

The Bulletin No3



LIONS DISTRICT 105CE

DG David Pope MJF

2021 – 2022

WE WOULD LOVE TO HEAR FROM YOU - IF YOU HAVE ARTICLES FOR THE ' BULLETIN' OR 'MONTHLY NEWS' – PLEASE SEND TO: pr@lions105ce.org.uk

Dear fellow Lions of District 105CE

What an amazing few days we have had in our great District, the weekend started really well when I bumped into PDG Lion Alan Hall on Friday afternoon after driving back from Wiltshire to be told that we have the most (and best) Lions in any of the Districts the UK. This goes to prove what a great District we really are, without great members we can't undertake great service for our communities – a huge thank you to you all. More on the weekend later!

Our District Cabinet are dedicated to support you all in your endeavours, we have a brilliantly talented Cabinet who are keen to get out and about and share some of the great ideas that are making a difference to our communities, if you have an initiative that works well in your local area, please shout out about it, do a little article for Verdun to publish; what works in your patch may well be of interest to another Lions Club, after all plagiarism is the best form of flattery !! We are very happy to set up and publicise a Zoom call if you would like to share your ideas, drop me or the ICT Team a line.

There are already a couple of best practise sessions taking place – our Social Media session is on the 1st Tuesday of every month and our Membership Matters session is on the 2nd Tuesday of the month, are there any others that would be of use to you?

VDG's Chris, Paul & I held a very successful Masterclass with your Zone & Region Chairs last month, we demonstrated the functionality of the MyLCI and MyLion systems. This was predominantly to be able to support any clubs who are struggling with their membership report or update details on MyLCI, or to report Service activities on MyLion. If you need any support or help, give your Zone or Region chairs a call.

As you are aware we were able to hold our DG Team Handover, Development sessions and also our Cabinet Meeting all in one weekend, to say it was jam packed is an understatement, a massive thank you to all of you who were involved in the organising of the event and sorting out the technology front, you know who you are and you all played a blinder – Thank you so much.

So the weekend started on Friday afternoon with a face to face Guiding Lion course ran by our Leadership



development (GLT) Officer Lion Derek Rutter, we had a couple of guests drop in through the session, namely Past International Directors Lions Geoff Leeder & Phil Nathan MBE. We were really pleased with their attendance and input. I arrived at the very end of the training, just in time to take, and pass the Quiz, so I am now a certified Guiding Lion for another 3 years.



Friday night we had a lovely meal attended by over 80 people, some from a long way away and from out of our District. After the meal DG Lion Ujjal invited Past International Director Lion Geoff to present in person awards that had been presented at our Virtual District Convention. DG Lion Ujjal gave



a really passionate account of his year, how much he had enjoyed it, but had missed seeing you all in person. The Vice DGs were invited to the floor to receive their chains of office, Lion Dr Chris Hibbert presented the 2VDG chain of office to Lion Paul Southerton. It was a lovely moment for us all to receive our chains in front of so many people. I of course took the opportunity to say a few words after receiving the DG chain of office! During the evening a raffle for our DG partners appeals raised a wonderful £560 which was split 50/50 between Manjit's Charity Diabetes UK and Claire's Charity Young Carers – thank you for your generosity.



On Saturday we had series of varied workshops that were very well received, thank you to the presenters who made it a really informative day.

On the Saturday evening there was a choice of evening events, several of us had already committed to attend the Lioness re-union taking place 20 miles down the road in Huntingdon, this was a splendid evening with great company. There were over 60 Lioness supporters in attendance, it was lovely to be able to attend and demonstrate my support to our wonderful Lionesses and to wish them good luck in their new beginnings. The remaining attendees of the weekend had a lovely meal at the Holiday Inn and then retired to the bar!



On Sunday we held our 1st District Cabinet meeting for the year which was very well attended. We had 9 people who attended via Zoom, our first hybrid Cabinet Meeting, we even had 3 guests who stayed all day! There was a full agenda with all the Cabinet reports being discussed. You can tell by the quality of the reports submitted what a dedicated Cabinet we have; the reports and the minutes will be published on the district website by the end of the month.

As you can see it has been a 'Mega few days'. Thank you for all you do in supporting your local communities on behalf of Lions Clubs International and our great District.

A VERY PROUD District Governor

Lion David Pope **MJF**

WHAT HAPPENS AT THE FIRST CABINET MEETING OF THE YEAR.

This is when the District Governor, gathers together his team, selected from all the lions in the district, which will oversee the development and running of the district. It is the first chance for all the cabinet members to meet with each other, accept their roles and be 'badged up' for the forthcoming year.



**Effective treatment for
Military Post-Traumatic Stress
for reintegration into work
& family life**



YOU DON'T HAVE TO WAIT TO GET HELP
Call 0300 302 0551
For effective, prompt and local treatment

There are presentations made, ranging from LCIF and Brain Tumour Research to Sight and GDPR. The emphasis being on the help available to clubs and projects ranging from local and National to International. This year a very effective presentation was made by PTSD Resolution. This group has put together an effective way to return service personnel to the community. It costs £750 per person it takes 5 sessions on average, as compared to the usual system which costs £30,000 per person and takes upwards of a year. The results are remarkable being over 84% effective.

It enables the exchange of ideas and cements previous relationships as well as making new friends. It sets the tone for the forthcoming year and enables important decisions to be made. There is plenty of opportunity, frivolous as well as serious, to take place before any decisions are made. In essence just like a large lions club meeting. There is even a tail twister in evidence throughout!

