



**Lions Clubs International**  
British Isles District 105CE  
*At the heart of your community*



## **MONTHLY NEWS January 2022**

Dear caring Lions & LEOs of District 105CE

It's been truly wonderful to see the amount of service that has taken place over the last 6 months, despite everything that has been thrown at us, we have still gone out and served our local communities, you have made me feel very PROUD to be your District Governor. At the time of writing this update we have reported an astonishing 307,000 people served; this is already more than we reported the whole of last year.

People Served is a great measure, it's what we do, it's what we joined to do, you have made a massive difference to 307,000 people, 307,000 people that you have given a smile to. The reason that we joined this great organisation was to give somebody a helping hand, to make our local environment a bit tidier, to help the needy, to make somebodies day – this you have done 307,000 times – Thank you all so much.

As we look forward to the next 6 months, we have our AGM taking place on March 12th, the organising committee have planned a super weekend for you, it starts on the Thursday evening and finishes on Sunday morning, the only thing missing is you ! It's dead easy to book – visit the District website, look for member resources and at the bottom of the list is Conventions – or just click this link <https://www.lions105ce.org/district-convention-2022.html>, I look forward to a bumper turnout.

VDGs Chris, Paul and I will be planning our remaining club visits and Charter attendances, this is the great part of the role, and we really look forward to seeing you over the next few months.

A VERY PROUD & HUMBLE DG

Yours in Lionism

Lion David Pope **MJF**

District Governor for District 105CE covering the counties of – Cambridgeshire, Essex, Lincolnshire, Norfolk, Nottinghamshire & Suffolk, and some adjacent areas.

Did you know that our 93 Lions Clubs in our super District donated over £1.5 million pounds to charity over the last two years – what a fantastic amount, thank you and well done.

### **District Governor's wife's appeal**



Claire has now visited these extra clubs, virtually of course, with her walk for young carers.

Wroxham, Taverham, Dereham, Reepham and Cromer. What an effort! Keep the sponsorship going and I am sure all the effort will be worthwhile for this great cause.



## HUNDREDS FLOCK TO CHRISTMAS TREE FESTIVAL

Reepham's first Christmas Tree Festival was a roaring success, much to the delight of **Reepham Lions** who organized the event. Thanks to donations and sponsorship, just over £1,000 was raised after costs: the proceeds will be divided between Reepham Lions and St Mary's Church, Reepham. Although no headcount was taken, Reepham Lions estimate that more than 500 people visited the festival.

The festival featured 22 trees that were sponsored by businesses, shops, pubs and organizations from Reepham and the surrounding area. Each sponsor was provided with a tree, a set of lights and a robust stand, then invited to decorate their tree as imaginatively as possible. The use of natural and recycled materials was very much a theme for the event.

Visitors were invited to vote for their favourite tree and the winner was sponsored by Reepham's Co-Op supermarket and decorated by members of St Mary's Church. The decorations were all natural and featured dried fir cones, dried satsuma skins shaped like flowers, teasels, and dried flowers.

Second place went to Reepham's Florist, Flower Folk, whose tree had a lovely traditional theme with red ribbons, cinnamon sticks, fir cones and baubles. In third place was Reepham WI whose tree, entitled "Recycle, Reuse, Remake", was decorated with repurposed materials ranging from coffee pods to toilet roll tubes.

Reepham Lions President, Barry Howes, expressed his gratitude to everyone who had been involved with the festival. "The reaction we have had to this community event has been astounding", he said. "We are so grateful to all of our sponsors and the businesses who supported us, as well as to everyone who came along to visit the Festival. We are already being asked about next year."

Reepham Lions also want to thank all of those who have supported our fundraising campaigns throughout the year. Treasurer, Michael Black said "Despite COVID, we have been able to raise more than £5,000 to help local individuals and organizations this year, with our Summer Raffle, the Christmas Tree Festival and other fundraising efforts. We were also proud to organize the Norfolk Day event in July, in the Bircham Centre Garden with a fun day of activities for families. We look forward to being able to support Reepham and the surrounding area with new projects next year."

Wishing you all a Happy New Year and looking forward to meeting up again in 2022. Reepham Lions meet on the first Thursday of the month from 7pm in St Michael's Church Hall, Reepham. If you are interested in joining us, please email [reephamlions2@gmail.com](mailto:reephamlions2@gmail.com).



# Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

## Southwell & District Lions Club

624 hours reported, 31 volunteers which includes non-Lions, £8500 collected with 2 days still to go.

