



**Lions Clubs International**  
**British Isles District 105CE**  
*At the heart of your community*  
 Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



## **JUNE 2021 NEWSLETTER**

This is my last Newsletter for the Monthly News as your District Governor. What a year it has been due to the Pandemic; we will not forget it for generations to come.



At the start of the year the planning was very much different to what happened during the year, I had made provisions for challenges and changes, but not to that extent that I would not be able to meet anyone. The DG Changeover was done keeping to social distance protocols; I received my Chain of Office at the end of a golf stick from IPDG Guch in DG Elect David Pope's Garden. David and VDG Chris received them in a similar manner on the same day followed by some lovely food.

However, it is not all gloom, we learned how to communicate differently to keep in touch with each other. The sense of appreciation for each other was enhanced. Lions reinvented themselves to Serve, necessity being the mother of invention.

Many of you had online meetings to do the Lions business and carry on with your activities. I would have never thought of having a Charter Celebration online and enjoying it. Well Done everybody. These newly formed habits, I believe are here to stay with Lions. We can save money and time and get similar results. Plans are already in process to have hybrid meetings, and some online meetings amongst the face-to-face ones. I intend to go around the district, when possible, and fulfil my need to meet my fellow Lions in their business and social meetings during the new Lions year. Please let me know of your activities and I will be pleased to come and see and meet you.

I want to thank every Lion, Club, District Officer, my Cabinet and the DG Team for being resilient and enduring in the difficult time we have gone through. You have been a source of strength for me, and I am proud of you.

I would like to thank, International Director Geoff Leeder and Past International Director Phil Nathan for their guidance and advice during my year as District Governor. It has been invaluable in so many ways. I wish you the very best in your future endeavours for our Lions organisation.

I am proud to say that I had the opportunity to serve as an "Acting Council Chair" for the last quarter of the Lions year in the absence of a permanent Council Chair. It has been a good experience working with the MD teams, District Secretary Phil Robinson and District Treasurer Phillip Goodier who are very experienced Lions.

It has also been the last year for the Lionesses as an organisation. They have given forty-four years of keen service to the communities they serve. Their last Conference, which I attended was a touching moment. I have written a letter to each of the Lionesses in our District, thanking them for their service, as well as to Lioness Sandy Briault thanking her on behalf of MD 105 Lions.



We are fortunate in our District CE to have continuous leadership. DG Elect David Pope will be taking the reins on the 1<sup>st</sup> July. I will formally be handing over, on change-over 9<sup>th</sup> July at the Holiday Inn, Peterborough. I wish David the very best in his year as a Governor. David is followed by VDG Lion Dr Chris Hibbett and 2<sup>nd</sup> VDG Paul Sotherton; a very capable succession to the office of District Governor.

Manjit has finished her walk in the aid of Diabetes, the DG's partner's Charity. She walked 874 miles, the equivalent of the distance from Lands End to John O'Groats. We would like to thank all Clubs and individuals for their kind donations. The total received so far is over £5828. Please send any donations to our District Treasurer Paula Mellows, marked 'DG Partner's appeal Diabetes'.

I hope to see you sometime somewhere, Keep safe in your Clubs and Families.

District Governor

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### Southend Lions Club



Lion President Pam, Lions Shirley and Nigel, presented 50 bags of toiletries, made by Lion President Pam and her team, to Southend University Hospital. These will go to the Elizabeth Lorry Ward, for the use of the Oncology patients

### Grantham Lions Club

The Commemorative Bench is to Mark 50 years of Grantham Lions supporting good causes in Grantham and District 1971 to 2021.

The Bench is installed in Dysart Park in Grantham for the General public to see and enjoy. The persons in the photograph are Godfrey Mackinder Grantham Lions Club President and Councillor and Town Mayor Dean Ward.



### Coventry and Godiva Lions Club



Sewa International Bharat has set-up a Steering committee comprising of doctors, interventionists, and disaster management experts, with core experience in dealing with the current situation and who are equipped to provide guidance on specifications of products to be procured, distribution channels and post disaster management and utilization. We are proud to support Sewa International Bharat in their work during this Covid disaster in India. Cheque of £1000 was presented to Dr Jatangia & Dr Bharat from Sewa by our President Lion Anita



Kohli. Lion Jay Dattani, Girish Parekh, Davinder Gahir & Tom Kalyan were present for the presentation.

