

The Bulletin

March 12th 2024



LIONS DISTRICT 105CE

DG Paul Southertonh

2023 – 2024

THE LATEST FROM A DISTRICT GOVERNOR ALWAYS IN ACTION.

The past week has been preparing for the District Convention. I hope to see many of you there in person or on zoom, an opportunity not to be missed!

This week is all go! attending the U.N. day in London on the 12th and on the 13th attending the launch of the Spot Camera at a school also in London. Then back to convention details and of course the District Convention itself this weekend. An eventful time indeed.

See you soon and remain 'At the heart of your community'.

Paul.



Hi all, I have made an updated video on Service Activity Reporting, shorter than the previous one, see attached, feel free to share. Guch Manku.

<https://youtu.be/lpkUiNoK7m4>

Calling all budding bakers!

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

Michelin Star Chef Galton Blackinton 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!

Who else wants to come to the German Multiple District Convention in Hanover 9th – 12th May?

There are already a few of us from District CE going to the German MD Convention, and there is a special offer from our Twin District (which includes Hanover) that 2 or 3 couples can stay with fellow Lions during the Convention.

Flights are still relatively cheap, direct from Heathrow to Hanover multiple times per day, and with this hosting offer, a weekend meeting and getting to know Lions from not only our Twin District 111NH, but all over Germany and beyond, is very affordable.

The official program for the weekend includes: -

Friday 10th May: Welcome to Hanover, Workshops and seminars (approx a dozen), Panel Discussion, Music Competition, Young Ambassador Competition, with a "Get Together" in the evening. NB some of these are on at the same time, but you can choose which, if any, you want to attend.

Saturday 11th May: Ceremony, Multiple District Convention plenary session, Gala Evening and then Leos disco from 11pm (if you can stand the pace)

Sunday 12th May: Religious Service, Farewell

In addition, there are all sorts of other events for visitors, including various walks through the city, sightseeing in a vintage bus, visit to the Herrenhäuser baroque gardens that won the European Garden Prize in 2015, various Art Museums (Sprengel Museum "Pablo Picasso/Max Beckmann" and "Wilhelm Busch Museum"), open air Jazz, a visit to the Zoo and a tour of a wine (Sekt – like champagne, but German) cellar, with tasting. And there are lots of bars for you to relax in and mix with Lions from all over Germany and the rest of the world.

There may also be opportunities to provide service during your visit or stay for a few days before or after the weekend, probably in a hotel, but up to you and your hosts to decide.

There is even a 2-day travel pass on all public transport for only €8.

And if all the hosting places are gone, hotel rooms start at €70 per night. That's where I have booked, so I'll see you there.

And don't forget your Duty Free on the way home!

In addition, there is the Franch Convention from the 5th to the 7th of April, and the Netherlands Convention from the 1st to the 2nd of June.

So, there you have plenty of chances to join in our twinning events in the not-too-distant future.

EVERYONE WELCOME TO JOIN IN THE CELEBRATIONS!

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](#)



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

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



Chelmsford Lions Club



QUIZ NIGHT

Saturday 6th April 2024

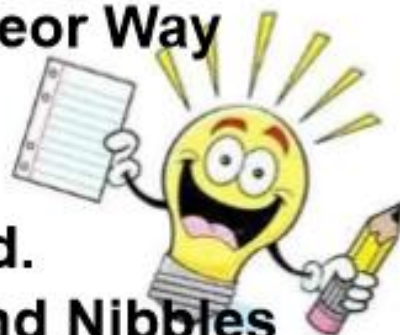
7.00 for 7:30pm

CYGAMS Building, Meteor Way
Chelmsford

£10-00p per head.

