

The Bulletin

October 20th 2023



LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024

The latest word from the District Governor.

On Monday 9th October I attended the Nottingham West club branch meeting. What a really lovely meeting and I had the pleasure of inducting a new lion into the club.

Welcome Powinder to the family of Lions. After the meeting there was an excellent meal laid on and thank you all for your hospitality and friendship.

On Tuesday 10th October I attended Peterborough Lions Club meeting. This venue where the meeting should have been, had a problem with sewerage so we rapidly moved to a local pub who thankfully gave us a room to ourselves. A good meeting followed with again plenty of friendship and with some very interesting ideas that can be passed on to other clubs.

Sue and I then went away for a four-day break in Northamptonshire in a lovely hotel and spa celebrating our 25th wedding anniversary getting back home on the 16th just in time for the ICT meeting and getting ready for another weekend away with the council of governors.

Take care and continue to be 'The Heart of Your Community'.

Paul



TRAVELLING LION COMPETITION

Don't forget to submit your details for the Travelling Lions competition, details can be found in this link.

<https://www.lions105ce.org/competitions.html>

Some of you may still have the old forms - these are still fine to submit but please return them to competitions@lions105ce.org.uk (this can be a scanned copy, an e-copy or a photo of your form)

Or even by post to:

**Lion Jaime Speed. 18, Lowestoft Road,
Gorleston, Great Yarmouth. Norfolk. NR31 6LY**



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision



Bleed Control Kits



It all started with a visit by some members of Billericay Lions Club to Braintree Lions Club on 10th October 2022. Trevor Hull, one of the members of Billericay's visiting party, was sufficiently inspired to help a member of the public who was making a presentation to the Braintree members that evening.

Back in January 2020, Julie Taylor lost her nineteen year old grandson Liam when he was stabbed multiple times outside a pub in Writtle in Essex. He died almost instantly. But his death may have been avoided if a Bleed Control Kit had been available at the time.

It is a sad fact of life today that we are all living with rising knife crime. The devastation that this can cause a grieving family is all too clear to be seen if you speak with Julie.

Since then, this grieving grandmother has devoted her life to preventing other families suffering the same tragic loss as hers. She set up the Liam Taylor Legacy with a

view to raise awareness about these lifesaving catastrophic Bleed Control Kits and more importantly to raise money to purchase as many of these kits and distribute them to as many venues in Essex as possible. So far, she has raised in excess of £33,000.

These public-access specialist first aid kits are carried by the Army and air ambulance crews, and they include items which could save a life, including large "specialist plasters" to seal the most severe stab wounds until help arrives.

Putting on his Zone 2C Chairman's hat Lion Trevor could see that this was a very worthwhile project that our district should be getting behind. Trevor has already started to ask the clubs in his zone to agree to purchase 5 of these lifesaving kits each and with the agreement of our District Governor and the Immediate Past District Governor Trevor would now like to encourage all the clubs in our district to get behind this District Project.

These kits, which cost £105 each can be purchased by emailing Julie Taylor Julietaylor195@gmail.com directly. If your club should decide to support this worthy cause, could you please notify Lion Trevor Hull zone2c@lions105ce.org.uk of how many bags that your clubs have agreed to sponsor or if you have already done this please so that he can keep a record.

If you would like Julie to come to your club to speak more about this project, please feel free to get in touch with her to arrange a visit.

Lion Trevor Hull - Zone 2C Chair

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World Diabetes Awareness Day 14th November 2023

World Diabetes Day 2023 is a global awareness campaign that aims to raise understanding about diabetes, advocate for improved diabetes care and prevention, and support those affected by the condition. This day serves as a rallying point for the worldwide diabetes community, including healthcare professionals, organizations, and individuals, to address the growing diabetes epidemic.

What is World Diabetes Day?

World Diabetes Day is an internationally recognized event that was established by the International Diabetes Federation (IDF) and the World Health Organization (WHO) to address the rising concerns about diabetes. It focuses on raising awareness about diabetes, its risk factors, and the importance of early diagnosis and effective management.

