



Lions Clubs International

British Isles District 105CE

At the heart of your community



105CE January 2023 Newsletter

Happy New Year from DG Chris and Lion Sue

Sue and I hope you have had a lovely time with your families and friends over Christmas and managed to have a least a few days' rest. Well done to all clubs who have brought a little joy to your communities with your Santa Sleighs etc. which will now be stored safely until they are readied for action again next Christmas. I would love to see all these hours of service recorded on MyLion along with your estimates of the vast amounts of people served through this brilliant annual event.

We had the pleasure of hosting a Romanian friend over Christmas and New Year. Iulia was our translator during many of our trips to Romania to visit the children's homes. She first helped us at just 14 years of age, when the authorities didn't have anyone to translate for us. Her mum volunteered her services to help us and to help Iulia practice her English. Iulia did a fantastic job for us and soon became a friend, her sister Irina, also joined us a year or two later. Both young women now live in Vienna, where they work and study, where they still find time to have regular zoom chats with us. It's connections like these that really make me proud and so happy to be a Lion.



The three of us will be travelling to Germany on the 5th of January with PDG Derek Prior and PDG Ujjal and Manjit Kular to attend the New Year celebration of our twin District 111NH. As well as the New Year Celebration we will have the opportunity to meet and get to know lots of our fellow Lions, whilst visiting local sights and even visiting one of their signature projects. More on this at the end of January.

The next six months are extremely busy as we continue with club visits and Charters. I really want to push New Club Development in the second half of the year and will be aiming to form a number of Branch Clubs. Any Clubs or individuals who want to help please contact myself, PDG Alan Hall or Zone Chair Lion Paul Skilton.

Sue and I hope to see as many of you as possible over the next six months and wish you all and your families a very Happy New Year.

Chris & Sue



MULTIPLE DISTRICT DOUBLES **APPEAL DONATION.**



LIONS CLUB OF JERSEY
Jersey Registered Charity No: 352
MEDIA RELEASE

LIONS DONATION TO BAILIFF'S APPEAL NOW £10,000

THE LIONS CLUB OF JERSEY, having agreed to donate £5,000 to the Bailiff's appeal for support of the those affected by the two tragic incidents in the Island last week, have now received notice from Britain's Lions Multiple District (of which the Jersey Club is part), that this sum will be matched and the total Lions' donation will now be £10.000.

"We are delighted that, living up to the worldwide ethos of serving our local communities, our national body has very promptly agreed to match the Jersey Club's donation," says Club president Lion Steve Taylor. "Notwithstanding, as well as making this particular funding available, the Lions Community Service committee, that already has helped many local people with needs this year, is inviting anyone impacted by these catastrophic events to contact

us either by telephoning 07797 710630 or by email at communityservice@lionsclubofjersey.co.uk.

"Lions worldwide have a saying: *Where there is a need, there is a Lion*. Our message is: Please don't hesitate avail yourselves of that." Ends.

Further details from Lion Steve Taylor,
tel: 07700 861056 or Lion Ian Robins,
tel: 07797 710630



LIONS IS LIFE-CHANGING

DISTRICT DEVELOPMENTAL OPPORTUNITIES

It is hoped to run at least one developmental meeting each month for the rest of this Lionistic year. The aim is to provide information on a variety of topics that hopefully will assist both individual members and clubs.

Wednesday 25 January 2023 – Potential Club Officers – an opportunity to find out about various club roles that you might be interested in fulfilling.

Wednesday 22 February 2023 – Development of New Members – an opportunity to discuss how best to develop new members with a view to them becoming more active and future leaders of your club.

Friday 17 March 2023 – Certified Guiding Lion- an opportunity for experienced Lions to become a Certified Guiding Lion able to help develop clubs. This will be face to face at Convention.

For further information click on the link: [Guiding Lion Program | Lions Clubs International](#)

Wednesday 26 April 2023 – Potential Cabinet Officers – an opportunity for those thinking of taking a Cabinet position for the first time to find out more.

Wednesday 31 May 2023 – Club Officers 2023-24 – an opportunity to find out more about your forthcoming role and to discuss /share ideas.

Wednesday 28 June 2023 – Incoming Cabinet members – an opportunity to find out more about the requirements of a cabinet officer.

Meetings will be held on Zoom unless otherwise indicated. We are happy to do presentations face to face at Region or Zone meetings. Please contact

We are always prepared to include additional events based on the requests from club officer/members. So if you have a topic you would like included please see the contact us page.

Please contact Lion Graham Venables if you are interested at, lioncgv@gmail.com.

