



District 105CE September 2023 Newsletter.

This months report from the District Governor.

August started with my first cabinet meeting, which went very well although I was expecting one or two gremlins to appear, surprisingly there were not any. Well done to Erica and Manjit for the excellent Dementia presentation.

At one point I was concerned about over running on time and upsetting S.A.A. John - we did finish early.

The booking form is available on the website for the winter forum on Saturday 7th October. Please book early to help with the catering etc and the theme is fundraising events so get your pictures and reports to me as soon as possible so that we can build on the success of last year.

My first club visit as District Governor was to Eastwood Lions, this was a horrible journey due to the wet weather conditions. Returning home was a lot better. The meeting itself lasted just over two hours and a lot of work within the community is being done by the few club members.

Sue and I were away with the dogs for a week's holiday in our motorhome staying just outside Norwich and we went to a hot air balloon festival and although the conditions were not favourable for the balloons to take off, we were treated to an amazing show with the balloon baskets and burners being systematically lit to music.



During this week away I attended by zoom the training session for Presidents, Secretaries and Treasurers. Thank you everyone who attended and special thanks to Graham, Paula, Keith, and Alan for passing on their expert knowledge.

I also attended the SPT, GMA and ITC monthly meetings as well as DG's team meetings and Multiple District membership meeting.



On 25th August the poster and flyers for Lions Chain of Kindness were going out to clubs. These are for September as this is the Paediatric Cancer month. Please support this Lions global cause.

Towards the back end of the month, some clubs were experiencing problems with Facebook. This is not just our district, and our ICT team are trying hard to get a satisfactory explanation out to our clubs.

On a sad note, we have lost this month Lions Irene, Stan, and Jit to higher service. Our thoughts and condolences go to the families, friends, and club members at this sad time.

DG Paul Southerton



Lions International
District 105CE
www.lions105ce.org.uk



LIONS CLUBS INTERNATIONAL FOUNDATION Natural Disasters Know No Borders



Dear Lions and Friends,

As we see on the media, devastating natural disasters have recently struck across the globe, including:

- Ravaging wildfires in the United States, Canada, Greece, and Tunisia
- Catastrophic flooding in Bangladesh, Columbia, India, Japan, Korea, Slovenia and the United States
- Destructive hurricanes and typhoons in Bangladesh, Brazil, China and Philippines

When humanitarian crises of this magnitude strike, we as Lions, are ready to help. Right beside us is Lions Clubs International Foundation (LCIF), our global foundation. Since 1st July 2023, LCIF has awarded more than 45 disaster relief grants totalling more than US\$485,000.

To support Lions in their efforts to help those impacted by these natural disasters, donations can be made via our District Treasurer in the form of a Cheque or Bank Transfer. Donations to be made to 'LCI District 105ce', endorsed on the back 'LCIF Disaster Relief'.

Sort Code 405240
A/c No. 00099737

Many thanks in anticipation of your donations, and let's hope the devastation caused by these disasters can quickly be overcome and the rebuilding of the infrastructure can start as soon as possible allowing families to rebuild their lives.

Yours in Lionism

PDG Lion Alan Hall
District 105CE - LCIF Coordinator
2023-08-24



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision





DISTRICT 105CE COMPETITIONS

PRESS CONTROL AND CLICK HERE FOR ALL COMPETITION DETAILS



NATIONAL LEADERSHIP DEVELOPMENT OPPORTUNITIES INTER-



Are you a keen photographer or just a happy snapper, find out more about the *Philip Daubeney Photographic Competition.*



LIONS INTERNATIONAL

PEACE POSTER

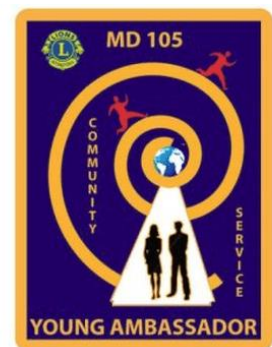
lionsclubs.org/peaceposter
#peaceposter

Get schools involved by introducing them to the International Peace Poster Competition.

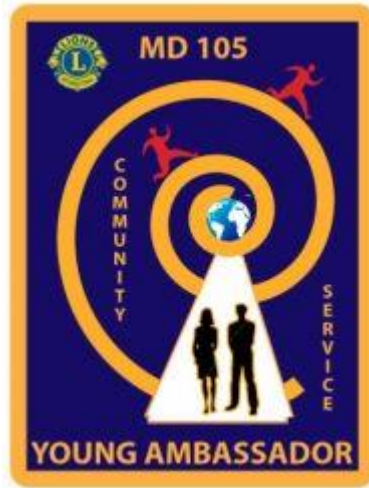


Visiting other clubs? Attending Convention or MD Convention? Lending a hand at another club's event? Make sure you complete a Travelling Lion form – great for fun and fellowship!

