



Lions Clubs International

British Isles District 105CE

At the heart of your community



105CE October 2022 Newsletter

Diary of a DG - September 2022 – Month 3, Another busy month!

4th September. Having been a member of Lions for over 20 years, I had never managed to attend the District Fun Day, until this year, that is. We met at the Great Yarmouth racecourse at around 9.30am, just in time to see the first guests arrive. Tea, Coffee, and snacks were available, and the children soon settled down to watch the brilliant entertainer with his Punch and Judy show, great to see that this is still a favourite with the children. He followed this with some circus skills, which I couldn't avoid getting involved with. My jiggling skills were a bit rusty but my plate spinning skills were none existing. Leave it to the expert!



After a quick lunch we all travelled across to Thrigby Hall Wildlife Garden, which was another first for Sue and me. This is such a lovely place with so many animals, including Tigers, Leopards, Red Pandas, Gibbons, Monkeys and obviously Meerkats. I think the children enjoyed it, we certainly did, including the Ice Cream. All this for just £12 per person. The numbers were significantly up on recent years and with your help this event could grow even more. Please support the project next year and enjoy a lovely day out. Thanks to all those who organised this great event. Keep up the great work and we hope to return next year for another Ice Cream.

The next few days were a whirlwind of meetings, all necessary to make our projects and events work.

5th September A Lions Share meeting, this event is really starting to take shape now and we are really excited about it. We have now received service project reports from 26 Lions Clubs, many of whom have shared multiple projects, so we have loads to share. The attendance figures are also still rising, and at last count we were approaching 60 attendees, which is excellent, although, there is still room for more!

6th September Global Action Team webinar with Lions from across our Constitutional Area, so we could hear how each of our various Districts are getting on and share more ideas.

7th September Another Feeding the 5,000 (F5K) meeting. We have an amazing team working on this, our third F5K event, which will take place on November 5th in the Corn Exchange in Lincoln. Where we will be aiming to feed 1,000s of people for free using food that would have been wasted. AT the same time, we will be promoting our many and various service projects to the thousands of people who will pop by for a free meal.

8th September Attended the Edwinstowe and Dukeries Lions Club meeting, accompanied by Lion Graham Venables. This club has quite a few newer members, and Graham and I enjoyed the evening sharing ideas, hearing their thoughts and concerns. I have been lucky to really start to build strong relationships with many of these members recently, largely through their involvement in gleaning. This never fails to amaze me how much people enjoy being out in the fresh air doing a bit of light work, feeling they have made a significant contribution to reducing

food waste and feeding hungry people, but also, socialising together over a shared meal, if you're quick enough.

9th September Global Membership Approach (GMA) meeting. This is a new format for Lions that aims to concentrate our efforts around 4 key areas, 1) New Clubs, 2) New Members, 3) Member Satisfaction and 4) Leader Support. All these are crucial if we are to reverse the declining membership of this brilliant association. We are very capable of gaining new members, we are poor at creating new clubs, we are poor at retaining our members and we are getting better at supporting our leaders. For me Member Satisfaction is key to retaining members, we need to make sure we make our members feel welcome, we need to listen to their thoughts and ideas and find ways to incorporate some of these into our clubs. No one has all the good ideas but working together we can mould most ideas into something of great value.

Together We Can.

10th September Southwell & District Lions 40th Charter at the lovely Floral Media. The company and the food were excellent, and a great night was had by all.



