



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



District 105CE August 2023 Newsletter.

Last week in the life of our DG.

This has been a relatively busy week mainly with family but last Wednesday I was at Sandringham flower show all day with other club members selling programmes to the public. This was a great day with plenty of interaction with the public. King Charles and Camilla were in attendance, but I was too busy to go and see them or is it the other way round.

On Friday I headed up to Birmingham for the first Council of Governors meeting this year which took place on Saturday and Sunday. We covered a lot of work which was very interesting and at times there was plenty of debate on various issues. It was good catching up with my fellow DG's from around the country and spending quality time with them and finding out that although we are all in different districts, we are all facing the same issues from our members.

The journey back home on Sunday afternoon was good, the weather was fine, and Sue thought it would be a good idea to have a BBQ. No problems with that until the weather changed hence the picture.

Later in the evening was the weekly DG team zoom call till about 8.30pm.

Keep the heart of your community beating.

DG Lion Paul Southerton.



AN IMPORTANT MESSAGE TO ALL

Please remember that any details such as e mail addresses, phone numbers or personal details used in articles or advertisements can be viewed by anyone reading the Newsletter or Bulletins, outside of Lions.

Club Officer Training

Don't miss these great learning opportunities!

Training is invaluable for incoming officers and Lions Clubs International has the informational tools to help. As the time to train your incoming club officers' approaches, review the courses with them available in Learn inside the **Member Portal**. Encourage your club leaders to access Learn where they will find these four helpful courses under "Course Catalogue"

- Club Officer Training
- Club Secretary Responsibilities
- Club President Responsibilities
- Club Treasurer Responsibilities

Additionally, encourage your marketing chairpersons to check out the **Marketing Matters** webinar series to boost their marketing know-how. And if your clubs don't have a marketing chairperson, encourage them to appoint one!

Take the time to review some helpful programs and resources with the incoming officers, which are noted below.

- **Club Quality Initiative Program** – A strategic planning tool that helps clubs identify opportunities for improvement. By understanding our current operations, identifying areas that can be improved and taking measured steps to accomplish your goals, your club can be even better.
- **Plan for Your Club's Success (Global Membership Approach) Webpage** – This webpage has been designed to assist clubs in attracting new members, overcoming challenges and developing new goals and strategies. Clubs can use the **planning guide** and **PowerPoint** to discover their strengths, ways to improve and new opportunities that will help them grow and thrive! Planning forms help develop a vision, assess your club's needs and organize your plan for a successful implementation.

Encourage club officers to familiarize themselves with the dedicated webpages and resources available to them to help them succeed in their roles. The **Managing a Club (Club Officer Team)** webpage provides direct links to club officer webpages, e-Books and other resources.

As you prepare for your year ahead, please contact your District & Club Administration Division Support Team if you have any questions, they can be reached by email at **clubofficers@lionsclubs.org**.

