



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



## **District 105CE February 2024 Newsletter.**

### **The latest news from the District Governor.**

This has been a week of mixed emotions, by returning to my former club for a visit, a funeral and a charter.

On Monday I went to Swaffham for a club visit. A very well conducted meeting with lots of service activities planned.

I presented 2 x 40-year charter chevrons and certificates to Lions John Sorrell and Adrian Adcock, a 20-year chevron and certificate to Lion David Cunnington and a 10year chevron and certificate to Lion George Figura, plus 7 x 3year certificates to the club branch.

On Thursday I was getting ready to attend the funeral of Lion Isobel Howe when the sad news was breaking that Lion Aileen Blow had passed to higher service. Our thoughts are with Lion Derek and his family at this sad time.

I attended Isobel's funeral and I have never seen anything like this before. It was screened live to Australia and Canada as well as in the UK. We were asked to wave to the people watching in those countries. There were people singing and dancing at the crematorium. People were laughing and smiling, and it just goes to show the impact that this lady had on others.

On Saturday I went to the 55<sup>th</sup> Charter anniversary of Louth Lions and at the very start Lion President Andrew paid tribute to Lion Aileen and it was Derek's wishes that the Charter went ahead as planned. An excellent evening of good food, fun and friendship.

I had the honour of presenting MJF awards to PDG Elaine Kitchen, Past President Steve Chalder and Lion Liz Shaw. I also presented a 25-year chevron and certificate to Lion Jayne Jacklin.

Then followed the journey home getting in at 01.40hrs.

Preparations for the District convention in March at Dunston Hall Norwich are well under way and seats are still available if you wish to attend for what should be good events over a couple of days.

Paul.





### **Young Ambassador Finals.**

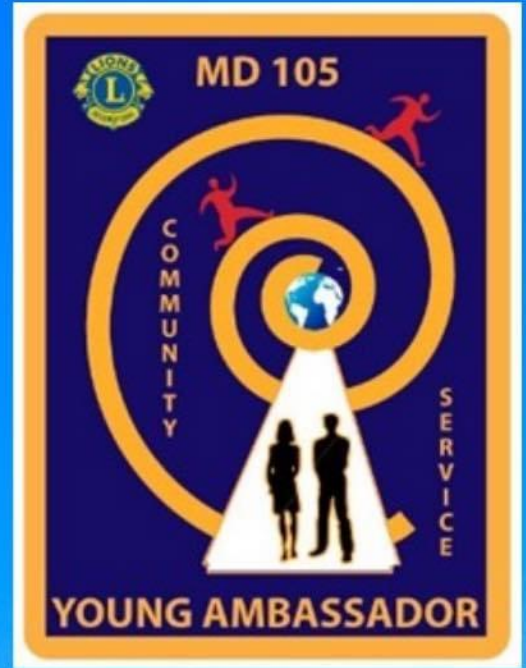
This weekend, Jan and Ralph Watson, David Pope and numerous others attended the [Lions Young Ambassador - British Isles](#) finals event in the West Midlands. It was a totally inspirational two days when we got to meet and listen to a group of awesome young people who truly are [#changingtheworld](#) with the voluntary work that they do. I was close to tears at times, and I know that there was not a heart in the room full of people that was not touched.

The winner was Liliana Noor, who was sponsored by Harrow & Pinner Lions and Liliana will go on to present at the UK convention in May and then to take part in the European final in Bordeaux later in the year. I will have the delight and honour to coach Liliana on her presentation in readiness for that event.

Events like this give us a chance to meet our friends from around the country and to witness the amazing work being done by Lions clubs to support and encourage young people. After all, as Lion David Houghton said in his presentation, 'THEY are our future.'



**They had fun, we enjoyed ourselves and were inspired by them.**



**Liliana Noor**

**105A Young  
Ambassador  
2023-2024**

**Sponsored by  
Harrow & Pinner  
Lions Club**



[Click HERE to visit the website for details.](#)



## 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



We Serve

### **Spalding Lions Club**



During December, Spalding Lions Club were out and about in the villages around Spalding, bringing the joy of Christmas and of course Santa, to the community.

Covering eight villages, some of which take up to three evenings, is not an easy task. Thankfully we have good support from local organisations who will provide teams of people to walk with us, knocking on doors and collecting along the way. We also are very lucky to have two gentlemen, Nigel and Rodney who walk with us every night as Lions supporters.