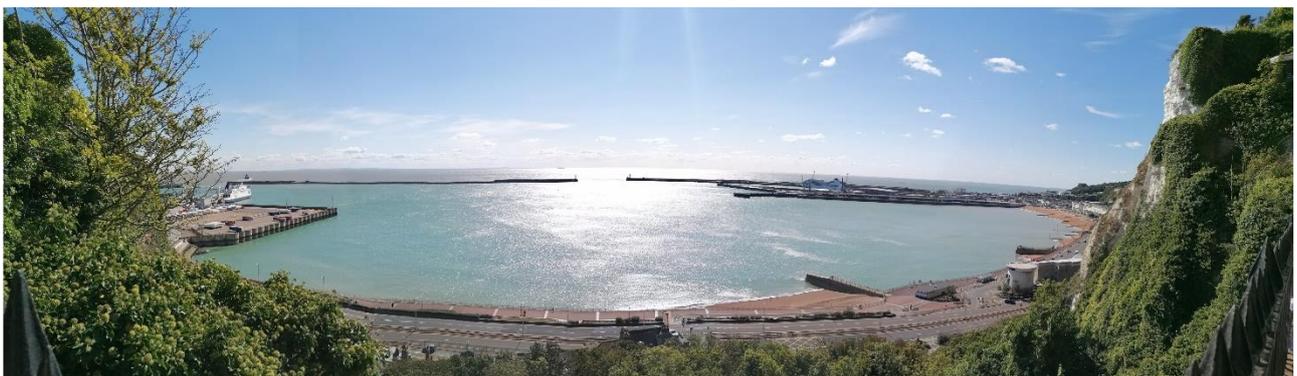
11th September Up early for a drive to Head Quarters in Kings heath for a Youth Exchange meeting. Next year District 105A will hold a Youth Exchange camp for 10 days and each other District are being asked to provide hosting for 10 days for around 8 young people between the ages of 18-21 years old. I would love it if our District could accommodate these young people?

13th September Back to Southwell for their Lions meeting. An excellent and well attended meeting, so much going on, including a huge amount of gleaning. There are two big opportunities for gleaning in the area, Farmeco which is a beautiful agroforestry farm and Starkey's Fruit farm which is a commercial orchard with some 265 none-commercial pear trees. Southwell Lions along with many friends from other local clubs including Edwinstowe and the Dukeries, Vale of Belvoir, Retford and others continue to harvest tonnes of delicious fruit and get it distributed to those in need.

15th September Another Lions Share meeting. Plans are really taking shape.



16th - 18th September Twinning weekend in Dover. This weekend away was planned to allow us to formally sign or renew twinning agreements with three of our five twin Districts, France Nord, Netherlands 110CO and Germany 111NH. We welcomed 8 international guests from the above Districts along with many Lions from our own District. The aim of twinning is to build bonds of friendship between our nations, for me this starts socially, making friends and sharing ideas, it then builds into serving alongside one another.



We already have a brilliant record of serving together in Romania, our fourth twin District 124 and we hope to build on this with our other Districts including 133 Ireland.

This isn't something just for cabinet officers though, if you have an interest in becoming more involved with any of our twin Districts let us know, through our twinning officer Lion Theresa Walker.

18th September Sue and I had to depart early to drive up to King's Lynn for their 50th Charter Anniversary, although we made it in good time and called to see members of our own club gleaning apples from a family home in Littleport, we were a bit over dressed but managed to glean a bag full of apples, which we shared at the Charter. The Charter was well attended, and we had a lovely afternoon, learning more about what the club does and reminiscing about when PDG John was DG and visited our New Century Charter.



19th September All meetings cancelled in respect of the funeral of our dear departed Monarch, who epitomised the word service throughout her entire life. Rest in Peace your Majesty.

21st September Strategic Planning Team meeting, these are monthly meetings with the team leaders from within the Cabinet, led by the Immediate Past District Governor (IPDG) David Pope. These meetings are an opportunity to discuss issues, make plans and ensure that together we deliver against our plans.

23rd September Nottingham West Pride Bollywood fundraiser. A fabulous and well attended evening raising money for Rainbows Hospice. Great food, great company and great music even managed a bit of dancing. See Lion President Adam and Steve Scall strutting their stuff. Great fun and well done to the organisers!



23rd & 24th September Gleaning, Gleaning, Gleaning!

Three gleans in two days. Friday and Saturday gleaning at Starkey's Fruit Farm, around 35 volunteers harvested around 2,500kg of pears from 265 trees and are invited back to glean more and a further 100 apple trees, led by Steve Scall and Verdun Webley. Whilst in Stowmarket another team led by Lion Andrea Cooper and prospective Lion Roz Scott harvested around 1,000kg of apples with around 12 volunteers. Both gleans had first time gleaners from Lions and the public. Taking our totals to over 45,000kg gleaned, by almost 180 volunteers. Sue and I attended the Stowmarket glean since we were attending the Littleport Lions Charter that evening.



24th September Littleport Lions Charter anniversary at the Ely Golf Club. Only a small affair but so nice to be with so many friends and to speak at Lion President Ian's Charter. We have known each other for well over 20 years and have shared so many great memories, including Romanian Pride, Leos and walking the South Downs Way. Brilliant evening, entertained by Bondy.

