



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



District 105CE December 2023 Newsletter.

Club Information – Update – Your Action Required

Dear Club Secretaries, you may have seen the Club Locator Map on the home page of our new look website <https://www.lions105ce.org/>. We have had a few responses to this option in that some of the Club Location details are incorrect.

We would urge you to go to MyLCI <https://mylci.lionsclubs.org/Home> and take the option to update Club Information and ensure your club details are correct, and do so by Thursday 7th December. We will be taking the updates as of Friday morning and using them to update the Club Locator Map.

When updating the information, please send an email to our District Secretary at cedistsec@outlook.com and let him know the changes you have made, it will help him keep his details up to date too, without having to go through the full database!!

The latest news from the District Governor.

Our convention or AGM is only a few weeks away at Dunston Hall Norwich. Please come along for a great themed weekend with music and entertainment, international guests, inspirational speeches not just by Lions. Catch up with old friends and make new ones. The booking form is available on the website or contact me direct for one.

Since the last Newsletter or Bulletin, the nation has seen the annual Festival of Remembrance with the majority of lions clubs around the country taking part in the laying of wreaths to remember our fallen heroes.

On Monday 13th November I joined the monthly zoom meeting by the other DG's from their respective districts. In the evening I attended Retford Lions club meeting. Tuesday, I attended the funeral of a past Lion and the crematorium was packed with approximately 150 mourners. In the evening I was at the Wroxham Lions club meeting and Halesworth Lions club meeting on the Thursday. Thank you, Lion Presidents Margaret, Michael, and Sue, plus club members for making me feel so welcome.



On Saturday morning Sue and I travelled to Great Yarmouth for the 22nd Charter anniversary of East Anglia New Century Lions. Just after lunch Sue, Lion President Nathalie myself and the hotel manager judged the peace poster competition. Thanks Lion Mel for

getting this competition organised.

Thanks to all the clubs who provided schools with entries into this great competition. This was a difficult competition to judge as all the entrants provided great pieces of work. Congratulations to the winning school, the runner up and 3rd place schools and the clubs who put the entries forward.



I could not attend the quiz on the Friday evening, but I understand it was noisy and well attended. I was at the new Century club meeting in the afternoon and then the charter in the evening. This Lions club certainly know how to party and the last ones "standing" went to bed approximately 5am on the Sunday. One of the members came down for breakfast about 9am really under the weather claiming that he had had a massive fight with the "beer" monster.



A great charter evening which was well attended with everyone enjoying themselves. I presented a certificate of appreciation to Great Yarmouth Lion President Janice from our Patron for the clubs 70th charter anniversary which was in October.

I gave Lion President Nathalie my bannerette and personal pin for New Century Lions and presented long service chevrons and certificates to Lion David King 30 years and Lion Stuart Moore 35 years respectively and the new 5-year certificate to Lion Sarah Holey.



After breakfast Sue and I drove to Dereham for the lunchtime celebration of the 50th charter anniversary of Dereham Lions club. This was an event that stretched well into the afternoon with Lion Alan Smith telling his usual stories.



I presented Lion President Bernie with my pin and bannerette along with a certificate of appreciation from our Patron and Council Chair David. It was also an honour to present to Lion Richard Milford a Melvyn Jones fellowship award along with his 25-year long service award and chevron. To complete his day being voted as Dereham Lion of the year. Well done Richard. Lion Eric Bartlett was also presented with a MJF award and there should have been a 3rd MJF award but unfortunately that Lion couldn't attend due to illness. Sincere congratulations to all three of you, well deserved.



It was a pleasure to see so many Lions from local clubs attending and thank you Lion Bernie and Dereham Lions for such a great charter and your friendship over the years.

We then headed home for a quiet evening with our two dogs.

A relatively quiet week followed spending time catching up with the family and one or two odd jobs around the garden that needed doing.

On Saturday 25th I was in Nottingham at Ramgarhia Sabha Nottingham (Sikh place of worship) with the ROAR team and VDG Colin AND 2ND VDG Chris for the judging of the District ROAR competition finals. This was my third year of doing this and each year I have seen inspiring entries by school children and many of these projects have been focused on the environment. Well done to all the clubs that sponsored 26 schools across the district, hopefully there will be many more next year. Thank you to the ROAR team and thank you to PDG Guch and Ravinder for your hospitality.

We had a great day judging the competition and our District Winner has been forwarded to the National Team who will announce all District Winners at The Roar 2023 National Awards day which will be held on Wednesday 6th December between 10.30 am till 12:00 noon via Zoom.

If your Lions club is interested in seeing how this exciting new youth programme engages Lions and school children alike, then please join us on the day. More information can be seen at www.lions-roar.com/



The National Awards Day link will be open from 10:00 on Wednesday 6th December, see link below:

<https://us02web.zoom.us/j/89147579192?pwd=cDF3VEJJaSld3aitPZ0pmMVZwSC9GZz09>

The meeting ID is: 891 4757 9192 / The passcode is: 623155

Thank you to the ROAR team and thank you to PDG Guch and Ravinder for your hospitality.

