

The Bulletin

November 10 2023



LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024

The latest from the District Governor.

On 1st November I attended Wisbech Lions club meeting and enrolled Darren Clements as a new member with another possible member as a guest. Welcome Darren to the family of Lions.

This was followed by our second cabinet meeting of the year in Peterborough. This was well attended, and a lot of interesting discussions took place. During the morning was the judging of the young ambassador final and both candidates were there. After lunch, the winner was announced and well done to both of the finalists who were presented with District Governors certificate of appreciation. Mollie Speed was the winner and congratulations to her. She was presented with the International Presidents personal Pin by PID Phil Nathan, then she gave a brief presentation on her project, she followed this with a short talk on Leo's.

On Wednesday 8th November, after a lot of work the collected glasses from clubs in Norfolk, Suffolk and Essex were finally taken to headquarters by 2nd VDG Chris and me in two vans. We took approximately 500 boxes each containing between 200 and 600 pairs of spectacles. At Birmingham we met up with Council Chair David and Andrew Wilcox who themselves had used the Peterborough minibus to take a further 50 - 60 boxes.

My apologies to Dereham Lions as unfortunately there was no room in the two vans for their boxes of glasses. These will definitely be taken in our next delivery in December.

Thanks Chris, for your help.

The attached picture shows some of the glasses in one of the vans and as Brigitte put it " the Chuckle Bros Incorporated Spectacle removal Co".

The 3- and 5-year certificates for our newer members have now been received and the DG team will get them out to the respective members as soon as possible.

We have still not received the long service chevrons and certificates for our longer serving members from America, these again when we get them will be given out by the DG team.

Sadly, we have lost two Lions to higher service,

Lion Peter Jackson from Caistor and District Lions club and Lion Colin Lambert from Allteborough Lions club.

Our thoughts are with their families at this sad time.

Paul



West Norwich Lions



It was suggested to us that we should join in the fun of Halloween outside a popular local Fish and Chip shop in Costessey. The staff dress up and decorate the shop (where hygienic to do so) while handing out sweets to the children who along with their parents pass the shop.

Entering into the 'spirit' (notice the pun) of the night, our President Nun Steve Moore, Secretary Witch Patricia Moore joined by 1st Vice President Carole Sewell and Treasurer Paul Dennis ensured only treats and no tricks were handed out. Dressed to attract as much attention as possible while advertising our aim to collect for local good causes and charities. Of course, dressing up is usually reserved for helping out the great man in red during December. Maybe that's why the occasional Merry Christmas crept in but as it was all in aid of good fun and much laughter, nobody minded. Apart from the money raised we feel it is so important to keep the West Norwich Lions in the minds of our local community as a group to contact in times of need and well as real people who like to have a joke and some fun.

Chelmsford Lion Club Summer review and Autumn programme

A new Sensory Garden at Barrow Farm Riding School for the Disabled at Highwood is nearing completion. Past President Andrea Cooper has designed, and project managed construction of this landscaping project with input by volunteers from Chelmsford Lions Club, the Good Gym, and the Riding School. The work involved clearing trees from the site against the Eastern elevation of the Main Indoor Riding School Arena, then removing paths and hard core to create a pleasant, landscaped garden with a ramp down from the Arena building leading into a new patio with seating surrounded by attractive planting. It incorporates wheelchair access with accessible raised planters to enable the school's users and their families to have an enjoyable outdoor experience with picnics; 'tea with a pony' and outdoor space when there are competitions.

During the summer, our annual charter was held in June. Our charity work included supporting Diabetes UK at the Great Dunmow Soap Box Derby; Farleigh Hospice at Maldon Splash Out and having a stand at the Writtle Fair. Support for Well-being has included funds given to the Wilderness Foundation to promote the Environment for young people; giving out blood stab kits to Riverside Leisure Centre and several Chelmsford pubs; as well as distributing 'Message in a Bottle' that paramedics use to identify medication needs of older vulnerable persons at a recent Sting tribute concert in Witham.

During July we took part in the Chelmsford Carnival activities that coincided with a visit from Narbonne Lions. 'Preparation for our entry into Chelmsford's Eco carnival took some weeks and we took advantage of space in a pop-up shop to raise the profile of the club as we built our 'float' on a handcart, accompanied by our own Lion. The float comprised a 'pyramid' adorned in Lions blue and red with our emblem, displaying different areas of service: spectacle recycling, fruit and veg gleaning and Message in a Bottle, topped off with a globe and national flags representing our international organisation. With our French connection, one of our French visitors functioned as 'Monsieur Le Starter' at our Pig Race in Oakland Park. Subsequently, after treating our French visitors to Boules on the beach at Frinton-on-Sea, we held our Presidents' Changeover from Andrea Cooper to Jim Thomas.