At our recent business meeting, Lion President Stuart East presented cheques to each of the representatives from the organisations who had helped us, and then certificates of appreciation to Nigel and Rodney for their unwavering support.



A representative from one of the organisations was unable to attend, so 2nd Vice President Julie Grant went along to their centre to handover the cheque.





On Friday 23rd February, Spalding Lions Club held a Race Night with sausage and mash supper at The South Holland Centre in Spalding.

Attended by almost 100 people, the evening included ten races with race ten being an auction race, plus supper and a raffle.



Lion President Stuart East was the compere for the evening, encouraging attendees to bet on the races and 'gee on' the horses during each race.

Thanks to race and horse sponsorship, sales of race brochure advertising, tote profits and raffle prize donations this was another successful event.

### **Swaffham and District Lions Club**

The annual Swaffham Lions Pancake Race was held on Shrove Tuesday, the 13<sup>th</sup> of February on the Campingland,



with lots of fun for schools and adult teams alike. The weather was a little bit drizzly at times, but that didn't dampen the spirits of



those who took part.

Entrants have to run the course with a pancake in a frying pan, and must toss the pancake at the halfway mark, preferably without dropping it on the ground! There was plenty of enjoyment and some close, exciting races to cheer on.

There were school teams from the Nicholas Hamond Academy, Swaffham Junior School and the Sacred Heart School, and in the end the Nicholas Hamond Academy were the winners. In the Adult races there were entries from Ward Gethin Archer, Longson's Estate Agents and Meadow House Care home, with Longsons claiming the victory in the final.

We intend to continue our tradition of Pancake racing in 2025, and hopefully get even more teams involved next time.

In March we are raffling Easter Egg baskets around the town in local pubs and businesses, and the Lioness Branch Club will be holding their usual Easter Egg tombola in the Friday market at the Assembly Rooms on 22nd March.

### **Dereham Lions Club**



This is Lion Richard Milford has been collecting spectacles from all the opticians and Doctors surgeries as well as shops from the Dereham district for the last 25years. Lion Richard is confident that he has collected and packed over 40,000 pairs and has now stopped counting.

Earlier 2nd V.D.G. Lion Chris collected a few more thousand's to be sent for sorting and repurposed, and they still keep coming in.



## Clacton on Sea Lions News February 2024

Whilst our Fundraising always slows down this month – who wants to stand in store foyers with the icy cold winds? – our recycling and welfare activities continued. A total of 214 MIB units and 35' Plugsters' were given out. 630 small printer cartridges went off to the Ink Bin to help club funds and 114 Hearing aids and accessories went off to Dr Nolan for refurbishment and redistribution. But what about the spectacle recycling collections? They are in full swing again and we already have 12,000 pairs of spectacles boxed up and ready to go.



Clacton Lions Club covers the whole of Tendring – 132 square miles, which is a huge area to cover, so we are actively looking for new members in the surrounding towns. Despite the cold weather, we took our Quiz Sheets and our PR / Membership stand to the Co-op in Manningtree and Morrisons Superstore in Harwich.



Membership Chairman Alan was there to answer any membership questions. We also had a visit from Lion President Dave

Cole from Felixstowe Club, thank you for popping in to see us.

DG Paul visited our Club for the February meeting and presented long service awards to 5 of our



Lions. Charter member Lion John received a 45-year chevron, Lion Alan received a 20 year chevron, Lion Bob received a 15 year chevron and Lion President Paula received a 5 year certificate. DG Paul did bring another 45-year chevron for our other Charter member Lion Colin, who is now a privileged member due to health issues.



We make up Easter Hampers and take them to our local Asda Superstore to raffle – more about that next month - but we always make one to raffle for Club members. This is always a favourite with our members and this one was no different – in fact we sold out of raffle tickets. DG Paul picked out the winning ticket – it belonged to Lion President Paula – and presented her with her winning hamper. We hope her Granddaughter Ariane enjoys it. This month's Lion in the Limelight award was given by Lion President Paula to Lions Rose and Bob Gudger. They both support our fundraising events, collect used spectacles from local outlets and actively promote the work that we do in Brightlingsea. They are also volunteers at Brightlingsea Foodbank. Well Done Rose and Bob.



