



## **MONTHLY NEWS AUGUST 2021**

Dear fellow Lions of District 105CE

I hope this newsletter finds you all well and looking forward to finally meeting up and seeing all of your Lions friends rather than just their Zoom picture, I had forgotten that other people have legs!!.

This week I was delighted to be able to join Loughborough Lions Clubs first meeting since they joined our great District, it is a pleasure to have them working as part of our District, they are a wonderful club with a great legacy having served for 50 years. In fact, 2 of their members are already on Cabinet – ROAR Officer Lion Sue Denton & Zone Chair for 5C Lion Mike Harrison – thank you both for stepping up.

The details of Claire's chosen charity have been loaded onto our great District website, Claire has chosen to support Young Carers (through the Carers Trust), all the details are under the "Our Projects" tab, but here is the link to take you to the detail of [Claire's charity](#), have a look and see what an impact being a young carer can have on a youngster, I have included one of the slides above that sums up what a young carer is. I hope that you will be able to support Claire during my year as your DG.

### **CARERS TRUST**

**A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction, cannot cope without their support.**

**Young carers are children and young people aged 5-17 with caring responsibilities.**



What never ceases to amaze me is the sheer volume and ingenuity of our Lions to provide service to their local communities, there have been some great examples this month, making a real difference to where it matters – please make sure that you record all your efforts onto MyLion, last year we served almost 300,000 people and that was during the pandemic, just think what we could achieve this year. If you need help with reporting, contact your Zone or Region chairs, they had a masterclass on MyLion & MyLCI a couple of weeks ago.

More than ever our local communities need us to step up and support them in whatever way they need. After doing all the great volunteering we do – please ensure that your club captures and records your Lions service hours, it's really important when we talk about the impact that Lions have on people's lives with the backup of all of your service hours being reported, it makes a massive difference to the credibility of Lions – Thank you.

I am aware that there are lots of prospective Lions in the pipeline, which is wonderful to hear, the more hands we have the more service we can give. During the week I received 50 new member packs from LCI, if you want one during August drop your Region Chair a line as they will be getting a quantity each at the Handover & Cabinet weekend 6th - 8th August.

That leads me nicely on – we have a cracking time planned for our Handover & Cabinet weekend, if you want to make a last-minute booking, please give SAA Lion John Potter a call or [email him](#) and he will talk to the hotel for you.

Last weekend we had a ground-breaking joint Cabinet meeting with one of our twinned Districts – 111 NH from Germany, this was a brilliant couple of hours sharing ideas, visions, and breakout rooms with both teams, a huge thank you to PDG Lion Derek Prior our International Team Leader and to Lion Theresa Walker our Twinning Officer for organising and facilitating the Zoom call.

There is no doubt that we will replicate this success with our other twinned Districts during the year.

During the week I dropped into a Lions New Voices call ran by our National Officer ably supported by Nicola Claxton our New Voices Officer and a couple of our symposium graduates. You will hear more about Lions New Voices in the future basically it is a group set up to support largely un-represented groups of Lions – for further information, drop [District Officer Lion Nicola](#) or have a look at the [New Voices](#) information on the LCI website.

I am really looking forward to our District Governors handover next weekend, with a full agenda for the weekend and finished off by the Cabinet meeting on the Sunday we will be pretty up to speed with all that is happening around the District by the time Sunday evening arrives!!

Stay safe and well and thank you all for what you do in your local community.

David

A very PROUD District Governor



## **District Twinning Party a winner!**

We had a very successful zoom party with our twinned German District. We had great fun with a quiz, plenty of drink and music and there were breakout rooms for people to get to know each other and discuss questions in small groups in each room. We made lots of new friends and had lots of fun.

It was such a success we have decided to hold another in August. This time we will be offering you the chance to make a cocktail with the recipes I will be sending out with the invitations adding to the fun. Another quiz will take place again. So please join us for the breakout rooms and lots of fun.