When is World Diabetes Day 2023?

World Diabetes Day is observed annually on November 14th. In 2023, it falls on a Tuesday, providing an opportunity for a week of diabetes awareness activities and initiatives.

How to Participate in World Diabetes Day 2023?

Participating in World Diabetes Day allows individuals to contribute to diabetes awareness and support those affected by the condition. Here are ways to get involved:

- **Wear Blue:** The official colour of diabetes awareness is blue. Wear blue clothing or accessories to show your support.
- **Share Information:** Educate others about diabetes, its risk factors, and the importance of a healthy lifestyle.
- **Get Tested:** If you are at risk for diabetes, consider getting tested for early detection and intervention.
- **Support Diabetes Charities:** Contribute to organizations that fund diabetes research, education, and patient support programs.
- **Advocate for Diabetes Care:** Advocate for policies and healthcare improvements that enhance diabetes care and accessibility.
- **Organize Awareness Events:** Host or participate in events, workshops, or seminars that raise awareness about diabetes in your community.

Relevant Hashtags

When sharing your support for diabetes awareness and participating in discussions about World Diabetes Day 2023 on social media, consider using these relevant hashtags:

- #WorldDiabetesDay
- #WDD2023
- #DiabetesAwareness
- #KnowYourNumbers
- #T1D
- #T2D
- #DiabetesPrevention

By using these hashtags, you can join the global conversation about diabetes and connect with others who are dedicated to raising awareness and supporting those affected by the condition.



The Vale of Belvoir Lions 44th Charter Dinner Invitation

Lion President Nigel Davies would like to extend a club invitation to celebrate with us.

Saturday 18th November 2023 - 7.00pm for 7.30pm until 12.00am

The Nottinghamshire Golf Club, Cotgrave, Stragglethorpe Notts, NG12 3HB

Entertainment: Disco by "Lions Disco" Dress: Formal dress / Black tie / dark lounge suit.

Price: £37 per person. Cheques payable to: "Vale of Belvoir Lions Club"

Bacs – Vale of Belvoir Lions Club Trust Fund Account no: 20396781, Sort Code: 60-83-01

- **Menu is attached** - (Other dietary requirements available upon request)
Please reply with menu choices by **18th October 2023** to: Matt Burton - 24 Rutland Lane, Bottesford, Leicestershire, NG13 0DG - Mobile 07540 935478 - email mattgburton@gmail.com
- **Bus transport** to and from Bottesford will be available if there is enough demand - please message Iain Murray on 07521 042302 asap if you would be interested.
- **Limited overnight accommodation** is available at the venue - please enquire with the venue directly

The Vale of Belvoir Lions 44th Charter Menu

3-Course Event Menu

Choice menu

To start

Tomato & red pepper soup, with basil pesto (gf) (v) (ve)
Ham Hock Terrine served with ciabatta
Prawn Cocktail, iceberg lettuce and Marie rose sauce (gf)

Main course

Channa Masala served with rice, naan bread and mango chutney (v) (ve)
Chicken breast stuffed with mushroom duxelles, fondant potato, seasonal vegetables topped
with a creamy white wine and mushroom sauce (gf)
Seabass, fondant potato, seasonal vegetables topped with a watercress sauce (gf)

To finish

Raspberry Cheesecake
Chocolate brownie served with white chocolate custard
Fresh fruit salad with house sorbet (gf)

Clacton on Sea Lions Club (CIO)
Come and Join Our Celebrations

Lion President Paula, would like to invite you to join us to celebrate our 44th Charter Anniversary.

We are holding a Dinner and Dance at Clacton Golf Club, West Road, Clacton on Sea, CO15 1AJ on **Saturday 28th October**. The evening starts at 7.00 p.m. for 7.30 p.m. and will finish at 11.30 pm. The cost this year will be £39 each but **only £36 each if paid by Friday 20th October**.

To book just complete and return the Form and return it with your cheque payable to "Clacton on Sea Lions Club (CIO)" as soon as possible but in any event **no later than Friday 20th October**. Details may be found on the district website.