 **Katie Sweeting**  
 Thanks again for a lovely visit to the village and our Lane!  
 The boys & us big kids 🤪🤪, look forward to it very year!  
 So festive! Thanks to you all! Xx 🎄🎅🌸😊😊





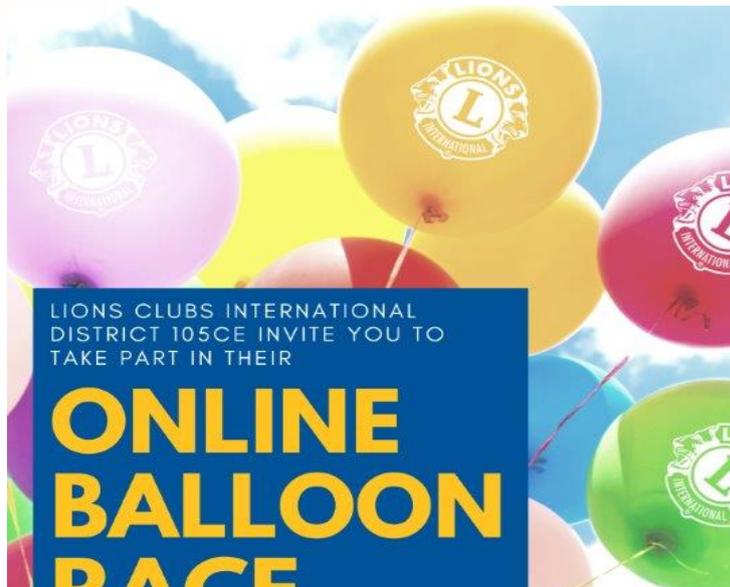
# SANTA OUT AND ABOUT OVER THE FESTIVE SEASON, BUT WHICH ONE IS THE DG?



## THE DISTRICT VIRTUAL BALLOON RACE FOR BRAIN TUMOUR RESEARCH IS ON. HAVE YOU BOUGHT YOURS YET?



Buy a balloon to help research into finding a cure for childhood brain tumours, a major killer of children everywhere... you could win £100 in the process too.... go on give it go...!

LIONS CLUBS INTERNATIONAL DISTRICT 105CE INVITE YOU TO TAKE PART IN THEIR

# ONLINE BALLOON RACE

TO RAISE FUNDS FOR THE LIONS BRAIN TUMOUR RESEARCH APPEAL

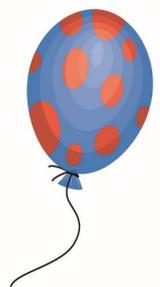
**£5 PER BALLOON**  
[WWW.BALLOONRACE.COM/LIONS105CE](http://WWW.BALLOONRACE.COM/LIONS105CE)

**1ST PRIZE £100 + 10 RUNNERS UP PRIZES**

Race launches on District 105CE Convention day on Sunday 13th March 2022 and ends on Mother's Day on Sunday 27th March 2022




Charity number 1181428



**WORKING TOGETHER  
TO FIND A CURE  
FOR BRAIN  
TUMOURS**



**WAYS TO GET INVOLVED:**

**DO... WEAR A HAT DAY**  
Last Friday in March - Brain Tumour Awareness Month

**DO LUNCH!**  
DURING SUMMER

**DO... WEAR A FLOWER WEEK**  
Every year in June

Join our Fighting Force  
**DO A CHALLENGE EVENT**  
LET'S GO OUT AND TOGETHER!

**DO... A WALK OF HOPE**  
ON THE LAST SATURDAY IN SEPTEMBER

**SELL CHRISTMAS CARDS**



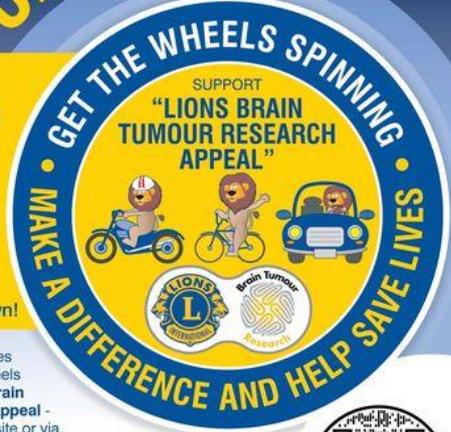
**Connect with Lions #WeServe #KindnessMatters**

**JOIN IN THE FUN!  
GET INVOLVED IN THE**



**SPINNING WHEELS  
CHALLENGE**

- Organise a:
- Go kart race
  - Spin the Wheel party game
  - Bike ride
  - A trip on a Ferris wheel
  - Car rally
  - Trolley dash or
  - A wheely big idea of your own!



How to donate monies raised from your wheels event to the **Lions Brain Tumour Research Appeal** - scan the code opposite or via [www.lionsbraintumourappeal.co.uk/donate](http://www.lionsbraintumourappeal.co.uk/donate)

Thank you for your donation, all monies raised will support the appeal.

Contact Trustee: Derek Reynolds [reynoldsderek48@gmail.com](mailto:reynoldsderek48@gmail.com)



LICI MD105 Brain Tumour and Paediatric Cancer Foundation. Registered Charity Number 1181428 (England and Wales)  
Lloyds Bank PLC, Blackheath Sort Code 30 99 89 Account Number 45064468



*Wishing You  
a Happy and Prosperous  
NEW YEAR*

*From the Lions of 105CE*