INTERNATIONAL LEADERSHIP DEVELOPMENT OPPORTUNITIES

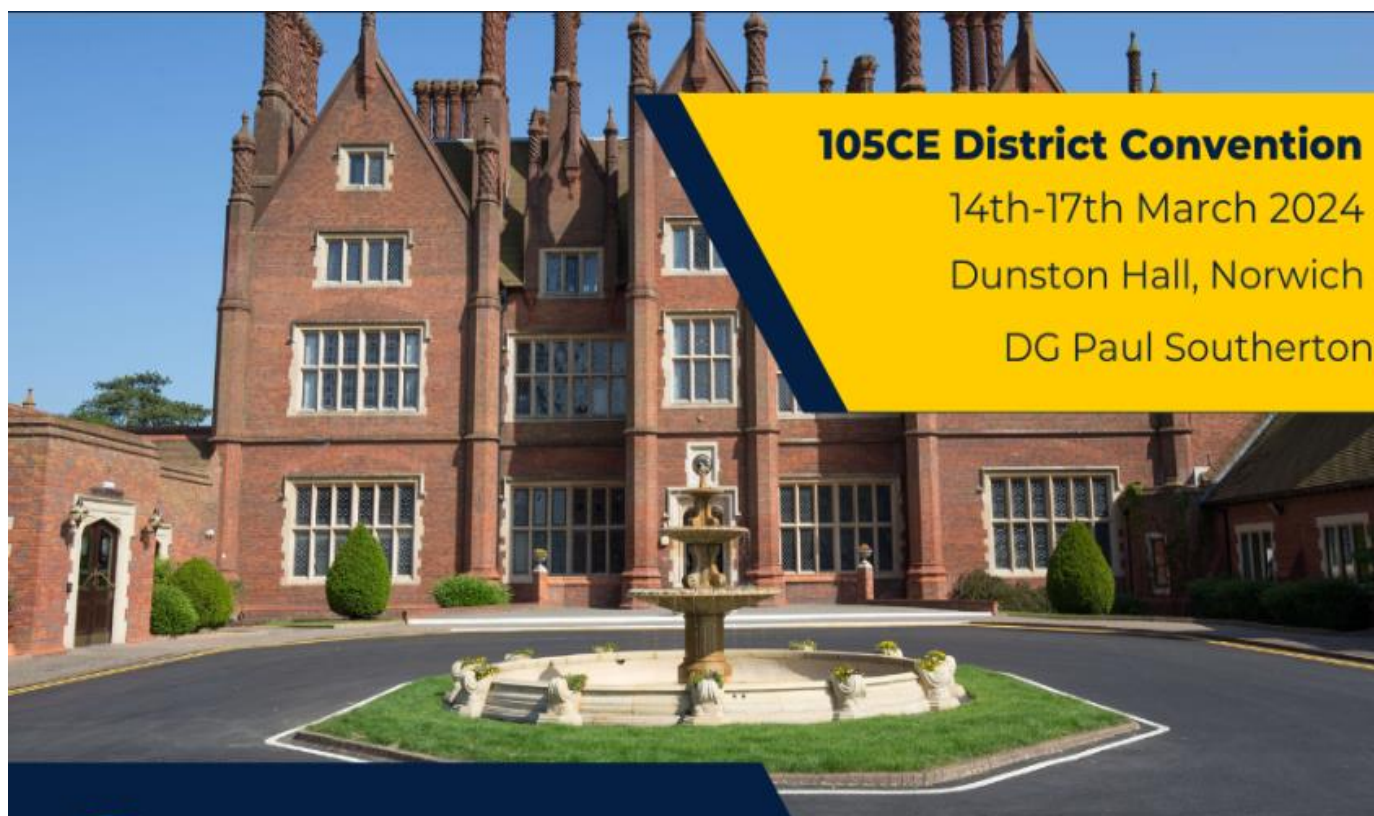
We now have details of international institutes that are currently on offer in our Constitutional Area for qualified Lions, they are:

LIONS CERTIFIED INSTRUCTOR PROGRAMME – this course will be held in Rome from 3 – 6 May 2024.
The closing date for applications is 19 January 2024.

If you are interested in applying for either of these courses, please contact your GLT Coordinator Lion Graham Venables at gmales@lions105ce.org.uk or call him on 07833 551998.

Your District Governor Lion Paul Southerton invites you to join him at Dunston Hall for the 105CE District Convention in March 2024

See details below...



105CE District Convention

14th-17th March 2024

Dunston Hall, Norwich

DG Paul Southerton



GET YOUR BOOKING FORM
NOW FROM THE LIONS 105CE
WEBSITE!

Facilities
Swimming pool
Golf Course
Spa/Gym
Gardens

To find further details and booking form please follow this [link](#) to the District 105CE website.

Remember you will need the password to get to this part of the site.

Do come and join us for another brilliant weekend at [Dunston Hall](#).

Let's get Social

Send your content along with a short description to

Having a good social media presence helps our district and organisation as a whole stay relevant in our communities. Posting regular content keeps people aware of the good works we're doing and what it means to be a Lion.

How you help us with boosting our digital footprint...

Photos, videos, clips and memes are widely used on social media, with the average person spending 2-4 hours per day on apps like Facebook, Instagram, TikTok and Twitter.

For this reason, it would be a massive help in promoting our selves if you could share your photos and videos with us, so we can add to our social media accounts.

This may be relating to:

- Service projects
- Community engagement
- Social events
- Club meetings
- Awards and acknowledgements
- Anything else we want to make the public aware of



How you can share your content...

