine - Berri-UQAM station). Travel time may vary between 45 to 70 minutes, depending on traffic conditions. Taking the bus will probably involve walking from the bus stop to your hotel.

For a faster route into the city, a taxi ride takes around 25 minutes. It is possible to get a taxi at the arrivals level near the central exit located in front of the cloakroom, where a dispatcher will assist you. No reservation is required. All taxi operators working out of Montréal-Trudeau International Airport are required to have a permit and to comply with its terms and conditions. The one-way fare, in March 2022, was C\$47 (£27).

Montreal

Montreal is the second-largest French-speaking city in the world after Paris.

A multicultural centre whose French accent mingles with those of some 80 other ethnic communities, Montreal charms the visitor with its combination of Old-World charm and North American energy.

The downtown centre teems with life at the foot of the mountain, while the city's history is deeply rooted in the old neighbourhoods near the river. Montreal can be easily visited on foot.

A great city with a lot to see and do as these images show:



Jacques-Cartier Bridge

Mont-Royal Park



Geosphere Jean-Drapeau Park

Montreal Underground City

The Montreal Underground City is a cornerstone of Montreal that is visited by over a quarter of a million people each day. Marvel at this incredible network located underneath the streets of Montreal. The Underground city contains hotels restaurants, galleries, stores, rail stations, Metro stations, cinemas, night-clubs and even a library. Expect to find busy walkways along with quiet corners in this vast underground network stretching for 20 miles/33km.

District Governors Elect who have been allocated the Intercontinental Hotel will be able to access the Underground City from the hotel.

Meaningful May 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



Lions Clubs International
British Isles

Ukraine Crisis Appeal



Lions Clubs of the British Isles launch an appeal to support the refugee efforts related to the current conflict in Ukraine. Lions Clubs provide vital assistance where it is needed.

#StepForward #JoinUs #LionsGetInvolved

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DONATIONS CAN BE MADE BY SENDING CHEQUES TO OUR DISTRICT TREASURE PAULA MELLOWS, OR DIRECT TO SORT CODE 405240 ACCOUNT NUMBER 00099737.

DISTRICT DIARY

May 2022

- 1st MD Convention Birmingham
- 3rd ROAR Knowledge sharing (Z00m) 19.30 – 20.30
- 3rd PR Drop-in session (Zoom) 20.00 – 21.00
- 3rd Rayleigh Club visit – 2nd Vice District Governor
- 4th GST Roadshow - Hunger session 2 - Online 14.00 - 15.30
- 4th GST Roadshow - Diabetes session 1- Online 19.00 - 20.30
- 5th ROAR Knowledge sharing (Z00m) 19.30 – 20.30
- 7th Southend on Sea Charter – District Governor
- 8th Humberston North Sea Charter – 2nd Vice District Governor
- 9th Felixstowe Club Visit – 2nd Vice District Governor
- 10th GST Roadshow - Diabetes session 2- Online 14.00 - 15.30
- 10th Membership drop-in session (Zoom) 19.00 – 20.00
- 10th 2nd VDG's meeting
- 11th Beccles Club visit– District Governor
- 12th Halesworth Club visit– District Governor
- 14th Leigh on Sea Charter– District Governor
- 14th Spalding charter – Vice District Governor
- 15th Cabinet meeting Peterborough – District Governor, 1st VDG, and 2nd VDG
- 21st Saffron Walden Charter – District Governor
- 21st Deepings Charter – Vice District Governor
- 21st Sleaford Charter – 2nd Vice District Governor
- 22nd Lincoln Charter– District Governor – Vice District Governor
- 23rd GST Roadshow - Cancer session 1 - Online 19.00 - 20.30 – Vice District Governor
- 29th Wroxham Charter – District Governor
- 31st GST Roadshow - Environment session 1- Online 14.00 - 15.30 – Vice District Governor
- 31st GST Roadshow - Sight session 1- Online 19.00 - 20.30 – Vice District Governor

June 2022

- 1st GST Roadshow - Cancer session 2 - Online 14.00 - 15.30 - Vice District Governor
- 2nd GST Roadshow - Environment session 2 - Online 19.00 - 20.30 - Vice District Governor
- 5th ALLI course, Belgium – 2nd Vice District Governor
- 6th ALLI course, Belgium – 2nd Vice District Governor
- 7th GST Roadshow - Sight session 2 - Online 14.00 - 15.30 -Vice District Governor
- 7th ALLI course, Belgium – 2nd Vice District Governor
- 8th Clacton Club Visit – District Governor
- 8th ALLI course, Belgium – 2nd Vice District Governor
- 12th Boston Classic Car event @ Burghley House– District Governor
- 12th March Charter – District Governor
- 17th Nottingham West Golf Day – District Governor
- 22nd Lincolnshire Show – District Governor
- 23rd Lincolnshire Show – District Governor
- 24th Wisbech Charter – District Governor
- 25th Glanford & Lindsey Charter – District Governor
- 29th Royal Norfolk Show – District Governor
- 30th Royal Norfolk Show – District Governor

July 2022

- 13th Beccles & District Charter – 2nd Vice District Governor