



Lions Clubs International

British Isles District 105CE

At the heart of your community



105CE March 2023 Newsletter

Diary of a DG – February 2023 – Month 8

Life as a District Governor is back in full swing as we progress through 2023 with charters and club visits right up into early July, not forgetting District and Multiple District Conventions. It is wonderful to visit our brilliant and diverse clubs and to hear and see some of the amazing work they do to support their communities, locally, nationally, and internationally. This latter aspect is very high on everyone's agenda now with the war in Ukraine and the recent earthquakes in Turkey and Syria, and clubs, as always, are responding brilliantly, to date we have donated £20717.77, Thank you!

Club visits



The DG team have been busy travelling the district visiting our clubs, personally, so far during February I have visited Mersea Island (right), Retford, Glanford and Lindsey, Loughborough (left) and will be travelling to Brigg this evening.



At Mersea Island we attended their cheque presentation evening and stayed overnight, we were also treated to a tour of the island on Saturday morning followed by a lovely lunch.

Charters

Likewise, Paul, Colin and I also busy attending charters with many occurring on the same date and it is tough to let anyone down as we would love to be at then all. During February, it has been my honour to attend the 50th Charter Anniversary of Wisbech Lions, and the 47th Charter Anniversaries of Mablethorpe, Sutton and District Lions and Wroxham and Hoveton Lions. These have all been wonderful events, well supported by clubs and members of the community. All proudly sharing their efforts of another year of Lions presence in their respective towns.



Wisbech Lions Club
Lion President
Marilyn Batrick



Mablethorpe, Sutton &
District Lions Club
Lion President Paul Denton



Wroxham & Hoveton Lions
Club
Lion President Terry Vout

Young Ambassador

Sue and I had the pleasure of attending our first live Young Ambassador final at the Village Hotel in Dudley. If you ever want to feel inspired, this is the place to be. There were winners from 6 Districts, including our own, but we were treated to presentations from 4 previous candidates, including last year's winner Khan Odita. At the point of announcing the winners, we heard that Imam Dar sponsored by ?? had won the Ship Shape Award and then that Isobel Hallworth from 105SE had won the overall competition, however, unfortunately she will be too old to represent MD105 at Europa Forum, so they announced a 2nd place winner who was our very own candidate, Ashton Fulcher, representing 105CE, sponsored by New Century again (3 years in a row). Guess we will be going to Europa Forum again in October. Ashton makes and sells a wide range of items using second hand materials with the profits donated to charities such as GeeWhizz, East Anglia Children's Hospice (EACH) and Bumblebee Children's Charity.



I also managed to persuade my Managing Director to join us as one of three judges, he and his wife, Katherine thoroughly enjoyed the weekend and Katherine, told me in no uncertain terms that she will be joining Lions because of the weekend. My company may sponsor some element of the competition in the future, and we might have the early thoughts of a company-based Lions Club. Thank you, Young Ambassadors. **Service is the key to membership.**

Development

As usual 105CE leads the way in taking up opportunities for member development. Once again, we had a full contingent of 5 delegates for the 6th New Lions Symposium in November, held in Leamington Spa, we have three candidates for the next Regional Lions Leadership Institute (RLLI) being held in Redditch, we had a full complement of delegates for the first New Voices weekend, which was held consecutively in Dudley with the Young Ambassador competition, and we have candidates accepted for the next Advanced Lions Leadership Institute being held in Oslo.

Don't forget there are also opportunities for development via Certified Guiding Lion Courses, with a face to face one at Convention on Friday afternoon, plus the usual President, Secretary and Treasurer courses offered. On top of this there is a wealth of online courses available through MyLion Learning Zone which are just as useful for work as they are for Lions.

