



# Lions Clubs International

## British Isles District 105CE

*At the heart of your community*



# **105CE JUNE 2023 Newsletter**

## **Diary of a DG - May 2023 – Month 11**

### May 1st

#### Bungay vintage car rally



Wonderful to see the return of this event. New Century Lions have been taking charge of car parking for a few years, with the help of a few friends. This year included members of our Great Yarmouth section of our Leo club.

Sue and I were also invited to judge the categories, which was a privilege even if it was a bit like the blind leading the blind.

### 4th - 7th May

#### MD Convention in Newcastle



Spent a busy weekend with friends from across the Multiple District as well as from around the world. We were truly honoured to have our Immediate Past International President and Chair of our Foundation Douglas Alexander. What an amazing man.

When likened to Barack Obama as the first Black American to take the office he joked Barack was only President of America, Douglas was President of the



world!

### 14th May

#### Lincoln Charter

Celebration of years of service with Lions who continue to dedicate their lives to their community but also Nationally and Internationally. So great to see Lion Jean Bowden in person again after moving the Chesterfield and Lion Theresa Walker back in good health.

### 15th May

#### Swaffham Lions and Swaffham Lioness club branch joint meeting

An excellent meeting demonstrating the tangible benefits of creating, supporting, and working in partnership with a club branch. Superb service being done separately and together.

### 18th May

#### Centennial 100 Champions Lions Club zoom meeting.

What can I say? To sit in on this meeting with so many inspirational Lions was amazing, witnessing Lion David Evangelista sponsor another dedicated leader in service into our association. Welcome Lion Charles Nyambe President Special Olympics Africa Region.

## Presentation of 50year chevron and certificate to PDG Deryck Chambers

20th May



### Saffron Walden Charter

Another excellent Charter at a beautiful setting, celebrating another year of service with President David Broadley and Mary, and the members of this hard-working club.

21st May

Final cabinet meeting. It has been a real pleasure and an honour to serve as DG for this new and wonderful District. I felt that we had a great day and I thank everyone for their contributions to this cabinet and for

the entire year. I thank PID Phil Nathan for his attendance and valued input. Also, thanks to Lion Andrea Cooper for arranging the bags of taste service project.



25th - 31st May



I find myself with a few spare minutes at the Moldova-Ukraine border.

District 124 Romania national convention and subsequent visit to Ukraine.

More on this in a special edition.

## City of Southend on Sea Lions Club

Tools with a Mission is a charity that collects unwanted tools, these are sent to developing countries.

These tools empower people with the donated tools, to create livelihoods and transform lives.

The City of Southend on Sea Lions donated a range of tools, and power tools to this worthy cause.

Seen in the photo Lion Nigel presenting these tools to Ian the local collector, they will be transported to Ipswich to be processed for their journey abroad.



## Southwell & District Lions Club



We attended the roadshow in Newark on 12<sup>th</sup> May and managed to give out 127 Message-In-A-Bottle and 20 Message-In-A-Wallet, a brilliant effort.

In addition, we also gave out over 150 Lions booklets, pamphlets, and Branch club Fliers.

It turned out to be great job promoting Lions and the possibility of a club branch in Newark is in the offing.



## The Deepings Lions

A prostate cancer awareness event, organised by The Deepings Lions in association with the charity Prostate Cancer UK and The Deepings Practice, took place on Saturday 27th May. The well attended event was held at the Coronation Hall in Market Deeping. Tracy Taylor, from the charity started her talk by asking every eighth man in the audience to stand up, making a graphic illustration of the fact that 1 in 8 men will get prostate cancer. She described the risk factors and how her organisation can provide information and support including an on-line risk assessment. She also shared a moving personal story about her husband's experience with the disease.

Dr Daniel Wade, a GP from The Deepings Practice, described the symptoms of the disease and the importance of not ignoring them. He outlined the tests and procedures which are currently available for diagnosis and treatment. Early diagnosis providing better prospects for a successful outcome. Prostate Cancer is the most common cancer in men in the UK. It is important to know your risk.

For more information and support visit [prostatecanceruk.org](http://prostatecanceruk.org) or telephone 02033107000 (head office) 08000748383 (specialist nurses).



## New features added at the Deepings Community Centre Sensory Garden

Following the opening of the Deepings Community Centre Sensory Garden in May last year, a Tesco Community Grant of £1500 was awarded to The Deepings Lions Club, their project partners at the Community Centre and Sense. This enabled new features to be added to the garden including a sensory board, a noughts and crosses game, new signage, and a sensory table. Visitors enjoyed an afternoon, on the 20th of May, of refreshments in the garden as they viewed the new additions. Deepings Lion Mike Drinkall, a member of the Club's gardening team, said: "We would like to thank everyone in the community who voted in

the Tesco's scheme, using their blue tokens, enabling our sensory garden project to receive the highest award of £1500. To make best use of the award some items were hand built by club members with the support of Round Table. We are also planning to install an automatic watering system to keep the plants healthy during the summer whilst conserving water". To book a visit to the sensory garden contact the Deepings Community Centre on 01778 381770

## Clacton on Sea Lions News May 2023

Clacton Lions have been fundraising at Morrisons Little Clacton for many years, and we were there again with our Gift Card Draw. Store Manager Paul and Manager Simon picked the winning tickets, and they were delivered personally the next day. The





winner of the 1<sup>st</sup> Prize - £100 gift card was overjoyed to be picked as she was saving up for her son's 5<sup>th</sup> Birthday party and winning this 'would give him the party that she dreamed of' The second prize - £50 gift card went to a retired London fireman who was going to treat himself to a bottle of good whisky. The third prize £25 gift card recipient was not at home, so we just posted it though the door.