The please use the code letters when completing the Booking Form to indicate your choice of menu and include any special dietary requirements as applicable.

Wrinkly Rockers
Appearing At
Castle Ward Club
Friday 27th October

Admission **£8**

1950s & 1960s theme

A Super night of nostalgia
KINGSLEY ST, LINCOLN LN1 3JN
DOORS OPEN 7.00PM - 11.30PM
In aid of Lincoln Lions

To book tickets call Dave Langlands 01522 753053
Charity No 1178270 Theresa Walker 07735 575707
or Castle Ward Club 01522 567175



**Southwell & District
Lions Club (CIO)**

Registered Charity No. 1186703

November Charity Quiz

Raising funds to support our local community and overseas Lions appeals



Friday 10th November : 7.00 for 7.45 start
MINSTER SCHOOL, SOUTHWELL

£7.50 per person. Bring your own food
Licensed bar. Teams of up to 6

Please book in advance as numbers are limited.

Contact Graham Coulson on 07777 635833

**Or email grcoulson64@live.co.uk
lionsouthwell@gmail.com**

LIONS A47 TROPHY

BEETLE DRIVE

SATURDAY 28TH OCTOBER

GREAT DUNHAM VILLAGE HALL

PE32 2LJ

7 – 10pm

£7/HEAD - TEAMS OF FOUR

Traffic Light Soup and Roll Supper

Tea and Coffee

Bring your own Alcohol and cold drinks

Please book on 07736 795678

by 20th October.



Boston Lions Club



Incorporating Boston Lions Club Charitable Trust
Registered Charity No 514633
Neal Robinson Charitable Trust
Registered Trust No 510105



Dear Lion Club President

Lion President Stephen Robinson and the members of Boston Lions Club wish to invite you to join us in celebrating our 49th Charter Anniversary with Afternoon Tea at the White Hart Hotel, High Street, Boston, PE21 8SH on Sunday 12th November 2023, 2.30 for 3.00pm. The cost of the event is £16 per person and dress is smart casual/lounge suits.

The format for the event is afternoon tea (finger sandwiches, a selection of cakes, traditional scones with clotted cream and jam accompanied with tea or coffee) followed by speeches and presentations. An early response would be appreciated, with numbers being limited; please send replies to myself by 24th October 2023 indicating the names of those attending and any special dietary requirements. Should you wish to make payment by BACS our club bank details are sort code: 30-91-04 and account number: 00493265; cheques made payable to Boston Lions Club.

01205 750856

We do hope you will be able to join us to celebrate this special occasion.

whjaquesandsons@gmail.com

The members of the New Century Lions Club of East Anglia would like to invite you to join them to celebrate their **Twenty Second** Charter Anniversary.

Friday 17th November 2023

Quiz Night at 7.30pm

Sandown Suite of the Imperial Hotel

Tickets are £5 per head (maximum of 6 per team)



Saturday 18th November 2023

Charter Dinner & Dance at 7.00pm for 7.30pm

Sandown Suite of the Imperial Hotel

Tickets are £38 per head and include a three-course meal and dancing until 2am

Dress for the evening will be formal.

Accommodation for the weekend is available at a cost of £50.00 per person per night based on 2 people sharing a room inclusive of full English breakfast.

Limited single rooms are available at the same rate.

Double rooms for single occupancy have a supplement of £25.00 per night.

Book directly with the Imperial Hotel on 01493 842000 stating

New Century Lions Club of East Anglia when booking.

Accommodation will be allocated on a first come, first served basis.

A limited number of rooms are available for those wishing to stay an extra night on **Sunday 19th November 2023** on a first come first served basis.

We hope that you will be able to join us for the weekend.

If you require any further information, please do not hesitate to contact us.

Full details and forms can be found on the district website

Please return completed form with deposit to:

Lion David King, 85 London Road South, Lowestoft, Suffolk, NR33 0AS

Phone: 07909 922077 or Email: davidmufc@sky.com