Another great way to engage with youth is the Young Ambassador Competition. Recognising young people for their positive contributions to their community gives them a huge boost in their self-esteem.



Just for fun, why not enter your club's yearbook to the competition at the District Convention! It's also a great way to share your club's success with other members.



Let's celebrate youth!

2024 will be the 50th anniversary for Young Leaders in Service

so we have **BIG** plans! The MD would love to have 50 candidates entered. That means in CE we would like to find 6 candidates. Just 6 young people aged 15 – 18 who are doing amazing things in your area.

How to find them?

- Check out social media such as Facebook, local news, word of mouth.
- Actively seek them out in St John Ambulance, Scouts etc.
- Word of mouth
- Local fairs where they may be seen fundraising

This year's District final will be held in the **Holiday Inn West, Peterborough** during the morning of the 2nd Cabinet meeting on **Sunday 5th November**.

You can find all of the details on the MD and District website <https://lionsclubs.co/MemberArea/home/lions-young-ambassadors-and-shipshape-award/> Or contact me sue.hibbert4@ntlworld.com
07914 353033

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.

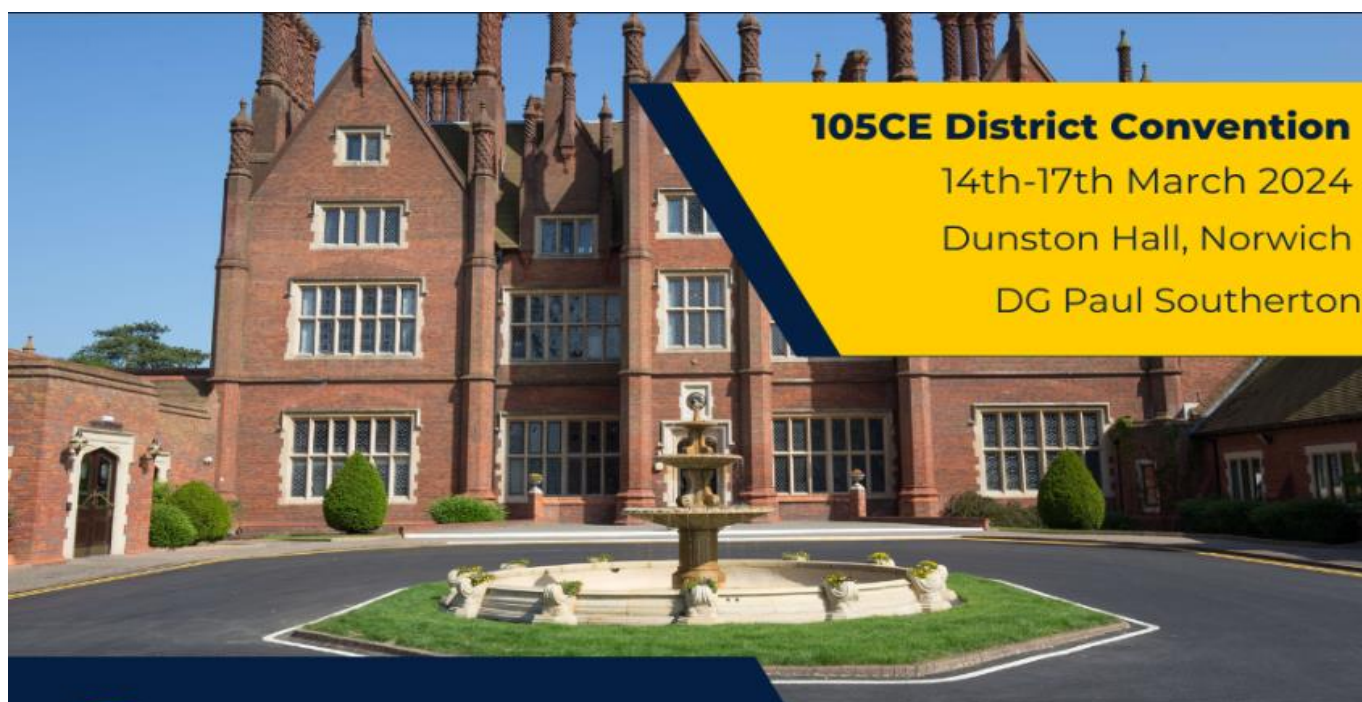
If you are interested in applying for either of these courses, please contact your GLT Coordinator Lion Graham Venables at gimals@lions105ce.org.uk or call him on 07833 551998.