Lions Share

The DG team continue to show a selection of Lions Share reports as we visit clubs, these are always well received and we all feel that this approach should continue for the next few years, concentrating on various aspects of Lionism, the next one being fund raising. We have started discussion and pricing up the cost of providing every Lions Club in our District with a copy of these in a lose leaf A5 folder. This way it can be added to in future years. Please, if you have service projects that you would like to share let me know using the standard form along with a few good photos.



Branch Clubs – time to grow!

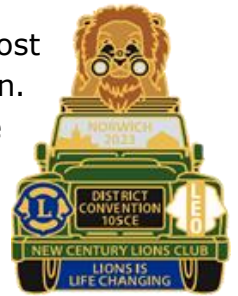


Lion David Broadley has sent out a letter asking clubs to discuss and minute their decision to support or not to support the formation of branch clubs. David has received less than 20 responses so far, with only 8 clubs willing to help with this action. We are extremely grateful to each and every one of these clubs and we will do our best to keep in touch as we progress with targeting areas close to these locations. We are currently working on three or four locations where we have genuine interest. We understand and appreciate that not all club can support this at this time, and we can review this as we demonstrate successes.

Convention 2023 – Dunston Hall 16th – 19th March

Convention is nearly upon us, numbers are looking great, with over 110 for host night, nearly 140 for Banquet and Ball and over 170 for the Business session. The team and I are working hard to get all our ducks in a row and make sure everything is in place for a fun and interesting weekend.

We have a few surprises lined up and I'm told there are even some things that I don't know about!



Chris

Written and posted by Alastair Joel COC on Facebook:

“What an amazing weekend we have had the privilege to be part of, the Lions MD105 Young Ambassador of the 21st Century finals in Dudley. The young people who took part, left us in awe at the huge amount of service they do for their local community, a need that they identified and that was personal to them.

***Congratulations** to the winner **Isobel Hallworth from 105SE** who was sponsored by Newhaven, Peacehaven and Seahaven Lions Club, to **Aston Fulcher from 105CE** sponsored by New Century of East Anglia Lions Club who will represent our MD in the European final later this year in Austria. **Iman Darr from 105A**, sponsored by Letchworth and Baldock Lions Club, won the Ship Shape award and will have the amazing opportunity to be part of the crew on a tall ship. Thanks to all the Lions who supported the event over the weekend, to the MD105 Foundation Trust for their financial support of this and of course all our youth projects and to the 3 judges, Shez Webb, David Clement and Sara Bolton, who gave up their weekend.*

Special thanks must go the Lion Sally Marsh who organised the whole weekend, - now you can relax!

Our young people are our future, let's support them and I look forward to seeing you next year in Dudley 16th - 18th Feb 2024.”

Next year is the 50th Anniversary of the Youth Award/Young Ambassador Award. I would RE-ALLY like to think we can pull out all the stops and find more candidates to hold a proper District final in November 2023.

So, start looking now. There are amazing young people in your area. Look on Facebook - that's where we found the last 3 District WINNERS (and an MD winner). Go to Scouts and Guides, St John, youth clubs if you are having issues getting into schools. The age guidelines are on the website and the Youth Team are ALWAYS here to help.

We would also love to have more people attending the MD final in February to show these young people that we are fully supportive of their amazing efforts.

DISTRICT DEVELOPMENTAL OPPORTUNITIES

It is hoped to run at least one developmental meeting each month for the rest of this Lionistic year. The aim is to provide information on a variety of topics that hopefully will assist both individual members and clubs.

Friday 17 March 2023 – Certified Guiding Lion- an opportunity for experienced Lions to become a Certified Guiding Lion able to help develop clubs. This will be face to face at Convention.

For further information click on the link: [Guiding Lion Program | Lions Clubs International](#)

Wednesday 26 April 2023 – Potential Cabinet Officers – an opportunity for those thinking of taking a Cabinet position for the first time to find out more.

Wednesday 31 May 2023 – Club Officers 2023-24 – an opportunity to find out more about your forthcoming role and to discuss /share ideas.