### **Nottingham West Lions & Specsavers**

Nottingham West Lions Club are working in partnership with their local Specsavers in West Bridgford, Nottingham to collect and reuse old glasses, helping with our challenge of being 'Knights of the Blind' as well as being environmentally friendly!!

Matthew Pykett, Branch Manager at Specsavers West Bridgford pictured with PDG Lion Gurcharan (Guch) Manku of Nottingham West Lions Club was delighted to help and in doing so, serve many of their customers who want to dispose of their old specs in an environmentally friendly way. Why not contact your local Specsavers and see if they will help you as well.



## Clacton Lions



We are all champing at the bit to get back out there fundraising and after a recent event that was cancelled due to bad weather 12 members of Clacton Lions Club, plus one prospective member, decided to ignore the bad weather forecasted for Saturday 24th July and that the local Car Boot sale in Little Clacton was the ideal place to hold our first outdoor fundraising event of 2021. Did we have the rain, thunder and lightning that was forecast? No, what we had was lots of Lions meeting up safely and engaging with the public; that is what we are best at plus the fantastic amount of £313 was raised for Club funds. Roll on our next event.

We are all being encouraged to recycle more, so when the social media site for Tendring Primary Recycling Scheme TPRS caught the attention of Lion Liz Godden, we knew it was to be the start of a good working relationship that we hope will continue for many years.

TPRS's primary scheme revolves around recycling the 'hard to recycle', by signing up to recycling waste streams run through Terracycle. This enables them to recycle everyday items that would otherwise go into landfill like crisp packets, pet food packaging, sweets, biscuit and cake wrappers, and so much more. They have recently found out that empty medication blister packs can also be recycled, and funds raised from these go to Marie Curie Cancer Care.



Members are currently saving empty medication blister packs and crisp packets which are then being passed on to TPRS collection points. We intend to increase these streams once face to face meetings start up again. TPRS are passing their used spectacles, hearing aids and large printer cartridges to Clacton Lions. Its early days yet, but they are like-minded people, who are also volunteers, future potential Lions maybe?

## Dereham Lions

Lion Keith Otty receiving his 45year chevron from L.P Alan Smith and Lion Secretary Bernie Trett, Lion Keith is no longer able to attend meetings due to his ill health.



## Swaffham & District Lions

A big thank you to all who donated to the Swaffham Lions and Necton Co-op food collection this week, the donations are making a big difference to families and other in these difficult times. This week we collected a massive £127kg of food together with £2 in donations. Picture Lions David & Diana Merchant



We continue with our recycling programme. This week Lion Adrian Adcock is taking 2000 pairs of spectacles to Chichester Lions which is the main collection point in England. They will be sorted before being sent to Medico France in Le Havre for grading, the graded spectacles are then sent to eye hospitals in the poorer countries. Swaffham Lions have now sent over 100k pairs of spectacles from the collection points at Tesco, the Doctors and the opticians over the past years. Also amongst the consignment were a number of hearing aids which we also recycle.

This month we sent 134 ink cartridges for recycling. Unfortunately, more than **375 million** empty ink and toner cartridges are thrown out every year, and end most of them end up in landfills. To put that in perspective, this means that 11 cartridges per second create a waste of 3,000 tonnes of plastic, 2,500 ferrous metals, 400 tonnes of aluminium & 26 kilograms of precious metals.

## Reepham Lions



Over the past 18 months, Aylsham Community Gym has moved from the Band Hall across the road. It prides itself in being The Friendly Gym, where members of the local community aged from 13 upwards are able to improve or maintain their fitness as well as meet others in a positive environment.



ACG boasts a team of three fully qualified instructors as well as a very wide range of equipment including cross trainers, treadmills and exercise bikes. The Lions have recently been able to extend the provision of equipment by donating monies to purchase resistance bands which are now being used by individuals and members in various classes. The past 18 months have been challenging for us all, both mentally and physically, and ACG gives us all the opportunity to get back into the routine of continuing to maintain our levels of fitness or improve them. The instructors are there to help and will devise bespoke training plans, support local GP surgeries with exercise referral schemes and support specialist needs such as physiotherapy.