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...**

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](#).



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

**WATCH OUT FOR A SPECIAL RESEARCH SURVEY COMING
YOUR WAY FROM DISTRICT BY EMAIL.**

**HELP US OUT BY FILLING IT IN AND RETURNING IT.
HELP US PREPARE FOR THE FUTURE OF OUR GREAT
DISTRICT.**

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



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



Southwell & District Lions

A two-day Apple & Pear glean has been arranged at

Starkey's Fruit Farm Southwell

When: Saturday 16th September & Sunday 17th September

Where: Norwood Hall Halam Road Southwell NG25 0PF

Time; Two shifts 9.30 to 12.30 & 1.30 to 4.30

Distribution: Fairshare

**The fruit will be wasted unless we
get into ACTION.**

Please let me know your availability.

Steve Scall 07779 338887, stevescall@gmail.com



NEWS FROM AROUND THE DISTRICT



Coningsby & Tattershall Lions

During July our wonderful Leos family took part in the Cancer Research "Race for Life Mud Run" to raise awareness and funds for Cancer Research. They had great fun and didn't mind the amount of mud they soaked up!! Well done, Aaron, Tyga, Abbi and Luke!



Despite the inclement weather at the beginning of August (Ok it was chucking it down) after a site meeting during a brief lull in the rain, we decided to implement our wet weather plan and take everything inside Tattershall Village Hall so that our Beer & Cider Festival could still go ahead! Those who braved the elements enjoyed our LIVE music programme, kindly arranged by Ian of Scorpio Promotions, as

well as FREE entry to the venue and a variety of CRAFT beers! The fabulous Rhubarb and Slack Alice ciders went down a treat and the Prosecco disappeared!! Meanwhile the kitchen pride cooked up a veritable feast of Papworths sausages and burgers, chilli, and cheesy nachos, plus jacket potatoes with various fillings. Visiting children received free ice lollies and sweets.



Beccles and District Lions Club



In May we were asked to support the purchase of a bespoke Riser Recliner chair for a Wangford resident. The request was from Fiona Robinson, an Occupational Therapist with Suffolk CC. She told us that her customer was in her late 50's and has reduced mobility, swelling in her legs, fibromyalgia and has difficulty completing chair transfers. She is also registered severely sight impaired.

Beccles Lions Welfare Officer Phil Wright met the customer and Fiona Robinson at Wangford, and established that the lady had multiple medical problems, with a great deal of pain, and that a bespoke chair would alleviate her pain and discomfort and improve her quality of life. We were also aware that Southwold Lions had pledged £500 to support the purchase which was quoted at £2683. We agreed that the situation was urgent, and that we should help the lady. At that time, the Club were aware of requests to other charities and Clubs, but that there had been no response as yet. We therefore decided that we would order the chair, guarantee the full purchase cost, and accept any future donations to reduce the Club's outlay.

Between the order of the chair and its delivery at the end of July Lowestoft Lions Club had contributed £500, the Southwold Trust had donated £500, and the Mrs L D Rope 3rd Charitable Trust had also contributed £400, leaving the Beccles Club to settle the £783 remaining.

The Club would like to thank the Carl Crowther from Beactive Mobility Ltd, for his prompt handling of the order which reduced the waiting time during the Summer Holiday season. The exercise brought together the combined generosity of Southwold Lions, Lowestoft Lions, The Southwold Trust and the Rope Trust, steered to a successful conclusion by Beccles and District Lions Club. The recipient and her Occupational Therapist are most grateful for the generosity shown, and much appreciative of the improvement to her comfort; both thanked all the donors for their kindness.

A successful co-operative exercise by our regions Lions Clubs and Charities.

Spalding V Glanford and Lindsey



Today Spalding Lions Club members had an enjoyable afternoon of lawn bowls against Glanford and Lindsey Lions Club, playing for The John Hewitt Pathfinder Trophy.



The score cards were very close, but Spalding Lions won with a score of 59 points against Glanford's 51 points.



This social event was organised by Glanford and Lindsey Lions, and we would like to thank them for their hospitality. Everyone enjoyed the afternoon and the Sunday carvery afterwards. We look forward to a rematch in 2024!