105CE Caravan and Camping Club.

Welcome everyone to our districts first page in the monthly news of the 105 CE Caravan and Camping club.

The object of this is for the many campers, caravaners and motorhome users within our district to share good and bad campsites that we have used.

It would be good if we could put Lions information in the best three or four sites within our district to promote the good work that we do within our communities and hopefully gain new members. We could also arrange for some of us to meet one weekend at one of these good sites.

Let me start with Slade Paddock in Ely. A very quiet site on the outskirts of Ely with friendly staff, very good shower, and toilet facilities. Reasonable dog walks. A Londis shop about $\frac{3}{4}$ mile away. There is not a shop or restaurant on site which is a slight drawback but there is a small bar and take away food is available two or three times a week. The site is open from April to end of October.

Old Buckenham Hall near Attleborough is a large site with clean showers and toilets, friendly staff with a bar and café.

Local village about a mile away, no shops on site and occasional live entertainment at weekends. On some weekends you can see hot air balloons being prepared ready for flights. Again, open April to the end of October.

Southend-on-Sea and Rayleigh Lions work together.

Members of Southend-on-Sea Lions Club helping fellow Rayleigh Lions collecting with Santa and his sleigh in Hullbridge.

A huge thank you to Philip Miller and Paul Clapp of Adventure Island for producing and donating this wonderful Christmas Faceboard. Southend-on-Sea Lions recently took it to Asda, Shoebury and it was extremely well received. A huge thank you also to Asda for allowing us to collect a total of £495.00 over two days. All money donated will go to worthy causes.



North Lincolnshire Clubs.

The Lions Clubs of North Lincolnshire have for about the last 14 years, apart from a recent year pause due to the Covid pandemic, delivered toy lions to the Scunthorpe General Hospital, and have just completed another year with sixty toy lions being delivered each month.

The Hospital Charity Manager, Lucy Skipworth says "Thank you so much for your continued donations of the much-loved Bravery Lions. As you know, the lions are given to the children on the Disney Ward and children in A&E to comfort them when they are enduring an upsetting and often scary time in hospital. These precious gifts are so welcomed by all children and really improves their hospital experience. The lions are also a great comfort for children when procedures are being carried and make the children feel calmer. The staff in these departments, the children, and their families as well as us here at The Health Tree Foundation really do appreciate the lovely Bravery Lions and the positive impact they help to create. Thank you so much."



It's good to get appreciation and we have another 720 toy lions being fed and watered for delivery through 2023.

**HAPPY, HEALTHY,
PROSPEROUS, AND
PEACEFUL 2023**

Eastwood Lions Winter Support in the Community



We've been busy again through November and December promoting Eastwood Lions at Community events and providing Christmas Cheer to all. Here's some of our activities: In November our President Eric attended a talk on War Artist for Re-



membrance at Porters Civic House where Dr Mark Banting discussed paintings commissioned by the Government during the Second World War. The talk was in aid of local Charity **St Vincent's** who provide help and support to homeless people within Southend. Eastwood Lions donated £500 to the mayor, Cllr Kevin Robinson and Daniel Cauchi, CEO of St Vincent de Paul Centre. Eastwood Lions, in conjunction with the City of Southend MP Anna Firth & Mayor Cllr Kevin Robinson, plus other local figures, also laid a wreath in Honour of our Past Heroes at Eastwood Memorial Hall.



December saw us providing the **Christmas Tree at Rochford Corner, Eastwood**, our twelfth year of doing so. The switch on was supported by the Southend MP, Anna Firth, and Mayor Cllr Robinson; both who have been very supportive in recent months.

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Extra lights and two bright stars this year atop the tree provide a welcoming scene these chilly nights. Our resident Lion Brian was again our '**Father Christmas**', **HO HO HO!**

Our Local MORRISONS Supermarket invited us again this year to collect with our Santa Grotto through December. Some very chilly days greeted us but music and the welcome greetings from Father Christmas provided Good Cheer to all.

We agreed with MORRISONS that we would donate a percentage of our collection to their nominated Charity **Together for Short Lives**. A cheque for £250 was handed to their Charity Organiser, Sonia.

In addition, as in previous years, we donated a further £1000 to **HARP; Homeless Street Hub; St Vincent's** and **Eastwood Food Bank**. With a few days left in December we enjoyed our **Lions Christmas Party** at the local Oakwood Pub where we were joined by friends from **Southend Lions Club**, making a nice round off to the year.



HAPPY NEW YEAR TO ALL OUR FELLOW LIONS



Newmarket Lions Club.