## Clacton Lions Club



13 members and 4 guests recently enjoyed a social evening - a game of adventure golf with a fish and chip supper at the Greensward Cafe on Clacton seafront. A light breeze was greatly

appreciated after the searing heat of the day. There was lots of laughter and a few surprises once the final scores were read out. Lion President Alan Mercer handed out the prizes - Lion Ben Carrol won the cup for the lowest men's score, Lion Rose Gudger won the cup for the lowest ladies score, and Lion Mags Horton won the hole in one cup.

Lockdown may have stopped Clacton Lions Club for a while, but it's almost back to normal now and we have finally been able to send the colossal amount of recycling that we have gathered in the last 18 months, onto their final destinations.

**20,000 pairs of used spectacles** are on their way to our Chichester Lions Club where they sort and select the ones that are suitable for recycling. Any broken frames do not go to waste the metal is recycled. The next step of their journey sees them being despatched for grading to the Medico France facility in Le Havre. Here, spectacles in perfect condition are cleaned, calibrated, labelled and bagged. Finally, they are shipped to a network of health professionals, eye clinics and dispensaries around the world, where they are used to benefit adults in need of glasses to be able to read, study and live their lives.



**Large printer cartridges and mobile phones** are collected too, these are passed over to EACH - East Anglian Children's Hospices who have the contacts to turn these into cash. £3,500 worth of printer cartridges and £500 worth of mobile phones have been sent to them. A well needed boost to their funds.

**Hearing Aids** are collected too, both analogue and digital. We have recently sent 40 to Dr Michael Nolan, formerly of Starkey Hearing Foundation, who sorts and refurbishes them. Adults and children around the world will benefit from these and their lives transformed.

## **Bourne Lions**

Bourne Lions were contacted by Caitlyn's mother and have given continued moral and financial support to her and the family. Caitlyn, several years ago, at the age of 13 was diagnosed with terminal Cancer.

Since being diagnose Caitlyn has been confined to a wheelchair which has limited her mobility and has spent most of the time in her bedroom, restricting her meeting up with friends of her own age. She has proven to be a strong-minded, determined young woman and although still confined to a wheelchair, her cancer is currently in remission. With financial help from the Club, the family have been able to purchase an electric wheelchair, enabling Caitlyn her independence to meet friends and enjoy doing things in life that a normal teenager of her age experiences.

A Note of Thanks received from Caitlyn's Mum, "Just thought you'd like to see Caitlyn out and about in her new 'wheels'. Thank you so much to all at the Bourne lions for everything you do and have done for Caitlyn. Her new wheelchair has given her so much independence, it's just amazing"!



## **Southwell & District Lions**

Once the Road Map for lifting of Covid restrictions was published, Southwell Lions set about helping local charities and other good causes prepare for when they would be able to restart their operations. For Literacy Volunteers, which assists young people from 4 to 11 years old with their literacy, communication and social skills by providing schools with trained volunteers who make reading and communicating more enjoyable. We were able to purchase 10 'Book Boxes' for pupils at Lowe's Wong Junior School. Each box contains a wealth of learning materials, games and exercises for the children to learn to engage with reading, even creating their own stories. They also receive a choice of favourite books, including *The Gruffalo*, *We're Going on a Bear Hunt* and *The Everywhere Bear*. Literacy Volunteers is looking for more help in schools around Nottinghamshire, where, after so many months of disrupted education, the need has never been greater.



With some easing of restrictions, we were able to run the Duck Pluck again this year with Southwell Rugby Club who were wishing to raise money to help their junior teams. They sold the ducks on their training nights, whilst the Lions sold the ducks on the Market Square. Members of the junior squad plucked the winning duck numbers. We expect to have raised £600 for the club. We also managed to restock the towns planters, a long-standing arrangement.



