



105CE April 2023 Newsletter

Diary of a DG - March 2023 – Month 9

March is a busy time of the year, with lots of planning meetings for Convention, chasing presenters for their presentations and trying to fit as much into the programme as possible to make it the best it can be for everyone. But what I didn't know was how much work was being done in the background by my incredible club to make it special for me too. More later.

A week of half days!



7th March. Took the afternoon off to drive to Great Yarmouth to attend their club meeting and to present a 50 year long service chevron to Lion Rod Holland. This club celebrates its 70th Charter anniversary in October, back at the wonderful Imperial Hotel.

It is great to see new members being encouraged and supported in this club, making sure it has all it needs to continue for many years to come. Some of these new members have attended the New Lion Symposium, bringing new ideas and passion back to

the club and their community.

8th March I took the morning off to drive home to work from home during the afternoon.

9th March I took the afternoon off to drive to Bagshot Park, the home of our Patron - The Duchess of Edinburgh. It had been suggested that our Multiple District should plant a tree in the grounds to commemorate the 70-year reign of our late Queen as part of the Queen's Green Canopy. I suggested wouldn't it be nice to plant 8 trees, one per District, this offer was made and gratefully accepted. This meant that our 8 trees would form a beautiful avenue with 4 trees either side of the driveway from Bagshot Park.

This was my first meeting with a member of Royalty and what a delightful experience it was. We were very quickly put at ease in the drawing room of Bagshot Park, with tea and biscuits and a little dog to play with called Mol. The first comment from The Countess was '*aren't you all a little overdressed to be planting trees?*' We all pointed at Lion Patrick Hamblin.

The trees were around 8 feet tall 'Sorbus aria Magnifica' otherwise known as Whitebeam. The best bit was they were purchased from Ely, 105CE. The place to be!

10th March I took the morning off to drive home to work from home during the afternoon.

Convention 2023 – Dunston Hall 16th – 19th March

The 4th Convention of 105CE. I cannot explain how much I enjoyed the whole weekend.

The weekend started for me on Thursday morning when we picked up our International Guest from Birmingham Airport and drove to the hotel. I first



met DG Daniel Marney Elkins when we both facilitated on a virtual New Lions Symposium. Little did we know then that we would serve as DGs together and would meet in Montreal and Zagreb.

International Lionism means a lot to me, especially the relationships we have built up over the past 22 years in District 124 Romania, so to have DG Ciprian Iosep and Lion Alina Iosep join as two of our official twinning guests was brilliant. We should also have welcomed two more official twinning guests, PDG Jean Luc Robert and VDG Bruno Decherf from District 103 NORD France, but unfortunately, they couldn't make it due to French strikes.

We did however, also welcome our good friend from District 111-NH Germany - PDG Renate Kastrowsky Kraft returning at her own expense and Lions Philipp and Natalija Blobel from District 111-BS Germany, who were funded as speakers by sponsorship of Convention.

Thursday evening, we had a relaxing meal and a few drinks and caught up with each other.

Friday, was a relaxing morning with a short Cabinet meeting before lunch, followed by a



Certified Guiding Lion Course with 16 attendees, including DG Ciprian from Romania and workshops, covering CPR, Vision Cameras and International projects, culminating with a virtual St Patrick's Day celebration with attendees from around the world, including our International President Brian Sheehan and First Vice International President Dr Patty Hill, Second Vice International President Fabricio Oliveira and Third Vice International President A P Singh and many more.

Picture shows DG Daniel O-Marney Elkins and PID Phil O-Nathan hosting the event.

Can we count all these attendees as attendees of CE Convention?

REFLECTIONS ON THE 4TH DISTRICT CONVENTION.

My Convention Experience by Lion Tracy Lewis of Barton upon Humber

Well, what can I say about my first ever Lions Convention.

Everyone was so friendly and welcoming from my arrival on Friday to leaving on Sunday. It was a great weekend, amazing, moving, humbling and great fun, I cried, laughed and cried again.

Listening to the first-hand experiences of Phillip and Nataila Blobel from the German Lions Club Ausberge, it was impossible not to be moved by the personal and humanitarian aid they gave to the people of Ukraine at the outbreak of war and their continued efforts.

It was interesting meeting fellow Lions and finding out about the different ways other Clubs serve their communities. I am also looking forward to hopefully meeting up with some of the Clubs closer to my own and to further my Lion experience.



I had an amazing time, and it definitely won't be my last!

Lions is life changing!



From Felixstowe Lion President David Cole and Lion Lorraine Cole.