## Swaffham & District Lions

The club members have been impressed with the work that West Norfolk Riding for the Disabled do at the Magpie Centre. The centre, which has been running for 30 years, has just reopened following lockdown and has welcomed a small number of clients back, before lockdown up to 130 attended both riding or on carriages. The centre manager, Natalie Dade, explained they have 15 horses, 5 staff and up to 100 volunteers. The cost of running the centre, which relies heavily on donations and fundraising events, has still had to pay for hay, vets, staff and general running costs during lockdown without the ability to fundraise.

Lion President Tony Lakey and Lion Pam Tallon presented at cheque for £500 on behalf of Swaffham & District Lions to Natalie Dade with Buddy a 13-year-old Dark Bay Irish Cob.



## Newmarket Lions Club



The club had many reasons to celebrate at their first meeting since the pandemic on Thursday at The Rosery Hotel in Exning and what a night!

Two members had long service awards presented, Barrie Hough a Charter member who joined with the formation of the club back in 1976 had his 45-year service pin and certificate presented, his wife Dianne also received an award for 20 years of service, a combined of 65 years from one family, a huge achievement! The club also 'badged up' two new members, Douglas Hall and Stew James, who had been attending meetings via Zoom during the lockdown and took part in the first outside event recently at the local

market enjoying it so much they accepted our invitation to join us as members.

It was a great night welcoming Doug and Stew to our amazing Lions Family and we all look forward to working with them soon in the local community. The Lions Club are in the process of organising a new members night on Thursday July 1st and anyone interested in finding out more about Newmarket Lions are welcome to come along at 8:00 pm at The Rosery Hotel 15 Church Street Exning CB8 7EH or contact [christine.rawlinson17@gmail.com](mailto:christine.rawlinson17@gmail.com) or via Facebook Newmarket Lions Club.



## The Deepings and Stamford Lions

Two local Lions Clubs, The Deepings and Stamford, responded to an appeal made by Beverley and Andy Caulton from Eastern-on-the-Hill on behalf of their son Ezra. Ezra, aged 5, was born prematurely, has global development issues and sadly cannot walk and talk like other children of his age. He is currently waiting for an MRI scan to confirm a cerebral palsy diagnosis.



Ezra's mum and dad wanted to create a safe place for him to play in the back garden. They launched an appeal to help with the work in February following the loss of Andy's job due to the pandemic. As part of the 'make over' they thought that a garden playhouse would be a wonderful addition as it would create a safe, fun, cosy environment. The two Lions Clubs were pleased to help and together purchased the playhouse for Ezra to enjoy together with his brother Brogan and their friends.

Beverley said, "Ezra is an outgoing boy who accepts his disability with a smile. We know he will love playing in his playhouse. Andy and I would like to thank both the Lions' Clubs for their kind support."

If you'd like join The Deepings or Stamford Lions to make a different difference and have some fun visit their Facebook Pages.

Ezra surrounded by Lions! Left: Nicki Waldie, centre Mascot Rory from Deepings Lions and right Stamford Lions President Gill Clarke.

## Felixstowe Lions Club

Despite the difficult times we have all been through the club has continued to work to help our community.

We are still supplying the fantastic volunteers at the Grove Vaccination Centre with containers of sweets. They are doing a brilliant job and deserve a little treat. If you would like to show your appreciation and keep the containers filled up with sweets. We have a text number as follows - to give £2 text FXJAB2 to 70085, to give £5 text FXJAB5 to 70085. With your help we hope to keep the containers full all summer. We are delighted to announce that **Sweets Reunited** have agreed to sponsor our sweets. They have a great shop in the Felixstowe and Walton Football Club on Dellwood Avenue and an active internet ordering website – but we still need your support!

Lions Car Boot sales are now up and running for this year, every Saturday morning, from 8am till 1pm at the old Cavendish Hotel site on Sea Road. Weather permitting of course! Cost for sellers - £6 cars, £10 vans and £3 for Charities. Any queries please ring Paul on 07702 192008.

The Model Exhibition is taking place again this year. The Leisure Centre has been booked for Sunday 17<sup>th</sup> October and any type of model collection or hobby can be represented. There is no fee to display, and we raise money for our charity from the public entry fee. We would like more exhibitors so for further details please contact John on 01394 273514 where you can leave a message if there is no reply.

