

The Bulletin

August 20th 2023



LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024

The latest from the District Governor.

Last Tuesday I visited Eastwood Lions at their 1st meeting of the month, a long journey there and back in driving conditions that were not that brilliant.

Exchanging bannerettes with club President Eric. This was a good meeting with plenty of good ideas and lots of money collected for various local charities and good causes.

Both the club President and secretary were advised to report the activities that the club do.

On Thursday Sue and I went away for 6 days to APPLEWOOD Countryside Park Norfolk right on the doorstep to Banham Zoo, well recommended if ever you are in this area.

On Friday we went to a hot air balloon festival and while we were there just happened to see this lovely looking unattended car, it does something like 8 miles to the gallon. I don't think District expenses would stretch to a car like this.

Because it was so windy the balloons were not allowed to take off, so we were treated to a demonstration with music of the balloon burners being systematically lit.

Saturday morning there was a zoom training session for club presidents, secretaries, treasurers, and administration officers and thank you for those who attended, Special thanks to Graham, Paula, Alan, and Keith for giving up time to be trainers for the morning.

Sunday evening, we had our usual DG team meeting.

Paul

LEIGH ON SEA LIONS CLUB PRESENTED WITH A 100 CAMPAIGN MODEL CLUB AWARD.



Glanford & Lindsey Lions Club

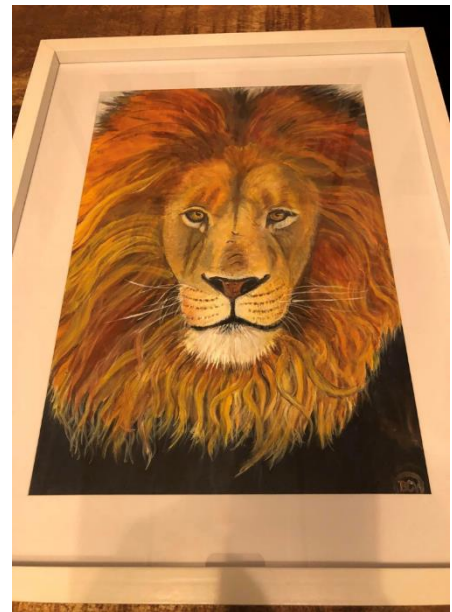


AUCTION 🐾🐾🐾 Please send us your bids to own this fabulous Lion painting and raise funds to support people in need in our community 🐾🐾. Send bids to gordonwalker_lions@btinternet.com, I will update bidders as bids come in.

🐾
all

Lion President Barbara Walker has rekindled her passion for painting by attending art workshops at the Waters Edge in Barton. She has recently painted quite a menagerie: hummingbirds, parrots, Highland cattle and of course this majestic Lion. President Barbara said "It is very hard to let a painting go because you immerse yourself into it so much you become attached to them and time just evaporates while you are painting each detail" however she has kindly donated it for auction.

The painting is in acrylics. The frame measures 17 inches (width) by 21 (inches)



Swaffham and District Lions Club

On July 3 Lions (Lioness Branch club members) visited Essex to attend a Charter Anniversary Afternoon Tea put on by the Lions Lioness Club of East Anglia, and had a lovely tea, meeting up with many of our friends in the south of the district.

On 6th August the Lions were out in force at the Wayland Show, manning the entry gates as we have done for many years now, and giving out Children's wristbands. These bands have the parent's mobile phone number written on them, so if a child gets lost, the parent can be contacted straight away. The weather wasn't too bad, only a quick downpour at about lunch time!





LP Dave of the City of Southend Lions Club presenting a £250 Cheque to Lancaster Lions FC, and Anna Firth, MP for Southend West, doing another presentation to a footballer in the Lancaster Lions FC.

Lions & Diabetes



Lean Meat and Cheese Sandwich on

Whole-Grain Bread



Everyday Health Sandwiches can be a quick, diabetes-friendly lunch option [as long as you're smart about your choice of bread.](#)

Choose a bread that's flat. "Bagels and rolls have too many calories and carbs,". Also, check that it's 100 percent whole grain with roughly 30 g or fewer of carbs per serving.

