



Lions Clubs International

British Isles District 105CE

At the heart of your community



105ce Newsletter September 2022.

Diary of a DG - August 2022 – Month 2

What a month!

Starting with my first cabinet meeting on 7th August. To say I was apprehensive was an understatement. But most of this was of my own creation. I decided two things, I wanted the various teams to spend some time working together planning and learning from each other and then reporting back. I also insisted that we undertake a service project together. Region Chair, Verdun Webley offered to share a project building bird and bat boxes. I am extremely grateful to Verdun who pre-cut and pre-drilled the wood so the cabinet officers could enjoy assembling them. The aims of this were two-fold, 1) to do service together and 2) to practically share a project which can subsequently be taken back to clubs and zones.



From cabinet Sue and I drove to Luton with Lions David King, Kelly-Marie Thompson, Ian Constable and Jimmy Latimer to stay overnight ready for an early morning flight to Romania. This was intended to be our 20th year of Romanian Pride and having not been able to visit for four years, there was no way I was missing this. Since our last visit our two Districts, 105CE and 124 Romania have also twinned and have been developing our relationship online.



For the past 20 years we have visited every year with the motto of 'Giving Children a Childhood' and have endeavoured to stay in touch with as many of the children as possible. This has been difficult as centres have closed, and children have moved or left care. But thanks to Facebook, we are still in contact with a few, including some who are now married with children of their own. This year, we left the programme to our Romanian friends.

When we saw their proposal, we were so emotional as they had fitted so much into the schedule.

This included visiting the children in Orastie, the only one of the original centres still open, we took these children to a local aquapark and bought them all the usual pizza lunch, we visited a new centre



in a town called Saulesti, this accommodated just 12 children and is

funded by the Orthodox Church. If all centres could be like this, it would be amazing. We paid for the hire of a coach to take 12 Ukrainian families to Dinosaur world and bought them all lunch. It was emotional to hear some of the stories and to see these families enjoying a day of normality if that's possible.

On two occasions we helped local Lions to deliver food and clothes parcels to elderly residents in rural villages. The sights we saw will never leave us; people shouldn't live like this in 2022. We also spent time entertaining special need children in a care centre in a town called Vulcan and finished the trip off with a morning playing sport with a dozen Special Olympians.

All these activities were conducted in collaboration with Lions from four clubs in the county of Hunedoara. None of these clubs existed until 2016, until the Lions Club Deva Sarmizegetusa formed.



Romanian Lions are incredibly friendly and hospitable and throughout the trip we had meals and meetings with no less than seven Lions Clubs, moreover, the whole DG Team of DG Ciprian Iosep, VDG Marin Florin Ilies and 2VDG Manuel Seles as well as IPDG Pompilia Szellner and PDG Toma Misca all made time to travel, sometimes many miles to visit and chat with us. I hope they all come to our Convention in March so you can meet these fantastic Lions yourselves.

Serving alongside our twin lions was an incredible experience and it really makes me grateful for being part of such an amazing association that provides opportunities such as these. Lions Sharing service and fellowship is so empowering and inspirational.

This brings me on to Lions Share, our Autumn Forum.

Thank you to those clubs who have already shared a service project, these are all great examples of projects that can be copied and developed in other parts of the District. Also, thank you to those who have booked to attend the event.

I am very concerned however, that unless we get more bookings very soon, we may have to cancel or significantly change this event. This is such a shame as I know first-hand what an amazing time, we will have when we come together to share our projects. Please let us have your project reports and please book asap and promote the event far and wide.



Bank holiday weekend was full on. Starting with a birthday celebration in Ely for one of our club members on Saturday, visited Bury St Edmunds Food festival on Sunday to have a chat with a gleaning colleague and then over to Lowestoft ready for an early start at Lowestoft gala. This attracted thousands of visitors and was a great day, well supported by Beccles Lions, Halesworth Lions and EA New Century Lions. We used to support this event every year and it was great to see it return after the pandemic.

