

The Bulletin

February 20th 2024



LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024

The latest from the District Governor.

On Monday I attended Clacton Lions meeting and presented two times 45-year Charter chevrons to Lions John Smock and Colin Hawkins plus 20 and 15 chevrons to lions Alan Mercer and Robert Gudger. What an excellent meeting controlled by Lion President Paula.
A lot of service activities planned and have been completed.

Monday I was at Swaffham Lions meeting and presented 2 x 40 charter pins and certificates to Lions John Sorrell and Adrian Adcock plus 10-year chevron and certificate to Lion George Figura, and a 20year chevron to Lion David Cunnington.

Tuesday I was at Hornchurch Lions and again a great meeting with 4 guests who are transferring from District A to our District. There were also 4 prospective members who should be badged up by June.
Again, lots of plans for the future.

Wednesday the normal childminding and activities.

I was at the 48th Charter anniversary of Mablethorpe Lions club on Saturday, what a great evening and thank you to Mablethorpe Lions for your kind hospitality.

I have also presented over the past week several 3-year and 5-year certificates, and these appear to be well accepted by our members.

The MD finals of the Young Ambassador took place in Dudley this weekend and although our representative Lion Mollie Speed gave an excellent presentation, she unfortunately finished in second place. What a great achievement for her and our District.

I have also attended the funeral of former Lioness MD officer Lion June Mills our thoughts are with her family and past club members at this sad time.

Paul.

Calling all budding bakers!

Bring your home bakes, sweet or savoury, along to District Convention.

Michelin Star Chef Galton Blackinston will be coming along to judge and present the winners award.

All bakes will then be sold for donations IN aid of LCIF

Entry forms from competitions@lions105ce.org.uk



105CE District Convention

14th-17th March 2024

Dunston Hall, Norwich

DG Paul Southerton



GET YOUR BOOKING FORM
NOW FROM THE LIONS 105CE
WEBSITE!

Facilities
Swimming pool
Golf Course
Spa/Gym
Gardens

LIONS
THE GREAT
INTERNATIONAL

Competition date: 16 March 2024
at Dist' 105CE convention
Dunston Hall, Norwich, Norfolk.

Sweet & Savoury Home Bakes
BAKEOFF

Entries will be judged & then sold off for donation to LCIF
For full details & Entry Form contact us on
COMPETITIONS@LIONS105CE.ORG.UK

The Great Lions Bake Off 2024

The amazing TV Chef Galton Blackiston will be joining us as a guest judge!



Get ready for a baking adventure like never before! Convention is cooking!

CERTIFIED GUIDING LION COURSE.

There is a planned Certified Guiding Lion (CGL) course, programmed for the Friday afternoon of this year's District Convention.

A CGL is appointed by the District Governor when a new club is being formed or if a club needs to be helped. The course takes about 2 hours 30 minutes and is an extremely useful tool for Region Chairs, Zone Chairs, also for ordinary club members.

The presentation is quite interactive, and many interesting ideas come out of each course

There is a little bit of homework to do prior to the course so if you are thinking of taking part, please contact Lion Graham Venables gmals@lions105ce.org.uk

The certification for a CGL lasts three years.

THE ITC TEAM IS LOOKING FOR VOLUNTEERS

If you're a social media user of Facebook, X, Instagram, or TikTok, we invite you to contribute to the growth of our district's online presence. Your help in shaping our digital landscape is invaluable, and the best part is, you don't need to attend cabinet meetings or write reports – just lend your expertise where it matters.

If you're excited about helping to take our social media game to the next level, please reach out to Lion Chris at lionchris@myyahoo.com

New Lions especially welcome, YOU can make a difference. Together, let's create an even stronger and more vibrant online presence.

Fancy being a Webmaster, IT Resources Manager, or just a team member?

WE NEED YOU TO JOIN OUR TEAM.

Contact:- ictandcommslead@lions105ce.org.uk

Diabetes Diary Dates for 2024

Living with diabetes day - Norwich

Diabetes UK together with Norfolk and Waveney Integrated care board welcomes you to join us for an education and awareness day.