If you need condiments, avoid butter, mayo, and ketchup, which tend to add unnecessary calories and fat; opt for mustard instead. Top your bread with two slices of lean meat, like turkey or chicken breast, and 1 ounce (oz) of low-fat mozzarella or Swiss cheese (these are naturally low in sodium. Keep in mind that lunch meat can be high in sodium and fat. "Aim for lunch meats that have less than 250 milligrams (mg) of sodium and less than 3 g of fat per serving,". Don't forget to add some crunch — not to mention vitamins, minerals, and [fibre](#) — with a few slices of romaine lettuce and tomato.

Calories 292.6 **Carbs** 35.3 g

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.



In support of the
**MD105 BRAIN TUMOUR AND
 PAEDIATRIC CANCER FOUNDATION APPEAL**
 LCI MD105 Brain Tumour and Paediatric Cancer Foundation
 Registered Charity Number 1181428 (England and Wales).
 Lottery Registration Number LN000004450



Lions Clubs International British Isles is committed to raising £1,000,000 to help fund sustainable research at the UK Centres of Excellence established by the charity Brain Tumour Research.

This game-changing partnership will have a legacy through the creation of a special Lions Clubs Laboratory. The fundraising efforts of Lions across the UK will also be given recognition on Brain Tumour Research's Walls of Hope in support of all those within the Lions and the wider community who have been affected by this devastating disease. Trustees of MD105 Brain Tumour and Paediatric Cancer Foundation (Charity Reg. No. 1181428 England and Wales) wish to raise funds for the appeal.

EACH TICKET £2.50 each month

Monthly Prize Fund will be 40% of monthly income from Ticket Sales.
 FOR EXAMPLE - 250 MEMBERS @ £2.50 A MONTH
 PRIZES TO A TOTAL OF £250 MONTH + £250 ANNUAL BONUS

By joining the 250 Club you can help us meet our long-term goal of raising £1m towards vital Brain Tumour research **"together we can find a cure"**.

The 250 Club is a private lottery and is open to all members of Lions Clubs International in MD105, their family and friends. As a private lottery you must be invited to join, you will be allocated a number and tickets are not transferable.

You must be **aged 16 or over** to join.

Each month:

There will be a total prize draw valued at 40% of income from tickets sales in that month.
 If 250, Members Prize Fund will be £250 as follows:
1st prize = £125
2nd prize = £75
3rd prize = £50
PLUS, Annual Bonus Prize of £250

Prize fund will be scaled if less than 250 members.

You may buy more than one ticket each month.

You will be asked to pay for 12 months in advance (£30 for each number) preferably by Standing Order.

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



Thanks to our Main Raffle Sponsor



ARISE LADY HELEN

Thank you to our Eight Race Sponsors

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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 our account. 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



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

CHARTER DINNER

SEPTEMBER 23RD, 2023

RECEPTION 19:15
DINNER 20:00

VENUE FLORAL MEDIA
THE WOOVERS, NORWELL ROAD, CAUNTON
NOTTINGHAMSHIRE NG23 6AQ

TICKETS £40.00

STARTERS

SMOKED DUCK BREAST & SALAD
SMOKED SALMON ROULADE
TOMATO & BASIL SOUP

MAIN COURSES

SALMON FILLET
BLADE OF BEEF IN RED WINE SAUCE
CHICKEN SUPREME IN CHAMPAGNE SAUCE
BEETROOT WELLINGTON
ALL SERVED WITH DAUPHINOISE POTATOES,
VEGETABLE PARCELS & BRAISED RED CABBAGE

DESSERTS

STICKY TOFFEE PUDDING & CUSTARD
CREME BRÛLÉE
SUMMER FRUIT PAVLOVA

COFFEE & MINTS

For tickets contact: Ian Gillings 07795 176105 gillings7@hotmail.co.uk



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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