Tuesday was another day off work, and another glean, this time at a new location called Farmeco, just south of Newark. This is an agroforestry farm, where they have planted around 2,000 fruit trees as hedges to increase biodiversity and to act as wind breaks for the arable crops. Turns out they don't currently have a commercial outlet for the fruit. Thanks to great help from Southwell and District Lions, Edwinstowe and the Dukeries Lions, Vale of Belvoir Lions and EA New Century Lions around 1 tonne of early ripening fruit was collected and is being distributed across the East Midlands by Fareshare. The day was really fun, and we shared a delicious lunch before splitting up into two groups, one for a tour of the farm and the other to help re-stake some of the apple trees that had fallen due to the wind and the heavy crop. We will be back again a few more times as we work our way through 2,000 apples trees.



Together we can

Let's change live together.

HAVE YOU SIGNED UP YET?

Reepham Lions Donate Boccia Set to Sunshine Memory Café

Reepham's twice-monthly Sunshine Memory Café provides a social environment for people living with dementia and their carers with music, games, exercise, tea and chat. It was established by Reepham Rotary in 2021 and is run by volunteers. It has become an important part of the lives of those who attend.



Reepham Lions presented the Sunshine Café with a Boccia set for guests to enjoy. Boccia is a game like boules/petanque and involves throwing colourful soft balls as close as possible to a white jack ball. It has become particularly popular in the disabled community and has been a paralympic sport since 1984. <https://www.reephamlions.org.uk/> will find us if you would like to contact us.

Glanford and Lindsey Lions run an annual competition called "The Leaner Lion".

This is a competition to encourage members to look after their health by losing a little weight. The aim was not to crash diet but just to weigh in at each face-to-face monthly meeting and as it's over a full year it gives people no guilt over Christmas Pounds and Holiday pounds as there is always time to get back on track. This competition has been going seven years so far and there has been seven different winners. Lion Gordon Walker was this year's winner, and this is his story.



Trying to recover from Type 2 Diabetes

When I retired in September 2021, I had already been diabetic for over ten years. My weight at the time of retirement was about 128kg (20Stone 3pounds), the peak of my expansion. I retired for two reasons firstly I'd had enough of travelling and being away from home all year and secondly because my knees were failing me. Should I perhaps say, I had failed my knees by being as heavy as I was?

When I started my career with my last employer in 1997, I weighed in at about 90Kg (14 Stone), I was twenty-six years younger and a lot more active. In time though all those hotel dinners, snacks, those few pints and quick suppers on the way home started to pile the weight on. Consequently, as I got heavier, I became less active, so the weight gain increased at a pace.

In September 2009 I attended the Well Man Clinic at my local doctors and blood tests were taken for many conditions. I was called back in October to take the Lucozade test after which I was diagnosed as having Type 2 Diabetes. My HbA1c exceeding 43 mmol/mol, I was retested four weeks later to confirm. Primarily my diabetes was to be controlled by diet but alas, my lifestyle did not help nor did I. Eventually as my HbA1c counts increased, I was given medication to help, I now take five tablets per day to control my Diabetes. I understand my highest HbA1c was around +60mmol/mol at its worst.

Since retiring and after the first bursts of freedom, my wife and I both decided to start to look more closely at our health and as part of our weight. Barbara found an NHS phone app in which you monitor and calculate your calorie intake every day. The program runs for twelve weeks and aims for you to lose a pound per week. I estimate that my calorie intake before the program was somewhere between 3,000 and 3,500 calories a day, the target to maintain weight for a man is 2,500 calories. With this data in mind, I set my target at 2,300 calories or less per day, I have reduced salt intake and stopped drinking alcohol between Sunday and Thursdays, you need to still live a little. Although the set target is not greatly lower than the maintain level, it has allowed me to adjust to a different way of life without feeling deprived.

Between us, the plan has been fun and inventive, no butter such a simple thing to cut out, but if you want toast why not, just remember to add it to your daily total. An added incentive is given now at the Lions monthly face to face meeting were Suzanne Carter lines us all up for the weigh-in. This small group activity helps to keep you focused and avoids the gentle ribbing for those added pounds. Competition is quite fierce amongst those of who hover around the fridge door.