Bring your own Drinks and Nibbles

Teams of 4 - 8 people



To book in call:- Bob - 01245 473997

Or email: robert.page94@yahoo.co.uk

Proceeds to Motor Neurone Disease

Car boot sales 2024



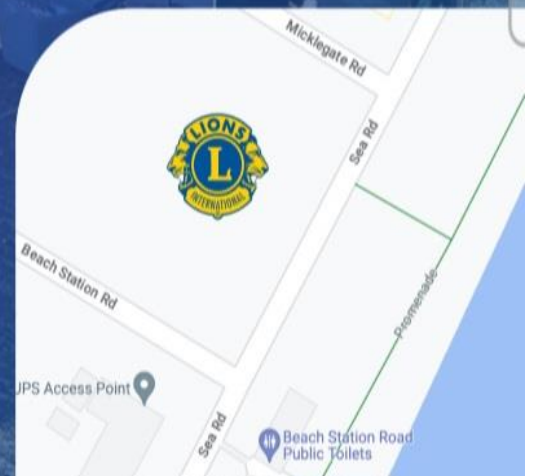
Every Saturday (from 8 am till 1 pm)
from 6th April to 30th September 2024*

At the Old Cavendish Site, Sea Road, Felixstowe
Opposite Beach Street

Cost £6 per pitch

Proceeds are for the Lions Club of Felixstowe
charity account, who helps local people and
groups

* Will not operate on 27th July



Are you following us on these social media channels, if not, why not? Please do follow us, join in and let's get social...



The Lions Club Of Felixstowe

Family Fun Dog Show



Sunday 19th May 2024

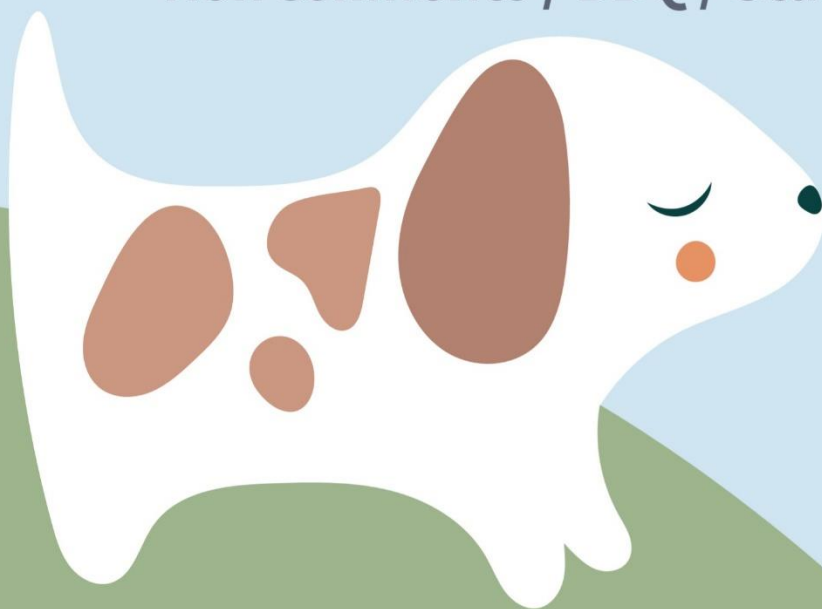


1pm - 5pm

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



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

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



WE SERVE

LIONS CLUB OF BILLERICAY

District 105 CE

On behalf of Billericay Lion President Ian Armstrong, I would like to invite you and your guests to our **45th Charter Anniversary Celebration on Sunday 28th April**, 12-30pm for 1.00pm lunch at Stock Brook Manor Golf Club, Queens Park Avenue, Billericay, Essex, CM12 0SP.

The Celebration Lunch will be smart Casual dress, priced at £42.00 pp.

Please make cheques payable to Lions Club of Billericay or by Electronic Transfer to our Social Account, Sort Code; 60-02-30 Account number: 68221774

The menu is as follows -

Starters -

Chicken Liver Pate with Chutney, Grilled Brioche & Micro Leaves (GF)

Butternut Squash Soup with Sage Crisps & Olive Oil to finish (V, VG, GF)

Ham Hock Terrine with Piccalilli Relish & Cauliflower Textures (GF, DF)

Prawn & Crayfish Cocktail, Gem Lettuce, Pickled Cucumber & Marie Rose Dressing (GF)

Carvery Mains -

Roast Loin of Pork, Crackling, Apple Sauce & Stuffing (GF)

Roast Turkey, Stuffing, Pigs in Blankets & Cranberry Sauce (GF)

All Served with Roast Potatoes, Glazed Carrots, Parsnips, Cauliflower Cheese & Broccoli.

