

The Bulletin

September 20th 2023



LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024

A word from the District Governor.

Well done to Lions Kelly-Marie, Robyn Banks and Tim Watts for being accepted from our district to attend the Advanced Lions Leadership Institute in Berlin. Enjoy the course and you will have long lasting memories and friendships from Lions around Europe.

On Sunday 3rd September I attended the annual Lions Fun Day which again was held at Great Yarmouth racecourse where nearly 100 children plus parents were entertained by ROLLO for well over an hour. After lunch we all moved to Thrigby Wildlife and Garden centre and had a great time looking at the various animals plus a free ice cream.

Thank you to Lions from Wymondham, Beccles, Bungay, Felixstowe and Great Yarmouth clubs for your help in getting the children and parents along.

Last weekend was very hot and as usual there were many Lions events held around the district.

Well done for the cleaning in Nottinghamshire and Suffolk, also for ROARY the Lion plus other runners in the Scunthorpe 5K run, the autumn fayre in Leigh on Sea, the fun run for Sheffield children's hospital. Those events I have mentioned and all the other events that took place I hope you all had great times and stayed safe.

The District Governor team have started club visits around our district, and I badged up a new member in my club this week welcome Lion Chris to the family of lions.

Just a reminder, would you please get details of your fundraising events to me if you want them shown at the Autumn forum, with photos as well.



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**

THIS YEAR'S CHARITY APPEAL BY SUE, THE WIFE OF THE DISTRICT GOVERNOR.



The charity I have chosen this year as the wife of the District Governor for 2023/2024 is Cardiomyopathy UK.

I have chosen this charity as this condition is something I have been aware of for many years. This charity has helped to save and improve the lives of people affected by Cardiomyopathy and they also raise awareness of the condition.

Cardiomyopathy is a disease of the heart muscle, this isn't a single condition, but a group of conditions that affect the structure of the heart and reduce its ability to pump blood around the body. It can affect anyone at any age, and it is thought to affect around 270,000 people in the UK, which is around one in 250 people.

There are different types of Cardiomyopathies which vary depending on how they affect the heart muscle. If you would like further information, please contact Paul and we will send you further information.

There are many possible causes of Cardiomyopathy. Some types are genetic, caused by a mutation in the person's DNA which affects how their heart develops. Genetic conditions may be inherited, passed from parent to child, so Cardiomyopathy sometimes runs in families. Often if one person is diagnosed with Cardiomyopathy it is recommended that their close family members such as parents, siblings, and children, known as first degree relatives, are tested for the condition too.

Other causes include viral infections, autoimmune diseases (which affect the immune system), and some medications such as some used to treat cancer.

At Cardiomyopathy UK they offer help and support for anyone affected by this condition.

Fifty years ago, a little girl I knew was happily riding along on her scooter with her friend when she collapsed. That little girl never woke up.

At the time Cardiomyopathy was not a known condition, however several years later her older sister too was diagnosed and then later, her older brother. He subsequently passed away after a failed heart transplant. His children have spent many years having annual check-ups down in London, however in the last couple of years genetic testing has become available for this condition. His three daughters are now aware that they carry the gene and subsequently their children are now being offered genetic testing.

Although they carry the gene, they are at an advantage in that they are aware. There are those who are not aware, collapse and never wake up.

Cardiomyopathy UK Improves awareness of this condition, improves diagnosis, and access to quality treatment and provide hope for the future.

Thank you.

Sue Southerton



Wroxham and Hoveton Lions Club

On our recent "Social Evening", members of the Club gathered to give a surprise party to celebrate the 90th birthday of Lion Mike Barker. Mike, who is still a very active member, has worked tirelessly for the Club for 47 years and was one of the founding members when it was established in 1976. He has served as President a number of times and was Chairman of the Welfare Committee for many years.



AUTUMN FORUM 2023

LIONS SHARE (fundraising)
Saturday 7th October 2023

BOOKING FORM

[PLEASE COMPLETE & RETURN BY WEDS 27th SEPT 2023]

Attendee Details:

First person:		Second person (if applicable):	
Name:		Name:	
Club:		Club:	
Post:		Post:	
Phone:		Phone:	
Email:		Email:	

Lunch Options:

Total cost for the day is £20 per person (this includes lunch and coffee/tea). The cost for coffee/tea ONLY is £5

1. Mains

- A. a meat dish (carvery)
- B. a fish dish
- C. vegetarian

2. Desserts

- D. choice of deserts
- E. ice-cream

Choices:

Choice	First Person	Second person (if applic)
Mains		
Dessert		
Coffee/tea only		

Please return:

By email: Send form, with online payment confirmation to paulamellows@hotmail.com

By post: Please pay by bank transfer if possible, if not please send a cheque to Lion Paula Mellows, 8 Wedgewood Close, Lincoln, LN6 3LS (07813 900081)

Bank payments to: Sort Code 30-67-76 Account No. 68843768





Lions International
District 105CE
www.lions105ce.org.uk



LIONS CLUBS INTERNATIONAL FOUNDATION Historic Earthquake Devastates Morocco



Dear Lions and Friends,

On 8th September 2023, a powerful earthquake struck Morocco, killing at least 2,000 people and injuring over 2,000 more. The 6.8 magnitude quake is the largest to hit the country in more than 100 years, and the deadliest to hit the North African country in decades.