Clacton on Sea Lions



The sun came out for our yearly visit to the Adventure Golf at the Greensward Café on Clacton seafront this year. We all tucked into a fish and chip supper followed by a game on the adventure golf course there. The winners of the coveted silver cups were Lion Ben with a score of 29 and Linda Harris with a score of 28. Another well supported event organised by Lion Lorraine, our social chairperson, and her team.



After 24 hours of heavy rainfall and the Holland-on-Sea Fete being cancelled the day before, it was touch and go whether this event would go ahead but members of Clacton Lions were determined to show their support. The seafront wind was a lot stronger than hoped so the gazebo was well secured, and the promotional stand had to be redesigned. The footfall was less than expected, but we still chatted to a lot of people about the work that we do and gave out 20 Message in a Bottle units and 20 plugsters.



Another social event organised by Lion Lorraine and her team, was a visit to Mersea Island Lion's colourful beach hut. The day started well with lovely blue skies, but the clouds came, and the wind increased so refuge was found inside this lovely – larger than usual – beach hut. With a fish and chip lunch of course!! Thank you, Mersea Island Lions, for making us so welcome.



Another visit to Mersea Island, but this time to take our fundraising stall to the Mersea Island Family Festival – organised by Mersea Island Lions and taking place on the Waldegrave Holiday Park site. We trialed a large Teddy



Tombola here, and it proved to be very popular - so successful that it was sold out completely by 3pm, with lots of very happy winners.

And yet another Car Boot Sale



These are becoming a regular event for us, the general public in Tendring have been very supportive and generous with their donations. After a manic 2 weeks of collecting items by Lion Steve – our Fundraising Chairperson and his team, they were all sorted and off to the Car Boot sale we went.

It's called a late riser but starts at 6.30am in the morning and finishes at 12pm. Despite the indecent early start, it's a popular event with our members and the total raised from items donated for this event were £716.50 – a good mornings work (but don't forget all the collecting and sorting time too).



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There are some lovely colourful beach huts along the promenade at Clacton on Sea. We met up on a sunny Tuesday afternoon at Parma Violet – the one owned by CVST - to have tea and biscuits and just relax and enjoy the sunshine. No-one was brave enough to go for a swim this year, the sea looked



welcoming, but we were advised it was still a bit on the chilly side. A lovely relaxing afternoon, very important to recharge our batteries as we have two busy events coming up next week.

TAVERHAM & DISTRICT LIONS CLUB

We start on a sad note to mark the passing of our Founder President Ian Fox, who was instrumental in starting the club in 1986. Without his drive, vision, and desire to serve his community all the many lives we have touched and been able to help would not have happened. Our condolences go to his widow Liz.

This month we have made donations to the Norfolk Heart Trust at the N&N, YMCA Norwich, Broadland Riding for the Disabled, Macmillan, Norwich Door to Door and Debra UK totalling £3,120 given this month – thank you for your support enabling us to help these deserving causes. Please see attached all the donations made during the last twelve months.

We continue to collect food from two One Stop shops for the Taverham Food Bank and help with the distribution to those in need – last week we delivered to 13 families giving three bags of food etc to each.

We bought and had installed a heated steel cabinet to house the defibrillator in Thorpe Marriot - this replaced the last one which had been vandalised.

Our car park collections have started again, some a tad soggy and some in glorious sunshine.

Preparations for the visit of our whiskered friend in December continue apace – if you can help it would be much appreciated.

On the social side, the visit to Beccles was a success, 19 Lions and friends enjoyed the walk and lunch. We look forward to a talk and walk at RAF Coltishall, followed by lunch at the Skeyton Goat, and a Pie and Drink evening at the Cock in Drayton – you see it's not all work!

THANK YOU TO

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Invite You To Our



RACE KNIGHT

With a Difference. **NO Films.**

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



Thanks Main Raffle Sponsor



ARISE LADY HELEN

Thank you to our Eight Race Sponsors

A. LLOYD-JONES & Son
Plumbing & Heating



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

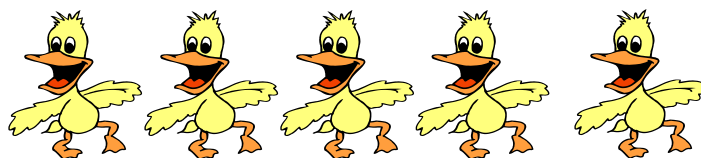


Lincoln Lions (CIO) Charity No: 1178270



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



ALZHEIMER'S RESEARCH UK FOR A CURE

Registered as a lottery with South Kesteven District Council No L003