Send your content along with a description to socialmediacomms@lions105ce.org.uk



socialmediacomms@lions105ce.org.uk

WROXHAM & HOVETON LIONS CLUB
SERVING THE COMMUNITY FOR OVER 45 YEARS

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★ **HOVETON VILLAGE CHARITY**

SUMMER FETE

HOVETON VILLAGE HALL & PLAYING FIELD
SUN 6TH AUG
10AM - 4PM

ADULTS £2.50
CHILDREN UNDER 16 FREE

FREE PARKING

BAR • HOT DOGS • BURGERS • VEGETARIAN FOOD
ICE CREAM • TEAS & CAKES • LIVE MUSIC BY AIRMAIL

BOUNCY SLIDE • HOOK A DUCK • CLIMBING WALL • MINI DONKEYS
JAGUAR COCKPIT • NORFOLK INTERNAL • COMBUSTION ENG GRP • GAMES

CLASSIC CARS • HONDA BIKE CLUB • VINTAGE TRACTORS • CRAFT STALLS • TRADE STALLS
CHARITY STALLS • FIRE ENGINE • DOG AGILITY DISPLAY • CHAIN SAW CARVING

All proceeds to our Charity Fund to help the Community

Lincoln Lions invite you to join them in an evening of song
22nd September 2023
at 7:30pm

Featuring

The South Wales Male Choir

At

Lincoln Cathedral **military wives Choirs**

£25 Per Person **£25 Per Person**

Tickets from Paula
paulamellows@hotmail.com

Lincoln Lions (CIO) Charity No: 1178270

NEWS FROM AROUND THE DISTRICT

Leigh on Sea Lions.



Twelve Lions Clubs and one Rotary Club got together to organise and man an event which has been giving fun and pleasure to hundreds of enthusiastic competitors and their carers for over thirty years.

Teams from Canvey Island and Southend on Sea, Aylesbury and Gosport, Benfleet and Stanford le Hope came to The King John School in Thundersley, where they were fed, watered, entertained, and subjected to activities as diverse as archery and sticky balls.



When the competitions were over, those assembled in the great sports hall were entertained by the Yard Arm Orchestra then presented with winners' medals by Lion Anna Firth MP. and the Mayors of Castle Point, Rayleigh, and the City of Southend on Sea, ably assisted by PDG Lion Chris Hibbert and Lions Richard and Susie Morris.



The whole event is an example of what we can do if we work together in harmony for the good of the community.

Clacton on Sea Lions

Crabbing Competition



There's nothing like a bit of healthy competition in our club – and this social event is one of them. Batemans Tower in Brightlingsea was the venue, at mid-tide, when 12 Lions armed with bait and crabbing lines (all eco friendly of course) cast their nets to win one of the coveted prizes. The



The winners were – Ben for the most crabs caught, Lynda Gray for the biggest crab caught and Bob for the most handsome crab caught. A fun evening was had by all followed by a fish and chip supper. Thank you Lorraine for organising it. Down in Brightlingsea again, it was the annual visit of the Mayor of Sandwich – who is the head of the Cinque Ports. We were covered on their insurance so that we were able to provide them with marshalling / traffic control, without our help, their parades could not take place. On a very hot day, the high-viz jackets came out and 9 of us held the traffic at bay so that they were all kept safe. The dignitaries spend time chatting to the local school children and give them little gifts. To say thank you to us, we were invited to the evening reception where we were thanked personally by our visitors.

Great Bentley Carnival



The first of the summer seasons carnivals and on an extremely hot day, we had a stall at this very popular event, with our prize every time soft toy game and – for the last time - the pre-loved costume jewellery that we have been selling to raise



funds for the Brain Tumour Research Appeal. The general public had more sense than us, with footfall numbers down as they stayed inside for what was the hottest day of the year to date. Despite that we still managed to raise £231.20 and actually had time to cool down with an ice cream, thank you Lorraine for treating us.



On what was the hottest day of the year so far, Steve and Lynda Gray invited members of our Club to join them for a social BBQ in their lovely colourful garden. We were all armed with factor 50



suncream and sunhats, but very careful planning and design of the seating areas meant that we could always be in the shade, whatever direction the sun was, thank you Steve. Plenty to eat, plenty to drink, (mainly non alcoholic due to the heat) and lots of laughter made this a lovely Sunday afternoon and a very welcome rest (for some) after the previous two days of events. At the end of the day, the donation bucket contained £120 for The Brain Tumour Research Appeal, Well Done and Thank You Steve and Lynda.

The Wick Lodge Restaurant was the venue for our changeover



evening when Lion Keith handed over the Presidential role and collar to Lion Paula, who is our second female President since the Club was formed in 1979. Lion President Paula's chosen charity is Saliship Training and Learning for Life, which is a non-profit organisation based in Clacton who offer work skills training, vocational enterprise and social,



therapeutic, life skills provisions for adults living with a learning disability or a mental health support need. Our Vice President for this year is Lion Jim with Lion Liz as second Vice President.