# **Who else wants to come to the German Multi-District Convention?**

**Hanover 9<sup>th</sup> to 12<sup>th</sup> of May.**

**OPEN TO ALL**

There are already a few of us from District CE going to the German MD Convention, and there is a special offer from our Twin District (which includes Hanover) that 2 or 3 couples can stay with fellow Lions during the Convention.

Flights are still relatively cheap, direct from Heathrow to Hanover multiple times per day, and with this hosting offer, a weekend meeting and getting to know Lions from not only our Twin District 111NH, but all over Germany and beyond, is very affordable.

## **The official program for the weekend is as follows: -**

Friday 10th May: Welcome to Hanover, Workshops, and seminars (approximately a dozen), Panel Discussion, Music Competition, Young Ambassador Competition, with a "Get Together" in the evening. NB

some of these are on at the same time, but you can choose which, if any, you want to attend.

Saturday 11th May: Ceremony, Multiple District Convention plenary session, Gala Evening and then Leo's disco from 11pm (if you can stand the pace)

Sunday 12th May: Religious Service, Farewell

In addition, there are all sorts of other events for visitors, including various walks through the city, sightseeing in a vintage bus, visit to the Herrenhäuser baroque gardens that won the European Garden Prize in 2015, various Art Museums (Sprengel Museum "Pablo Picasso/Max Beckmann" and "Wilhelm Busch Museum"), open air Jazz, a visit to the Zoo and a tour of a wine (Sekt – like champagne, but German) cellar, with tasting. And there are lots of bars for you to relax in and mix with Lions from all over Germany and the rest of the world.

There may also be opportunities to provide service during your visit or stay for a few days before or after the weekend, probably in a hotel, but it's up to you and your hosts to decide.

There is even a 2-day travel pass on all public transport for only €8.

And if all the hosting places are gone, hotel rooms start at €70 per night. That's where I have booked, so will see you there?

**Don't forget your Duty Free on the way home!**

**I am also trying to organise a trip to the Normandie Beaches, the date we have decided on is Thursday the 19th 20th 21st 22nd and coming home on the 23rd of September. If anyone is interested in going, could they please contact me to let me know if you are interested in going.**

[voyage Normandie in english.docx](#)

[wetransfer.com](http://wetransfer.com)

*Lion Theresa Walker  
Twinning Officer*



MULTIPLE DISTRICT 105

# CONVENTION

2024 NEWSLETTER

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*Wishing you will be here?*

## Welcome to the first Newsletter for the 2024 Multiple District 105 Convention



### My Fellow Lions.

As your MD Events Officer I thought I would say how much I am looking forward to welcoming you to this year's MD Conventions at the lovely seaside town of Weston-Super-Mare and invite you to join us on the Pier on the Friday Evening for entertainment and fun and then on the Saturday in the Pavilion for Convention with some interesting speakers and discussion followed by the traditional Banquet and Ball where hopefully we will enjoy ourselves.

It is the team's goal to make this an enjoyable event, so get on and book. See you there.

### Dave

IPDG Dave Ebsworth  
Events Officer

We have an exciting weekend planned, starting on the Friday evening on the impressive Grade II listed, 366m Grand Pier. On Saturday, both our Convention and Banquet take place in the Winter Gardens, another impressive building, both venues have great accessibility and are really looking forward to our visit.



We are delighted to have a couple of great guests for the whole weekend, we have Past International Director & Board Appointee **Lion Teresa Dineen** from the Lions Club of Cork and **Lion David Evangelista** who is the Regional President & Managing Director for Special Olympics Europe Eurasia, both will be tremendous company and impressive speakers through our Convention.

Having visited both sites, the welcome we received from the staff was second to none, they were accommodating, flexible and couldn't do enough to make our 72nd Convention Weekend a really memorable time. With Weston-super-Mare being a popular tourist destination there are lots of Hotels, B&B's, Guest Houses and camping facilities nearby, we are using the Royal Hotel and the Grand Atlantic, but there are plenty of other facilities for you to choose from.

Why not make the most of your trip to Weston-super-Mare and spend a few extra days experiencing the wonderful hospitality of the South West.

I sincerely look forward to seeing you all at our 72nd Multiple District Convention – don't forget to book for the social functions and to register your delegates to vote at the Convention.