A gallery of the action



WORKING TOGETHER TO FIND A CURE FOR BRAIN TUMOURS



WAYS TO GET INVOLVED:

DO...
WEAR A HAT DAY

Last Friday in March –
Brain Tumour Awareness
Month



DO
LUNCH!
DURING
SUMMER

DO...
**WEAR A
FLOWER
WEEK**

Every year in June

Join our
Fighting Force
**DO A
CHALLENGE
EVENT**



LET'S CONQUER IT
TOGETHER

DO...
**A
WALK
OF HOPE**

ON THE LAST SATURDAY IN SEPTEMBER



SELL CHRISTMAS CARDS



Connect with Lions #WeServe #KindnessMatters



Hosted by Chelmsford Lions Club

Saturday
18th September
2021 at 7pm

Gin, Spirits & Prosecco Night

Experience a talk and tasting of
a range of gin and spirits with a
Spirit Ambassador from
English Spirit.

Young
Gen HQ
Meteor Way
Chelmsford
CMI 2RL

Additional drinks
including Prosecco available
to purchase afterwards.

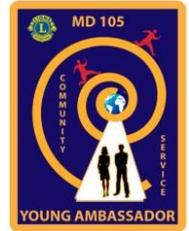
Tickets
£15 each.
Over 18's
only

For tickets contact Andrea on 07736 438 249
or via link on www.chelmsfordlionsclub.org.uk

All proceeds to the Chelmsford charity:

InterAct

Chelmsford Lions Club CIO, Charitable Incorporated Organisation Number 1185328



Hello fellow 105CE Lions,

I hope and trust that you are all keeping well and in the light of the Covid relaxations many of you have now had the opportunity to meet up with family and friends, and perhaps will be taking a holiday of some kind.

A new Lions Year brings with it a new opportunity for finding a candidate for

THE YOUNG AMBASSADOR OF THE 21st CENTURY

To be eligible, candidates must have reached their 15th birthday, but not their 19th birthday, on or before 30th June in the year in which the MD Final is to be held.

Candidates should be prominent in leading or helping to lead a community project with which they are involved.

Club Guidelines and Application forms are available for download in Word or PDF formats from our 105CE website. Any difficulties please let me know and I will happily forward them to you by email or post.

Proposed timetable:

November 14th 2021 Completed Doc's for candidates 'received' by district YA officer.

November 28th 2021 District 105CE Finals

February 18th - 20th 2022 MD Finals

(All Dates and Associated venues are to be confirmed)

The young people offering service to communities of all kinds are out there, as was proven by our last year's winning district finalist Ellie-Mae Banks. She then went on to be the UK's Multiple District winner thus then earning the opportunity to go forward to the European final.

Good luck to all club members with your search. If you need any more information or assistance, then please don't hesitate in checking our website.

Need my assistance then here are my contact details:-

Email: Youthaward@lions105ce.org.uk or saddleston9@aol.com

Lion Reg Hunt MJF – Youth Team, Young Ambassador Officer

Membership Matters Drop-in



On behalf of the Membership team, Alan Hall, District Membership Officer will host a monthly Membership drop-in session for all membership matter. This will be held on the 2nd Tuesday of every month, at 7 pm.

To book, contact [Alan Hall](#) for the zoom invite for the forthcoming session.

SUMMER FUN with FRIENDS

Hi Lions and Leos!

Join us for 90 minutes of fun! Be part of conversations with lions from 105-CE and 111-NH, friendship, music, drinks and laughs... maybe we will all learn something, too ... cheers und Prost!



Friends Virtual Zoom Bar

Reserve your barstool now... 99 spaces available... register here:
Send an email to:

cenh111105@gmail.com

Zoom link will be sent during the week before the Party



August 27th

18.30 London
19.30 Hannover

by Zoom

Come and join us for some fun and laughter. <mailto:glt@lions105ce.org.uk>

We will be having breakout rooms. There will also be a quiz so check up on your knowledge as there might be some Lion questions

I have some drink recipes for you to make for the fun



Do you think you would like to become a District Governor?

This session is open to all, not just those who think they would like to do the job in the next year or so.

The session will include information about what roles you should have done, what Lions "qualifications" you should have, what it might cost you, the responsibilities of the job. Don't forget, this does not mean you have to put yourself forward to be a District Governor, this session will just give you an insight into what you may encounter, and what you should do to prepare for the role.

The session will take place on Zoom on Sunday 26th September starting at 10.30am, I would think that we should be finished by 12 noon.

To register your interest and to take part please contact Lion Derek Rutter,
glt@lions105ce.org.uk



The Lions Clubs International Foundation (LCIF)



Lions Clubs International
FOUNDATION

Want to know more about how you can support and benefit from The Lions Clubs International Foundation? Check out the webinar presentation on LCIF in the Member's area of the District Website under [International/LCIF](#)

Please follow the link below and ask to be added to District 105CE Facebook Group.
<https://www.facebook.com/groups/262327261535199>

PR & Social Media Drop-in



On behalf of the PR and Communications team, Fiona Reid, District Social Media Officer & Webmaster will host a monthly PR and Comms drop-in session to help to improve positive impact from use of Social Media, websites and PR Tools. This will be held on the 1st Tuesday of every month, at 8 pm. To book, contact [Fiona Reid](#), for the zoom invite for the forthcoming session.

**Follow us on Instagram, Twitter, Facebook,
and our District Website, see links below:**