I was a lovely surprise at this year's Charter Dinner to be awarded the dubious trophy for the largest weight loss of the year. I now weigh in at about 111Kg (17Stone 8 pounds). Still a long way to go but with the help of Glanford and Lyndsey Lions it will be easier and quicker. If I can get my HbA1C below 43mmol/mol then I could stop have to take those darn tablets.

Chelmsford Lions have a midsummer Santa attack.

We took part in the recent Chelmsford carnival and managed to totally confuse a lot of children!

As Lions are known for our Christmas sleigh collections, our theme was 'Santa on Holiday'. Santa wore shorts and a natty Hawaiian shirt, the elves wore shorts, garlands and sandals, and our float had suit-cases decorated with postcards from all over the world where Santa has been



The carnival is a unique eco-carnival with no motorised vehicles, handheld carts only, and the route goes through local parks before ending up in the city centre. As we walked the route, we were met with lots of surprised children who were delighted to see Santa, of course they all promised to be good, so we said we would see them again in December! As well as Santa, there were Chinese dragons, African warriors, dancers, musicians, and a piper band. It was a very enjoyable occasion, and we are already thinking of themes and costumes for next year.

Walking Tall with Spalding Lions.

During the last week of school term, members of Spalding Lions made presentations in local primary schools.

In praise of young people - Walking Tall is an annual prize for a pupil in the last term of their final year at junior school. The prize is awarded, as chosen by their teacher/head of school, to a pupil who has achieved success, perhaps in the face of adversity, through grit and determination.

Certificates and £25 gift tokens were presented to the award recipients.

Thank you to all the local schools who took part this year and for inviting us into your schools' assemblies and end of year events.



NO QUALIFICATIONS NEEDED!

Lions Club of Felixstowe



Felixstowe Lions were proud to take part in the very successful Carnival procession with our float "The Lion, The Witch and The Wardrobe". Great fun was had by all – even our 'Lion' in the very hot Lion Costume!



A few days before, our President Dave Cole and Lions Mark Chapman and David Day presented new garden tools to the team of Volunteer gardeners of the seafront gardens. There were approximately 18 members there, who meet every Wednesday for about an hour and a half's gardening – with coffee and a chat afterwards. Tool racks were made by Mark and David.

We will be holding the next popular Antiques and Collectables sale on the Triangle on Saturday 3rd September. Look forward to seeing you there! 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 Lions Club will, as usual, be erecting the Christmas lights in the town and Light-Up day will be December 3rd. More details nearer the time. If you, or someone you know in the community needs help or if you'd like to join your local Lions Club, please contact us through our Facebook page or email info@felixstowelions.org.uk.

Deepings Lions develop a forest Garden.

Deepings Lions are proud to be assisting with the development of The Our Forest Garden down near Swines Meadow Garden Centre, in particular the construction of the natural straw toilet constructed by Lion Tom Evans with financial help from Deepings Lions.



Clacton Lions

LCIF / Lions Day

The LCIF / Lions Day colouring competition (of a Lion of course) was judged by Cllr Andy Baker and LP Alan Mercer. The winners – who have all given us their permission to use the pictures were ages 5 and under James Wallace from Clacton, ages 6 - 9 years was Emily McGregor from Huddersfield, ages 10 – 12 years was Zain Edwards from Clacton.



We do love our Car Boot sales



After the successes of the last few Car Boot sales, we have decided to add them to the fundraising calendar for as long as the weather allows. Our members love to help at these events and often stay the whole morning, rather than the hours that they have signed up for. Our first one of the Lion-istic year was held, once again, at our Late Riser Car Boot sale in Little Clacton and this time we had 4 cars filled to the brim and raised a fantastic



£364.20. Most of these items had been donated as the result of an advert we placed in our local free magazine, but we do also have our regular 'suppliers' who have either donated soft toys or auction items in the past.

A weekend of new events on the seafront – Holland on Sea Fete and Tendring Veterans and Services Day



What a busy weekend we had – on the Saturday we took our soft toy prize every time game and our promotional and recycling information to the Holland on Sea Fete. It was a glorious day, with the sea breeze keeping the temperatures down (just a little). Not knowing what to expect, as it was a new event, we took 250 recycled soft toys with us and found new homes for 230 of them. Our promotional

and recycling was also a big hit, with lots of interest for MIB kits, plugsters and recycled sunglasses. The drone picture was taken by a local enthusiast – who has given me permission to use it.



