



Lions Clubs International

British Isles District 105CE

At the heart of your community

Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



MONTHLY NEWS AUGUST 2020

Time does fly, it's a month into our New Year and a lot has happened in the District and in the Clubs. New Club Presidents have taken over and some of you have started planning projects for the year.

I would like to thank everyone who sent messages of good wishes. May I wish all the New Club Presidents, Club Officers and my fellow Lions a fantastic year, we are going to work together and enjoy what we are doing.

I am pleased to say that District Officers have gone ahead and in this first month, are making a difference to serve the District in a better and new way, never done before.

A good example is your Weekly Bulletin, Monthly News and a fantastic website; where you can access latest information, download forms add information for others to see and much more.

Teams are working in their own right and also together to have maximum effect to serve the Clubs and Lions to improve themselves. If you need information or help of some kind, we are here for you.

On 1st July, I took my Oath virtually in front of the International President and I also attended a twinning Ceremony of one of our Clubs on the same day, gave me a good start. Since then I have attended online webinars; LCIF Campaign 100, virtual fundraising and some training sessions to mention a few. It was educational to see the habits and routines of younger members, and how to retain them. Traditional Clubs have to make changes and understand the new generation to keep them in Lions.

We have had District Team meetings to be ready for the year, officers are researching new ways to keep Lions moving to new heights. Trained Lions are confident to surge forward and become future leaders. Thank you for taking training opportunities. Hopefully with your management skills we can attract new members.

I was hoping to have our First Cabinet meeting face to face so that I could badge up the Cabinet Officers. The situation at the moment is such that members are not confident to meet face to face, so the meeting will take place virtually on 9th August.

Please take another look at the Goals this year and "spread your wings" to achieve them for your Club the District and beyond.

1. Drive membership through service.
2. Drive Leadership through training.
3. Drive service to help reach new heights. (Lions have already broken the target of 200 million, globally) Keep Going and Keep Reporting.
4. Support LCIF through donations and Deeds. (Australian fires; Lions are still working on the ground building lives, while others have gone home).
5. Underpin growth through the effective use of Marketing, communications and ICT. (Having trouble, just ask you ICT/Comms Team).



Please tell us what you are doing in your Clubs and Zones, via the Weekly Bulletin, Monthly News and District ebsite.

We want to know of your successes and deliberations. Please send pictures to enhance your text.

The District Governor's Team is looking forward to come and meet you as soon as its safe.

Keep Safe.

Ujjal S Kular.





Diabetes appeal .

I know funds are rare this year, but please do not forget the District Governors wife's appeal.

All diabetes is serious. The difference between Type 1 and Type 2 (well, one difference, anyway) is that Type 2 can be treated with things like diet and can even eventually disappear if the sufferer handles it well. Nevertheless, many have to treat it with insulin, often through a daily regime of injections, just like Type 1. The long-term effects of Type 2 diabetes can be just as serious as Type 1. While they differ in nature, they often meet in complications ranging from heart disease, kidney failure, foot, [eye](#) and nerve damage to skin disorders.

CLUB ANNIVERSARIES CORRECTION.

Club Name		2020	No. Of Years
Barton On Humber	09/07/70	1970	50
Basildon & Wickford	07/06/70	1970	50
Bourne	6/30/1975	1975	45
Grantham	04/08/71	1971	50
Hunstanton & District	10/17/1980	1980	40
Lincoln	02/04/70	1970	50
Lowestoft	11/16/1960	1960	60
Maplethorpe	12/08/75	1975	45
Peterborough	04/07/70	1970	50
Retford	4/29/1980	1980	40
Southend On Sea	5/21/1970	1970	50
Southwell & District	6/15/1981	1981	40
Spalding	01/06/71	1971	50
Stamford & District	08/05/75	1975	45
Stowmarket & District	6/29/1980	1980	40
The Deepings	4/15/1980	1980	40
Witham & District	6/29/1980	1980	40
Wroxham & Hoveton	11/07/75	1975	45

A VERY SPECIAL WELCOME TO OUR NEW LIONS

Club

Members

HETHERSETT DISTRICT LC,	VICTOR JOHN RAYWARD-SMITH
LOUTH DISTRICT Lions Club,	JEFF FIELDSEND,
MARCH Lions Club,	JAMES MARTIN
NORFOLK BROADS LC,	PHIL DAVIDSON, MARK LOVESY, NATHAN SPADEMAN, CHRIS SPARROW
NORWICH WEST Lions Club,	PAUL DENNIS
NOTTINGHAM WEST Lions Club,	SHRENIK PARAS PARMAR, ANVESH PRASAD, CHANDAN SHARMA
RETFORD Lions Club,	LORRAINE CARRINFTON



WE ARE HAPPY TO WELCOME YOU TO THE FAMILY OF LIONS AND HOPE YOU HAVE LOTS OF FUN WHILE HELPING OTHERS.