27th September Region Chair and Zone Chair meeting – missed due to working away. What a month!

This role is amazing, we get to see and hear what incredible things you are all getting up to, and more importantly we get the chance to build friendships with you all. Sue and I can't wait to see lots of you next month in various places including Peterborough on the 15th of October.

Take care all, keep up the great work and keep having fun. See below for some sample pages booklet from the 'Lions Share' event on October 15th. **There is still time to book!**

Chris



EASY COOK CLUB

LOUTH & DISTRICT AREA OF SERVICE: 



Project description

An easy cook club was set up by volunteers, supported by Lions in collaboration with Morrisons and Co-op community champions. The focus is learning to cook with basic ingredients like you may get from a food bank.

Louth Lions bought all the equipment and 4 table top cookers. Members help out at each session. The sessions are run weekly in 6 week blocks for adults invited by local schools, Sure Start and the local social work team.

 **15 people served**
(ongoing)

 **35 volunteer hours**
(ongoing)



FOR MORE INFO CONTACT:

Fiona Walker
07805 851086

fionawalker@hotmail.com



EASY COOK CLUB

LOUTH & DISTRICT AREA OF SERVICE: 



What went well?

The initial 6 week run was successful in supporting attendees learning not only to cook, but also great for the social aspect.

Success has led to a further 6 week block and Barnardos asking for a group for youngsters leaving care which is now up and running.

A real confidence boost for attendees.

Lessons learnt

- How to find people in need
- Adapting for needs of different groups



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Fiona Walker
07805 851086

fionawalker@hotmail.com



YOUNG LEADERS IN SERVICE

MARCH AREA OF SERVICE: 



Project description

We celebrate the service given by the Youth in the town by recognising their service with Young Leaders in Service certificates given at a special presentation evening, to which their parents / guardians are invited.

A special local dignitary is invited to present the Certificates along with the mayor and any Lions Leaders that are available.

Photographs are taken and with permission are published in the local press.

A display of Lions Projects is prepared and the parents are made aware of what we get involved with.



FOR MORE INFO CONTACT:

Derek Rutter
01223 849928

derek.rutter@lions.org.uk



YOUNG LEADERS IN SERVICE

MARCH AREA OF SERVICE: 



What went well?

With planning and preparation all goes well, and by serving light refreshments it gives us an opportunity to talk both to the parents and dignitaries to explain what we do.

Lessons learnt

The success means that we repeat this annually.

 **XXX people served**

 **40 volunteer hours**

FOR MORE INFO CONTACT:

Derek Rutter
01223 849928

derek.rutter@lions.org.uk

LIONS LEADERS IN SERVICE

The sad passing of Her Majesty Queen Elizabeth II is a reminder to us all the promise she made to 'serve her subjects' throughout her life something we as Lions seek to emulate by our service to others. But she also set an exemplary example to us all, of strong leadership, compassion, dedication, and commitment and was a Leader in every sense of the word: leading her family, her people, her country and the Commonwealth and being seen and respected as a Queen not only for us but for many all over the world. A remarkable achievement.

But leadership and great leadership for most of us is not something we are born with but something we must learn and keep learning to serve our clubs and our communities to the best of our ability.

As leaders ourselves our role is not just one of facilitating our meetings, acting as a representative of our Club or to manage service events. It is about setting an example for others to follow as the Queen did throughout her long life.

You may have seen the recent newsletters referring to a new initiative called the Global Membership Approach (GMA). This approach focuses on New Clubs, New Members and Member Satisfaction/Retention. But underlying it all and key to its success is an emphasis on strong leadership.

Perhaps as leaders/club officers already you have skimmed through these articles believing they didn't apply to you because you had been a leader for many years and development applies to new leaders not to you. But before you dismiss leadership development altogether consider the part strong leadership played in the Queen's life and remember, as we all need to remember, that we have a responsibility to set an example to all our members.

There has been much emphasis in recent years on the need to increase our membership, something that still holds true today. However, it is not just new members we need to concentrate on. More importantly we are losing members faster than we are gaining them and believe it or not the majority are not members with less than three years' service or those passing to higher service but those Lions in good standing with over three years' service who are choosing to leave voluntarily.

As a Club President myself I know that I am ultimately accountable for my club and its members and whenever someone leaves or talks about leaving, I feel personally responsible even though there may be reasons beyond my control. Nevertheless, I ask myself many questions, but the first question is always, 'Could I have done anything different or better? Was I not listening, or have I not set a good enough example? Have I missed something? Am I becoming complacent? Do I need to change my leadership style?'