On the Sunday it was the first Tendring Veterans and Services Day, again on the seafront with a welcome breeze. The event started with a procession from the Town Hall to the Greensward, we were very sensible and did not join this, marching in that heat was NOT in our Risk Assessment. We took our prize every time soft toy game and promotional and recycling information again. There were a lot more more adults at this event, but we still

found new homes for 100 soft toys AND had our picture taken with the new Chairman of Tendring District Council Cllr Peter Harris. Over the weekend, we handed out 25 MIB kits, 20 plugsters and had 3 membership enquiries.



Beach Hut Social that became a back garden social



After many weeks of sunshine, the social event planned at the CVST beach hut in Clacton had to be cancelled as torrential rain was expected. The weather forecast changed last minute, so our Social Chairperson Lorraine, decided an impromptu back garden gathering could take its place, and should the rain come, then we could all hide inside her house. For most of the afternoon the sun shone, and we were treated to afternoon tea with scones and cakes. Thank you Lorraine and Iain.



In October 2021, we were approached to sponsor some of the uniforms for ACE'S Performance Academy - many of the children attending it are coming from very deprived backgrounds. Our Club was pleased to support them, and I have been advised (by their head coach) that they were wearing these



costumes at Clacton Carnival this year. They entered the Competition for the best majorette's display performance, and I am very pleased to say that they won 1st Place. This had nothing to do with the fact that our Vice President Paula was one of the judges.! They then joined the carnival procession and danced their way along the 1.5 miles route. I have been given permission from their head coach to use these pictures.



Our next event was at The Mersea Island Lions Summer Show where we took our very popular prize every time soft toy game. It was the first time that we had attended this event - kindly invited by our friends and fellow Lions at Mersea Island (it has always clashed with an event before) and although a very long day for some of us, was very well attended by members of our club and the public. We managed to find new homes for 125 soft toys and no child (or adult) left our stall without a smile on their face. Thank you, Mersea Island Lions, for inviting us.

Lions Roar 2022 Competition - Children Changing the World



The Lions Roar Competition 2022 is well under way with some 24 schools participating in 105CE. It is an inspirational competition in its 7th year, run in partnership with the award-winning education company, 8billionideas. This unique programme inspires children between the ages of 7-11 years old to think big, dream big and change the world with their ideas. Children gain important life skills from taking part including working together in teams, developing communication and presentation skills, and they boost their self-confidence and self-esteem along the way. Teachers welcome and love the programme too.

If you or your club would like to know more about the Lions Roar 2022 competition, please view the video <https://www.youtube.com/watch?v=xswXkG0XrCY> and find out more through: <https://lionsclubs.co/MemberArea/knowledge/roar-2022-how-to-get-involved/> or just call Sue Denton, our District ROAR Officer.

Please note: Your Lions Club still has time to get involved in the competition, as schools can be entered into the Lions Roar 2022 Competition up until 16 September 2022.

Volunteering as an Honorary Steward at Birmingham 2022

This year Birmingham played host to the Commonwealth Games 2022 and Lion Tracey Field, of Chelmsford Lions Club was a steward.

The games ran from 28 July through to 8 August, we caught up with Tracey to find out a bit more about what it's like being part of the Commonwealth Collective. Lions clubs throughout the country were contacted and members were invited to apply to take part as volunteer.



My friend and I are members of, Chelmsford Lions Club And we thought that it would be a great experience, and one that we may not have a chance to do again. There were around 42,000 applicants, and my friend and I were both lucky enough to be selected to be part of the Event Volunteer Service.

I have taken part, on a much smaller scale at local events. It never occurred to me to volunteer for the 2012 Olympics, which would of course been just down the road rather than halfway up the county.

We didn't have a choice over which events we could volunteer for, but were asked on the application if we had any preference to venue or sporting event. I wasn't familiar with the venues and only selected Gymnastics as the sporting event I would like to be at.

I was sent to Coventry, and the sports were Rugby Sevens, Judo and Wrestling. I did have tickets to watch some of the gymnastics though.