What a brilliant weekend the Newmarket Lions had with Santa on Saturday December 10th in the centre of Newmarket. In minus 4 degrees, most of the members of the club built from scratch a brand-new grotto [don't ask about the old one!] from donated items from ex-members, members, and charity shops from 8:00 am on the coldest morning of the year! By 9:45 am it was completed and alongside the Newmarket Lions Club Pop-Up Cafe, stocked with goodies to sell and drinks ready to pour, and we were ready for action. Phoebe Wilson, a very helpful & kind little girl aged 8 related to a member of the club came over especially on a sleepover to assist on the stall and to serve customers with cake, mince pies, and sausage rolls, and thoroughly enjoyed asking people for donations when people showed interest in the candy canes!

One of the club's newest members, Elf Buttercup' was great fun and was in 'manic happy mode' for the whole four hours that Santa aka Lion Ken was in the grotto!



She had the inspirational idea of getting the children to write letters to Santa and physically made the post box that over 30 children used to post their letters! All children will get a reply from Santa too, so it was just the best event that we as a club have done for many years as all visits to Santa were completely FREE of charge as is tradition with Newmarket Lions Club and funded totally by donations!



The total amount made by the club is still uncollated, but figures will be revealed at the next club meeting on Thursday 16th December at the Heath Court Hotel at 8:00 pm..... we can hardly wait!

Wroxham and Hove Lions Club.



Two Schools from the Wroxham and Hoveton Lions club area entered this year's ROAR 2022 competition. Following an initial visit by Lion President Terry Vout and Lion Andy Spight to help with the introduction of the competition to the participating pupils, further visits were made to help with the judging and presentation of prizes. These are the reports from the members who attended the schools, together with photos of the Coltishall team entries.

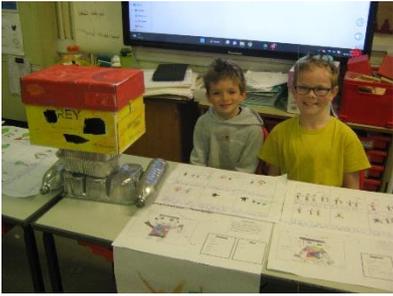
Lions Liz and Derick Bowler's visit to Coltishall Primary School Norfolk, to judge their ROAR 2022 Competition entries.

We were given a very warm and enthusiastic welcome by the children of the class when we visited on Friday 18th of November. There were six teams of three people. Some of the teams had chosen an environmental topic to base their project on. One team's entry was a robot to detect and remove ticks from dogs, which we thought was an interesting and unique idea. This had a special relevance for Liz who had lost a dog to Tick Fever when she lived in South Africa in the 1970s. Another team had an idea for a robot companion for dementia sufferers, offering companionship as well as ensuring their safety and administering their medication. Together with the children's form teacher, Mr Adam Ward, Liz and I chose a robot Litter Picker, which we thought was a very practical idea, but also quite realistic and achievable. The runner up was based on hydroponics and was a way of creating new trees from seeds to



remove the need to cut down forests and supply the world with timber. This, we thought, was again a very practical idea and an achievable project.

The teams had designed and built prototypes of their ideas, with plans and written descriptions of their projects and short videos to explain their ideas. It was obvious when talking to the teams how much they cared about our world and wanted to find remedies for the world's ills. We were particularly impressed by the children's enthusiasm and work ethic on these projects, and we wished that we could have awarded them all medals.



Lion President Terry Vout and Lion Ron Hill's visit to Rackheath Primary School Norfolk, for the awards ceremony.



We visited Rackheath Primary School to present the winners of the class entries for the Lions Roar competition. The school had all the different teams around a dozen or so present in their class to talk to both of us about the various ideas and showed us the models. Both LP Terry and I were very impressed with all the different ideas they had thought up. The winning team had come up with a Floating device that skimmed along the water's edge with cameras, a small motor to propel it and a suction device that detects rubbish and can be lifted to be stored within the floating device.

Felixstowe Lions Club



Felixstowe Lions has been a very busy 'pride' this month!

For a whole week we toured round the town and local areas with Santa on his sleigh – with Rudolph of course. Lots of children and adults came out to see Santa.

Everyone was very generous and over £1600 was raised in donations to help Lions with their good works in the community. We can only say a very big Thank You to all who supported us in whatever way.



Saturday December 3rd saw the Light Up Day event in the middle of town. What a fantastic day it was and what fun was had by all. Lots of stalls and entertainment were very well received and a great cheer went up when the Mayor Councillor Sharon Harkin switched on the



lights. The tree and light displays have been erected annually by the Lions, for over 40 years, and they will stay in place till January.

