



105CE December 2022 Newsletter

Diary of a DG - November 2022 – Month 5

Lincoln Feed the 5,000, second Cabinet meeting, Charters, Club visits, and more on Europa Forum, an impromptu visit to Symposium 6, plus lots more travelling for work.

5th November. Lincoln Feed the 5,000. This was our third F5K, but Lincoln Lions first. The organising team worked incredibly hard for many months prior to the event and were supported on the day by 69 Lions from a wide variety of clubs. The event would not have been possible without the partnership with Lincoln College, Pilgrim Foods and Lincoln Big. On the day we gave out every morsel of food, this included pumpkin and chocolate muffins, pumpkin tray bake and a massive volume of pumpkin soup. Even the seeds were roasted and flavoured. You may notice a theme! Pumpkins, many of these came from the 15 tonnes of gleaned pumpkins after Halloween. To allow the college to make a lot of the food prior to the event, Lincoln Lions found some generous farms and shops who donated some pumpkins before Halloween. We had the usual stands sharing the many great projects that Lion do, including a membership stand, which generated significant interest. These are being followed up.



6th November – Second Cabinet meeting

Another busy weekend, straight from Feed the 5,000 to our second cabinet meeting in Peterborough. Another great turn out and again we utilised a hybrid format, although, sound quality was a bit problematic for some reason. But we persevered. Again, service played a role in this meeting. Attendees were encouraged to bring along recycled spectacles, which were kindly stored for a few days by the Holiday Inn. These were later picked up by a 'man in a van' and taken to National Headquarters, we estimate around 20,000 pairs were collected.



After the meeting, Lion Manjit Gahir from Nottingham West Lions Club led a short project wrapping and filling shoes boxes. Chris Speed and Andrew Wilcox and I missed this as we had another engagement gleaning around half a tonne of pumpkins from Hill Farm in Peterborough.



9th November Mablethorpe Lions Club meeting. Second time in two years I have visited this club. They may be small, but they sure make up for it in fund raising and service to their community. The other great thing about the club is their hospitality. They had promised sandwiches (including dripping) but were too late to order them, so the President's wife made some food, which was fabulous. They may have inadvertently found a new caterer!!

12th November – Clacton on Sea Lions Charter. Celebrating 43 years of service to their community and beyond. President Keith gave a detailed account of the many and various

projects they had completed during the year. One that stuck in my mind was their work with CHAPS where they provided prostate cancer testing for around 100 men. I have a very good friend who has prostate cancer and I encourage all men to get tested.



I presented a five long service chevrons totalling 70 years of service. One of these was for 30 years' service for Lion Wilf Barnes for 30 years, who unfortunately, couldn't be present due to health reasons. Throughout the evening I had some very interesting conversations about other projects including raising over £15,000 from the sale of spectacle cases over the recent years and raising hundreds of pounds selling costume jewellery to raise money for Lions Brain Tumour Research. So much great work, well done.

18-20th - November New Century Lions Charter weekend.

Mine and Sue's own club charter to celebrate our 21st birthday. Yes, this is a whole weekend. Thanks to all the Lions from a wide range of clubs who joined us for our quiz on Friday evening, our meeting on Saturday afternoon and our charter on Saturday evening. The quiz was organised by friends of Lions Chris Reynolds and Tom King, thanks for all their efforts creating and running an amazing quiz.



Over the weekend we judged our District Peace Poster competition, thanks to the Mayor of Great Yarmouth Graham Plant and Leo Molly Speed for judging the competition.

The winning entry was by River Allen from St Peter's School sponsored by Wisbech LC, 2nd Place was by Chelsea



Proud from Westwood Primary, sponsored by March LC, 3rd place was taken by Maizie Hopson from Elm Road Primary, sponsored by Wisbech LC and the winner of the Special Needs competition was Felicity Champ sponsored by Leigh on Sea LC. Well done to all the children and the sponsoring Lions Clubs.