We had two days of training in Birmingham to prepare us for our role, and one day at the Coventry Arena to familiarise ourselves with the venue. We also had to complete lots of homework on being a steward, there was a workbook to complete, and it had to be handwritten. I can't remember the last time I wrote so much in one go!

At the beginning of each event, we work with the security team to get the spectators into the venue as quickly as possible, some of the team members were out in the queues talking to the people queuing. They had Perry, the games mascot, picture frames for taking photos and others were scanning tickets or giving out Perry activity books.

My main role was to help spectators that had problems with their tickets. While the event is taking place, we answered questions; most were about food or drink. Then at the end of the evening, we helped to get everyone out of the arena and heading in the right direction for their transport home.

We were lucky to be able to see some of the Rugby Seven games. I've never really seen rugby games before and didn't know that much about it but have really enjoyed seeing it and am a convert. Rugby Sevens is a fast-paced game; only 15 minutes each one in total, so the players



Tracey relaxing on a break

only have a very short timeframe in which to score. The atmosphere was great too, so it really has been a great experience.

The volunteers were all invited to attend the rehearsal of the opening ceremony which we did, so we had a bit of a sneak preview and got to experience the main Birmingham arena venue.

If you ever get the opportunity to volunteer at an event like this, I'd recommend giving it a go. You get to meet so many other people from such a variety of backgrounds and from all over the country. It's a great experience and you'll learn a lot of new skills.

Coningsby & Tattershall Lions drink in the atmosphere.



A "hoptimist" is a person who believes that the world is a better place with beer and as we Lions always look on the bright "cider" life, we couldn't agree more as we started to focus in earnest on our Beer and Cider Festival. As covid had put paid to the 2020 and 2021 planned festivals we could barely contain our excitement as we crossed the days off on our calendar. Sponsorship was sought from local businesses who generously responded. Meetings were held; logistics discussed; beers and ciders chosen; food menus agreed, and various roles allocated. Prices determined: we decided that we wanted to provide, in this current financial climate, an affordable event that the local community could come to and enjoy. Two Lions shopped 'til they dropped and even found the most scenic, but bumpiest route, to Wainfleet to collect two kegs of beer from Batemans. They chose NOT to follow the sat nav on the way back!! Batches of chilli were made!



Tattershall Village Hall was decorated, and the grounds prepared to welcome visitors with straw bales adding to the rustic feel. Beer and Cider was served; wine was poured and there were freebies for the children: ice pops; sweets and bubbles. The BBQ sizzled away with local produce. In the kitchen "staff" loaded chilli nachos and jacketed the potatoes. When busy they shouted, "We'll be there in a prosecco!!"



County Linx radio attended on the Saturday and together with Nicky Haxby and Mike Howell provided continuous entertainment throughout the day and evening. Our Lions club presented Richard Speed, from



East Coast Homeless organisation, with 10 All-weather sleeping bags and 100 burgers. So proud to serve!!

LEADERSHIP SYMPOSIUM

This event will take place on 26 and 27 November 2022 at The Chesford Grange Hotel, Kenilworth. It is an opportunity for members with less than five years' service to learn a great deal about the wider world of Lions and to meet with members who are at the same stage in their Lionistic development.

There are initially five places available to each District and applications have to be submitted by 10 October 2022.

Purpose:

The main aim is to bring together younger/younger in-service members for a wide-ranging discussion, encourage lateral thinking, to obtain the views of the next generation of leaders within MD105, to inform our thinking for the next 5 to 10 years.

We need to ensure that what we do in our MD is relevant to today's society.

This may be first entry level experience of leadership topics and for many, club level responsibility may be the next step. Depending on length of service a District role may be more appropriate and will be very much down to every individual, local needs, and development opportunities.

Symposium:

Will run from 10.00 on Saturday through to 15.30 (latest) on Sunday. Attendees will be expected to attend all sessions including evening dinner.

MD105 will be providing accommodation, meals, and refreshments for the duration of the Symposium only (Saturday/Sunday).

Arrival on Friday night can be arranged directly with the hotel and details will be part of the confirmation letter to all attendees. This will be personal choice, and many will arrive on Saturday.

Programme:

There is no formal agenda as the programme is very much driven by the needs of the attendees.

