

The Bulletin

August 10th 2023



LIONS DISTRICT 105CE

DG Paul Southerton

2022 – 2023

A message from the District Governor.

This week has been a quiet week regarding Loins events, but plenty of time has been spent child minding/babysitting with the grandchildren, tiring but thoroughly enjoyable.

Saturday, I spent time preparing for the Cabinet meeting for the Sunday. Sunday was an early start and Sue came with me to Peterborough for my first 105CE cabinet meeting. She later went shopping (I think she enjoyed herself). I thought this was a good day with plenty of work being covered, a very good presentation given on Dementia, lots of interaction with all the cancers that we deal with, and a great platform built for the future. All in all, a very good Lions' Day. My thanks to all for making the day flow so smoothly.

Paul Southerton District Governor

Glanford & Lindsey Lions

Our president, Barbara Walker, has rediscovered her talents with paints and produce this wonderful Lion Painting.

We wish to auction the piece, across our district to raise funds and all proceeds will go to Lions. Presently the bidding is at £30, if you wish to use my E-mail address I will receive and update everyone who wishes to bid.



Lions & Diabetes



Reversing type 2 diabetes

We don't call it diabetes reversal, because this might sound like it's permanent, and there's no guarantee that your diabetes has gone forever.

But yes, it may be possible to put your **type 2 diabetes into remission**. This is when your blood sugar levels are below the diabetes range, and you don't need to take diabetes medication anymore. This could be life changing.

How do you reverse diabetes?

The strongest evidence we have. at the moment. suggests that **type 2 diabetes** is mainly put into remission by weight loss. Remission is more likely if you lose weight as soon as possible after your diabetes diagnosis. However, we do know of people who have put their diabetes into remission 25 years after diagnosis.

If you have obesity, your diabetes is more likely to go into remission if you lose a substantial amount of weight – 15kg (or 2 stone 5lbs) – as quickly and safely as possible following diagnosis.

It's important to know that not everyone who loses this much weight will be able to put their diabetes into remission. But losing 15kg comes with a lot of health benefits, even if you don't lead to remission. Research shows that getting support to lose just 5% of your body weight can have huge benefits for your health. **Losing extra weight** can lead to:

- fewer medications
- better blood sugar levels
- a lower risk of complications.

Small changes can change your life, check out the DiabetesUK website for more information.

<https://www.diabetes.org.uk>

Healthier life, healthier Lions.

Climbing Mount Kenya, collecting sponsorship for Lions projects and Charities in Africa.

Lions Clubs International

MD105 British Isles



Lions Clubs International, 257 Alcester Road South, Kings Heath, Birmingham, B14 6DT. Tel 0121 441 4544

Lion Heidi's Mount Kenya Climb



Hi

I'm Lion Heidi Nathan and I am the representative for the United Kingdom Lions on this charity expedition. Our 19 strong team of Lions from around the world are climbing Mount Kenya to Point Leanna which is 4,985 metres (16,355ft) and is the second highest peak in Africa. We start on 28th August and expect to complete this in 5 days. All monies raised will go to projects in Africa. Primarily the Mwereni School for the Visually Impaired.

The Mwereni School is both a day school and a boarding school in one. 640 children are attending the school of which many of the students have impairments, health issues and/or handicaps such as blindness, albinism and XP. (This school is the only school in Tanzania taking children with the illness called 'Xeroderma Pigmentosum') in short XP, is an autosomal recessive genetic disorder of the DNA repair and therefore the ability to repair damage caused by ultraviolet (UV) light deficient.

The monies are desperately needed for.

- Urgent toilet and lavatory construction and repair
- Dormitory paintwork and repairs
- Dining area so the children do not have to sit on the ground to eat.

Every penny you donate will get to the project. Each lady in this team will personally pay for their own equipment, travel expenses, hotel costs, trekking costs etc. Not one penny of your money goes towards expenses.

Please join me in trying to help these children, not only do they struggle with poverty these children have disabilities, visual impairments and Albinism. Let's try and give them the opportunity to learn and hopefully enable them to improve their skills so in future life they would be able to find work hopefully. There is much superstition still surrounding Albinos, much education is needed to abolish these beliefs but let's try to make their childhood years a bit better!

We will also be bringing out a calendar for 2024, if you'd like to reserve a calendar, please drop me a line at heidisami@yahoo.co.uk. They will be in the region of £20 and make great Christmas presents with the money going to great causes.

Below is a video link that shows the trauma that young Albino children go through, we aim to make a positive difference to these deserving youngsters.

<https://youtube.com/playlist?list=PLfDR2DyzDF570tfyIQ3Z1W5RZjDisYuVc>

Please support our team and donate, via your District Treasurer or directly to the Helen Keller Internet Lions Club:

Sort Code 40-37-25 Account 23898067

*Lots of Love and Thanks
Lion Heidi Nathan*

Help Us Beat Blood Cancers & Disorders

More than 40,000 people are diagnosed with a blood cancer in the UK every year and thousands more with blood disorders. LIBRA is the official haematology charity for King's College Hospital in London, and we need your support to make a difference.