In addition, Felixstowe Lions were pleased to help Cotman House Care Home whose residents helped assemble gift boxes for distribution locally through Basic Life Charity. Picture shows some of the gift boxes with Lions President, Dave Cole and other Lions together with staff from Basic Life and staff of Cotman House.



The first fund raising event planned for 2023 is the annual Pig Race night held in February. No pigs are harmed in the event and great fun is had by all! Watch out for more details.

If you are thinking about joining your local Lions Club, please do get in touch through our Facebook page or email felixstowelions@gmail.com We are a very friendly bunch and enjoy social events as well as working hard to support the local community and those in need.

If you, or someone you know in the community needs help or if you'd like to join us please contact us through our Facebook page or email.

Southwell & District Lions.

As part of the support the Club is giving to the Ukrainian families over the Christmas period, using the funds that have grown out of our original school uniforms scheme, we have organised a trip to White Post Farm.

Fairytale time for our Ukrainian guests

On 17th December, we took a party of 17 children and 14 adults to White Post Farm, near Farnsfield, to enjoy a Christmas treat at the '*Once Upon a Fairytale Christmas*' Experience. This Christmas will not be easy for the families, knowing that brothers, fathers, husbands and other family members are fighting for their lives back home, so we hope that this and other initiatives we have put in place over the last nine months to help both the families here and help provide some relief for those still in Ukraine, brought some relief and enjoyment to our guests. We also thank the management and staff at White Post Farm and the staff and customers at the Final Whistle in Southwell for their support and very kind generosity in helping the trip to take place.

We were very pleased to receive the following from one of the Ukrainian mothers on the trip: "On behalf of all Ukrainian mothers who attended the event yesterday, I would like to thank you for such a magical day. We had a great time together, talked a lot. Our children met and had fun playing. Thank you for the thematic event with Father Christmas, Ukrainian children learned a lot about your customs and adults rejoiced like children.

"Thanks to "Lions" for support and care for Ukrainians. In such a difficult time for us, you made a holiday for us, and our children were happy

Looking further ahead, we are also planning a Christmas party on 7th January 2023, which is the traditional day on which Ukraine celebrates Christmas.

Ho! Ho! Ho! and щасливого Різдва



Carols for Everyone supported Children's Bereavement Centre.

This year's Carols for Everyone family Christmas sing-along at Southwell Minster on Saturday, 10th December, raised funds to support the Children's Bereavement Centre in Newark, a local charity providing free tailored bereavement support and counselling for children, young people and their families who have been affected by the death or terminal illness of someone they love. The proceeds from the concert will help ensure the charity can continue to offer its services free of charge to the people that need them by providing timely support in a safe and confidential environment - making a difference and changing the lives of local children and young people going through one of the most devastating times in their lives.

Hedgehogs are safe in Farnsfield.

Following workshops at St Michael's Primary School in Farnsfield, the children set about creating safe habitats for hedges across the town. The children made hedgehog houses and posters and even Powerpoint presentations to create awareness of the problems facing hedgehogs and tell people how to keep them safe. Southwell Lions donated prizes - mostly age and subject appropriate books - for the best projects in each year group and pre-



sented the prizes at a school assembly in early December.

All the entrants put in a huge amount of excellent, creative work - well done to the four winners and seven runners-up! Farnsfield School's prize-winning children are joined by head teacher, Mrs Carpenter, Joyce Shakeshaft and Lesley Healey from the Farnsfield Hedgehog project and Lions Peter Bird, Ian Robinson, and Peter Brooker



Partying the night away with Westgate Group

We held our traditional Christmas party for members of the local Westgate Group, a self-help group giving friendship and support to families with disabled children. Some 35 guests, including carers, enjoyed a lovely tea, very kindly provided by Rama from The Reindeer Inn, lots of singing, including a few solos from Westgate Group members, and a visit from Santa



Claus and his Lion, who gave all the members a Christmas present. Thanks to all who took part, especially to Marion Turner, who played the piano. Santa was also out and about Southwell and the surrounding Villages again this year.

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

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

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier · Kinder · Together

May 2023 be your best year ever.

Living

In

Our

Neighbours

Service



Burns Night

Saturday 21st January 2023
South Holland Centre, Spalding.
7.00pm..... Carriages 12.30am
Tickets £45

Burns Night Supper - including the piping in of the Haggis

Black Tie or Traditional Scottish Dress

Raffle

For more information contact:

Eileen Robson on 07711095686 or Elaine Mothers on 07921235628

Spalding Lions Club

CIO Registered Number 1185292