By Diabetes UK and Norfolk & Waveney ICB

Date and time

Tue, 16 Apr 2024 10:00 - 16:30 BST

The Nest

Holt Road Horsford NR10 3AQ

<https://norwichdiabetesukevent.eventbrite.co.uk/>

Dates for your diary.

- 10th to 16th June 2024. World Diabetes Week.
- 7th to 13th October 2024. Hypo Awareness Week.

For further information please email on gstdiabetes@lions105ce.org

Or go to [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

Learn more [Learning Zone - Discover more about your diabetes. | Learning Zone](#)



ROAR 2024 LAUNCH



#lionsandkidzroar

- 134 Schools entered ROAR last year with 66 Lions Clubs involved
- 100,000 children have been engaged with the Lions ROAR Competition
- Have you seen the trailer? Visit www.lions-roar.com/lions-clubs



You can be part of ROAR 2024, an exciting, innovative ideas competition for primary schools. It's an inspirational and fun learning experience for children aged 7 to 11, encouraging them to use their imagination to create 'world changing ideas', it helps them to 'think big and dream big'.

Be part of the growing number of Lions Clubs who have discovered how rewarding the ROAR programme is. Join Steve Scall and Viv Diggins on Zoom on the following dates:
District Governors, Multiple District Officers and the ROAR Team - 7 February
Club members - 12, 13, 20 and 21 February
Zoom meetings - 7.15 pm for a 7.30 pm start - finishing at 8.30 pm

If you're able to attend, please send confirmation to Steve Scall stevescall@gmail.com or Viv Diggins diggins2000@hotmail.com

Join through the Zoom link below:

<https://us06web.zoom.us/j/8293744613?pwd=NC9KQIR3ZkZBRmZDa0NQQWVlelpQZz09&omn=88599298774>

Meeting ID: 829 374 4613

Passcode: 154509



LIONS BRAIN TUMOUR

RESEARCH APPEAL

AROUND GB IN 10 DAYS ONLINE VIRTUAL BALLOON RACE

Guide to purchasing a balloon or balloons.

CLICK link or **SCAN** QR code on poster, Facebook Page, or Website.

ENTER

Your name

Contact email

Nickname for your balloon.

CHOOSE BALLOON COLOUR from dropdown box.

Continue to scroll down this list to **CHOOSE** a shape of your balloon.

ADD a message or dedication.

CLICK CREATE BALLOON

You can register more than one balloon before paying.

Pay with Card

Enter Card number MM/YY CVC number from back of card.

DO NOT FORGET TO PUT IN **POST CODE** AFTER CVC, or payment will not be taken from your bank.



THANK YOU AND
GOOD LUCK

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

**AROUND GREAT
BRITAIN IN 10 DAYS
BALLOON
RACE**

**VIRTUAL RACE =
ENVIRONMENTALLY
FRIENDLY!**

TO RAISE FUNDS FOR THE LIONS
BRAIN TUMOUR RESEARCH APPEAL

£5 PER BALLOON
WWW.BALLOONRACE.NET/LIONS

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

Race launches at MD Convention on Sunday 5th
May and ends on Wednesday 15th May



SCAN ME

Find us on 



Charity number 1181428



BOURNE LIONS CLUB



BOURNE LIONS CLUB CHARITABLE TRUST FUND REGISTERED CHARITY NO. 1077290

SPONSORED BY **IMPERIUM** 
AUTOMOTIVE

1950-60'S EVENING



LIVE ENTERTAINMENT

BY KELLY ANN



**TICKETS £10 PER PERSON
WHICH INCLUDES LIGHT REFRESHMENTS.**

7.30PM

**SATURDAY
24th
FEBRUARY**

2024

**PLEASE PURCHASE TICKETS IN ADVANCE FROM
HARRISON & DUNN (NORTH STREET BOURNE)
OR CONTACT GAIL JOSH TEL: 07944655639**

**BOURNE CORN
EXCHANGE.**



Nottingham West Lions Pride Club Branch

Celebrating Jit Osaan



Come along and celebrate the life of our founding Member and Past President Jit Osaan, on Sunday 25 February 2024 from 3:00pm to 6:00pm with a 3 course buffet lunch and live Bollywood music by Bhagwati Makwana.