## **Southend Lions**

Dave and Nigel, meeting one of the 30 Hares around Southend as a great fund raising for Havens Hospice. These Hares are sponsored, and will be going to auction in 12 weeks.

Southend Lions were doing a bucket collection at a music event in the Park. Sixties' music, by Friends of the Shadows. Dave and Nigel were in their element, as this music was their era!



## **Felixstowe Lions**



The wonderful sum of £1026 was raised at the Lions Antiques and Collectables sale on the Triangle on Saturday 3rd July. Many thanks to all who supported the sale and we hope to hold another in September.

At the Lions first face to face meeting since March 2020, Lions President Richard Woolnough made presentations of long service awards to Lions David Webb for 40 years of service, John Gooch and Peter Cooke, 30 years and David Cawdron, 10 years. There were also awards for Les Roome, Chris Finbow and Sue Tod who were not at the meeting. The photo shows David Webb receiving his award from Richard.

## **Lancaster Lions.**

On Saturday 26<sup>th</sup> June 2021, the Lancaster Lions Football Club hosted the first ever Lions Cup at Garon's Park PlayFootball. This was a PAN disability football event which brought together the best athletes from around the Essex Soccability Area.

The event featured clubs including Lancaster Lions FC, JRM Soccability, Canvey Island, Maldon Saints, Basildon, Waltham Abbey, Colchester Deaf team, and Hamble Pan who were attending from Southampton.

The event included a 5-a-side round robin event and a 7-a-side round robin event where games were consisted over 10minutes with points awarded for a win and a draw.

The winners of the Lions Shield will be presented and shared between the teams of Canvey Island FC and Maldon Saints. The Lancaster Lions FC also had their annual presentation evening where players were rewarded on their achievements throughout the season.

Quote from Simon Best Lancaster Lions FC manager "The Lions Cup is a culmination of hard work and dedication shown by the players, support and fans of the Lancaster Lions Football Club. The event enables our players to compete on a level playing field despite their challenges and difficulties. We aim to play in a fun, enjoyable and exciting way and continually strive to be our very best! I cannot be prouder of the effort shown by our players, they leave everything on the field and never give up! I want to thank every club who took part in the event and the Southend-On-Sea Lions Charity for giving us a platform to deliver disability football. Let's go Lions!"

Quote from Brighton Chitorera who is one of the captains of Lancaster Lions FC said "Well done to the Lions and all the teams who took part in Saturday's Lions Cup on a spectacular day at Garons Park. You should all be proud of yourselves. It doesn't matter about winning, losing or drawing, it's all about taking part, having a lovely time and playing with your friends and making new friends. Well done to you all."



## Wisbech Lions Club

Under the guidance of Lion Marilyn Batrick, Wisbech Lions Club had seven schools competing in this year's Peace Poster competition. We had six in the general category and one in the Special category. Artist judges and Lion judges have been out over two weeks and have now judged them all. Club President Lion Alan Edmunds presented framed certificates to the seven winners and the schools for supporting the contest. A scroll certificate was also presented to each Honourable Mention in each school. We also presented a £20.00 voucher for The Works to each winner and a £10.00 voucher to each Honourable Mention.

We plan to display the posters on the International Day of Peace, 21<sup>st</sup> September, in our local Tesco store, where they will be judged again by local artist, Andrea Taylor, the Store Manager and another judge. We will then identify our local winner, and the school at which that student attends will receive our Wisbech Lions Club Friendship Trophy. The school will retain the trophy for one year. The standard in the schools has been very high this year. Maybe the students have been practising their artist skills during lockdown.



We were twinned with Rye Lions Club, Victoria, Australia in July 2020. Lion Gael Harvey came to the U.K. on holiday a few years ago, when she saw the display in Tesco that year, little did we know how our friendship would flourish. This year after two years as her Club President, Lion Gael was selected to be the District Peace Poster officer after she had introduced the competition to Rye.