During previous events there has been a steer towards:

- Change - what do we need to change/what can we change/ how can we change
- Diversity
- Difficult people - discussion on strategies and needs of newer younger lions
- Conflict Resolution
- Communication
 - what happens when things go wrong
 - how to maximise results
- Protocol a necessary evil
- Leadership opportunities and next steps
- Life at the top
 - Experience of Leo Member representative's year on International Board
 - Experience of DG leading to Council Chair (Youngest CC from USA)
- Service Journey
 - Our Core Projects
 - MD105 Major Projects
 - Club and/or District Projects - new and established (attendees asked to share)
- Brand Identity
 - Marketing our organisation
 - resources available at MDHQ/ LCI
 - Marketing ourselves
 - Marketing the Event.

If you qualify and are interested in attending, please contact Lion Graham Venables (Global Leadership & Training Support) gmls@lions105ce.org.uk

LIONS DEVELOPMENT OPPORTUNITIES

There are many opportunities available to Lions to develop their knowledge of the organisation and their own skills. The role of the Global Leadership officer is to make members aware of these opportunities and to offer guidance.

There is a wide range of online material available to all Lions which can be accessed in the Learn section of My Lion for which all members can register. Additionally, at District level, we aim to provide further opportunities. Below is a timetable of proposed development events

Planned Events

September Zone & Region Chairs

October My Lion Faculty Development Institute

November Club Quality Initiative Leadership Development Symposium

January Potential Club Officers

February Developing new members

March Certified Guiding Lion Regional Lions Leadership Institute

April **Potential Cabinet Officers**
May **Club Officers**
June **Advanced Lions Leadership Institute** **Incoming Cabinet Officers**

Personal Leadership Development

Looking at being on a future District leadership team? Well, you should consider attending a Regional Lions Leadership Institute (RLLI), it is a great opportunity for personal leadership development.

If you wish to pursue leadership roles within the Lions community you will truly benefit from the RLLI, you will learn about club operations, opportunities and resources available to clubs, and gain both valuable leadership skills and a deeper understanding of how to better serve clubs. The RLLI is usually held in Birmingham or nearby around March / April time and all costs are covered, other than a token individual contribution.

If interested, look at the details behind the link below (especially the agenda) and contact our GLT Lead Graham Venables if you wish to pursue.

<https://www.lionsclubs.org/en/resources-for-members/resource-center/regional-lions-leadership-institute>

Please watch the Monthly News and Bulletins for further details. It is likely that more will be added, and we are always prepared to receive requests to cover topics that members feel they would like to discuss or learn more about. If you have any areas you would like covered, please contact Lion Graham Venables, GLT lead, on gmals@lions105ce.org.uk

OCTOBER 15TH IS THE DATE.

'LIONS SHARE' is the event.

COME AND ENJOY THE DAY.

DON'T REINVENT THE WHEEL.

MEET OTHER LIONS AND FIND

PROJECTS TO RUN THAT YOU

ARE PROUD OF AND HAVE BEEN

SUCCESSFUL.

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

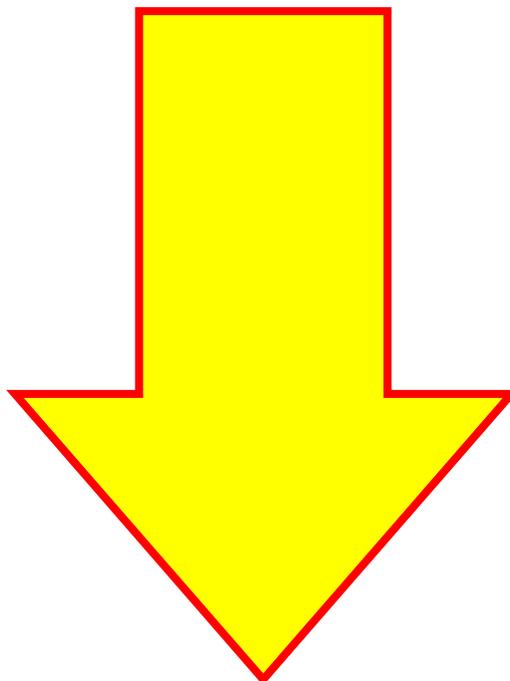
25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together

WHAT ARE YOU WAITING FOR? ALL THE INFORMATION IS RIGHT HERE, IT'S GOOD TO SHARE.