We had lots more to celebrate that night - IPP Keith's chosen charity for his year was The Lions Brain Tumour Research Appeal, which raised a staggering £6,000, Destiny from Sonny's Army was presented with a cheque for £1,700 raised at our second Golf Day at Clacton Golf



Club, Lion Wilf received his 30 year service chevron and Lion Liz was awarded a PJMF (and yes she was speechless for once).

The signs of another blistering hot day meant an early start for thousands of families to the Tendring Show, near Colchester, North Essex. Clacton on Sea Lions were there to join them, manning 2 entrances and distributing the Lions Guardian Angel wristbands. This is a service that Clacton Lions have provided for many years to the popular agricultural show organised by Tendring Hundred Farmers Club. Around 23,000 visitors attended the annual July event. VDG Elect Colin Talbot was on hand giving assistance throughout the day along with 13 other Lions and partners.

Spalding Lions

In recent years, during the last week of school term, Spalding Lions make presentations in local primary schools.

In praise of young people, Walk Tall recognises determination and perseverance for children in their last school year. The prize is awarded, as chosen by their teacher/head of school, in the form of a certificate and a gift token.



After a recent visit, Spalding

Lions Club members voted to present The Friends of Chain Bridge Forge with a donation to help them to continue with their aim of preserving the site as a 'living museum'.

Lions Julie Grant and Trevor Gilliat presented Geoff Taylor and Ryan Atkin with a cheque to show our support of the group.

Spalding Lions wished them continued success with this local enterprise.



Winterton and District Lions



At our local country Show where we had a marquee serving hot drinks, freshly made sandwiches and homemade cakes and scones. Very busy event with all proceeds to go to local charities and good causes. Photo of Lion President Pete having a well-earned rest with his wife and Lion helper Carol. Lions and Lion helpers. A selection of homemade cakes.

Swaffham and District Lions

Several Lions helped with the preparations for the Coronation Cream Tea held in the Market Place, in an attempt to break the world record number of Cream Teas served in one session, as recorded by the Guinness Book of Records. Hopefully, we have succeeded with everyone's support by eating them!



On 20th May we held our Sponsored Walk for "Magic Breakfast", a charity which provides free healthy school breakfasts to children at risk of hunger in disadvantaged areas of the UK. The weather was perfect, and we completed our walk around Ashill, finishing with a well-deserved lunch at The Ashill White Hart Pub. About £400 was raised.

In June the Lioness Branch Club held another of their popular Pudding Quizzes, a fun quiz with delicious desserts served at the interval. This was again well supported and raised £363, which will go to the children's Cancer charity 'Clic Sargent'.

In June the Lioness Branch Club Pudding Quiz in the end raised a final total of £387 which has been donated to Young Lives v Cancer, and we thank everyone who supported this event. The Lions Club also donated £100 to the Lions International disaster relief fund, and £100 to the charity Nelson's Journey, in memory of Lion Colin Mowles. Lion President David paid an enjoyable visit to the Swaffham Well Being group and gave a talk on the Lions Organisation.



At the end of June after a successful year, we held our President's Handover with a lovely evening meal at The George Hotel. Lion President David Merchant handed over the chain of office to Lion Nicola Claxton, who takes over as new President of both the Lions Club and the Lioness Branch Club. We are looking forward to another year of fun, fellowship, and community service.

In July we helped with the Foodbank collections at Tesco, and On 6th August we will be manning the entry gates as usual at the Wayland Show, and giving out children's safety wristbands. On 27th August we will be at the Swaffham Vehicle Spectacular, selling programmes and running our Charity tombola stall. Fingers crossed for good weather!

Whittlesey Lions

On 18th June Whittlesey Lions attended the 'Whittlesey Big Bash', an entertainment day for the residents of and visitors to Whittlesey. It was set originally up after lockdown to try to get people out of their houses and has been such a success that it has continued.



One visitor to the event this year was Dr Bharatkumar N Khetani who is the High Sherriff of Cambridgeshire.



During his visit he presented Whittlesey Lions President Lynn Palmer and Whittlesey Lions Past President Steve Palmer with an award.