Service is what makes Lions, Lions.

Service is core to Lions, I know you do not need reminding of that, but in these times of COVID-19 do we what do best is becoming difficult. There are of course new ideas and new opportunities, writing get well cards for the local hospital, making and donating masks and other PPE, doing the medicine run for those in isolation, donating food for food banks or NHS staff, using your Santa Sleigh for a Summer run to collect food and donations are all things that many of us have seen. Do look at [MyLion](#) for ideas that other clubs have, you may find something you too can do.

This is also a good time to plan for Service and I would encourage you to take a look at <https://www.lionsclubs.org/en/start-our-approach/service-journey/service-project-planners> and there are some great ideas and project planners that you can use for you service expansion discussions.

We must all stay ready and able to serve and this link talks about 5 key things we all do to help us be ready, fit, and able. <https://www.lionsclubs.org/en/blog/Five-Ways-to-Stay-Ready-to-Serve>

And finally, have a look at the Service Launchpad, a great little app that allows you select the right collateral for you service projects. <https://www.lionsclubs.org/en/start-our-approach/service-launchpad>

I hope the above is helpful to you all. In the meantime I'd like to remind you all that services reporting is also a key to your successes, especially in this very tough year, knowing what others are doing will help you and your club do even better. Share your successes using MyLion @ <https://lci-auth-app-prod.azurewebsites.net/Account/Login>

District 105CE @ 07.08.20

People Served	9,897
Service Activities Completed	111
Volunteer Hour	1,663

As you can see above, according to MyLion, we have served 9897 people from 111 service activities!! I am sure we have done much more than that, lets share our experiences and ideas and update MyLion.

Gurcharan (Guch) Manku PMJF, GST Leader

Lions Club of Leigh on Sea

The Club continues to support the local Coronavirus Action Support line – by helping individuals who are vulnerable or isolating in the form of food shopping, medicines or transport to medical appointments - over 200 trips so far and counting. The council is now withdrawing from leading this as an emergency service but Lions, together with other volunteer groups, can see the need is still there so are stepping up to continue the service for a further two months.

We have now added a further service: providing fresh food daily to the local food banks to supplement the basic tinned



goods currently making up their - day food parcels. Given continuing cautionary guidance for high risk individuals, we have bolstered our Lions club resources by calling upon additional volunteers from the community – some future Lions perhaps? We are now purchasing and delivering daily potatoes, carrots, onions, apples and eggs for up to 10 food parcels – with a promise we can do this for three months, if need continues.

Like other clubs in the same situation, we had to close our charity shop due to the lockdown. However, utilising the latest government guidance for businesses (inc Charity shops), we have taken the necessary steps to ensure a safe working environment and completed a full, new, risk assessment. This week, we re-opened our shop (with appropriate social distancing precautions and limited hours) but public response has been extremely positive and customers are flocking back. We will obviously have to see how this goes and adjust as necessary. This has re-started our income generation and put us in a better place to fund good causes elsewhere in the community. If these initiatives are of

interest to any other clubs, please contact us on leighlionscommunity@gmail.com and we would be happy to chat about our experiences to date.

Visited the new website yet?

It's the place to find out lots of information, what's going on and help if you need it. If you have visited then you will have noticed a 'What's New' section to save you time searching all through the website. If you haven't visited yet why not give it a go. <https://www.lions105ce.org> will get you there, just click the link.

Braintree Lions Club.



CERTIFICATE OF APPRECIATION – AWARDED TO OLIVE HAWKINS – MEMBER OF BRAINTREE BOWLING CLUB.

It all started back in late March and early April when the corona virus first became a major pandemic. Olive Hawkins thought she would ring round all the care-homes to see if there was a need for face masks which at that time were in short supply. The response was almost a pandemic in itself. She, firstly made masks by herself from sheets, shirts and pillowcases that she could supply with her husband Eddie but quickly realised after two weeks she needed more material and if possible other people to help making the actual masks. As the instigator of this quest for mask material she put an email to the bowling club members who responded magnificently by supplying more material and volunteering to help in the manufacturing of the masks by cutting out ,supplying much needed elastic and collecting and delivering from different addresses.

At this point Bowls club members who were also members of Braintree Lions Club forwarded the request to Lions club members. In turn this resulted in Rayne WI also becoming involved through John and Beverley Hedges.