The one thing I do recognise is the need to take ownership and to serve my members and if that means learning new ways of working then so be it. I have been a manager most of my adult working life and rose through the ranks to senior management quite quickly. But I never lost my open mind or my ability to recognise the need to change or to learn new ways of working.

If anyone had to adapt to a rapidly changing world it was the Queen herself. Unlike her predecessors her whole life was spent in front of the camera and the world's media. This must have seemed a daunting task at first and not something that would come naturally to anyone. But she was ready, willing and able to learn as she did throughout her life in order to fulfil her promise to serve her subjects. Despite universal changes in technology, culture and way of life over her 70 years reign, she and the Royal Family have learned to adapt to whatever changes have come their way and as a result she is as popular now as she was at the start of her reign, as has been demonstrated so recently by the vast outpouring of grief at her sad passing.

As a Lion in an organisation that prides itself on 'service to others:' as a Lion who vowed to serve those less fortunate than ourselves: and more specifically as a Lion leader, we more than anyone should be aware of our responsibility to serve and to lead by example.

Surely if our Queen can recognise the importance of learning and adapting to change and provide such strong leadership, we too can open our hearts and minds to do the same?

Lion David Broadley.

New Duck House for the Royal Papworth Hospital Pond

The Deepings Lions Club were delighted to donate funds to enable the purchase of a new duck house for the pond at the Royal Papworth Hospital. President Lion Lynne Roberts said: "We are so fortunate having this top-class hospital serving our community and thought a duck house would be appropriate, especially as the club is well known for running its 'World Famous Duck Race'. One of our members recently had a lifesaving operation at Royal Papworth and experienced firsthand the wonderful work they do there".



Megan Sandford, Governance and Engagement Manager at the hospital, added: "I would like to thank the Deepings Lions for their kind donation. We are excited to have a new floating duck house. The ducks bring life and character to the pond which is an important space for all to unwind. We hope that this new duck house will encourage more ducks to make our pond their home".

From left to right: President of the Deepings Lions Lynne Roberts, Barbara Drinkall, Lion Mike Drinkall, Megan, Sandford Governance and Engagement Manager; and Eleanor Speed, Community Fund Raiser.

Southend on Sea Lions presentation.

Lion President Steve presented this donation of £500 to a local sight loss charity, Southend in Sight. The charity chose to purchase a new iPhone for a member of staff who is visually impaired.



The charity decided to invest in a new iPhone for membership assistant, Ann Morris, who is visually impaired herself. Ann runs the charity's bowling group and has received training in how to use the iPhone, from the Southend in Sight Tech Team. Seen in the photo Southend Lion President Steve, Ann, Southend Lion Nigel and Mick in the Tech Team.

PDG Lion Nigel of Southend on Sea Lions Club, visited relatives in Australia during August, while there he contacted St Ives Lions Club, in the suburb of Sydney. He was warmly welcomed, joined them for a pre-dinner meeting, then invited to give a talk on the work of his club, and the other local zone clubs. They in turn spoke of their work including spec collection from 17 local opticians and raising funds by having a sausage sizzle at Bun-nings (like our B & Q stores) A most enjoyable evening.



News from Lions Club of Felixstowe

The recent Antiques and Collectables sale on the Triangle was again a great success and raised just over £600. Many thanks to all who came along and supported us.

Local company, John Good Logistics, runs a charitable fund called the Matthew Good Foundation. The foundation was set up by Tim Good, Director of John Good & Sons in the memory of his brother Matthew Good, who passed away in 2011 whilst taking part in a marathon for charity. He was the 6th generation to work in the family company which has been in business for over 185 years and is still family owned.

The family business donates money to the Matthew Good Foundation each year allowing the staff of John Good Group to apply for grants and support many charitable causes in the UK and around the world. Felixstowe Lion, Dave Cole, who works for the group, was successful in applying for a grant to help support the charitable work the Lions carry out. The Foundation has generously agreed to match fund some of the amounts raised at the Antiques and Collectables sales with donations of £286 and £246.