I must say this was an exceptional great weekend, this was our first ever convention and we were made very welcome and made lots of new lion friends.

We will definitely be attending again. Thankyou.

Something Special was in the air.

What a wonderful way to end a great Lions District 105CE Convention!
Our guests, District Governor of District 124 Romania, Lion Ciprian Isoep and his wife Lion Alina donated £1,000 to our Lions Brain Tumour Research Appeal
Pictured here with PID Lion Phil Nathan and his wife Lion Heidi.

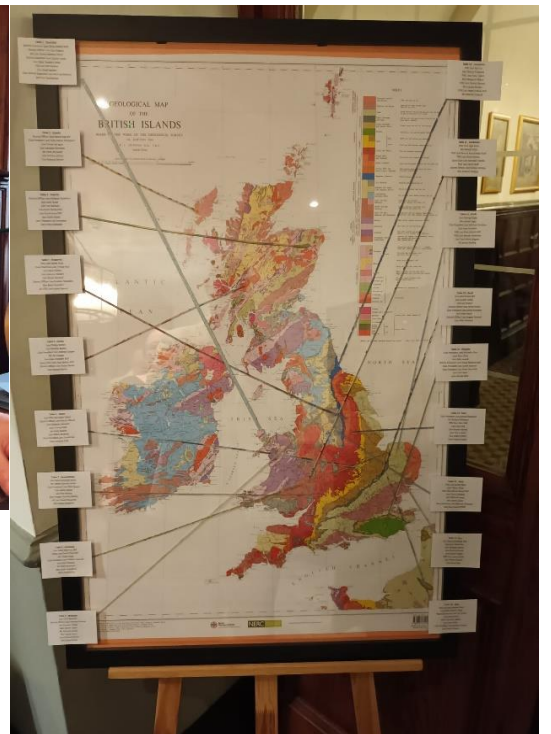


Now just a few photographs for you to see what it was all about!













Lions Clubs International
FOUNDATION

LIONS CLUBS INTERNATIONAL FOUNDATION

Newsletter – March 2023

Mississippi Storms



Devastating storms and at least one tornado has ripped through rural Mississippi leaving at least 26 people dead and dozens injured. First responders raced against time to rescue people from the rubble. The tornado's death toll now ranks as the highest in Mississippi this century and the worst in over 50 years, cutting a path of devastation 100 miles long and a mile wide with debris being thrown 30,000 feet into the air. Along its track few buildings remained unaffected, many are completely demolished, those remaining will require extensive repairs, and more severe storms are expected.

LCIF is mobilizing a US\$50,000 MCAT grant to Lions to deliver tornado disaster relief to District 30-M in Mississippi in addition to the US\$10,000 emergency grant to start addressing immediate needs. When a humanitarian crisis of this magnitude strikes, we, as Lions, are ready to help. The purpose of the grant is to cover immediate needs.

Turkey/Syrian Earthquake



After the devastating earthquake struck Turkey and Syria Lions and Lions International responded by providing assistance to families who were left homeless. The Turkish media has named this earthquake "The Disaster of the Century" with 11 large urban areas and 30 small urban areas destroyed with after-shocks continuing.

Approximately 14 million people have been affected with over 1.2 million left homeless. There have been around 50,000 casualties and 120,000 injured.

The LCIF Turkish Disaster Relief Committee have reported that 11 provinces have been affected with Lions focusing on 4 areas of greatest need: Antakya, Kahramanmaraş, Malatya and Adiyaman where the focus will now be on rebuilding.

Cash donations to LCIF are preferred over donations of items as the items most required can be purchased locally, often cheaper than what can be bought in other countries. Local materials are more suited for the environment and the logistics of storage and distribution are overcome. The disaster has brought an increase in smuggling, which has led to long delays in customs.

Disaster relief transitions through three stages;

- Immediate needs; food, water, shelter and hygiene are crucial in this stage.
- Supporting stabilised populations: in temporary housing and with services
- Rebuilding

LCIF will continue to support this crisis as long as there is interest from local Lions and funds are available. The first Major Catastrophe Grant for this disaster was for US\$200,000 and nearly US\$180,000 of that has been spent. The LCIF general Disaster Relief fund has allowed the foundation to respond quickly to this disaster as with others in the past.

Donations have been received from 44 different countries and have exceeded US\$1,000,000. MD 105 (The British Isles) have donated over US\$107,955.