During our meeting we badged up one of our alpha Leos as a Lion, welcome Lion Matthew King. Fast forward 5 hours and during my speech I invited Lion Matt to say a few words, at which point he sponsored his elder brother Tom back into Lions. Now that's fast recruitment! Welcome back Lion Tom. We now have our own three Kings to follow!



An excellent and heart felt speech by President Kelly who bravely told her own story from her childhood and why she became a Lion, a real tearjerker. The tears didn't stop there as we heard the story of Jessica's Journey, a very poorly little girl with a neuro blastoma who needs to raise £300,000 for international medical help not available to her in the UK.

A key feature of New Century Lions has always been collaboration with other clubs, this weekend was no different as they walked the beach with Great Yarmouth Lions doing a beach

clean. **26th November** – Vale of Belvoir Lions Club charter. Another 43rd birthday party and what a lovely group of people to spend it with. The club has a long history and from their banner patches they have been very active in District competitions in the past. President Matt gave an impressive speech about the history of Lions Clubs International and community. I presented five long service chevrons totalling 90 years of service, which included a 10 chevron the Emma Rutland, who knew she was the Duchess of Rutland? Well, everyone except me and Sue. Thank you to Region Chair Lynne Roberts for joining us at the charter and for helping me with my speech!!

27th November – Impromptu visit to symposium I travelled over to Chesford Grange to collect one of the facilitators, DG Daniel Marney Elkins who would be staying with us for a couple of nights before returning home to Delaware. I was sat quietly in the bar drinking a cup of tea when I was invited to witness the certificates being presented. I joined the group and was so pleased to see and feel the passion and excitement in the room from all the attendees including our five Lions, Manjit Gahir (Nottingham West), Michelle Elvin (Spalding), Sonja Durrant Smith (Great Yarmouth), Vipul Raja (Hornchurch) and finally Gillian McNally (Chelmsford). Huge congratulations to all graduates and thanks to the facilitators, Lion Linda Picton, PID Lion Geoff Leeder and our own PID Phil Nathan and Lion Chris Speed for yet another inspiring symposium. **26th – 30th October** – Europa Forum update.



**LIONS EUROPA FORUM
2022 ZAGREB**

In the previous issue I mentioned that I would be presenting on the subject of “Food mountains for free”, covering our Lions Gleaning Hub and our Lions Feeding the 5,000 events. This went really well, and I thoroughly enjoyed it, but more importantly, it has generated interest in Germany, Netherlands, Romania, Denmark and the USA.

I also attended a presentation by a German Lion I had heard speak at International Convention in Montreal. His talk was about his work in Ukraine. Lion Philipp Blobel looked at his smart phone on February 24th, 2022, and couldn't believe his eyes. Russia had invaded Ukraine.



Philipp and his wife Nataliya dropped everything and temporarily closed down their consultancy business and drove aid to Ukraine and brought back refugees. See his heart felt speech from International Convention, see YouTube link below.

https://www.youtube.com/watch?v=tHqZ_CvK4ag&ab_channel=LionsClubsInternational

Through their work in Ukraine, they have been contacted by the Mayor of Mykolaiv. This city, located on the banks of the Southern Bug River near the Black Sea had been under attack as part of the southern offensive since 26th February. Ukrainian forces continued to defend the city and eventually repelled the Russians in March. However, the city still has continued to be attacked by air strikes and much of the infrastructure has been destroyed, including the water supply. This vibrant city of museums, restaurants, shops, businesses etc is in tatters. The remaining residents have survived missile strikes etc for months but face a bigger problem now – a Ukrainian winter without safe, clean drinking water.

The mayor asked for help to provide a decentralised system of desalination plants to convert the nearby seawater into safe, clean drinking water for the remaining 220,000 residents. The value of this project was \$250,000, \$3,000 per unit or \$1.14 per person! An appeal letter will be coming out very soon which will explain more about how we can help save lives.

Take care all, keep up the great work and have a safe, successful, and enjoyable Christmas.