The wording on the award is "The High Sheriff of Cambridgeshire Award is presented to Lynn & Steve Palmer In recognition of outstanding service through their dedication and commitment

This award also recognises the appreciation of the residents and people of the High Sheriffs County for activity and contribution in enhancing the life of the community.



Both Lynn and Steve have been fund-raisers and organisers for a number of local organisations and events including St Andrews Church, the Whittlesey Christmas Extravaganza and of course a number of Lions events.

(Photos courtesy of RWT Photography)

Taverham Lions

Taverham Lions have just finished their summer season of BBQs for the local community. This year we have undertaken cooking at local schools, fetes and other community events raising just over £1,700 for local good causes.

These funds contributed towards the £13,000 we gave away during President Paul Coker's year, one of our best years. Recipients included local schools, hospitals, and the Air Ambulance, nationally we supported the British Heart Foundation and Age U.K. amongst others and internationally LCIF projects as well as providing generators for Ukraine.



Attleborough 2013 Lions

Attleborough 2013 Lions Club presented a set of 7 Wild Tribe Books to each of the eight schools in Thetford and two in Attleborough this month using the proceeds from a Christmas Hamper Draw and an Easter Egg Raffle raised earlier in the year.

The books were well received in all schools as they tick several of the projects carried out in the school.

Lion Lesley Clarke seen with children from one of the schools in Thetford receiving a set of the books.



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Saturday 9th September 2023

7pm for first Race 7.30pm

Clarborough Village Hall, Main St Clarborough, Retford, Notts, DN22 9LN

Entrance £10 to Include

Beef or Veggie Pie & Pea Supper

Bring Your Own Drinks & Glasses

Tickets available from:

Bob Crampton

07815 473802

robert.crampton@gmx.com



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Coningsby & Tattershall
Lions Club

BEER & CIDER
★ **FESTIVAL** ★

Tattershall Village Hall
Lodge Road, LN4 4LL

Friday 4th August
5pm - 11pm

Saturday 5th August
Noon - 11pm



FREE ENTRY!

FREE ENTRY!

HOT FOOD
SERVED HERE!

Coningsby & Tattershall Lions Club Registered Charity Number: 1183298
www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

Altruistic August 2023

MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

WROXHAM & HOVETON LIONS CLUB CIO

Registered Charity 1184399

Serving the Community for over 40 years

HOVETON VILLAGE CHARITY

SUMMER

FETE

**Hoveton Village Hall &
Playing Field**

SUNDAY 6th AUGUST

10am to 4pm

ADULTS £2.50,

CHILDREN UNDER 16 FREE, PARKING FREE.

All proceeds to our Charity Fund to help the Community

Bar

Hot Dogs

Burgers

Vegetarian food

Ice Cream

Teas, Cakes

Live Music

by Airmail

Classic Cars

Honda Bike Club

Vintage Tractors

Craft Stalls

Trade Stalls

Charity Stalls

Fire Engine

Dog Agility Display

Chain Saw Carving

Bouncy Slide

Hook a Duck

Climbing Wall

Face Painting

Mini Donkeys

Jaguar Cockpit

Norfolk Internal

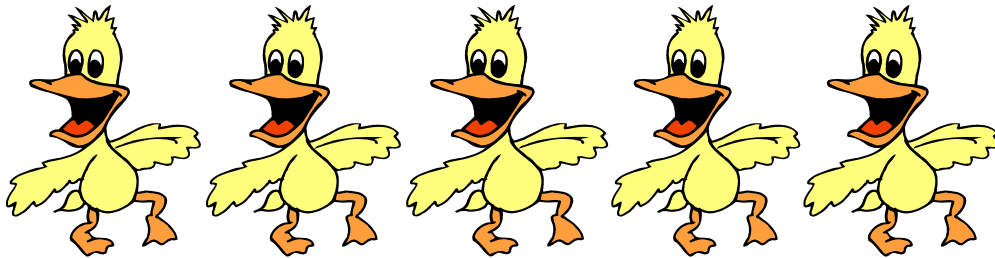
Combustion Eng Grp

Games

 **Hegarty Solicitors**



The Deepings Lions
“World Famous Duck Race”



Sunday 3rd September 12noon-5pm

Bridge Street, Deeping St James

Winner £100, 2nd £50, 3rd £25

**Fund Raising for South Lincs Dementia
Support & Alzheimer’s Research**

A fun day for all the family with stalls, rides and entertainment

For stalls contact: Esther Graham 07742 023694 and for information Mike

Drinkall 07925 330983

dementia
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