Looking forward to seeing you in Weston  
**CC Lion David Pope**



To book for Convention please use the link to the Convention website <https://www.md105convention.uk/Index.html>



MULTIPLE DISTRICT 105

# CONVENTION

2024 NEWSLETTER

## A selection of some of the best things to do in Weston-Super-Mare. HAVE A FUN TRIP!

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### The Grand Pier

The Grand Pier is easily Weston-Super-Mare's most familiar and well-known spots in the town. With a cosy indoor-fairground and daily events in the summer months, it's one of the best things to do in Weston-Super-Mare whilst you stroll the shore.



A mix of fun, cheesy and totally kitsch seaside vibes, you'll get to see tribute acts like Queen, and also heaps of rides for the whole family to enjoy. From the cutest little roller coaster to the Formula One simulator, you'll be in for a treat.

Whilst here, grab a treat to eat at one of the Grand Pier's foodie spots, like; the Donut Factory for their fluffy ring doughnuts. Oh, and before you leave don't forget to check out the Museum of Memories, where you'll be transported way-back-when through memorable foods, toys and tv shows plenty of good entertainment to enjoy.

### Weston-super-Mare Beach

Weston-Super-Mare Beach is a firm favourite on a sunny day! With a huge area of sandy goodness, it's perfect for traditional seaside chillout right on the shoreline. Plus, the water is quite calm for a little dip, too. Though always remember that the tidal range in Weston-Super-Mare is extreme, this means the water can go out quite significantly, exposing boggy areas of the shore.

These can be dangerous as you can get stuck. Always explore with caution and remember the tide comes in very fast. Afterwards, take a walk down the pier and try your luck on the penny drops, slot machines and soft toy grabbers. Also, if you're wanting to avoid the crowds around the Grand Pier, take a stroll or drive over to Brean Beach. It's huge and just as stunning.



### Mendip Hills

Nestled just east of Weston-Super-Mare, the Mendip Hills is one of Britain's most beautiful natural landscapes to explore. With its picturesque limestone hills, the Mendips was officially declared an Area Of Outstanding Natural Beauty and perfect to visit for a day trip. Not only that, the caves are where the oldest complete human skeleton was found in Britain, the Cheddar Man (who is over 9,000 years old).

Don't forget to stop in the little tea rooms (for some scones and tea) and buy some cave-aged cheddar cheese (from the Cheddar Gorge Cheese Company) whilst you're here! We loved it.



Afterwards, stop by for a little gander in Axbridge – a tiny market town that's just shy of the Mendip Hills itself. Here, you can stroll the centuries-old streets, visit King John's Hunting Lodge and pop into the Oakhouse for a yummy lunch and tippie.



### The Museums

Just shy of Meadow Street, the Weston Museum is one of the best things to do in Weston-Super-Mare if you're something of a history buff. Starting from prehistoric times all the way to the modern-day. Don't miss Clara's Cottage, a well-preserved 1940s home. It's a perfect spot to visit for an hour or so, especially on a rainy day. If history isn't your thing, then check out the Helicopter Museum instead. Every helicopter enthusiast dream spot, it's the largest helicopter museum in the whole world. Holding over 80 different types of helicopter models, collected from all over the world, it's one of the best things to do in Weston-Super-Mare for anyone interested in aviation history.



Once here, you'll get to see the world's fastest helicopter and check out the historic models that are pretty cool to see. For a more quirky and cosy museum, head to The Lambretta Museum. A kitsch little place that shows off gorgeous vintage scooters, posters, badges and other memorabilia. Not necessarily for everyone, it's best saved for those that are interested in Lambretta.

### Steep Holm Island

Just off the shore of Weston-Super-Mare, Steep Holm Island is really easy to visit by boat from the area around Marine Lake in the town. With human settlements dating back to prehistoric times, there's a heap of diversity and history to discover; especially on the island trails. Despite being uninhabited, the island was once a thriving home to 6th-century British monks, St Gildas. Even the Vikings called the island home at one point!