The friendship with Mersea Island Lions goes back many years and once a year, we have a friendly social event. Organised by our Social chair Lorraine, this year it was again, at the all-weather indoor Golf Course called Skull Island on Clacton Pier. The winner was John Harris of Clacton on Sea Lions, who won a box of No 1 North Pier fudge (the actual address of the pier is no 1



North Sea) and a cone of marshmallows. Clacton Veterans Club do an amazing job supporting local veterans, they provide monthly breakfasts, evening get together and coach trips to historical places of interest. Lion President Keith and his wife Linda, Past President Alan and 2<sup>nd</sup> Vice President Jim and Lion Liz were very honoured to be invited to their celebrations. We were all given a tot of rum to toast the new King, and had a lovely buffet followed by a cream tea. We helped by setting up and clearing the room, selling raffle tickets, handing out the drinks and the cream teas, and Liz bought her marigolds to help with the washing up. It was a really lovely afternoon, and we met some amazing people with even more amazing stories.



We do love a celebration party and this one was for Wilf Barnes MJF who as well as reaching the young age of 85 years old, also celebrated his 30 years of service to Lions Clubs International. Wilf originally joined Castle Point Lions and then when he moved to Clacton, transferred to Clacton on Sea Lions. He has always been a passionate ambassador for Lions Clubs International and is



a well loved and respected member of both Clubs. As always there was food.... and cake.

Since Covid, we have found a new way to fundraise - Car Boot Sales - and these have been very popular with our members and raise a fantastic amount of funds for the Club. All our donations come from members of the public so cost us nothing, but we do get quite a lot of items that we know won't sell at car boots so what do we do with them? - sadly the 'really bad' bits do have to go to the tip, but if we can find items a new home then we do. We have been given hundreds of CD's and DVD's, boxes and boxes of books, broken jewellery, and good quality clothes to find new homes for. Some of the books go to the Jaywick Community Library, which is run by volunteers, others go to St Helena Hospice book shop in Frinton. CD's and DVD's go to the Jaywick Community Library, The St Helena Hospice Music shop in Frinton and to the Help Alexia walk charity. The clothes go to the CAB charity shop and the broken jewellery has been given to the local guide groups for craft work. Lion Liz our Fundraising Chairperson, registered as a donor at the St Helena Hospice shops and was very surprised when she received an - end of financial year - email from them saying that the proceeds from selling the goods we donated raised a fantastic total of £439.74 for their charity. A win win situation and less going to landfill.



After the success of the Golf Day last year, when we were raising money for the local Riding for the Disabled, LP Keith decided to organise another one and raise funds for another local charity Sonny's Army. Since founded 4 years ago they have helped 20,000 families that are living in hospitals across Essex with



emergency packs and financial support. The co-founders of Sonny's Army are Destiny Hannam – who was our District 105CE Young Ambassador for 2022 and her cousin Bobbie-Jean Cook is a Leo. A total of 48 golfers took to the green on a lovely sunny day, some had travelled from as far away as Cardiff in Wales, and PDG David Pope also joined us. A good day was had by all, starting with bacon roll and a hot drink, then the game itself and then another meal of ham egg and chips. There was also a raffle, and the golfers were very generous with all tickets being sold. We are still awaiting some funds to come in so do not have an exact figure raised yet but it will be over £1,000.

### **Halesworth Lions Club**

Halesworth Lions President Sue Blowes presenting Simon Booth aged 14 who has Autism and is representing Great Britain in the Special Olympics in Berlin in June with a Lion mascot to take with him to the Olympics. The club donated towards the money that Simon needed to take part in the Olympics, and we are all very proud of the effort Simon made to raise funds himself.



### **Winterton and District Lions**



King Charles III invited millions of Britons to support causes in their local community on The Big Help Out. Winterton and District Lions decided to get involved as volunteering is what we are good at. We had a cake and cuppa fundraiser with a raffle and a sweet/chocolate tombola

and raised just over a massive £800. The fundraiser was donated to a local couple who raise funds to help the Ukraine people. Annie and Mykee Hockham have made 15 trips to the Ukraine taking much needed supplies to where they are needed. Their last journey took them very close to the front line to a hospital where they were able to deliver medical supplies. The money we have donated will go a long way to funding more trips.