Chris

Lions Europa Forum 2022

This event was held 27-29 October in Zagreb/ Croatia. The forum was well attended by Lions from Europe, Africa, Middle East, Far East and UK. Our DG Chris Hibbert, CC Alistair Joel and many 105 Lions and I were present at the event. Some Lions arrived early others stayed back after the event.

During the 3-4 days there were events held in the following areas: Youth, International Relations, Membership & Leadership, Service activities which included the 'WaSH' group which was of my interest I attended other presentations, the European Council meeting, Speciality Clubs and the social occasions.

The 'WaSH' group had three meetings, first one was an organisational meeting "closed" session discussing presentations timings. We also discussed the North Africa greening, Kenya water projects for presentation on the following days.

Day two; there was a presentation about the Sahara greening project including video presentation. Report on Europe Africa progress and how some European countries have already finished projects and some continuing with long term projects like replanting, pruning education for the local communities. There are five pilot projects active in various parts of Africa.

There was a discussion on the Tana River project where people are persuaded to move away from the river to higher ground due to flooding at certain times of the year.

Day Three was full of audience, after the opening remarks by Hans- Ludvig Rau there was a welcome address leading in the Impact of micro plastics in our Oceans. Every year 5-12 million tonnes of plastic enters the oceans, about 89% of plastic litter found in the ocean is single use plastic.

Ukraine water projects are in motion now where Sea water filtration units are being used to provide fresh water to the people. There was a presentation by Philipp Blobel a volunteer working on the ground in Ukraine. There is a need of fifty units now extending to Seventy units soon. The units cost £ 3000 each, donations have already started.

If any of the above projects have touched you, please get in touch with me.

International Projects

PDG Ujjal S Kular

Help for Ukraine (D 111 BS)-
Water project in Mykolaiv

Natalija Blobel & Philipp Blobel, MBA



ECOSOFT INOX MO2 8" REVERSE OSMOSIS SYSTEM

APPLICATIONS

Process water, rinse water, steam boilers, heating and cooling circuits, agriculture, desalination, food and beverage, utility water treatment.

EQUIPMENT:

- Grundfos® CR 5-20 high pressure pump 1 pcs
- 8040 membrane housing 2 pcs
- BB20 sediment prefilter 2 pcs
- Motorized valves 2 pcs
(feed water in, flush out)
- Balancing valves 2 pcs
(concentrate reject, concentrate recycle)
- Electrical panel with Ecosoft controller OC5000 1 set
- Set of instruments 1 set
- AISI 316 Stainless steel high pressure line 1 set
- AISI 304 Stainless steel frame 1 set
- Frame mounted casters 1 set



The full presentation can be found on the District Website, follow this link.

<https://www.lions105ce.org/help-for-ukraine.html>



„Waterprojectin Mykolaių“



Initial situation 220,000 people in a city that once had half a million inhabitants are without a water supply for the upcoming winter, including ten thousand of children.

Environment Daily missile strikes with a warning time of less than one minute for the population. Temperatures of -10° or -15° are normal, so the previous tanker solutions are not an option for winter.

„Waterprojectin Mykolaių“



Solution: The city is already building a dislocated water supply system through osmosis plants. Lions have been asked to support 50 to 80 plants so that the residents at least have drinking water in winter in their neighbourhood. Generators power the plants. As water is one of the absolute basic needs, supplying energy to the osmosis plants is the priority.

„Waterprojectin Mykolaių“



WaSH Group is requested for

- Ideas for funding (we calculate around \$ 250,000 costs for this mission)
- Technical support, if needed
- Overall input for the mission
- Probably a cooperation partner for us as Lions Club & District

- Hunstanton Lions Club approached nine local junior and primary schools, offering them each a set of the Wild Tribe books. All nine accepted and arrangements were made for the presentation to take place at the library in Hunstanton on 14th September. The local press were also invited.
- Club members decided that it would be in keeping with the environment theme for the children to build bird boxes, after the presentation of the books. The children could then take the bird boxes back to their schools to decorate. A prize was offered for the best decorated bird box.
- Five schools sent eighteen children, five teachers, and one parent, to the presentation. Three Lions and one spouse also attended the event, which took just over an hour. All the children were excited with their achievements.
- The four schools that could not attend had the set of books delivered.
- One school has sent in pictures of the decorated bird box. Pictures are as shown.
- 682 children in the nine schools, will have access to these Wild Tribe books. The event took 14 Lion Hours to organise and deliver, and 4 hours volunteered from a non-Lion.