Wednesday 28 June 2023 – Incoming Cabinet members – an opportunity to find out more about the requirements of a cabinet officer.

Meetings will be held on Zoom unless otherwise indicated. We are happy to do presentations face to face at Region or Zone meetings. Please contact Lion Graham Venables if you are interested at, lioncgv@gmail.com.

We are always prepared to include additional events based on the requests from club officers or members.

Spalding Lions Club.



Spalding Lions Club held a very successful Race Night with sausage and mash supper last night at the South Holland Centre in Spalding.

Working together, but with most of the hard work having been done, we managed to secure paid for advertising for the race night brochure, nine races and the horses sponsored, donations of wine for the race winners, numerous raffle prizes and good support for the final auction race.

Ticket sales went well, and we had a packed hall with adults and children enjoying their evening at the races.



Southend Lions Club

Priory Park. Musical event in Southend on Sunday afternoon, Southend Lions do a bucket collection and a card reader.

We have collected for 2 Sundays and today had our best ever day with a total of £189-91. Great music, great afternoon, great total.



the situation with finances.

WORK OF LEADING VISUALLY IMPAIRED CHARITY IS HIGHLIGHTED

A COUNCILLOR and community club member highlighted the work of a visually impaired charity with a "certificate of appreciation".

Southend councillor and Southend Lions Club member Nigel Folkard visited Southend In Sight to hand over the certificate to charity boss Lucy Martin.

Southend In Sight is an independent charity which provides practical help to visually impaired people.

A spokesman for the leading Southend visually impaired charity said: "Thank you to Nigel Folkard for popping in today to present CEO Lucy with a certificate of appreciation from The Lions Club of Southend on Sea. They are pictured together in our Centre.

"The strong relationship we have with the Southend Lions is a good example of charities working together for the benefit of local visually impaired people. Long may it continue."

The charity took to Facebook to post about the certificate which was handed to charity boss Lucy Martin.

■ Appreciation - Lucy Martin and Nigel Folkard

Chelmsford Lion Club

Chelmsford Lions Club started 2023 by working with the Bags of Taste charity, delivering food parcels and their lesson plans to people with a range of disadvantages by giving them practical support to teach them what to buy and cook to make tasty and affordable food. This has involved buying the food; packaging it; adding recipes and some basic equipment and delivering to our clients.

Our major project has been to commence work to create a sensory garden for Barrow Farm Riding for the Disabled at Highwood. Lion Martin Wood is a trustee of this charity, established in 1976. It enables people with special needs and disabilities to develop and enrich their lives, providing supervised horse riding and carriage driving. There are paddocks, stables, and a large, covered riding centre that makes riding accessible for people who cannot be catered for by other riding schools. This arena can be used for horse shows and there are also outdoor riding opportunities using horses and ponies. Activities include 'Tea with a Pony' for residents of local care homes; hence the site accommodates a wide range of special needs that serves adults and children. The Farm aims to provide physiotherapy and exercise; a chance to learn; an opportunity to make new friends; build confidence and have fun.

The original garden, made 10 years ago, has trees and shrubs that surround it and blocked out an attractive view and much of the sunlight. The garden revamp is in memory of a young rider named Charlotte Jessop. Andrea Cooper, President of the Chelmsford Lions has designed a new garden, which will incorporate wheelchair access; sensory plants; water features; toys and raised beds, with seating for outdoor picnics. The physical work required includes removal of tall trees and shrubs; breaking up concrete; laying paving slabs, resin play areas; creating raised bed, and incorporating an accessible ramp for access.

The physical work involved is being carried out by Lions members on Sunday work teams, with support from a The Good Gym, tree surgeons, and building material suppliers, Chandlers. The photos depict recent work, but there will be more physical work to follow. To complete this project Chelmsford Lions will be donning their gardening gear and wellies, hefting spades and wheelbarrows, for some months to come.