One thing to note, it will be a full-day trip so be prepped for 12 hours exploring with Bay Island Voyages. This means you should pack all the foods, snacks and water for your trip on the island itself.





with lions  
**ROAR**



## To get involved..

For Districts  
105A, SC, SE, & SW  
Please email Viv Diggins at  
diggins2000@hotmail.com



For Districts  
105CE, CW, CN & N  
Please email Steve Scall at  
stevescall@gmail.com

You can also find out more about ROAR at:

Lions Members Website: <https://lionsclubs.co/MemberArea/home/lions-roar/Lions>

Public Website: <https://www.lions-roar.com/lions-clubs>

Search Social Media Using: [#lionsandkidzroar](#)

### Diabetes Diary Dates for 2024

#### Living with diabetes day - Norwich

Diabetes UK together with Norfolk and Waveney Integrated care board welcomes you to join us for an education and awareness day.

By Diabetes UK and Norfolk & Waveney ICB

#### Date and time

Tue, 16 Apr 2024 10:00 - 16:30 BST

#### Venue

The Nest  
Holt Road Horsford NR10 3AQ

<https://norwichdiabetesukevent.eventbrite.co.uk/>

Dates for your diary.

- 10<sup>th</sup> to 16<sup>th</sup> June 2024. World Diabetes Week.
- 7<sup>th</sup> to 13<sup>th</sup> October 2024. Hypo Awareness Week.

For further information please email on [gstdiabetes@lions105ce.org](mailto:gstdiabetes@lions105ce.org)

Or go to [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)  
Learn more [Learning Zone - Discover more about your diabetes. | Learning Zone](#)



## ACTIVITY ALLIANCE, YOUR CHANCE TO VOLUNTEER.

Activity Alliance run Regional Games and hold their Annual National Junior Championship Games the first weekend in July. At these events disabled athletes participate in a variety of track and field events.



The 2023 Games were a great success with more athletes participating than the previous year. These events are also an incredible hands-on volunteering opportunity.

A group of apprentices were joined for a coaching session by two Leicester City Men's first team players as part of National Apprenticeship Week. Ten young future coaches, all part of the Coach Core programme, were joined by the duo at Soar Valley Leisure Centre in Mountsorrel. The session focused on inclusive activity, with Activity Alliance Programmes Administrator Alex Giles in attendance to assist.

### Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together





# LIONS BRAIN TUMOUR RESEARCH APPEAL AROUND GB IN 10 DAYS ONLINE VIRTUAL BALLOON RACE

## Guide to purchasing a balloon or balloons.

**CLICK** link or **SCAN** QR code on poster, Facebook Page, or Website.

### ENTER

Your name

Contact email

Nickname for your balloon.

**CHOOSE BALLOON COLOUR** from dropdown box.

Continue to scroll down this list to **CHOOSE** a shape of your balloon.

**ADD** a message or dedication.

**CLICK CREATE BALLOON**

You can register more than one balloon before paying.

### Pay with Card

Enter Card number    MM/YY    CVC number from back of card.

DO NOT FORGET TO PUT IN **POST CODE** AFTER CVC, or payment will not be taken from your bank.



# THANK YOU AND GOOD LUCK

LIONS CLUBS INTERNATIONAL  
MD105 INVITE YOU TO TAKE PART  
IN THEIR ONLINE

**AROUND GREAT  
BRITAIN IN 10 DAYS  
BALLOON  
RACE**

**VIRTUAL RACE =  
ENVIRONMENTALLY  
FRIENDLY!**

TO RAISE FUNDS FOR THE LIONS  
BRAIN TUMOUR RESEARCH APPEAL

**£5 PER BALLOON**  
**[WWW.BALLOONRACE.NET/LIONS](http://WWW.BALLOONRACE.NET/LIONS)**

**1ST PRIZE £100 2ND PRIZE £50**  
**3RD PRIZE £30 + 7 RUNNERS UP PRIZES**

Race launches at MD Convention on Sunday 5th  
May and ends on Wednesday 15th May



SCAN ME

Find us on 



Charity number 1181428

**NOW FOR SOMETHING DIFFERENT, A WORDSEARCH, COURTESY OF LION CHLOE.**

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GLOBAL  
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INCLUSION  
HELP  
DEVELOP  
IMPACT

**Inspirational quotes.**

We believe that these quotes can help uplift spirits and provide motivation to the readers of our Newsletter & Bulletin.

We would like to invite you to share your favourite inspirational quotes with us. It could be a quote that has helped you through tough times or one that has inspired you to achieve your goals. We welcome quotes from all walks of life, and from people of all ages.

Send your favourite quote to [editor@lions105ce.org.uk](mailto:editor@lions105ce.org.uk)

We look forward to hearing from you and sharing your words of wisdom and wit with our Lions family.