Lions donate books and bird boxes to nine West-Norfolk schools



Children from Heacham, Snettisham, Sandringham & West Newton, Ingoldisthorpe and Fritcham schools with their teachers Louise Prosser, Joanna Westmorland, Melanie Gibson, Christine Hall and Clare Brice with Lions Paul Southerton, Sharon Noble and Jane Scott

The book topics ranged from ocean plastic to the rainforest and included titles such as Duffy's Lucky Escape, Sonny's Blazing Battle, Marli's Tangled Tale, Nelson's Dangerous Dive, Ziggy's Frightening Flight, Hunter's Icy Adventure and Buddy's Rainforest Rescue. The children also made bird boxes during the event.



Do you have a question about Lions?

Have you checked our District Website for the answer?

Our website has new developments, lots of ideas, presentations, videos, news, training opportunities and much, much, more all for free.

If you want to know more about Lions, this is where you will find it!

Why not check out www.lions105ce.org.uk NOW.



December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

WEDNESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together



Southwell pupil ROARS to success!

Southwell & District Lions were delighted when the overall winner in District 105CE of this year's ROAR competition was from one of the schools the Club sponsors - 9-year-old Noah Shaw from Lowe's Wong Junior School in Southwell. Lions Verdun Webley and Peter Brooker spent an illuminating - and challenging - morning in November choosing winners of Best Advertising Jingle, Best Model and Best Overall Idea and Presentation from a 'shortlist' of 18 brilliantly presented ideas. The pupils from years 3 to 6 came up with a wide range of big and world changing ideas that demonstrated their awareness of and concern for others, those less fortunate than themselves, the environment, and disabilities. Their ideas covered a wide range of issues, from a stretching ambulance that can drive over cars in traffic jams to get patients to hospital more quickly; an app that scans food packaging to tell you if it's safe for you to eat with your allergy; and a robot that cleans gum from the road to a solar powered memory calendar for dementia sufferers; a 'sport bot' to encourage children to play more sport; 'hearing' glasses that translate sound and words onto a visual display built into your glasses; a system for recycling domestic waste water; and a boat that dredges plastic in the ocean to turn into electricity which is stored in batteries and sent to places without any electricity, and a dog walker belt with everything you could need including a bag holder and leave your hands free.

Noah's winning idea addresses mental health, loneliness, and a sense of isolation among schoolchildren. His 'Moodivator' can sense your mood and emotional state and comes up with remedies to make you feel happier and less lonely. The 'Moodivator' can be on a standalone device or adapted to an app on your mobile phone. Noah's strapline - "Happiness in your pocket" - said it all! Noah's video presentation was one of 16 assessed by the judges at the District Final at the end of January and came out convincingly on top. Noah and his winning idea will be recognised at the National Winners event hosted by Lions Clubs and 8-Billion Ideas on 7th December.

Said Lion Peter Brooker of Southwell's Community Service team: "Noah's idea - addressing mental health among children - was a first over the three years that I've been judging entries and showed a remarkable awareness of the pressures facing his generation of schoolchildren. His idea to address it was original and his presentation showed confidence beyond his years. A very worthy winner!

"The children, their presentations and their ideas were amazingly inspiring and their awareness and concern for many of the most fundamental issues facing their generation and future generations gave us great confidence that the future will be safe in their hands."



The Deepings Lions Club

The Charity Mind was one of the beneficiaries of the Deepings Lions 'World Famous' Duck Race held in September.