Our Autumn programme has included a Fashion Show at John Lewis's Chelmsford store generating funds for a Well-being charity called Grapevine serving the Over 18s with learning

disabilities, a The Fashion Show was a first for Chelmsford Lions Club and a roaring success, raising more than £1300. The club worked closely with retail staff who helpfully supported the event, which featured clothing from their autumn collections, worn by models from both our club and the charity. One hundred Attendees enjoyed a welcoming glass of Prosecco and a goody bag before then watching an afternoon of themed fashion that included casual daywear and the all-important evening wear, vital to any 'Lion about town.'



We also held Rock 'n Roll Curry evening in aid of the homeless charity Chelmsford Lions Club. Ongoing community has included spectacle collection, helping Havens Hospice to Marshall Chelmsford Marathon, and continuing to raise funds. Coming shortly, we plan to contribute to Chelmsford Community Radio commencing in November and to get Santa's Sleigh out once again for his Christmas tour of Chelmsford.



Mablethorpe Sutton District Lions Club

Club "Santa" on his first visit of the year on Saturday 21st October 2023 to attend Holivans Xmas Children and Family Party. A great party attended by Santa (Lion President Steve Holland), Lion Paul Denton and Helen Denton and Gnome (Lion Peter Mills).

Santa and his friends looking forward to more parties in late November and December 2023



Spalding Lions



On Saturday 7th October, Spalding Lions attended the annual Spalding Pumpkin Festival. We sponsored the 'Fancy Dress Competition' and our 'Lion' aka Lion President Stuart and Lion Eileen helped to choose the winners. We had our stall with tombola, various games and free balloons for the visitors to the event. On what was a warm early Autumn Day, we engaged with the hundreds of visitors and had a successful day raising funds



Spalding Lions President Stuart East together with other Lions members, recently presented a cheque for £1500 to Dr. Liz Murray who is a volunteer for the 'Hope For Tomorrow' charity, after raising funds at a recent 60's, 70's & 80's evening held at Ayscoughfee Hall School.



Dr. Murray explained to Lions how vital donations are to keep this unit up and running, providing essential local cancer treatment. With no NHS funding, donations like this are so valuable and help many patients from our area. The mobile cancer unit helps patients fit their treatment into their lives rather than having to fit their lives around their treatment. Being treated locally with other local patients often builds a sense of togetherness and community on the units, resulting in a relaxed and friendly treatment environment.

Lion Elaine Mothers said "We are very proud as Lions to be able to make this contribution to this valuable unit. Thanks must go to those who supported the event, Ayscoughfee Hall School for use of venue, Alistair Cook for the disco and Trevor Sharpe Hog Roast of Gosberton who supplied the food."



Lincoln Lions.

In early 2019, Lincoln Lions was approached by the south Wales male choir. The choir had a wish to perform in every cathedral in the UK hence why they contacted Lincoln. So started the journey for Lincoln Lions and hosting a concert in the great Lincoln Cathedral - Lion Don Stewart took on the mantle to organise a concert in the cathedral to celebrate Lincoln Lions's 50th year - that concert was to be held in May 2020, but we all know what happened earlier in 2020 - Covid! The concert sadly had to be cancelled and since that date Lion Don has since sadly passed away.

But the story doesn't finish there!! Late last year. The club was yet again contacted by the choir to see if we could resurrect the concert at the cathedral, and in memory of Lion Don, it was decided that we would, so began my journey in organising the concert.

To complement the man on the night I thought it would be nice if we could approach the local RAF base - RAF Waddington to see if the military wives choir would like to also attend the concert which they agreed to do.

So the date was now set for the 22nd of September 2023, (3 and a half year late). On the night friends, family, many Lions and the general public attended the evening at Lincoln Cathedral - What a great night it was. The Welsh Choir and the Military Wives jointly sang a couple of songs as well as doing their own songs. The cathedral sounded great.

I know, Lion Don would've been looking down on the event that evening, and I hope we made him proud, all monies raised from the evening will be donated to local cancer charities as well as the Military Wives foundation.



Hykeham Lions
SCAVANGER HUNT



Sunday 26th November
13:00 - 17:00
The Tower - 38 Westgate Lincoln
£5 Per Person - Maximum 4 to a team
At least 1 member of each team must have a smart phone or digital camera



Help Us Beat Blood Cancers & Disorders

More than 40,000 people are diagnosed with a blood cancer in the UK every year and thousands more with blood disorders. LIBRA is the official haematology charity for King's College Hospital in London, and we need your support to make a difference.

Funds you raise will help to ensure patients receive the best possible care. LIBRA funds groundbreaking research, development of new treatments, medical equipment, and ward enhancements.

Together we can tackle blood cancers and disorders - leukaemia, acute myeloid leukaemia, sickle cell disease, aplastic anaemia and so much more.