Funds you raise will help to ensure patients receive the best possible care. LIBRA funds groundbreaking research, development of new treatments, medical equipment, and ward enhancements.

Together we can tackle blood cancers and disorders - leukaemia, acute myeloid leukaemia, sickle cell disease, aplastic anaemia and so much more.



LIBRA
Lions International Blood Research Appeal

Fundraising Pack 2023

Become Part Of Our
Going For Gold
Fundraising Campaign!



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision



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

Send your content along with a short description to socialmediacomms@lions105ce.org.uk



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

GOLF DAY

Raising funds to support our local community and overseas Lions appeals



Tuesday 10th Oct : First Tee 10.30

Southwell Golf Club : Occupation Lane,
Southwell NG25 OTS

£ 160 for team of 4 : inc. bacon cob and buffet

To enter a team and more info contact

Graham Coulson 07777 635833 grcoulson64@live.co.uk

Bob Callow 07876 748877 Bob.callow@btinternet.com

Or email lionsouthwell@gmail.com

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RETFORD LIONS CLUB

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



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CHARTER INVITES

[Nottingham West Lions Club](#) are celebrating 30 years of service for those in need on 23rd September and Lion President Jaspal Viridi MJF cordially invites you, your fellow Lions, and partners to join them for this fantastic evening of excellent cuisine, music and dance. It will be a night to remember, do try and join us. Contact details are on the poster or just email jaspal.virdi@hotmail.co.uk for details and booking.



NOTTINGHAM WEST LIONS CLUB 30TH CHARTER ANNIVERSARY INDIAN DINNER DANCE EXTRAVAGANZA

COME AND JOIN NOTTINGHAM WEST LIONS CLUB
CELEBRATE 30 YEARS OF SERVICE TO THOSE IN NEED

Saturday 23rd September 2023
The Atrium, 99 Hucknall Road, Nottingham NG5 1QZ
6.30pm till late

Adults - £45.00
Children (under 12) - £27.50
Dress Code - Black Tie

ENJOY DELICIOUS CUISINE OVER 3 COURSES SERVED BY
THE AWARD-WINNING CUMIN RESTAURANT AND
DANCE THE NIGHT AWAY TO BHANGRA



Book early for this popular event contact:

Lion President Jaspal Viridi - 07974 178 318
Lion Jaz Viridi - 07958 131 724
Lion Guch Manku - 07802 918 386
Email - jaspal.virdi@hotmail.co.uk

Edwinstowe and the Dukeries Lions Club

Dear Fellow lions & friends,

I would like to invite you on behalf of our club to join us in celebrating our 44th anniversary at our annual charter dinner. The dinner will take place at South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Rd, Edwinstowe, Mansfield NG21 9JA Saturday 21st of October 2023 – 7.00pm for 7.30pm and will cost £29.50 each which can be paid by BACS to the account below please use your name and CHARTER as a reference.

Please reply to Jon Yarwood jon.c.yarwood@gmail.com 07581265531

Following dinner, we have music for those who want to dance, or spend some time socialising with fellow lions. For details of the menu etc please see the district website.

We look forward to seeing you."

Kind Regards

Lion President Adam Murphy



Dear Fellow Members of the Lions Family and Friends.

The members of the New Century Lions Club of East Anglia would like to invite you to join them to celebrate their **Twenty Second** Charter Anniversary.

Friday 17th November 2023

Quiz Night at 7.30pm

Sandown Suite of the Imperial Hotel

Tickets are £5 per head (maximum of 6 per team)

Saturday 18th November 2023

Charter Dinner & Dance at 7.00pm for 7.30pm

Sandown Suite of the Imperial Hotel

Tickets are £38 per head and include a three-course meal and dancing until 2am

Dress for the evening will be formal.

Please see menu on the reverse of this page.

Please use the form opposite to clearly indicate your choices.

Accommodation for the weekend is available at a cost of £50.00 per person per night based on 2 people sharing a room inclusive of full English breakfast.

Limited single rooms are available at the same rate.

Double rooms for single occupancy have a supplement of £25.00 per night.

Book directly with the Imperial Hotel on 01493 842000 stating

New Century Lions Club of East Anglia when booking.

Accommodation will be allocated on a first come, first served basis.

A limited number of rooms are available for those wishing to stay an extra night on **Sunday 19th November 2023** on a first come first served basis.

We hope that you will be able to join us for the weekend.

If you require any further information, please do not hesitate to contact us.

Lion David King – Charter Organiser

Full details and forms can be found on the district website

Please return completed form with deposit to:

Lion David King, 85 London Road South, Lowestoft, Suffolk, NR33 0AS

Phone: 07909 922077 or Email: davidmufc@sky.com

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