As a result of this coordinated effort, approximately 40 members of Braintree Bowling Club, plus members of Rayne WI and Braintree Lions Club members became involved in various capacities donating materials and cutting and preparing and sewing.



To date 2,175 masks have been supplied to 21 Care homes in Braintree, Witham and Halstead and also to Bowling Club members and families.

In recognition of instigating this initiative Braintree Lions Club have awarded a Certificate of Appreciation to Olive Hawkins. Club. A further certificate has also been presented to Joan Vinter of Rayne WI.



Taverham and District lions

As the new Club Publicity Officer for 2020-2021, I feel we need to update on our Lions Facebook page, especially during the last 3-4 months, where we have been unable to hold normal face to face meetings and that our fundraising has come to a standstill, but still need to inform the general public that we are still active and supporting those in need. You will note I have copied in Lion DG (our very own) Ujjal; Lion Kelly and Lion President Bob. Hope this will do for starters!!

We have, however, been helping many others in the local community and wider field since January 2020.

Lions Club International Foundation, donations towards the Australian bush fires and the flood appeal which devastated many larger parts of Lincolnshire and Yorkshire.

In addition to this we have supported the local community by providing the Norfolk & Norwich University Hospital (NNUH) with slippers for patients plus seeds and shelves.

We have given support to local churches to provide Christmas day meals for those living alone, Christmas lunches for the local day centre, money towards helping another church to extend a hearing loop system; providing clothing for the Homeless in Norwich.

The schools in Taverham and Drayton have not been forgotten with us providing Wild Tribe Hero books about Environmental issues (plastic waste and how this can damage wildlife) for the infant and junior schools.

We are providing assistance to Norfolk County Council for delivering food parcels to vulnerable families who have been affected by the current lock down.

We have supported various Cancer charities, such as Star Throwers; Pricilla Bacon Lodge and Age Uk.

We have purchased vital protective equipment for Norfolk Accident & Rescue Services (NARS) to assist them when attending accidents across the County.

Whilst we do not know when we might able to revert to any form of normality and to raise funds again, we will, where possible attempt to support those in need as and when required.

Lincoln Lions Club



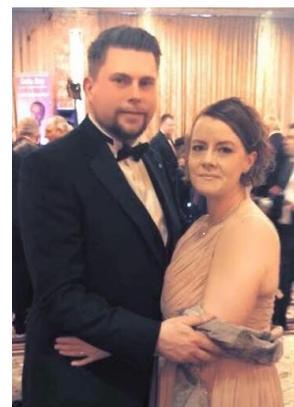
Handover of office to Jon from Don 50 - year certificate signed by Countess of Wessex PJF to IPP Don and MJF's to Diane and Theresa



Bury St Edmunds Lions Club.

During 'lockdown' Bury St Edmunds Lions have been holding monthly meeting via ZOOM. This has worked really well and proved to a valuable source of communication. Although activities are limited we were delighted to welcome new members Beckie and Tony Bayliss. They are going to bring enthusiasm and ideas to the team and will undoubtedly be a great asset.

Finally congratulations to fellow lion Keith Nuttall who has received his 25 years long service award. Keith actually joined Lions Club Gillingham in 1974 and was a member until 1991. After this he became a member of Lions Club Lillesand, District 104F, Norway in 1994 and subsequently transferred to Bury Lions in 2014, so has accumulated nearly 44 years of service. A fantastic achievement!



Swaffham and District Lions Club.

The Market Cross are joining the Governments £10 contribution plan to support local business, Swaffham Lions are pleased that Kay and Shaun have agreed to support the Lions and the Brain Tumour charity with a donation bucket if you wish to donate your savings. As you will have read in the weekly bulletin to support local business and the Lions/Brain Tumour Research, Swaffham Lions have started a fund raiser for all of August. Book a meal any time of day at the at White Hart, Shelly's or the East Garden on Monday, Tuesday or Wednesday take advantage of the £10 government grant and donated it to the Lions/Brain Tumour Research bucket. More businesses are helping out, including the local Chinese restaurant.



Last week Littleport Lions Club.



We held a socially distanced handover ceremony from Past President Michael Stares to the new incoming President Ann Ransley.

President Ann said, "Becoming President of the Lions Club of Littleport is both a privilege and a great pleasure. We are a group of like-minded people giving support to and serving the broader community of Littleport, Ely and beyond.

We would love to welcome new members and their families to join in having fun, helping good causes and making friends along the way. Even in these very difficult times we have managed to hold Zoom al fresco meetings, a social distancing picnic in the park and

quizzes. But more than anything we look forward to being able to engage with people and events and becoming proper Lions again".