**'Together We Can' – 'Lions is Life Changing'**





## **Dereham Lions Club**



Dereham Lions held a Coronation tea party on the Sunday after the Coronation, they were entertained during the afternoon with music and a quiz with the name of Charles in the Questions

## **Wroxham & Hoveton Lions Club**

On Sunday 7th May, Lion President Terry Vout and other members of the Club, joined Councillors from Hoveton Parish Council to plant a Crab Apple tree, purchased by the Club to commemorate the coronation of His Majesty King Charles III. This tree in fact replaces an earlier one which died, that was donated by the Club to mark the Queen's Golden Jubilee.



## **Spalding Lions Club**

Spalding Lions Club were invited by South Holland District Council Communities Team to attend their Coronation Picnic, being held on Sunday 7th May, in the stunning grounds of Ayscoughfee Gardens in Spalding.

Vice President Lion Stuart, Lion Julie, Lion Eileen, Lion Sally and Nita, Stuart's wife, went along to the event with our tombola, pluck a Duck, roll a ball and '100 square' Teddy and had an enjoyable few hours in beautiful sunshine, meeting old friends and new.



Lion Eileen helped with choosing the winners of the fancy dress competition and Vice President Stuart was our 'Lion King' for the day!



## **Swaffham & District Lions Club**

Members of Swaffham & District Lions Club paid a visit to Meadow House Care Home in Swaffham last week and presented them with a cheque for £500 to boost their fundraising during National MS Week.

Meadow House specialises in care for people of all ages who have MS, and lots of fundraising activities had been going on during the week by the staff and residents of the home, led by manager Joanna Jankowska. The busy week ended with a fun party with entertainment by singer Chris Wilson, a regular visitor to Meadow House. The Lions members were delighted to attend the party, where Lion President David Merchant presented the cheque to Gordon Cochrane, the CEO of Healthcare Homes, of which group Meadow House is a part.



# Joyful June 2023

MONDAY



5 Think of 3 things you're grateful for and write them down

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

26 Make time to do something playful, just for the fun of it

TUESDAY



6 Get out into green space and feel the joy that nature brings

13 Take a light-hearted approach. Choose to see the funny side

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy

WEDNESDAY



7 Do something healthy which makes you feel good

14 Share a happy memory with someone who means a lot to you

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people

THURSDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

15 Look for something to be thankful for where you least expect it

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

FRIDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

30 Make a list of the joys in your life (and keep adding to it)

SATURDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for



SUNDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Request for volunteers at a Disabled Sports & Festive Fun Day Saturday 29th July 2023

**The Lions Clubs of South East Essex** – comprising Castle Point, Eastwood, Leigh-on-Sea, Rayleigh, and City of Southend-on-Sea clubs are proud to present their 11th Annual Disabled Sports and Festive Fun Day, on Saturday 29th July, at the King John School, Benfleet Road, Hadleigh, Essex.



We usually organise 21 activities with 5 categories, for standing and wheelchair bound contestants, in male and female heats, and a single category for those visually handicapped.

Whilst this is an all-day event, volunteer helpers are especially needed in the morning 9.00-12.30 to help marshal the many sports underway. Some of these are outdoors (Javelin, Shot Put, Discus, etc) and others in the sports halls (Archery, Table Tennis, Basketball, Bocha, etc.)

Volunteers will be provided with refreshments for lunch and hot drinks will be available throughout the day, together with bottles of water. There will be an ice cream vender on site!

Please contact Tim Watts ([community@leighlions.co.uk](mailto:community@leighlions.co.uk) 07973908487) if you are interested or would like to know more about the event.

P.S. If you know a disability support group who might like to send a team or individual to compete, let me know too.



## 15th to 17th June 2023

Festival will be held at:

Braintree Arts Theatre (Formally The Institute)  
15 Bocking End  
Braintree  
CM7



## BAYSGARTH PARK

Friday 2nd June — 5pm to 11pm

Saturday 3rd June — 12 noon to 11pm

Over 40 Real Ales—Cider—Wine — Hot Food  
Live Entertainment Friday and Saturday

## Nottingham West Lions Club Charity Golf Day – 28<sup>th</sup> July 2023



### Ruddington Grange Golf Club

- You are cordially invited to come along to [Ruddington Grange Golf Club](#) and enjoy a great day out whilst helping those in need through Lions Clubs International.
- We have an Individual & Team Competition with prizes for
  - Individual Winner, Runner up & Third place
  - Top Team, Longest Drive & Nearest Pin
- Entry is £50 per head, you get a great round of golf on a lovely course and have a fantastic meal with the awards ceremony too
- To register, contact Guch Manku on 07802 918 386. A four ball is preferred, however, we will line you up with a team if on your own!!



## Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

## GOLF DAY

Raising funds to support our local community and overseas Lions appeals



**Tuesday 10<sup>th</sup> Oct : First Tee 10.30**

Southwell Golf Club : Occupation Lane,  
Southwell NG25 0TS

**£ 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](mailto:grcoulson64@live.co.uk)

Bob Callow 07876 748877 [Bob.callow@btinternet.com](mailto:Bob.callow@btinternet.com)

Or email [lionsouthwell@gmail.com](mailto:lionsouthwell@gmail.com)