Ukraine Displaced Persons – United Through Kindness



The conflict in Ukraine has driven millions of people from their homes (over 6 million refugees have had to leave Ukraine, 90% are women and children) This has created a humanitarian crisis that is forcing families to search for safety and security. In this time of great need,



Lions Club International Foundation (LCIF) has awarded grants to make sure Lions are there to help provide immediate relief to those struggling to meet their most basic needs, and Lions around the world are uniting through kindness to help the people who desperately need it.

The grant funding has enabled Lions to cover a broad spectrum of refugee needs, including immediate survival needs, transitional needs for mid- or long-term settlement, and support for services to help refugees integrate into their new community.

LCIF have also awarded grants to Lions supporting Ukrainian refugees who have crossed their borders. Lions in Ukraine have also received LCIF grants to address the critical needs of people who remain in the country.

To date over 62 grants have been approved by LCIF totalling in excess of US\$4,177,532.

How can you help these needs?

To support Lions in their efforts to help those impacted by these disasters and others yet to come, donations can be made to LCIF Disaster Relief and can be made via our District Treasurer.

Sort Code 405240
A/c No. 00099737

Many thanks in anticipation of your donations, and let's hope that those affected by these disasters can start to rebuild their lives as soon as possible.

Spalding Lions Club.



Spalding Lions club members have spent three days recently with their 'Easter Egg basket' £1 a go, 100 square raffle boards.

Lion John Steel spent a day on his own at a local Butchers, Hargrave's in Pinchbeck, and managed to clear one full board himself. The winning number was drawn, and prize presented to the winner the following day. (See photo of Lion John with the winner)



On the Saturday and part of Sunday, Lions Stuart East, Elaine Mothers, John Steel, Julie Grant, Richard Briers and Trevor Gilliatt managed to sell another three full boards outside of Morrisons in Pinchbeck, who were pleased to support our event, providing us with hot drinks all day. All prize winners have received their Easter baskets. A local pub restaurant



also agreed to have two boards to sell numbers for us, over a period, and the draws for these will take place before Easter weekend.

All in all, the local community have yet again supported Spalding Lions well.

A fun day was had recently by Spalding Lions collecting on behalf of Marie Curie at Morrisons Supermarket in Pinchbeck.

Lions Elaine, John, Sally, Stuart, Eileen, Richard and Frances covered this event although some were a little camera shy!



Clacton on Sea Lions News March 2023

Supporting our local Veterans Club

The month started with an invite to join Clacton Veterans Club for breakfast, Lion President Keith his wife Linda were joined by Lions Jim and Liz Godden. These veterans really have served their country and it is lovely to sit with them and hear their amazing stories (the breakfasts are good too – no need to eat for the rest of the day). This Veterans club is so popular now, with 60 attending that day, they are looking for bigger premises. We are proud to support such an amazing group of people.



Marie Curie Daffodil Appeal Collections



Who doesn't like a silly hat!! We all enjoy collecting for the Marie Curie Daffodil Appeal and will happily put on the silly hats and carry the silk daffodil pin trays to support this very worthwhile cause. We collected in Morrisons Waterglade in Clacton town centre for one day and the new Morrisons in Little Clacton for two



days. Somehow this year it became a friendly battle of the sexes. I hate to admit it but the men collected more than the women. Our grand total for the 3 days was £1,154.93 but we managed to scrape together another 7p so it was £1,155.00 A great result.

Recycling goes from strength to strength

We have 40 recycling bins located in Tendring, mainly in opticians but some chemists and doctors surgeries have them too. We collect spectacles, hearing aids, printer cartridges and mobile phones in them (as well as the occasional sweet paper and bits of rubbish). In the last 12 months we have collected the fantastic amount of 36,000 pairs of spectacles which are all on the long journey to give the gift of sight to those in need and 512 hearing aids have been sent to be rehomed. We have



also handed over 4,000 printer cartridges to East Anglian Children's Hospices worth an estimated £6,000 to their funds plus 650 mobile phones worth an estimated £8,250 to them once broken up. Old batteries are taken to the local recycling bins in B&Q and we have a contact at Clacton Hospital who finds new homes for unused, in date hearing aid batteries. The picture below shows just 3 months worth of recycling.

Its almost Easter

And its time to take our Easter Egg Hamper Raffle into the local Asda.



We make up 3 lovely Easter hampers with cuddy bunnies, chicks and Easter eggs and spend 4 days selling raffle tickets. Smaller hampers are also made up for one of the local pubs to raffle for us, and we also have one for a club raffle – the winner this year was Lion Lorraine, our social chairperson who will be giving it to her grandchildren.