Spalding Lions Club.

On 12 May 1971 Spalding Lions Club was chartered with the first President being Lion Jack Smith. In 1975 Lion Jack went on to be a district governor, he was well respected and known throughout Lions unfortunately Lion Jack passed away last year. Back in the late 80's and early 90's we used to have a large Gala day, which included a 10k run, we were also heavily involved with Spalding's annual Tulip festival. Another long running event we have is our annual Race night and supper which goes from strength to strength. The Tulip festival has now long since gone but we now have Spalding's Pumpkin Festival in October where we sponsor the children's fancy dress competition. December is our busy period as it is for most Lions clubs and sees us out with our sleigh and Santa either doing house to house collections or parked up outside the supermarket on every day of the week up to Christmas. We are a very sociable and enjoy visiting other clubs and attending charters, we are the holders of the travelling Lion shield which we have won on previous occasions. Our President for the 50th year is Lion Elaine Mothers who also received her MJF award at the changeover.



Pic 1 : Lion Jack Smith receiving his Standing on the Shoulders of Giants award and 45yr chevron



Pic 2 : Tulip Festival Float
Pic 3 : Advert for the Gala Day



Pic 4 : Pumpkin Parade.
Pic 5 : Travelling Lion Shield winners



Pic 6: Past President Lion Stuart East doing a social distance handover to President Elaine Mothers who in turn did a handover to the Vice president Eileen Robson.



Witham and District Lions Club

Five members of the Witham and District Lions Club held a face to face, with appropriate social distancing, Business Meeting at 3pm on Tuesday 7th July 2020.

There were two important items on the agenda other than catching up on all the 'lockdown' news from members and to minute correctly the decisions made over the last three months by email and telephone calls between us.

The first important item was our now Immediate Past President Lion Sue Hall presenting Lion Paul Sizer with his 25 Years' Service tab. (see photo attached).

The second item was Officer Handover - Secretary Lion Frank Clark, 1st Vice President and Treasurer Lion Chris Ince, Membership Of-

ice Immediate Past President and Membership Officer Lion Sue Hall and President Lion Keith Radley make up the team for 2020-21. (see photo attached)

Our meeting Public House landlady was very pleased to have us back and gave us a very cheery welcomed.



The Deepings Lions Club.

During the month of May the Lions Club of the Deepings held a short story competition for the children of Deeping and the surrounding Villages. The competition was split into two age groups with the 5 – 9 years of age writing a story about a Lion and the 10 – 15-year olds writing a story about the environment. In both competitions the max number of words to be used was 500.

The junior age group was judged by local author Debbie Daley, author of the Long Ears Legacy books, and local author and illustrator Ellie Sandall.



The winning story in the 5 – 9's group was by 8-year old Alessandra Isaac of Deeping St James.

Alessandra won a cash prize of £40 and a signed book by Debbie Daley, one of the judges, as well as a certificate

The second placed story was by 8-year old Fatima Abbas of Market Deeping who wrote

Fatima won a cash prize of £20 and a certificate

The third-place winner was from one of the younger entrants and also one of the shortest stories at just 62 words it was submitted by 5-year old Maia Terry of Milking Nook and is a pupil of Peakirk cum Glinton C of E primary school.

Maia wins a cash price of £10 and a certificate.



The older age group was judged by experienced teacher and local author Will Hussey. The winner in this category was 11-year old Kaitlyn Brand from Deeping St James. Kaitlyn won a cash prize of £40 and a signed book by Author Debbie Daley and a certificate.

The 2nd place story was by 11-year old Pheobe Jackson from Baston who wrote

Pheobe won a £20 cash prize and a certificate.



The 3rd place story was by Emma Hodgson from Glinton who is also 11 years old.

Emma won a £10 cash prize and a certificate. All other entries in both age groups get a £5 book token and certificate for taking part.

The full stories and the judges' comments can be read on the website, to read the

stories click <https://www.lions105ce.org/deeping-lions-short-story-competition.html>

Lions Club of Felixstowe

The Lions Club of Felixstowe socially distanced Presidential handover took place on 5th July. Outgoing President John Gooch (right) handed over to incoming President Richard Woolnough (left). Thank you for all your hard work immediate past President John and good luck to President Richard.

**IF YOU LIKE HELPING OTHERS WHY NOT
BECOME A LION AND HAVE FUN AS WELL!**



Lions Club of Southend.



Lion Steve Williamson and his partner Lion Lorraine Clark, members of the Lions Club of Southend, have been regularly collecting litter of an evening on the beaches between Westcliff and Chalkwell. They collect anything from **two to four bin bags full** of discarded takeaway containers, glass bottles, cans, plastic bottles, nappies, wipes etc.