Last week Lions held their annual Charter Night at the Brook Hotel. Guests included some fellow Lions from Woodbridge Lions Club and David Pope, Lions District Governor. At the start of the evening, we were treated to a comical sketch performed by some of Felixstowe's very brave Lions. The photo shows the 'show' in all its glory. Well done them! Photos also show Lions Dave Cole and Tom Pender receiving Lion of the Year awards from the outgoing President, Richard Woolnough for their sterling service as well as the handover to this year's President, Dave Cole.



The Model Exhibition is taking place again this year. The Leisure Centre has been booked for Sunday 16th October and any type of model collection or hobby can be represented. There is no fee to display and we raise money for our charity from the public entry fee. We would like more exhibitors so for further details please contact John on 01394 273514 where you can leave a message if no reply.

In August Felixstowe Lions were approached to help to organise an event for the Ukrainian families currently living in Felixstowe who wanted to celebrate Ukrainian Independence Day on 24th August to raise awareness of Ukrainian culture, portray current events in Ukraine and



raise money primarily for a Ukrainian charitable foundation, in Kiev, which supports disabled people who cannot escape the war in Ukraine. The day was a great success with over £860 being raised for the charity in Kiev and fun was had by all, as the photos show.



The last Antiques and Collectables Sale of this year was held on September 3rd with over £765 being raised to help Lions with their

work in the community. Grateful thanks to all who came to snap up a bargain!

We are also pleased to have been able to hold several car boot sales on Saturdays in the Grove. The Model Exhibition is taking place again this year. The Leisure Centre has been booked for Sunday 16th October and many types of model collection or hobby will be represented. This is always a very popular event so why not come along and see all the models for yourself. The event is on from 11am till 5pm, £5 admission, with children under 16 admitted free.



The Lions Club are working hard on making sure that the Christmas lights in the town will be as wonderful as always. Light-Up day will be December 3rd with events and entertainment in the town centre. More details nearer the time.

If you are thinking about joining your local Lions Club, please do get in touch through our Facebook page or email info@felixstowelions.org.uk. We are a very friendly bunch and enjoy social events as well as working hard to support the local community and those in need. Our next social event is a supper to be held mid-September, coupled with a beetle drive evening. Should be fun!

If you, or someone you know in the community needs help or if you'd like to join us, please contact us through our Facebook page or email.

Donation helps provide more school breakfasts



Inspired by the charity, 'Magic Breakfast', the Deepings Lions Club donated £250 to help more pupils at Deeping St. Nicholas Primary School enjoy a good breakfast. The charity aims to ensure every child enjoys a healthy nutritious breakfast before school to help them concentrate and achieve their full potential. Deepings Lions President Lynne Roberts and Lion Nicki Waldie presented the cheque at a recent school assembly attended by staff and a large group of excited pupils. In discussing the donation Nicki said: "When I approached the school the staff told

me that they fully understood the importance of pupils having a good breakfast and really appreciated the offer. We were just so pleased that we were able to contribute.

Wroxham & Hoveton Lions Club - Hoveton Village Charity Fete.

After an enforced 2-year break because of Covid, Wroxham & Hoveton Lions restarted their annual Hoveton Village Charity Fete on Sunday, 7th August. Thankfully, the weather was perfect, with a very pleasant temperature and none of the tropical extremes we have seen this summer.

The attendance this year showed a 15% increase on the last event, which was very pleasing and enabled us to raise just short of £3,000, for distribution via our Charity account.

A wide selection of stalls attended, and all reported having an enjoyable and profitable day. The craft stalls, both inside the village hall and on the playing field, enjoyed particularly brisk trade, as did the ice cream vendor and the hot dog and burger stall.

Live music throughout the day was provided by our regular attendees "Airmail", who prove more popular, year on year.



The fine weather brought a record number of entries of classic cars, with around 100 vehicles attending, including two steam cars. As well as the cars, the Honda Motorcycle Club also came along, as did around 8 vintage tractors. Additionally, there was a working display of small steam engines by the Norfolk Internal Combustion Engine Group.

Even the best laid plans do not always work out, as sadly, we were let down by the fairground failing to attend. which was particularly disappointing for the children. Nevertheless, this did not dampen the enjoyment and in the circumstances, it was particularly pleasing to receive numerous complementary comments about the event.

We will now have a few months break before we start thinking about the 2023 Fete.



Please be advised that Wroxham and Hoveton Lions Club have changed their Business Meeting times on the 2nd and 4th Tuesday of the month from 8pm to 7:30pm. Please also note that the 4th Tuesday meeting is currently held online via Zoom and will continue this way until further notice.