We are now at the busy time of year for our clubs with festive activities planned and I hope you all have a good but safe time with whatever you are doing.

Paul.



The district Peace Poster competition entries were celebrated recently, with many beautifully designed posters.



The entries for this year's Peace Poster competition were judged on Saturday 19th November by Grant, Manager of Imperial Hotel Great Yarmouth, Sue Southerton, and New Century President Nathalie, with DG Paul overseeing.



The overall winner was Lola Wilson, aged 11 from Burrowmoor School, sponsored by March Lions.



Second place went to Rosie Sansam, aged 11 from Westwood Primary, sponsored by March Lions.

Third place went to Nisanuar Tursucu, aged 11 from Beaupre School, sponsored by Wisbech Lions.



The Special Needs winner was Hazel Jackson, aged 13 from Meadowgate Academy, sponsored by Wisbech Lions.

Clacton on Sea Lions News November 2023

Our 44th Charter Celebration evening



Lion President Paula's theme for the evening was celebrate our Club history and achievements during the last 44 years. There was, however, another celebration surprise for Lion Alan and Mags Horton, who were awarded Melvyn Jones Fellowship awards by DG Paul. Very well deserved – well done Mags and Alan. Lion President Paula also presented our DG's wife Sue with a cheque for her chosen charity which is Cardiomyopathy - a disease of the heart which can lie dormant for several years and then appear with lifechanging or fatal results.





We cannot do what we do, without the support of the general public, so saying Thank You and recognising our supporters is so very important. Lion President Paula will be presenting quite a few Certificates of Appreciation over the next couple of months. This one is for Mr & Mrs Wakling who when learning that our Club was looking for items to sell at our car boot sales – gave us first choice over the contents of their home (and garage) as they were emigrating to Australia. We had so much from them that we had to loan their trailer – which they then donated to us to use in the future. A great addition when we are all downsizing our cars. Thank you, Mr & Mrs Wakling.



Lion Mags is our Club's star baker, always making pasties and cakes for our Macmillan Coffee mornings. She also makes numerous Christmas cakes helping local food banks and other worthwhile charities. She made this amazing Christmas cake for us and bought it to our November Business meeting to raffle. It raised a fantastic £84.50 which was split 50/50 to our Presidents chosen charity 'Sailship Training' and Learning for Life. Lion Andrew was the lucky winner. Thank you, Mags.



We always encourage our members to visit Clubs in other countries – just go onto the Lions International US site and use the find a club facility for the area that you are visiting. Lion Lorraine – our travelling Lion – arranged to visit Bangalore Nightingale Lions Club from District 317E in India. The Club, which is made up of 50 women made her very welcome. Lion Lorraine took a pack of items for them to look at, including MIB's and 'plugsters' as well as a Club Pennant. She is still away as I write this so there may be more information and pictures next month.



Lion Andrew (winner of the above Christmas Cake) is our Welfare Officer, and he and his team are responsible for our recycling projects. We have Lions recycling boxes in 40 different outlets in Tendring and these keep our members very busy, as they need emptying on a regular basis. At our November meeting we were all surprised, but very proud when he announced the results of our latest efforts. 27 boxes containing 27,000 pairs of spectacles were picked up by the district van to go to H/O in Birmingham. 4,000 batteries have been recycled and another box containing recycled hearing aids will be sent to Dr Nolan in the New Year.

We also collect other items to pass on to EACH - East Anglian Childrens Hospices - as they have the contacts to raise funds from them. 300 mobile phones raising them an estimated value of £7,500 and 235 large printer cartridges with an estimated value of £1,750 were sent to them. (Picture below is an old publicity one when we collected just 14,000 pairs of spectacles).



Our club now covers the whole of Tendring, where a Remembrance Day Service is held in most villages. It would not be possible for us to attend every single one as they often chose the same days and times. This year our Vice President Jim attended Brightlingsea's Remembrance Day Service on Saturday 11th November to lay our wreath there. All of our members who live in Brightlingsea were present on a very chilly but sunny day. Our President Paula went to the Clacton Remembrance Service on Sunday 12th November to lay our wreath there. A total of 10 other members attended this service, again a chilly but sunny day. A proud moment for them both.



This month the Lion in the Limelight award was presented to Lion Alan, to say Thank You for all the help and support he continues to give – "You are always there, no matter what the project is" were her words and this was followed by a loud round of applause from all the members. Thank you, Alan.

Like many other Lions Clubs in the UK Facebook in its infinite wisdom has decided to suspend our Clacton on Sea Lions Club page and will not reinstate it, so Lion Adrian has set up a new one in the name of 'Lions In Tendring.'

December Kindness 2023

MONDAY



4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

TUESDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

WEDNESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

THURSDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

FRIDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

SATURDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SUNDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