Meanwhile, our ongoing activities have included spectacle collection, and participating in our **Double Trouble quiz sheet** on chelmsfordlionsclub.org. [UK website](http://chelmsfordlionsclub.org).

Chelmsford Lions at Barrow Farm working on the Sensory Garden.



Clacton on Sea Lions

Soft Toy thankyou

Each year Clacton Lions Club finds new homes for approximately 1,500 soft toys and raises fund whilst having fun. Our prize every time soft toy game is very popular and we love to take it to the fetes and fairs in the Summer months. So where do we get this vast



amount of good quality soft toys from? We have built up a good relationship with local groups and charity shops who keep us supplied. Each toy is checked over, washed and ready for its new home. Lion President Keith recently visited The TPRS recycling hub in Tendring, to present them with a cheque. He also visited The Second Act



Charity shop in Holland on Sea and they were surprised to be presented with a cheque. We are very grateful for the support that these and other groups show us.

Time for anothers social

We do love our social events – and a coffee morning gathering in the Bluebird Tearooms in Clacton was another popular met up. 15 Lions and their partners 'took over' the vintage tea room for a couple of hours. We even had a - very much in the future prospective member - Dexter age 1 join us. Like most of the Lions there, he sampled their yummy breakfast menu.



Quiz Sheet Sales in new venues

Our President Keith chose The Lions Brain Tumour Research Appeal to be the recipient of the funds raised from the proceeds of Quiz Sheets during his year. Lion Adrian not only puts together these quiz sheets, but he gets them fully funded by a local printer in Clacton. Paper printing costs and prizes are all sponsored so 100% goes to the



Charity. As we cover the whole of Tendring – 132 square miles, we decided to try two new venues. The Co-op in Manningree and Morrisons in Harwich. Both stores made us very welcome and once again, we had lots of conversations from people who had lost their loved ones with a Brain Tumour and were very happy to support our appeal. We also gave out a few MIB's and plugsters too.



Just one more cheque

Walton and Frinton Lifeboat crew were unable to come to our cheque presentation evening in January, so we went to the boathouse in Walton to present it to them. It was a family affair !! Volunteer and Fundraiser Roy Openshaw, with son (and volunteer) Gary and daughter in law (and volunteer) Amy were there to receive it.



BECCLES & DISTRICT LIONS CLUB

Proudly making a difference in **Our** Community

54th Charter Anniversary Dinner

Lion President Christopher Eglington MJF and the Members of The Beccles & District Lions Club cordially invite you to join us in the Celebration of our 54th Charter Anniversary.

This is being hosted at The Masonic Lodge, 101 The Avenue, Lowestoft, NR33 7LJ - this year on **Sunday 23rd April 2023**. Dinner will be served at 5.00pm with the Bar opening for pre-dinner drinks at 4.30pm. The Lodge has provided a delicious mouth-watering menu and, following the Charter formalities, there will be a Grand Raffle and of course, a guarantee of the good company of fellow Lions and our Honoured Guests. Dress is Lounge suits with tie. The cost will be £27.50 per person. Both the Menu and Booking Form are to be found on the district website, and we would be grateful for your response as soon as possible, but at the latest please, by **Friday 31 March 2023**



Please reply to: Lion Fred Helsdon - Charter Co-ordinator

27 Enstone Road,

Lowestoft,

Suffolk NR33 ONE

Telephone: 01502 5143924 or Mobile 07920 320369

Email: fghelsdon@talktalk.net

The Lions Clubs of Southeast Essex

Comprising of Castle Point, Eastwood, Leigh-on-Sea, Rayleigh, and 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 are seeking more
Participant disabled sports
Clubs known to any other
Lions Club
Contact
PDG Rex Palmer (for contestants)
Email: rexp@leightions.co.uk
tel: 01268 750115

We need more volunteers
from Lions Clubs in our
District to assist in running
this remarkable day.
Contact
PDG Tony Prior (for Volunteers)
email Anthony.t.prior@gmail.com
tel: 01792 477993

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

All contestants, carers, and volunteer helpers 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.