A cheque for £500 was presented to the Charity's representative Gary Sutcliffe by Lion President Lynne Roberts. Lynne said that Mind is a wonderful charity supporting people with their mental health and our members were pleased to help them with their work.

Gary replied saying that he was truly grateful to the Deepings Lions and all those who supported the Duck Race which made the generous donation possible.

The Deepings Lions welcomed Patrick Archer as a new member of the Club on the 9th November. On joining Patrick thanked members for their warm welcome and said that is looking forward to doing what he can to help with the many worthy causes, now and yet to come.

President Lynne Lynne Roberts said that she was so pleased Patrick had become a Deepings Lion. She hoped that he would really enjoy making a difference to our local communities and others as well as making good friends.



Southend-on-Sea Lions Club



Southend Lion President Steve presenting a defibrillator to Leah Darby, Head of Operations at the One Love Project in Southend, and Lion Nigel. The One Love Project is a Charity that supports and assists, the vulnerable people in the locality.

We had a street collection in Southend High Street for the 'Children in Need' day. Could I take this opportunity to say a big thank you, to all who donated a fantastic amount of £431 to the Children in Need Charity. We were delighted with this amount collected.



Remembrance Day also saw the club very much to the fore. Lion President Steve Williamson of Southend-on-Sea Lions Club laid a wreath at the Southend Cenotaph in memory of all those lost and injured. He was well supported by members of

Southend-on-Sea Lions Club, friends, and family.



Clacton on Sea Lions



Back in 2013 Lions Liz and Jim were at a Club spectacle sort when they saw 'designer' cases being put in black bin bags to go to the tip. They had previously had an Ebay business and suggested that rather than send them to landfill, we could try selling them on Ebay to make some funds for our Club. 9 years on – and at our October meeting we celebrated the fantastic figure of £15,000 being raised for our Club. LP Keith awarded the Lion in the Limelight Award to Lions Jim and Liz. We also celebrated with cake!!

Saying Thank you to the 1st Clacton Guides and Brownies

In September we teamed up with 1st Clacton Guides and Brownies to put on a Macmillan Coffee and Cake afternoon, which raised a fabulous £300.20, and LP Keith was pleased to present the Guides Macmillan Awareness patches to those who helped on the day. One of the younger Brownies who helped Lion Terry on the tombola, was really



interested in the work that we do in the community and has chosen Lions as her project for her Charity Awareness patch. We do have permission to use the photographs with the children in.



Clacton on Sea Lions Club again partnered with the charity CHAPS, to hold another men's healthcare day in November offering a FREE PSA blood check for men aged

40 - 80. All 100 places were booked up very quickly. The event was opened by Tendring District Chairman Peter Harris and a steady stream of men attended despite the bad weather on the day. Most people got their results within 24 hours and feedback we have received confirmed that it was well organised and very informative event.



Craft Fair at Tendring District Scout Hall

LP Keith's chosen Charity for his Presidential year is the Lions Brain Tumour Research Appeal and the proceeds from Quiz Sheet Sales will go to this very worthwhile charity. This has also been boosted by the sales of donated costume jewellery at fetes, fairs, and car boot sales. As the outdoor events finished, we looked to do an indoor event and were lucky to get a table at Tendring Scouts Craft Fair in November where the fabulous amount of £90 was raised. It has been a fun



Lions teamwork project, involving sorting, detangling, cleaning, carding, and bagging up of the jewellery, aided by tea and cakes of course! Since we started selling this in July this year, we have raised over £1,000 and we will continue selling it as long as we have supplies.



Our Social Chairperson Lion Lorraine organised a social meet up at the Bluebird Tearooms in Clacton, where 18 members and their partners attended for coffee and a chat (and cake too!). A very sociable morning was had by all.