Club members and guests met at a social distanced buffet at Leverington Social Club. This annual officers' handover event marked the first meeting between some of the members for more than 12 months. Club President, Lion Alan Edmunds having been re-elected for the next year, welcomed other newly elected officers, also present at the gathering was Lion David Pope, our District Governor.

Lion Alan highlighted the club service record and the fact that two new members were inducted. He emphasised the importance of how Facebook activity had contributed to the club remaining firmly on the public radar despite lockdown. The Friends of Wisbech Lions Group has 334 members, five prospective members have come from that group.

The Club had adapted during the pandemic where fundraising became almost impossible, they moved into a new world with fundraising on Facebook. Their Santa, Lion Jack Connor, gave messages of hope to older people in care homes, school children at school and to families on videos as he learned to Zoom families at home. He had a starring role ahead of some major films at The Luxe Cinema, thanks to Nathan Smith, manager who also raised funds for the club.

Present at the evening was member Lion David Lilley and his wife Sue. He was a Charter Member of Peterborough Lions Club, formed on 7<sup>th</sup> April 1970. The then District Governor Elect, Lion David Pope was delighted to have had the opportunity to attend the evening. He had previously presented David with awards for 40 and 50 years of service and was delighted to present him with an MJF award for his humanitarian service.



## Peterborough Lions

Here in Peterborough we take card payments via our website using PayPal or Square, and we do have a Square card reader, which we've rarely used, which links to a mobile phone app.

As we head out of lockdown into a world where people are accustomed to cashless transactions, we're looking at easier to use card readers which are more straightforward for club members to use.

To that end we'd love to hear from other clubs: how do you take card payments? What have you tried, what works (or doesn't)?

We're happy to summarise our findings back to this newsletter.

Contact: [mark@peterboroughlions.org.uk](mailto:mark@peterboroughlions.org.uk)



Lions Clubs International  
District 105 CE

[www.lions105ce.org.uk](http://www.lions105ce.org.uk)



## LIONS CLUBS INTERNATIONAL FOUNDATION

### LCIF Donation Credits

Are you aware that when you make an LCIF Donation from your Lions Club the Club receives Credits which can be used in exchange for awarding Melvin Jones Fellowships.

Presently Clubs within our District have over \$430,000 Credits available, which means Clubs within the District can collectively award 430 Melvin Jones Fellowships and we have five Clubs who could become 100% Melvin Jones Fellows (that means each member of the Club could have been awarded an MJF).

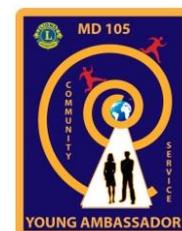
Have you thought about awarding someone an MJF?

To find out how many Credits your Club has 'in the bank' please contact: LCIF District Coordinator PDG Lion Alan Hall. Email: [lcif@lions105ce.org.uk](mailto:lcif@lions105ce.org.uk) or Telephone (H) 01652 655470 (M) 0730 585 6313



### The Life and Times of a Young Ambassador Candidate

The aim of the scheme, which operates throughout Europe, is to recognise, encourage and support young people who are actively involved in the welfare of the community, supporting the best of our Lions' ideals. In previous years, candidates have been involved in helping younger and older people, the disabled, the able bodied. and the disadvantaged and have organised projects in conservation, crime prevention, promoting healthier lifestyles, hospital radio and other initiatives.



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

Candidates can progress through the various levels, Club, Zone, Region and District up to the MD Final. The winning candidate of each level of the competition proceeds to the next level as follows: Winner of Club Competition → Zone Competition → Region Competition → District Competition → MD Final.

**Club Presidents, Zone and Region Chairmen and District Officers take responsibility for their level of these competitions.** The relevant Officer is responsible for the presentation of the

prizes and certificates. The District Governor, District Officer or Club President could be invited to make this presentation.