Opening Ceremony



Thanks to our Sponsors



Field Events



Archery by
Southend Archery Club

also Javelin
Discus
Bowls
Pétanque
Shot Putt

Indoor Events

Robot Table Tennis
Hoopla
Bomber Darts
Shove Ha'penny
Ball in a Bucket
Table Cricket
& many more



Entertainment



Yard Arm Music
Tombola
Wheelchair Rally



and finally

PRESENTATION OF THE MEDALS





Lincoln Lions are holding their
Annual Quiz night in aid of
Local Dementia Charities
On Friday 31st March 2023
at 7:30pm
At the Castle Ward Club
Lincoln (LN1 3JN)
£5 per person (max 6 per team)

As a private members club we will need names and addresses
of all persons attending on the night.

Please email the details to Paula by
the 26th March 2023
on paulamellows@hotmail.com



Caring Friends for Cancer and
Dereham Lions
Are hosting a
Book Fair

(Lots of books, jigsaws, CDs and DVDs
to buy at fantastic prices)

Sunday 5 March
10 – 3

Toftwood Social Club

Lion President Steve Williamson
wishes to cordially invite you to
join him and his members to
celebrate

Southend-on-Sea Lions Club

53rd Charter Anniversary Lunch

on Sunday 14th May 2023 at
1pm

Price per Head £25.00

VENUE

Chalkwell Park Rooms

**Chalkwell Park London Road
A13**

Essex SS0 8NB

Contact Nigel Folkard

nigel.folkard961@btinternet.co

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

CORONATION BALLOON RACE

VIRTUAL RACE =
ENVIRONMENTALLY
FRIENDLY!

TO RAISE FUNDS FOR THE LIONS
BRAIN TUMOUR RESEARCH APPEAL

£5 PER BALLOON
WWW.BALLOONRACE.NET/LIONSMD105

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

Race launches at MD Convention on
Sunday 7th May and ends on Sunday 14th May

SCAN ME

Find us on

Charity number 1181428

Chelmsford Lions will be holding their Charter Anniversary Dinner:

On the evening of Friday 23rd June 2023.

The venue will be The Ivy Hill Hotel, Margaretting.

The cost is being finalised but likely to be about £37.

Dance the night away to a live band. More details to follow.

You may also be interested in our quiz sheets called Double Trouble, one round of general knowledge questions followed by round of cryptic questions and anagrams.

Quiz sheets are £2 or a donation with funds going to the Children's Burns Club at Broomfield Hospital.

Quiz sheets can be downloaded from our website: www.Chelmsfordlionsclub.org.uk

Please note the deadline for entries has been extended to 31 March

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today
 27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
ACTION FOR HAPPINESS		Happier · Kinder · Together				

IMPORTANT INFORMATION.

Due to a change in the supplier's conditions the Newsletter and Bulletin emails will be distributed via a new supplier beginning on March 10th.

You should not notice any disruption, but please be aware that there may be!

THE UNUSUAL PUB VIRTUAL RALLY QUIZ CHALLENGE



A Fun virtual rally quiz with a Unusual Pub theme, with twist and challenges to be solved along the way and answers to be decided.

Show your detective skills. Your time starts only after you enter the quiz and those who answer the most correct answers in the quickest time win

www.lionsbraintumourappeal.co.uk

Sign up now



Email: vxallies@lionclubs.co.uk

The Race starts Friday 3rd February '23 through to Friday 7th April '23. Sign up to get a direct invite (or join via Facebook) and complete the Rally as quickly as possible

facebook.com/LionsBTR/



LCI MD105 Brain Tumour and Paediatric Cancer Foundation. Registered Charity Number 1181428 (England and Wales)
Lloyds Bank PLC, Blackheath Sort Code 30 09 89 Account Number 45064468