Clacton on Sea Lions Club 43rd Anniversary Charter

And what a night of celebration and surprises for some. DG Chris was kept busy as he had three 10-year service chevrons to give out to Lion Jim, Lion Liz, and Lion Lorraine. Unfortunately, Lion Wilf could not be there to receive his 30-year service chevron and Lion Louise for her 10-year service chevron AND three very well deserved



MJF Fellowship awards to Lion Steve Cooper, Lion Lorraine McKenzie, and Lion President Keith Blower. All were surprised and speechless on receiving this prestigious award. It is so worth keeping it a secret for these special moments. We also celebrated LP President Keith's wife Linda's Birthday (it was a special one). Short (or not so short) speeches were made by Lion President Keith, DG Chris, and Peter Harris



Chairman of Tendring District Council, so there was time to get on the dance floor and wiggle those weary bodies. A good night was had by all.



As Clacton on Sea Lions Club now covers the whole of Tendring, we attend two services – the first one in Clacton on Sea in the morning, where our LP Keith laid the Lions wreath and then in the afternoon, we go to the Brightlingsea service, where our VP Paula laid the Lions wreath. Both services were very well supported by our fellow Lions and members of the public.



Christmas Hamper Draws

This has been a very successful fundraiser in previous years, so this year



we took it to two of the local supermarkets - Asda in Clacton and Morrisons in Little Clacton. For each store, we made up 3 Christmas Hampers, with all the same contents (full of usable goodies) and then gave a £50 gift card with the first prize, £25 with the second prize and £15 with the third prize. Both supermarkets topped this up by donating a Christmas cake, a

Christmas pudding, and a box of mince pies for each of the winners. This is a firm favourite event with our club members, and we had no problems filling up the rotas for the 8 days – 4 at each store.



LIDL HAVE LAUNCHED A GB-WIDE CHRISTMAS 'TOYBANK' APPEAL IN RESPONSE TO CHARITIES' CALL FOR HELP - AND PLEDGES 1M MEALS TO COMMUNITIES

- Lidl's new toy donation drive launched in over 940 stores nationwide from Thursday 3rd November
- Initiative comes in partnership with Neighbourly, as research finds 8 in 10 local causes would find donations of toys and games helpful this Christmas
- Charities, community groups, and food banks can register their interest now to receive support
- The retailer will also donate 1 million meals and make £250k available for charities, community groups, and food banks.

Newmarket Lions Club

An email received in the inbox of Newmarket Lions PRO on Monday morning led to a manic week and the introduction of the Newmarket Lions 'Pop-Up Coffee Shop' at Newmarket's inaugural sausage festival.

"It was a plea for help from someone I had worked with professionally and I could feel her desperation in those few words she sent me" said Newmarket's PR Officer Christine Rawlinson. 'I sent a few emails to various contacts and by Wednesday Newmarket Lions had actioned a plan and were people buying food, others were baking, and another member was borrowing catering equipment from a local hotel and a village church.'

With a Food Hygiene Certificate and a risk assessment completed and with the water urn 'pat tested' Saturday morning Newmarket Lions were ready to open the pop-up café, under a gazebo thankfully, on the market square. It rained all day of course but the atmosphere was brilliant and certainly not miserable like the weather, and many useful contacts were made as well as a few pounds for the charity account and most of the cake and cookies were sold! It was a great day and really good fun. Newmarket Lions got great coverage on Facebook and was featured in the local newspaper the Newmarket Journal, and on Instagram by a local influencer!



The various sausage tastings, available free around the market went down a storm and local butchers sold out of most varieties of their sausage. Local hotels, cafes, had been offering special sausage recipes on their menu and restaurants all-week, and Newmarket, which is famous throughout the world for its sausages, took it to a whole new level.

It was October 15th, 2022, and the first race night we had organized since the pandemic and with a lot of members making up the team who had not done one before! The team consisted of President Paula Stannard, past President Patsy Edwards, PR Officer Christine Rawlinson, Mark Golder, Les Moss, and new members of the club, Paul Rowe and Teresa and Ken Mathews. Luckily the venue and Graham the manager of the Lt Downham Village Hall, some of us knew. Newmarket Lions had held a race night for him a few years previous, so although there was a little apprehension of course we should have had more confidence, as it went like clockwork.