Dietary - Vegetable Wellington (V)

Dietary - Garlic & Thyme Grilled Butternut Squash Steak, Creamy Pomme Puree, Bouquet of Roasted Fine Green Beans finished with a Red Wine Jus (V, VG, GF, DF).

Desserts -

Trio of Desserts -

(Chocolate Brownie with Chocolate Sauce & Ice Cream, Baked Cheesecake with Raspberry Gel & Lemon Tart with Berries).

Ice Cream.

Dietary - Chocolate Tart (V, VG, GF, DF).

Tea or Coffee and mints

Please advise me of the names of the people in your party attending by Sunday 31st March.

Also advise me of your Menu choices for Starters and desserts or other dietary requirements at the same time.

We look forward to you being able to join us.

Yours in Lions Fellowship,
John Swaysland (Social Chairman)
Email: swayse1961@gmail.com
01277 632274
Mob: 07712152101

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



Lincoln Lions Club 54th Charter Anniversary Lunch on the 12th May 2024



On behalf of the members of Lincoln Lions Club I am pleased to extend an invitation to you, your members, partners and guests to our 54th Charter Anniversary Celebrations.

Following the success of previous years, we are again celebrating the event by having a Sunday Lunch.

The lunch will be held on Sunday 12th May 2024 at the Bentley Hotel, Newark Road, South Hykeham, Lincoln LN6 9NH at 12:30 for 1pm and the dress code is lounge suits.

The cost of the lunch will be £28 per person.

As the venue requires menu choices in advance, I would ask you to please reply using the attached booking form before 1st May 2024. To assist our Treasurer, we would also appreciate payment with your booking, cheques should be made payable to Lincoln Lions Club or alternatively you can send it electronically to 089032 50428564 the account is in the name of Lincoln Lions Club.

All of us at Lincoln Lions Club are looking forward to renewing old friendships and making new.

I look forward to hearing from you. paulamellows@hotmail.com

Yours in Lionism

Paula



Lions Club of Leigh on Sea



Lions Club of Leigh on Sea

On behalf of the Lion President Eileen and members of Leigh-on-Sea Club you, your members partners and friends are cordially invited to join us in celebrating our 33rd Charter anniversary lunch to be held on Sunday 2nd June 2024 at Saxon Hall, Aviation Way, Southend-on-Sea. SS2 6UN.

The lunch will follow the traditional format with reception at 12.30pm for 1.00pm

To book contact PDG Lion George Harris PMJF at george.eileenharris@sky.com

When booking please indicate menu choices by number. The Menu for this year is below and I should be grateful if you would let me have your choices together with your payment by the 12th of May. For your convenience you may send your payment direct into our bank account 37154648 sort code 543060.

Menu Details

Starters

1. Deep Fried Garlic Mushrooms with spicy dipping sauce.
2. Beef Tomato Mozzarella and Basil salad.

Main course

3. Chicken Supreme in a white wine and mushroom sauce.
4. Chefs Homemade Creamy Mixed Fish Pie.
5. Roasted Mediterranean Vegetable Lasagne.

All main courses served with a selection of seasonal vegetables and potatoes.
Crusty roll and butter.

Desserts

6. Sticky Toffee Pudding & Custard.
7. Fresh Fruit Salad and Rossi's Ice Cream.
8. Cheese and Biscuits (Supplement £4.30)

Freshly Brewed Tea or Coffee and Mints.

Any dietary requirements please let me know.

The cost for the afternoon is £30.00 per person.

All our members look forward to your company at our Charter Lunch

PDG Lion George Harris
Secretary
Lions Club of Leigh on Sea

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