Clacton Lions News.



Despite the threat of heavy rain and thunderstorms, our members turned out ready to face the extra 10,000 visitors that were expected for the Airshow. We were in the town centre at the CVST Community Fair with our prize every time soft toy game. We encourage the



public to support us, saying why spend £10 on the pier and get nothing when you are guaranteed a prize every time and are supporting the local community. We did not have the anticipated volumes that day but still managed to find new homes for 320 soft toys and raised £386.76.

On Bank Holiday Saturday, once again, our members got up at an unearthly hour to attend the local Car Boot sale. Once again, we had received a huge number of items donated from the local community and as the site was near to a caravan site and it was Bank Holiday weekend, we expected to be deluged with customers. We were not disappointed; we were so busy we didn't have time to take any pictures but did manage to raise a staggering £695.42.

There are some items that do not sell at the Car boot sales, and some items are just not suitable to take, but do we take them to the tip – only as a very last resort. We try to find new homes for as much as we can and have been successful in finding homes for lots of items including over 1,000 Cd's (St Helena Hospice music shop) , 1000 DVD's (Help Alexia Walk Charity), 12 crates of books (St Helena Hospice book shop and Jaywick Community Library),



3 brand new toilet pans (Sailships training & learning for life) and some wheat bags (local animal sanctuary) Two of our favourites are a local family whose paddling pool had sprung a leak so they were looking for balls to turn it into a ball pit – and we had just taken delivery of a huge bag full, and the local animal sanctuary who needed wheat bags to keep the chicks



warm. We were sent and given permission to use the picture of the boys in the ball pit from his parents – just look at his face!



Back out again with our soft toy prize every time game, and we also took our costume jewellery – proceeds from the sale of the jewellery are going to our President Keith's chosen charity – which is The Brain Tumour Research Appeal. The Great Bentley Village Show is very traditional and charming, with a huge marquee displaying prizewinning entries of vegetables (all sorts and all sizes), flowers, flower arrangements and yummy cakes and bread. They also

have a dog show – so we try to save all the soft toy dogs for this event. The weather was kind to us, we even had a visit from The Chairman of Tendring District Council – Peter Harris, who was very interested in the Brain Tumour Research Appeal.





Our social Chairperson Lorraine arranged for us to visit a local enterprise that no-one seemed to be aware of - to find out what they do, visit the site and then have a cup of tea and a home-made scone. We were blown away by the place, the trainees, and the amazing work the enterprise does in the community. It is a place for over 18's who



have additional needs so are unable to find mainstream work placements. The trainees are taught the skills to create amazing commercial items for sale and most of us took home their home-made jams and chutneys and will be returning on their open day to buy hand crafted bug hotels.

The Ganesh Visarjan Festival



Hundreds of people, including members of our Club descended upon Clacton seafront for a colourful celebration of a Hindu elephant god. During the event, offerings are made to the god of wisdom and prosperity and a statue of the elephant god is immersed in the water.



Tendring Proclamation Ceremonies.

King Charles III's accession to the throne was commemorated in Tendring in both Clacton on Sea and Brightlingsea. 5 members of our club marshalled in Brightlingsea, enabling the dignitaries to proceed safely from the Church to the War memorial, while in Clacton the 2 members representing the Club did not need to provide marshalling duties, as the service was held on the Town Hall steps and the immediate area had been cordoned off for the safety of those attending.

District Twinning.



After a successful weekend in Dover with our International Guests from France, Germany, and the Netherlands. After a trip round the Castle and meeting the Dover Lions. Then came the most serious side of the visit, each country signed the new agreements and the amendments. Our District Governor then signed them.



Optimistic October 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

IMPORTANT NOTICE.

Please can all winning Peace Posters be sent to the next cabinet meeting on 6th of November or sent to my home address no later than the 16th of November. Alternatively, they could be brought to New Century Lions Charter weekend on the 18th and 19th of November ready for judging. My address is 21 Howe Avenue, Ipswich, Suffolk, IP39DR.

Many thanks,
Peace Poster officer Mel Godefroy

FOR THOSE WHO ARE CONFUSED!

Articles for the Newsletter can be sent to itcnewsletter@lions105ce.org.uk

Adverts for forthcoming events and charter celebration can be sent to itcbulletin@lions105ce.org.uk