In support of the
**MD105 BRAIN TUMOUR AND
PAEDIATRIC CANCER FOUNDATION APPEAL**
LCI MD105 Brain Tumour and Paediatric Cancer Foundation
Registered Charity Number 1181428 (England and Wales),
Lottery Registration Number LN/00004450



Lions Clubs International British Isles is committed to raising £1,000,000 to help fund sustainable research at the UK Centres of Excellence established by the charity Brain Tumour Research.

This game-changing partnership will have a legacy through the creation of a special Lions Clubs Laboratory. The fundraising efforts of Lions across the UK will also be given recognition on Brain Tumour Research's Walls of Hope in support of all those within the Lions and the wider community who have been affected by this devastating disease. Trustees of MD105 Brain Tumour and Paediatric Cancer Foundation (Charity Reg. No. 1181428 England and Wales) wish to raise funds for the appeal.

EACH TICKET £2.50 each month

Monthly Prize Fund will be 40% of monthly income from Ticket Sales.
FOR EXAMPLE - 250 MEMBERS @ £2.50 A MONTH
PRIZES TO A TOTAL OF £250 MONTH + £250 ANNUAL BONUS

By joining the 250 Club you can help us meet our long-term goal of raising £1m towards vital Brain Tumour research **"together we can find a cure"**.

The 250 Club is a private lottery and is open to all members of Lions Clubs International in MD105, their family and friends. As a private lottery you must be invited to join, you will be allocated a number and tickets are not transferable.

You must be **aged 16 or over** to join.

Each month:

There will be a total prize draw valued at 40% of income from tickets sales in that month.
If 250 Members Prize Fund will be £250 as follows:
1st prize = £125
2nd prize = £75
3rd prize = £50
PLUS, Annual Bonus Prize of £250

Prize fund will be scaled if less than 250 members.

You may buy more than one ticket each month.

You will be asked to pay for 12 months in advance (£30 for each number) preferably by Standing Order.

CHARTER INVITES

WROXHAM AND HOVETON LIONS CLUB CIO

The President of Wroxham and Hoveton Lions Club and its members cordially invite you to their 48th Charter Lunch on Sunday 28th January 2024 at :-

The Old Rectory Hotel, Crostwick Lane, Crostwick, Norfolk, NR12 7BG.

12:30 for 13:00.

Dress:- Gentlemen Smart Casual, Ladies dress to impress.

The cost will be £31.50 per person. Cheques will not be cashed until on or around the due date. Those wishing to pay by BACS please let us know, and we will send you the relevant details.

MENU

Starters:

- A. Homemade Tomato and Roasted Red Pepper Soup, served with hot crusty bread(v).
- B. Prawn and Crayfish salad topped with a classic Marie Rose sauce and served with bread and butter.
- C. Farmhouse Pate' served with Apple and Real Ale Chutney and Melba Toast.

Main Course:

- D. Slow Roasted Salt and Peppered Topside of Beef served with homemade Yorkshire Puddings.
- E. Roast leg of pork served with crispy crackling, sage and onion stuffing and bacon wrapped sausage.
- F. Oven poached fillet of Salmon served with a hollandaise sauce and finished with fresh watercress.
- G. Parsnip, Chestnut, and Sweet Potato bake, topped with crispy sautéed potatoes and finished with melted cheddar (V) or (VG)

Dessert:

- H. Vanilla cheesecake topped with either fresh strawberries or raspberries and a red berry sauce.
- J. Homemade Bramley apple pie served with custard.
- K. Warm chocolate brownie served with vanilla ice cream and a warm chocolate sauce.
- L. Cheese and Biscuits (a £2.50 supplement will apply if ordered)

Fresh Ground Coffee or Tea and After Dinner Mints.

WROXHAM & HOVETON LIONS CLUB 48th CHARTER LUNCH

FROM.....CLUB

Name Lions Position Starter Mains Dessert Any food allergies etc

Name	Lions Position	Starter	Mains	Dessert	Any food allergies etc

Please return with your cheque, payable to WROXHAM & HOVETON LIONS CLUB to PDG Dennis Moxon, 133 Norwich Road, Wroxham Norwich NR12 8RY

Please ensure bookings are returned by Jan. 21st 2024 Cheques will not be presented until approx 1 week prior to the event



Louth and District Lions Club

55th Charter Anniversary Dinner

The Brackenborough Hotel

Cordeaux Corner

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

Sleaford and District Lions Club will be celebrating their 50th Charter Anniversary in 2024.

The Charter will be held at the Solo Bar and Restaurant, Market Place, Sleaford on Sunday, 12th May 2024. It will be a celebration lunch commencing at 12.30 pm for



1pm.

Further details at to menu choices and cost will be distributed at a date nearer the event.

This hopefully serves as a Save the Date entry in your diaries.

The members would love to see you there to celebrate the half century.

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