Bring along your family and friends, indulge in the mouthwatering cuisine, listen to your favourite songs and at the same time let's remember Jit and raise funds for the Nottingham Renal Unit.

Many Thanks to Bhagwati, Tony and all the staff at Laguna for always supporting Lions Clubs International...

February 25 2024, 3:00pm to 6:00pm

Laguna Tandoori Restaurant
43 Mount Street, Nottingham NG1 6HE

Discounted parking at NCP Mount St.



Live singing by
Bhagwati ❀ ❀



NWLPCB
Reg Charity No. 1188304

Tickets:

Adults - £22.50

Children under 12 - £15

RAFFLE

For Bookings & Details Contact:

Ravinder Manku: 07859 937282

Sumita Bhambi: 07949 131751

Nina Viridi: 07944 051187



Billericay Lions

A TASTE OF GREECE

Saturday 9th March 2024
7.00 for 7.30 pm

Emmanuel Church Hall
Laindon Road, Billericay

Tickets £22.00

For tickets please call 0345 833 9849

Visit our bookstall outside Poundland
on Saturday mornings

or email greece@billericaylions.com



All profits go to Lions Charities

Billericay Lions is a Registered Charity – No. 1008040

CHARITY QUIZ NIGHT

BULPHAN VILLAGE HALL

Saturday 23rd March

starts at 7.30pm – 10.30pm

£12.00 PER PERSON

tables maximum of 8

bring your own snacks and drinks

Reservations with Colin

07720 974 520

Romford Lions Club



The Lions Club Of Felixstowe

Family Fun Dog Show



Sunday 19th May 2024

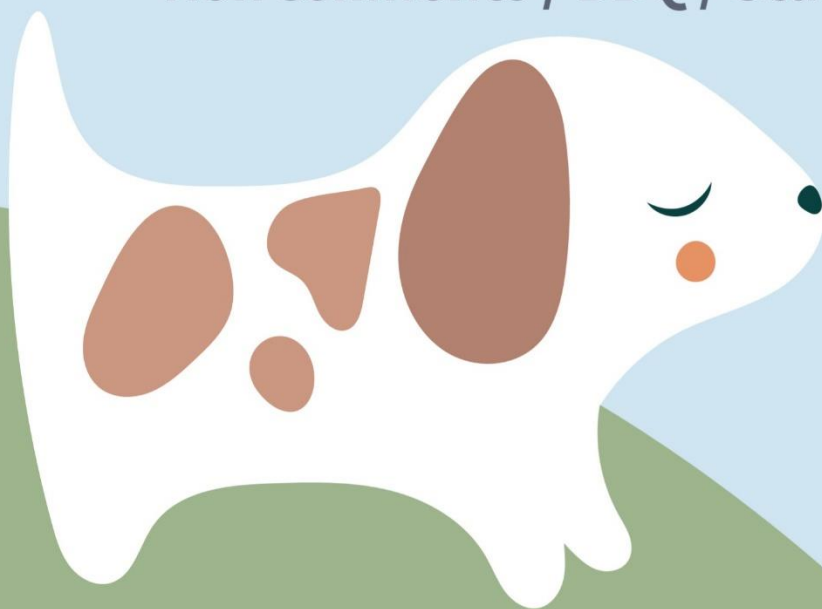


1pm - 5pm

Trimley Sports & Social Club

IP11 0RJ

Fun & Games for all the family
Refreshments / BBQ / Stalls



CELEBRATE YOUR BEST FRIEND

For more info / register your dog

Call : 07484317753 / 07570110660



CHARTER INVITES.

Glanford and Lindsey Lions Charter Dinner and Dance

Saturday 20th April 2024

Lion President Barbara Walker cordially invites you, your family, and friends to the Club's 33rd Charter Anniversary

The venue is [Hemswell Court, Lancaster Green, Hemswell Cliff, DN21 5TQ.](#)

Dress code: Smart / Formal. Black tie / Evening dress.

Start Time will be 7.00 for 7.30pm prompt as we shall be having Introductions and Speeches before Dinner as is our usual tradition.

Once again, we have a great menu for you to choose from at **£35.00** per person.