**Joyful June 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	
7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side
14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity
21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy
28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

## LIONESSES CLOSE AFTER 44 YEARS

Following a directive from Lions Club International the Lioness Clubs of District 105, as well as all Lioness Clubs around the world, will be closing on 30th June 2021.



Lioness Clubs began in America as a result of the success of the auxiliary clubs which were started for the wives of the all-male Lions Clubs. The Lioness emblem and name were approved in 1975 and membership was open to any lady over the age of 18, whether or not she was married to a Lion. The first Club to be formed was the Mount Pleasant Club, North Carolina on 24 December 1975.

The first Lioness Club in the British Isles was formed in Pontefract, West Yorkshire in 1977 and since then they spread throughout the country (*insert right Pontefract Lioness Charter, George and Jeanne Morgan right*). At present there are nine Clubs in the British Isles, but there are many more, in countries all around the world. The numbers in the UK have decreased recently but had reached in excess of forty clubs throughout the British Isles and Ireland. There are six of these Clubs in District 105CE (seven until the closure of the Downham Market Lioness Club in December last year due to the closure of their sponsoring Lions Club).



Lionesses have been a 'professional' organisation who hold regular business meetings not only as individual Clubs but also at district, national and even international level following a very similar style to Lions and using the Lions Purposes and Ethics as their guideline.

Nationally the Lionesses are governed by a Committee of representatives from all areas in the British Isles. This Committee is known as the Advisory Body and has a Chairman, Secretary, Treasurer and a Lion co-ordinator linking the organisation to Lions Club International Council of Governors.

Lioness Clubs are sponsored by their local Lions Club who support the activities of the Lioness Club.

Lioness Clubs organise their own events as well as deciding how best to spend the money to help their local community and they are proud to say that, as an organisation, every penny raised from the public goes directly to charity. In the last full, unhindered year of fundraising and donating, 2018-2019, the Lionesses of MD105 donated £35,669.73 to charitable and worthy causes. Below are just a very few examples of the Lionesses work.



Sleaford Lioness Golf Day



Saffron Walden Lioness Cake Stall



Swaffham Lionesses Litter Pick



Witham Lioness Cheque Presentation

Lionesses also stand alongside Lions and other support services at local functions such as Remembrance parades and wreath laying.

Following the news, received indirectly from Lioness colleagues in Canada, that the Lionesses would close in June 2021, international conversations on Zoom were instigated by the MD105 Lionesses with groups representing thousands of Lionesses in India, Canada, USA, Australia and New Zealand. These conversations continue and a new organisation has been formed called Global Service Organisation (GSO) to which all former Lioness Clubs may affiliate. At the time of writing the GSO will formally launch its new website on 15th June 2021. They will also be linked through social media groups such as Facebook, Twitter and Instagram.

The Lioness Clubs in the MD105 have chosen to go in different ways. Two will become Lions or a branch club of Lions, the rest will either form “stand alone” groups continuing their Lioness work in the Community under new titles or be social groups.



Recently the Lionesses of MD105 held their final AGM on Zoom presided over by MD Lioness Chairman Sandie Briault (*insert left*). As this should have been their 33rd “face to face” Conference where the theme was to have been Tiara’s and Sparkles many members wore tiaras in the spirit of fun and friendship.

At this final AGM the first President of Pontefract Lionesses, and still an active member, Jeanne Morgan, spoke of her amazing time and experience of being a Lioness, an organisation that has changed her life over the past forty-four years, more than half her lifetime.

## THE LIONESSES IN THEIR OWN WORDS.

**WHY A LIONESS?**

I'm a Lioness as you can see  
But why is this important, especially to me?  
It makes me feel needed and of use  
I can help alleviate suffering, waste and abuse  
I get involved with people in need  
I give of myself and forget about greed  
For I know that I'm helping in a special way  
The deaf and the blind each and every day.  
I share and I give in my own fashion  
The love of a Lioness, her time and compassion.  
It's a special opportunity, as you can see  
To share my one gift - and that is ME.

The card features a yellow background with a blue border. At the top, the title "WHY A LIONESS?" is written in bold blue letters. Below the title is a poem in blue text. At the bottom of the card is a line drawing of a lioness standing and facing left. The card is decorated with four circular logos in the corners, each containing a stylized blue and yellow design.