When natural disasters strike, Lions are among the first to offer help. Lions in the region are already poised to help and Lions Clubs International Foundation is mobilising funds, including a US\$100,000 Major Catastrophe grant and a US\$10,000 Emergency grant, to empower them as they help their communities recover.

Your generous donations to LCIF's Disaster Relief, specifically reserved for all disaster relief, helps Lions continue to serve!

To support Lions in their efforts to help those impacted by these natural disasters, donations can be made via our District Treasurer in the form of a Cheque or Bank Transfer. Donations to be made to 'LCI District 105ce', endorsed on the back 'LCIF Disaster Relief'.

Sort Code 405240
A/c No. 00099737

100% of donations benefit grants and programs and qualify for Melvin Jones Fellowship (MJF) or Progressive MJF.

Many thanks in anticipation of your donations, and let's hope the devastation caused by this disaster can quickly be overcome and the rebuilding of the infrastructure can start as soon as possible allowing families to rebuild their lives.

Yours in Lionism

PDG Lion Alan Hall
District 105CE - LCIF Coordinator
2023-09-11

Supporting Male Cancers

[Ladies please read as well]

Why are most men unwilling to visit their doctor or confront possible warning signs?
Why do so many men rarely attend cancer screening events put on for their benefit?

It is time for men to take the initiative and to begin to look after their own health. There are numerous cancers which affect men including prostate, lung, liver, bowel, testicular breast and skin cancers. The good news is that there are screening opportunities for some of these conditions and Lions Clubs are already helping organise such opportunities. Throughout the Multiple District, many Clubs have successfully arranged PSA Tests for men. Such a test is a quick and simple procedure and has identified many men in need of further examination.

If, as a Club, you are unable to arrange a specific type of screening check for ones near you and at least help promote them - not only in your Club but in your locality.

Until men become accustomed to talking about themselves, looking after themselves and checking their own health status, the problems will only intensify.

What can Ladies do to help?

Support your man and encourage him to attend a screening if there is one local to you and encourage him to check himself on a regular basis. I am sure the majority of you check yourself, so please encourage your man to check himself and do support him should his prognosis be less than positive.

If any Club or Zone needs me to visit them and offer advice and support, please do not hesitate to contact me on 01760 441260 or via gstmalecancers@lions105ce.org.uk

Why do I think this is so important?

Because I have been there and have successfully come through the experience.

PDG David Merchant

THE SURVEY TEAM IS AWAITING YOUR REPLIES, SO HERE IS A SIMPLE WAY TO RESPOND FOR THOSE HAVING TROUBLE!

1. Open the email as usual,
2. Click 'Reply'
3. Delete the email address in the 'To' box,
4. Scroll down to the questions and type in your replies,
5. Remember to delete any large spaces,
6. At the bottom highlight the email address shown,
7. 'Copy' and 'Paste' into the 'To' box, or simply type it into the 'To' box.
8. Send it.

We are looking forward to your replies. Thanks to those who have already replied.

The Survey Team.



Let's celebrate youth!

2024 will be the 50th anniversary for Young Leaders in Service so we have **BIG** plans! The MD would love to have 50 candidates entered. That means in CE we would like to find 6 candidates. Just 6 young people aged 15 – 18 who are doing amazing things in your area.

How to find them?

- Check out social media such as Facebook, local news, word of mouth.
- Actively seek them out in St John Ambulance, Scouts etc.
- Word of mouth
- Local fairs where they may be seen fundraising

This year's District final will be held in the **Holiday Inn West, Peterborough during the morning of the 2nd Cabinet meeting on Sunday 5th November.**

You can find all of the details on the MD and District website <https://lionsclubs.co/MemberArea/home/lions-young-ambassadors-and-shipshape-award/> Or contact me sue.hibbert4@ntlworld.com 07914 353033

Having a good social media presence helps our district and organisation as a whole stay relevant in our communities. Posting regular content keeps people aware of the good works we're doing and what it means to be a Lion.

How you help us with boosting our digital footprint...

Photos, videos, clips and memes are widely used on social media, with the average person spending 2-4 hours per day on apps like Facebook, Instagram, TikTok and Twitter.

For this reason, it would be a massive help in promoting our selves if you could share your photos and videos with us, so we can add to our social media accounts.

This may be relating to:

- Service projects
- Community engagement
- Social events
- Club meetings
- Awards and acknowledgements
- Anything else we want to make the public aware of



How you can share your content...

Send your content along with a description to socialmediacomms@lions105ce.org.uk



Send your content along with a short description to socialmediacomms@lions105ce.org.uk

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.