After dinner entertainment will be provided by the very talented solo artist Smudge. Carriages at 12.00 midnight.

Rooms are available for guests at a discounted rate of **£135.00** per double or

Single room, at **£120.00** including full Lincolnshire breakfast.

Please advise on your return form if accommodation is required.

President Barbara looks forward to welcoming you on the night, to help celebrate

Glanford & Lindsey Lions Club's 33rd Charter Anniversary dinner.

Please reply by completing your choices on the booking form and making your payment,

by latest MONDAY 1ST April 2024. To Lion Tom Laking via Post or e-mail as below.

Please make Cheques Payable to: Glanford and Lindsey Lions

or Electronic Bank Transfers to: Glanford and Lindsey Lions, **Sort Code: 20-76-14**

Account Number: 90405183. Please reference any payment with your name & CH24

Menu

(A) Halloumi Fries with Cider Vinegar, Smoked Sea Salt with Chilli Jam

(B) Spiced Cauliflower Soup with Truffle Oil and Croutons

(C) Oak Smoked Salmon with Avocado Mousse, Pumpernickel Bread and Pepper Pearls

(D) Mature Lincolnshire Sirloin of Beef served medium rare **(DA)** or well done **(DB)**, with Red Wine, Mushroom and Shallot Sauce and Roast Fondant Potato

(E) Baked Loin of Cod with Herb Crust finished with a rustic Tomato Sauce

(F) Fillet of Free-Range Chicken stuffed with Herb Stuffing, wrapped with Pancetta with a Golden Cranberry and Herb Gravy

(G) Roast Chestnut, Sweet Potato and Butternut Squash Loaf with Roasted Red Onion Gravy

(H) Belgian White Chocolate and Raspberry Cheesecake finished with Amaretto Cream

(I) Bramley Apple and Sultana Tart topped with Strudel and Served with Vanilla Pod Ice Cream

(J) Fresh Lemon Posset with Buttered Shortbread and Fresh Mint

(K) Selection of Lincolnshire Cheese from Local Farms served with Plum Bread, Savoury Biscuits and fresh market Fruit

Coffee and Chocolates

Menu Choices and Return

Please Indicate if Accommodation Required:

From Club:

Double Room	@ £135.00
Single Room	@ £120.00

Title	Name	A	B	C	DA	DB	E	F	G	H	I	J	K



Louth and District Lions Club

55th Charter Anniversary Dinner

The Brackenborough Hotel

Cordeaux, Louth. LN11 0SZ.

Lion President Andrew Mackenzie and the members of Louth and District Lions Club would like to extend a warm invitation to your members to join us in the celebration of our 55th Anniversary Charter Dinner. The event will be held at the Brackenborough Hotel on Saturday 24th February 2024.

Details as follows:

Assemble: 7.00 for 7.30, Carriages: Midnight, Dress Code: Black Tie.

Dance Music: Ricky Lee, Ticket price: £35.00pp. (Payable with booking please)

BACS Account Number: 00245742. Sort Code: 30-95-22. Ref: Charter

Payment by cheque: Please make payable to Louth and District Lions Club

Kindly let Lion Christine know if you are able to attend and inform her of your menu choices.

Contact Lion Christine at cmvickers@hotmail.co.uk OR on 01507 604151 OR 07718 172942



ATTLEBOROUGH LIONS (2013)

Lion President Sue Cowie and the members cordially invite you to attend their 10th Charter Anniversary Lunch on Sunday 21st April 2024 at:-

The Bell Hotel, King Street, Thetford IP24 2AZ 12.00 for 12.30

Dress Code: Lounge Suits and Smart Casual

The cost will be £25.00 per person payable with the booking.

Free Car parking on site but remember to log registration number at Reception desk.

MENU

Main: A Roast Sirloin of Beef, B Roast Pork Loin, C Nut Wellington

Desserts: D Bramley Apple & Blackberry Crumble Tart served with custard or cream

E Triple Chocolate Brownie with ice cream, F Bakewell Tart with Raspberry coulis s with custard or cream

Tea or Coffee

ATTLEBOROUGH LIONS (2013) 10th Charter Lunch Sunday 21st April 2024.