The Lions Clubs of Southeast Essex

Comprising of Castle Point, Eastwood, Leigh-on-Sea, Rayleigh, and Southend-on-Sea Clubs Are proud to present their 11th Annual Disabled Sports and Festive Fun Day, on Saturday 29th July, at the King John School, Benfleet Road, Hadleigh, Essex.

We are seeking more
Participant disabled sports
Clubs known to any other
Lions Club
Contact
PDG Rex Palmer (for contestants)
Email: rexp@leighlions.co.uk

tel: 01268 750115

We need more volunteers
from Lions Clubs in our
District to assist in running
this remarkable day.
Contact
PDG Tony Prior (for Volunteers)

email Anthony.t.prior@gmail.com
tel: 01792 477993

We usually organise 21 activities with 5 categories, for standing and wheelchair bound contestants, in male and female heats, and a single category for the visually handicapped contestants.

All contestants, carers, and volunteer helpers will be provided with refreshments for lunch and hot drinks will be available throughout the day, together with bottles of water. There will be an ice cream vender on site.

HAVERHILL LIONS CLUB

QUIZ NIGHT

Gt. THURLOW VILLAGE HALL

SATURDAY MAY 20TH 7.30 p.m.

TEAMS OF UP TO 6 MEMBERS

£5 PER PERSON

Bring your own food and drink.

To book: carol_c54@hotmail.co.uk

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

TUESDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

WEDNESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

FRIDAY

1 Commit to being more active this month, starting today

7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

SATURDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SUNDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

CHARITY GOLF DAY

Generously sponsored by
Ridley Godfrey FOUNDATION

Thursday May 18th 2023

Raising funds for

**CANCER
RESEARCH
UK**



Haverhill Golf Club, Coupals Rd. Haverhill CB9 7UW

£60 PER PARTICIPANT (Haverhill Golf Club members £32.50 per person)

Coffee & bacon roll, 18 holes, lunch, raffle and spot competitions.

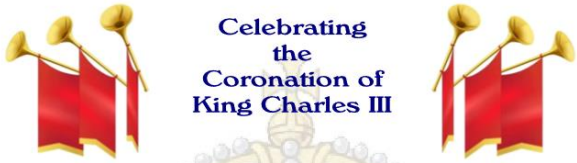
More info & to book davidciandolarelay@gmail.com or tel: 01440763134

REMEMBER ALL ITEMS FOR INCLUSION IN THE NEWSLETTER OR BULLETIN SHOULD NOW BE SENT TO

editor@lions105ce.org.uk



Patriotic Afternoon Tea Dance



Celebrating the Coronation of King Charles III

Sing-a-long & Dance to Popular Songs
Including Last Night of the Proms Finale

Saturday 13 May 2023

at the Polish Community Centre
True Lovers Walk, Loughborough, LE11 3DB

2.00pm - 5.00pm



Tickets £8.00
Including Afternoon Tea



Suzanne Buckeridge 07754 799639
Sue James 07856 746461
Ann Parsons 07547 907414



Loughborough Lions registered CIO Charity No 1188675



Clacton on Sea Lions Club (CIO)



Charity Golf Day



Proceeds to "Sonny's Army"
Helping families in hospital with sick children since 2019

£45 per person

{£15 per person for members of Clacton Golf Club}



Format is Singles Stableford Rules

Prizes for longest drive and nearest the pin

Thursday 18th May

Coffee and Bacon Roll on arrival from 10 am



Ham, Egg and Chips from 3pm

First Tee Off at 11.02 am

More details and Entry Form available from
www.clactonlions.co.uk/golfday

Raffle

WHERE THERE'S A NEED THERE'S A LION

Clacton on Sea Lions Club (CIO) is a Charitable Incorporated Organisation
Registered No.: 1181486



Lions Club of Braintree &

NAMCO FUN SCAPE (Braintree)

Charity No:
1058615

Present: Charity Bowl 2023

Thursday 25th May

@

6.30pm - 7.00pm

Prizes to be won

DJ

Teams of 8
£80 per team
(2 games)

25% Off any food
ordered before 7.30pm

Payment when booking.

Contact: simonjc71@hotmail.com
or phone: 07484 076773



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

CORONATION BALLOON RACE

VIRTUAL RACE =
ENVIRONMENTALLY
FRIENDLY!

TO RAISE FUNDS FOR THE LIONS
BRAIN TUMOUR RESEARCH APPEAL

£5 PER BALLOON

WWW.BALLOONRACE.NET/LIONSMD105

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

Race launches at MD Convention on
Sunday 7th May and ends on Sunday 14th May



SCAN ME

Find us on



Charity number 1181428