All the horses had been sold prior to the evening and all races had sponsors so that was a positive and a good sign of a good profitable night ahead.

Tickets were going to be sold only at the door, so no one had any idea how many people were going to turn out for this event, but Graham was pretty confident, so we had to be too and we had around 80 punters, which was great! The food Graham supplied was fine and much better than we dared to hope for but simpler this time as he had to work solo as they had no committee to do a proper spread and it was bulked up with

various packs of crisps and nuts from Village Hall stock!

As usual, we made money from the last race, and it was a clear £200 so a great night, and our faith was again restored. They made plenty from sales at the bar, admission, the horses, race sponsors, and the profit from the tote that we ran for them. Everyone was very happy with the result, and the great news is that Graham has booked another two dates already for 2023!





FEEDING THE HOMELESS

**NOTTINGHAM WEST
AREA OF SERVICE:** 

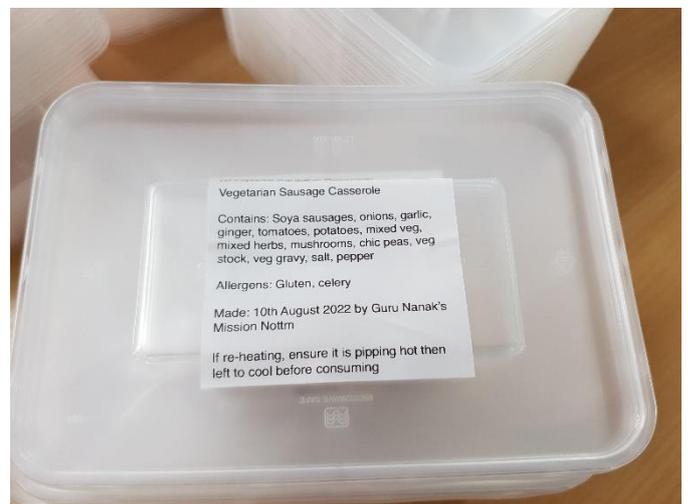


Project description

Nottingham West LC has been involved with Guru Nanak's Mission (GNM) in Nottingham for a number of years, both by providing funding but also by helping to cook meals in different Sikh Temples three days a week and distributing food to the hungry. This year we were asked to help with the Holiday Activity and Food project in which a hot meal was provided each day for up to 3,000 children taking part in activities with Nottingham Forest Community Trust.

Five members of NWLC/NWPCB helped cook over 300 meals a day over 5 days along with other members of GNM which were then distributed to some of the children. A variety of dishes were made including vegetable pasta, veggie sausage stew and hakka noodles and were packed, flash frozen and sent out.

Whilst this was going on, we continued to cook in the evenings to feed the homeless.





LIONS 5000 SHOEBOXES CHALLENGE

CHRISTMAS SHOE BOX APPEAL



THIS YEAR WE ARE ASKING FOR YOUR SUPPORT IN COLLECTING ITEMS FOR SHOEBOXES (& SHOEBOXES THEMSELVES!), DECORATING AND FILLING SHOEBOXES WHICH WILL BE DISTRIBUTED THROUGHOUT THE COMMUNITY. SHOEBOXES WILL CONTAIN ITEMS SUCH AS TOILETRIES, TREATS, ETC...

FOR MORE INFORMATION PLEASE CONTACT MANJIT GAHIR ON 07487 250 427



Why not give a gift this Christmas of your unwanted spectacles



We will accept your unwanted spectacles and your local Lions Club will collect them from us and send them on to the Lions recycling centre

The spectacles will be sorted and all of those that can be used will be sent on to those in the world who are not so fortunate and do not have the same standards of eyecare that we experience in this country. None of the spectacles collected will go to landfill – all of them will be re-used.

For more information call **0345 833 9502**
Or email nationalheadquarters@lionsclubs.co.uk



Or contact your local Lions



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