FROM:.....Club

Name	Lion Position	Main	Dessert	Any Food Allergies etc

Please return menu with your cheque payable to Attleborough Lions (2013) to the Secretary

PDG Lesley Clarke 68 Castle Street, Thetford, IP24 2DP theclarkes44@btinternet.com

07977 517848

Or by BACS Sort Code: 30 96 26 A/C No: 16386360

Please ensure bookings are returned by 14th April 2024

Eastwood Lions Club 8th Charter Anniversary Celebration Lunch.

On behalf of Lion President Eric Hoile MJF & his Good Lady Lion Linda Hoile and members of our club cordially invite you, your partners and friends to our 8th Charter Anniversary Celebration Lunch, to be held on Sunday 10th March 2024.

The Time: 12.30 pm for 1.00pm sit down.

The Venue: The Chalkwell Park Rooms, London Road (A13), Westcliff on Sea, Essex.

The cost: £27.50 Per Person.

To book: Contact PDG Lion Brian Stanbridge MJF: E-mail: brianstanbridge@gmail.com or phone 01268 782113. [Leave a message if no reply] or Text 07850 396502, or

Lion President Eric Hoile MJF E-mail: eric@ehoile.co.uk

Dress Code: Smart comfortable (No Jeans)

To Pay: Cheques payable to Eastwood Lions Club, or BACS: Account Number 67666027
Sort Code: 55-50-28

Menu details.

To Start:

Oak Smoked Scottish Salmon and King Prawn Salad *[bound with lemon Mayonnaise and sun-dried tomato's served in a bed of mixed Lettuce leaves]*

Warm Tartlet of Roast Tomato, Basil and Mature Cheddar *[served on crisp Salad with a home-made Onion Chutney]*

Casserole of Woodland Mushrooms *[in a garlic cream sauce served on toasted rosemary ciabatta (v)]*

To Excite:

Baked Chicken Supreme *[filled with a creamy Dorset Brie cheese and wrapped with Pancetta served with a tomato and sweet basil sauce]*

Poached Fillet of Scottish Salmon topped with a Paprika and Rock Salt Rub *[served on a bed of Sweet Potato and Potato Mash and lemon warm butter sauce]*

Stuffed Roasted Red Peppers *[filled with a fine Ratatouille topped with Cheddar and Mozzarella (v)]*

All Main Courses served with a Selection of Vegetables and Potatoes,
Crusty Roll and Butter.

Extravagance:

Summer fruit cheesecake *[served with forest fruits a rich dollop of Vanilla Cream]*

Individual 'Bread and Butter Pudding' *[with creamy custard sauce]*

Summer Eton Mess *[A tall glass filled with layers of Meringue, rich Summer Fruits, Vanilla Ice Cream, Vanilla Cream and Raspberry Coulis]*

English Cheeseboard Selection *[served with home-made chutney and water biscuits]*

Freshly Brewed Tea or Coffee & Milk Chocolate

Any special dietary requirements please let me know.

We all look forward to your company at our Charter Lunch.

Lions Clubs International

District 105ce

Coningsby & Tattershall Lions Club

Registered Charity Number: 1183298



Lion Anne Simons MBE

57 Park Lane,

Coningsby,

Lincolnshire,

LN4 4SW

01526 344594

annesimons@talktalk.net



10th January 2024

Dear Lion President,

Lion President Neil MBE and members of Coningsby & Tattershall Lions Club, extend a warm invitation to you, your members, family & friends to join us in celebrating our 27th Charter Anniversary on Sunday 14th April 2024.

Afternoon Tea with bubbles

Venue:

Tattershall Village Hall

Lodge Road, Tattershall, LN4 4UL

Time:

2:30pm for 3pm

Dress Code:

Sunday Best

Cost:

£15pp

I enclose the menu for your attention.

If you have any other special dietary requirements please let me know.

Please reply by Friday 5th April 2024.

Thank you!

President Neil and Coningsby & Tattershall Lions look forward to sharing an afternoon of fun, friendship and fellowship in your company.