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

GOLF DAY

Raising funds to support our local community and overseas Lions appeals



Tuesday 10th Oct : First Tee 10.30

Southwell Golf Club : Occupation Lane,
Southwell NG25 0TS

£ 160 for team of 4 : inc. bacon cob and buffet

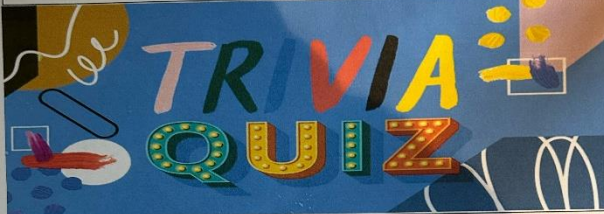
To enter a team and more info contact

Graham Coulson 07777 635833 grcoulson64@live.co.uk

Bob Callow 07876 748877 Bob.callow@btinternet.com

Or email lionsouthwell@gmail.com

HAVERHILL LIONS CLUB



Gt. THURLOW VILLAGE HALL
SAT. SEPTEMBER 23rd 7.30 p.m.
TEAMS OF UP TO 6 MEMBERS
£5 PER PERSON
Bring your own food and drink
To book: carol_c54@hotmail.co.uk



Raising funds for
Local Charitable
causes



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 Theresa Walker 07735 575707
118270 or Castle Ward Club 01522 567175

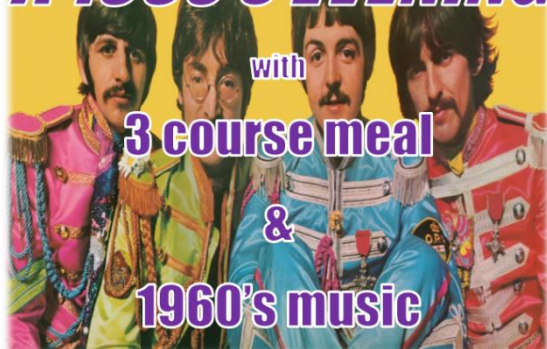


BRIGG DISTRICT
LIONS CLUB



invite you to

A 1960's EVENING



with
3 course meal
&
1960's music

In The Jolly Miller, Wrawby
Friday 6th October 2023
7.00pm for 7.30pm

Tickets £30 per person
from "The Jolly Miller" or 07725 021725



Starlight Hike 2023



Sue Ryder's Starlight Hike

Ferry Meadows Country Park, Peterborough

Looking for volunteers for the evening of
Saturday 7th October.

Sue Ryder are looking for marshals around
the course and for car parking.

Approximate timings are 6pm till 10.30pm
for marshals and 5pm till 9pm for car
parking.

Members from Peterborough Lions Clubs
and Trinty Lions Club Branch will be
supporting this event, please join us.

**If you are interested in helping, please
contact Tori directly**

tori.ablard@suerydercare.org

[Nottingham West Lions Club](#) are celebrating 30 years of service for those in need on 23rd September and Lion President Jaspal Viridi MJF cordially invites you, your fellow Lions, and partners to join them for this fantastic evening of excellent cuisine, music and dance. It will be a night to remember, do try and join us. Contact details are on the poster or just email jaspal.virdi@hotmail.co.uk for details and booking.



NOTTINGHAM WEST LIONS CLUB 30TH CHARTER ANNIVERSARY INDIAN DINNER DANCE EXTRAVAGANZA

COME AND JOIN NOTTINGHAM WEST LIONS CLUB
CELEBRATE 30 YEARS OF SERVICE TO THOSE IN NEED

Saturday 23rd September 2023
The Atrium, 99 Hucknall Road, Nottingham NG5 1QZ
6.30pm till late

Adults - £45.00
Children (under 12) - £27.50
Dress Code - Black Tie

ENJOY DELICIOUS CUISINE OVER 3 COURSES SERVED BY
THE AWARD-WINNING CUMIN RESTAURANT AND
DANCE THE NIGHT AWAY TO BHANGRA

Book early for this popular event contact:

Lion President Jaspal Viridi - 07974 178 318
Lion Jaz Viridi - 07958 131 724
Lion Guch Manku - 07802 918 386
Email - jaspal.virdi@hotmail.co.uk



Edwinstowe and the Dukeries Lions Club

Dear Fellow lions & friends,

I would like to invite you on behalf of our club to join us in celebrating our 44th anniversary at our annual charter dinner. The dinner will take place at South Forest Leisure Complex, Robin Hood Crossroads, Clipstone Rd, Edwinstowe, Mansfield NG21 9JA Saturday 21st of October 2023 – 7.00pm for 7.30pm and will cost £29.50 each which can be paid by BACS to our account. Please use your name and CHARTER as a reference.

Please reply to Jon Yarwood jon.c.yarwood@gmail.com 07581265531

Following dinner, we have music for those who want to dance, or spend some time socialising with fellow lions. For details of the menu etc please see the district website.

We look forward to seeing you."

Kind Regards

Lion President Adam Murphy

Dear Fellow Members of the Lions Family and Friends.

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.

Please see menu on the reverse of this page.
Please use the form opposite to clearly indicate your choices.

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.

Lion David King – Charter Organiser

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**

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