They first

started walking every evening along the seafront in April, using the walk as their 'exercise hour' during lockdown and were



appalled by the amount of rubbish left on the beaches to be washed out to sea at high tide and decided to use their time wisely and collect the rubbish whilst walking. During this time they have met a lot of lovely people who have stopped and spoken to them thanking them for the voluntary work they are doing for the community and the environment. This contact gave them the opportunity to discuss and promote the Lions Club

of Southend and they have taken details of potential new members. What a wonderful way to spend an evening a lovely stroll along the beach, chatting to people promoting Lions, helping the environment and hopefully gaining new members.



Southwell and District Lions Club.

'Fundraising on hold and nothing to do', isn't in the vocabulary of club members. On-line quizzes raising some money and swiftly spending it is one of the options going on. Service to the community is always in the forefront of our minds, and when the local council appealed for help club members stepped up and went to work to smarten up the town. Donning working clothes and protective equipment we went to work. We are glad to report no-one was injured or covered in paint after the exercise, but fun was had by all in the fresh air. Always on the lookout for something to help numerous options are being discussed and events as far away as Christmas being planned in the hope we can return to some form of normality by then.



Zone 5C Handover at McDonald's



Zone 5C handover went with a swing, a great catch and a coffee afterwards to sustain Paul Knight and Verdun Webley after the ordeal!

As Paul can be seen using that well known phrase of Tommy Cooper, 'Just like that'. Verdun seems to be feeling the pressure already, not sure about the 'fishing gear' though.

VISIT THE WEBSITE AND READ WHAT HAS BEEN HAPPENING OVER THE LAST YEAR IN OUR AREA.

#LCICON2021



See life through Lion lenses in Montréal!

Online registration is officially open for LCIcon 2021 Montréal, where Lions and Leos from around the world will come together to celebrate a life of service while indulging in the culture and life of Montréal. Find out what's in store for you at this year's international convention!

[LEARN MORE](#)

Experience la vie en Lion

We're excited to share this year's campaign theme, La Vie en Lion! Discover how we're preparing to "live life in Lion" in the beautiful city of Montréal.

► [Read the blog](#)



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My Lions Family,

Please see above the International Convention Newsletter. I hope all will be well at the time of this Convention as we missed the last one due to covid19.

If all goes well, come and join the DG Team and your fellow Lions from all over the World of Lions and enjoy your freedom from Lock Down.

Keep the contact details handy or ask tour International Team. Let us have a good contingent from 105CE.

DG Ujjal

105CE CONVENTION 2021

Next March may seem a long way off but as we all know time has a habit of catching up rather quickly.

The Convention Committee are already working hard to ensure that our next Convention (March 11th – 14th 2021) is a great success for DG Ujjal and now we need your help.

It is extremely difficult for the Committee to organise the Convention in a vacuum and, without a reasonably firm understanding of likely numbers, that is what is happening.

It is understandable that with Covid19 around you are unsure as to whether or not you would be able to attend the Convention but, if you leave your booking until you are sure, which could be the last possible moment, then you are making the task of the Committee very difficult indeed.

As occurred last year, we have made arrangements with the Hotel, who are extremely accommodating, that final numbers will not be agreed until the last possible moment. This will ensure that we should be able to provide refunds on accommodation and meals, in the same way as we did at our last Convention, should you feel that you have to cancel. We are also ensuring that we are keeping the levels of non-returnable deposits to a minimum. So, there is really no reason not to book!! The hotel is a great place to hold a Convention and it is being organised by a Convention Committee who are experienced and will provide you with a wonderful experience, all we need are your bookings.

The link below will access the booking form:

<https://www.lions105ce.org/district-convention-2021.html>



 **Lions Fact of the day** 

Lions embrace fun and fellowship in all that that they do.

 **Lions Fact of the day** 

Lions clubs are open to men and women. Women have been able to be members of Lions for 33 years as of today

 **Lions Fact of the day** 

Lions are well known for transporting Santa round their localities to raise funds for good causes while bringing joy to families.

 **Lions Fact of the day** 

The Wild Tribe Heroes books are a collection of gentle and engaging true stories about animals that find themselves in trouble when their lives are affected by plastic in the oceans or palm oil deforestation.

 **Lions fact of the day** 

As of January 2020 there were over 46,000 clubs and more than 1.4 million members (Lions & LEO) in more than 200 countries around the world.

 **Lions Fact of the day** 

96 Lions Clubs & 7 Lioness Clubs in our District donated over £693,000 to charity last year. What a fantastic amount.

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