Yours sincerely

ASIMONS



Coningsby & Tattershall Lions Club



Registered Charity Number: 1183298



www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

Lion. We are. LIONS

Lions Clubs International

District 105ce

Coningsby & Tattershall Lions Club

Registered Charity Number: 1183298



Menu



Sandwiches

Smoked salmon & cream cheese

Ham

Egg mayonnaise & cress

Turkey

Cream cheese & cucumber

*A potpourri of sumptuous
cakes and pastries*

Trifle

Prosecco

Tea and Coffee



Coningsby & Tattershall Lions Club



Registered Charity Number: 1183298



www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

I am. We are. LIONS

Sleaford & District Lions Club

50th Charter Celebration

On behalf of Lion President Paul Sharpe and members of Sleaford & District Lions Club, I invite you and your partners and friends to our Club's 50th Charter Anniversary Celebration Lunch to be held on Sunday, May 12th 2024.

The cost is £35 per person. Cheques made payable to Lions Club of Sleaford & District or direct to bank account – Sort Code 30-97-70 – Acc Number 00128339.

The venue is The Solo Bistro Bar and Hotel, 6, Market Street, Sleaford, NG34 7SF.

Charter time is 12.30pm for 1pm.

Please reply to me by or before Wednesday, 24th April 2024 with the names of diners and individual menu choices and notify me of any special dietary requirements.

We all look forward to your company at our Charter Lunch.

All replies should be addressed to:-

Lion Carol Coxhead at 17, Kirkdale Close, Leasingham, Sleaford, NG34 8NN

E-Mail – Coxhead1946@gmail.com - Tele – 01529 304602 or 07510 222656

MENU CHOICES

Starters

- a. Tomato and Red Pepper Soup served with homemade focaccia.
- b. Prawn Martini with Marie Rose Sauce.
- c. Chicken Liver Parfait with spiced pear chutney & toasted focaccia.

Main Course

- d. Roast Sirloin of Beef – Served pink or well done – Please specify.
- e. Chicken Breast Roast Dinner.
Both served with roast potatoes, seasonal vegetables & Yorkshire Pudding.
- f. Pan-Fried Sea Bass with new potatoes, hollandaise sauce & vegetables.
- g. Mushroom Risotto – Served with poached egg and rocket.

Desserts

- h. Sticky Toffee Pudding with vanilla ice-cream.
- i. Ice cream with homemade shortbread.
- j. Cheese Board – with Tuxford Blue and Lincolnshire Poacher & crackers.

Tea and Coffee

CITY OF SOUTHEND ON SEA LIONS CLUB

CARTER LUNCH 12th May 2024



President Dave Tame wishes to cordially invite you and your members to join with him in the celebration of 54 years of lionism in the Bough of Southend on Sea,

It will be held at the Chalkwell Park Rooms Sunday May 12th 2024, 1pm start

Address Chalkwell Park Rooms Chalkwell Park London Road A13 Southend on sea Essex SS0 8NB.

Venue phone number 01702 555154 If Lost.

~~~~~ **MENU** ~~~~~

STARTERS

Tomato and Basil Soup
King Prawn and Smoked Salmon Salad
Fans of Seasonal Melon with Forest Fruits

MAINS

Roast English Beef with Yorkshire Pudding
Sauté Chicken Breast wrapped with Brie and Bacon Sundried Tomato sauce.
Poached Salmon with creamy Mash and a Warm Butter Sauce
Ratatouille stuffed peppers topped with cheese or vegan cheese.

DESSERT

Apple and Cinnamon Crumble and Custard
Eton Mess
English Cheeseboard
Freshly Brewed Tea and Coffee

Price per Head £26:50 (Drinks not included)

Dress Code Smart Casual

For booking contact Lion Roger Fuller E. fullerroger@yahoo.co.uk
Lion Bill White E. williamgwhite@gmail.com

Lions Club of Leigh on Sea



A date for your diaries.

Following the success of our Charter lunch last year the Lions Club of Leigh on Sea will be celebrating their 33rd charter on 2nd June 2024.

The event will be held at the Saxon Hall Aviation Way Southend on Sea with a Sunday lunch commencing at 12.30 for 1.00pm.

Further details with menu choices will be announced soon.

On behalf of Lion President Eileen Harris and the members of Leigh on Sea Club we would be delighted to welcome you to our Charter celebration.



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