A few examples may get you inspired....

- 1. THE BAD NEWS IS TIME FLIES - THE GOOD NEWS IS YOU'RE THE PILOT.**
- 2. SUCCESS IS NOT FINAL; FAILURE IS NOT FATAL: IT'S THE COURAGE TO CONTINUE THAT COUNTS.**
- 3. YOUR ALTITUDE IS DETERMINED BY YOUR ATTITUDE.**
- 4. A MAN NEVER STANDS SO TALL AS WHEN HE STOOPS TO HELP A CHILD.**
- 5. EVERYTHING IS IMPOSSIBLE UNTIL IT HAPPENS.**



# **Billericay Lions**

## **A TASTE OF GREECE**

**Saturday 9th March 2024  
7.00 for 7.30 pm**

**Emmanuel Church Hall  
Laindon Road, Billericay**

**Tickets £22.00**

For tickets please call 0345 833 9849

Visit our bookstall outside Poundland  
on Saturday mornings

or email [greece@billericaylions.com](mailto:greece@billericaylions.com)



**All profits go to Lions Charities**

**Billericay Lions is a Registered Charity – No. 1008040**

# **CHARITY QUIZ NIGHT**

**BULPHAN VILLAGE HALL**

**Saturday 23rd March**

**starts at 7.30pm – 10.30pm**

**£12.00 PER PERSON**

**tables maximum of 8**

**bring your own snacks and drinks**

**Reservations with Colin**

**07720 974 520**

**Romford Lions Club**



# Chelmsford Lions Club



# QUIZ NIGHT

**Saturday 6th April 2024**

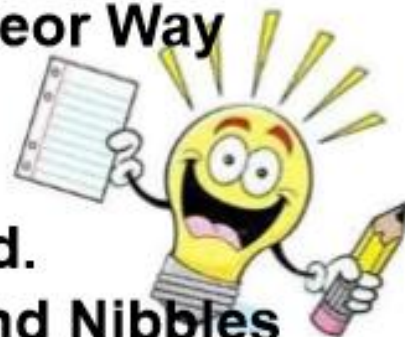
7.00 for 7:30pm

**CYGAMS Building, Meteor Way  
Chelmsford**

£10-00p per head.

**Bring your own Drinks and Nibbles**

**Teams of 4 - 8 people**



To book in call:- Bob - 01245 473997  
Or email: [robert.page94@yahoo.co.uk](mailto:robert.page94@yahoo.co.uk)

**Proceeds to Motor Neurone Disease**



The Lions Club Of Felixstowe  
**Family Fun Dog Show**



**Sunday 19th May 2024**

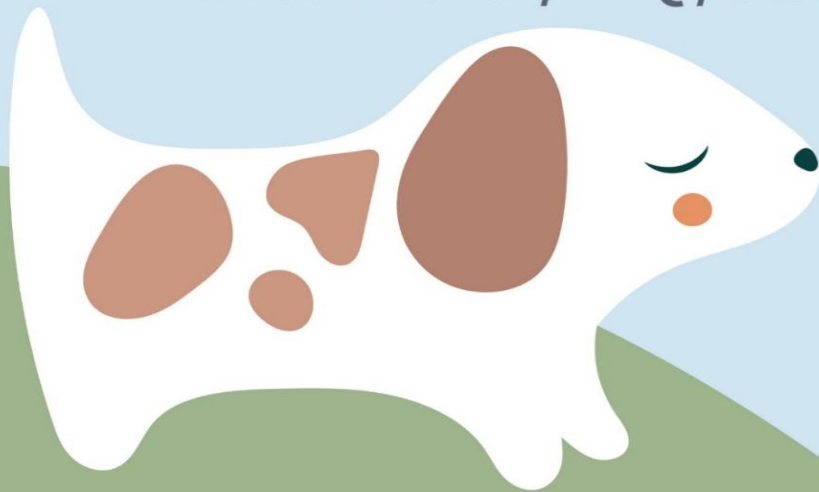


**1pm - 5pm**

**Trimley Sports & Social Club**

IP11 0RJ

Fun & Games for all the family  
Refreshments / BBQ / Stalls



CELEBRATE YOUR BEST FRIEND

For more info / register your dog  
Call : 07484317753 / 07570110660



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