Lions Clubs International
District 105CE
Lions Share Event 2022

Event Booking Form
15th October 2022
Holiday Inn,
Peterborough West,
Peterborough PE3 6SG

Please complete all sections of the form and return to the Booking Secretary:

By post: With your cheque (which will be receipted by email unless you enclose an SAE) to:

Lion Gaby Sharman 37 Windrush Dv. Paston, Peterborough. PE4 7XD (Tel: 07969 915614)

Or email: Send form, with online payment confirmation, to: gaby.s45@hotmail.com

NOTE: Your booking will be confirmed by email on receipt of the form and appropriate payment

ATTENDEE DETAILS:

Please attach additional form(s) for more than 2 people.

First Person:	Title:		Second Person:	Title:	
Last name:			Last name:		
First name:			First name:		
Lions title:			Lions title:		
Lions Club:			Lions Club:		
Address:			Address:		
Home phone:			Home phone:		
Mobile:			Mobile:		
Email:			Email:		

Special requirements (disability, dietary, allergies etc)

BOOKING DETAILS:

All prices inclusive of VAT.

Hotel:	Date:	Fri 14th	Sat 15th	Total rooms/nights	Total Payment
Room rate per night incl. breakfast	Single (@ £70)			@ £70.00	£
	Double (@ £80)			@ £80.00	£
Event:	Prices per person			Total places	
Saturday 15th	Lunch (@ £13.75)			@ £13.75	£
	Evening Meal (+ entertainment) (@ £29)			@ £29.00	£
Payment method: [Note: if not paid in full balance due by 12 th Sept. 2022]				TOTAL	£
Cheque payable to L.C.I. District 105CE			Bank transfer to: Event Account 30-67-76 68843768		
	Enclosed payment in full			Payment transferred in full	
	Enclosed 50% (balance due by 12/09/22)			50% transferred (balance due by 12/09/22)	
Additional notes:					

Name:

Signature:

Date:



Lions Clubs International
District 105CE
Lions Share Event 2022

Event Booking Form
15th October 2022
Holiday Inn,
Peterborough West,
Peterborough PE3 6SG

Please indicate your choice of menus below and return the form to the Event Booking Secretary:
Lion Gaby Sharman, 37 Windrush Drive, Paston, Peterborough, PE4 7XD (Tel: 07969 915614)

Or email to: gaby.s45@hotmail.com

Or email to: gaby.s45@hotmail.com

Saturday Evening Meal will be a Hot Fork Buffet from the menu below followed by entertainment.

SATURDAY MENU

Main Course

- A Lasagne (meat) together with garnish
- B Lasagne (vegetarian) together with garnish

(alternatives will be available for those who have specific dietary needs –
Please indicate below)

Dessert

- C Chef's choice of Desserts
- D Ice-cream

Specific Dietary Requirements:

	Title	First name:	Last name:	Mains A or B	Dess. C or D
1					
2					

GPDR DATA PROTECTION STATEMENT: All personal data/special category data herein are processed in accordance with UK data protection legislation. More information is available on our website in the Privacy Notice from the "Privacy & Cookies" link. Email contact: districtdpo@gmail.com

SERVICE PROJECTS



To celebrate the service you provide to your communities we are compiling a booklet. We would really like to include at least one service project from every club in our District. We are also organising an Autumn Forum, entitled '**Lions Share**' on October 15th 2022.

This will take place at the Holiday Inn, Peterborough West. You are all invited.

This will be an opportunity for some of you to share a selection of these projects.

This will be a day of inspiration, of sharing and of fellowship.

Please start this process by completing the following form.

What was the need?		
Club name		
Area of service	Childhood Cancer Diabetes Environment Hunger	Vision Youth International project Other
Project description – how was the need met?		
What went well?		
People served? / Volunteer hours		
Lessons learnt		
Contact details for more information		

Please send your completed form, together with any images, to chris.hibbert4@ntlworld.com