**Currently, it has been the practice of our district, and many others, to have candidate presentation at club level and then at district level only.**

### **Candidates Responsibilities**

#### **At Club Level**

**Each candidate is required** to speak for 3 minutes on their community work, either to the judges only or as a presentation to an audience. They may display photographs and illustrations of their work if they wish, **but PowerPoint or other presentation tools are not permitted.**

The judges will then ask each candidate a number of questions for clarification of their presentation and the information contained on their application form. The presentation and interview should last approximately 20 minutes.

#### **At District Level**

Those club candidates nominated to go forward to the District Final are required to attend at the chosen venue on the day of the finals. This would normally be held on a Saturday or Sunday. Club Lions, parents or a good friend are welcome. Again, they are required to speak for 3 minutes on their community work, now to the judges only. They may display photographs and illustrations of their work if they wish, **but PowerPoint or other presentation tools are not permitted.** Again, the judges will then ask each candidate a number of questions for clarification of their presentation and the information contained on their application form. The presentation and interview should last approximately 20 minutes.

### **Responsibilities of our District Finals Winner**

- **A commitment** to address the District Convention in that year, with on the day expenses paid for by the District.
- **A commitment** to attend the Multi-District Weekend Finals Event, where all appropriate expenses will be paid by the MD Youth Trust, excluding travel to from the venue.

### **Responsibilities and Commitments at Multi-District Weekend Finals**

Candidates, judges and last year's winner, arrive on Friday afternoon. Their expenses for the weekend are paid by MD. This includes accommodation, meals, the activities throughout the weekend and one short telephone call home for the candidates, excluding travel to from the venue.

#### **a. Friday evening:**

1. This opens with an informal meeting for the candidates and a short welcome and introduction to Lions, families, and supporters. A random selection will be made for times for candidates interviews the next day.

2. "Fun night" with a buffet meal and informal games.

#### **b. Saturday daytime:**

Candidate interviews all day. Half of the candidates will be interviewed in the morning and half in the afternoon, with a group activity nearby for the other half of the day. Candidates take lunch together in the hotel.

#### **c. Judging:**

The candidates will be seen by the judges in private.

The candidates are required to make a 3-minute presentation.

They will be interviewed about their community work.

They may include a **few** photographs of their work with the submission of the application form if they wish, **but PowerPoint or other electronic presentations are not permitted.**

Each candidate is allocated 30 minutes: 3 minutes for their presentation, 15 minutes for interview and 12 minutes for interviewers' private discussion before the next candidate.

Once the interviews are completed, the candidates are given time to prepare an evening entertainment for the Gala Dinner.

**e. Saturday evening:**

A Gala Dinner will take place, with entertainment by the candidates, followed by a disco.

**f. Sunday morning:**

This is a formal morning where all Dignitaries, Judges, District Officers, and the YA finalists gather in the main room, together with the many Club Lions, DG's, parents and supporting friends making up our finale audience.

After the top table's speeches, the YA finalists will make their three-minute presentations to the entire audience.

The Announcements and Presentations of the Shipshape Award and the Multi-District Young Ambassador of the 20<sup>th</sup> Century Award.

**Responsibilities and Commitments of the Multi-District Finals Winner**

**A commitment** to address the MD Convention in that year, with expenses paid by the MD Youth Trust

**An invitation** to the MD International Youth Centre of that year, with expenses paid by the MD Youth Trust.

**A commitment to participate** in the Young Ambassador of the 21<sup>st</sup> Century European award, to be held at Europa Forum later in the same year, with expenses paid by the MD Youth Trust.

**Attendance at next year's MD Finals** to support candidates and help with the organisation.

**Altruistic August 2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	Give time to help a project or cause you care about
8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 Contact a friend to let them know you're thinking of them	13 If someone annoys you, be kind. Imagine how they may be feeling	14 Take an action to be kind to nature and care for our planet
15 No plans day! Be kind to yourself so you can be kind to others too	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity
22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well
29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today				