Giving our time to help people in the form of service hours is a valuable thing to be able to do and this is something we are all doing every month of the year. The amount of service recorded is quite amazing and something to be very proud of.

Another really nice thing Lionesses provide are our soft cuddly Lions which are given out by Ambulances and Police when children are distressed and recently Downham Market Lionesses received a Thank You from a grateful parent who went to great lengths to track them down via their Zone Chairman.



On a brighter note there are many activities planned between now and spring with all Clubs. We have quizzes and a Beetle Drive in Witham, a quiz in Chelmsford, litter picking and an Easter Tombola in Swaffham, again a quiz, Murder Mystery evening and cake stall in Paddock Wood. Plans are well underway for a Golf Day in Sleaford an event I am looking forward to attending. Sleaford are also getting involved with a 'Befriending' group, another really good example of how Lionesses can help people locally who are sometimes lonely and needing a helping hand.

These are just a few examples of some of the work carried out by Lionesses of the Multiple District. Over the Christmas period a lot of people benefited from the care of Lionesses, some received small gifts, others a hot meal or a food parcel or maybe just a visit from a Lioness to make sure they were alright. Just Ordinary People with Caring Hearts.



## Lioness International Relations



Well March saw International Women's day on 8th March, but for Lionesses across the world every day Lionesses are amazing doing amazing work in their local communities.

With the uncertain times facing us all with COVID-19, it is sad to see that a lot of meetings and planned community services have had to be cancelled. Irrespective of the concerns over the virus there has been good news with a lot of support for Lionesses being expressed by District Governors.



### Smile Corner

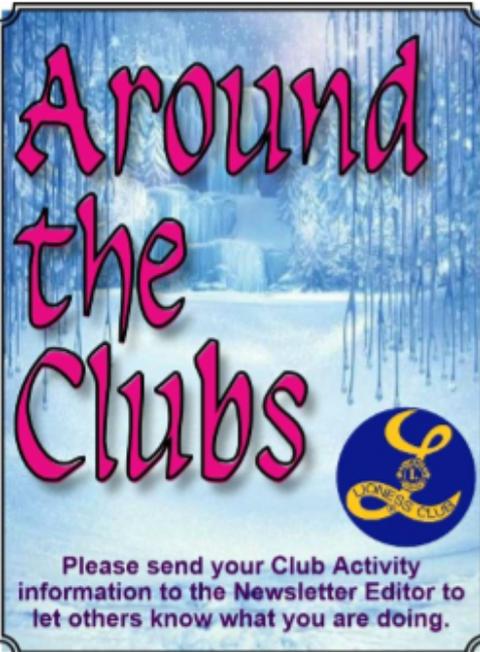


- Anyone want to buy 100 Scotch Eggs and 150 bite size sausage rolls? I misread the headlines and thought everyone was picnic buying.
- A lorry load of Marmite has crashed on the M4 this morning... Police have said to avoid the yeast bound carriageway.
- Panic buying is ridiculous. I've just paid £15 for Oxo cubes.... The stock market's gone crazy.

*Share your smiles!*



**THEY WORKED FOR THEIR COMMUNITIES AND HAD FUN.**



## SOME SAMPLES OF THEIR NEWSLETTERS

### **Witham & District Lionesses**

Lioness President Sheila and Lioness Louisa visited St. Peter's Hospital to donate food for needy families that is distributed by The Cafe there and is run by a lovely lady by the name of Julie. Julie does many wonderful things to help the needy in the hospital and her wider community. She is always coming up with brilliant ideas for collecting money for charity and her latest one is a mural on the back wall of the café, which will be dementia friendly. Mind-blowing!!

The money was raised from several events by Witham & District Lioness Club. From fetes, boot fairs and stalls in both Witham & Maldon, all are attended by our Club members over the past year and St Peters was chosen as one of the recipients by Past Witham & District Lioness President Janette Burridge as one of her President's charities.



*With apologies for missing this last month. Ed 😊*



### **Saffron Walden Lionesses**



#### **SAFFRON WALDEN LIONS CLUB XMAS MEAL**

Several Lionesses joined the Lions Club at their Christmas meal and spent a very enjoyable evening. Although on arrival there was a surprise in store for two ladies present, Lioness Gill and Lion Terry's wife, when they turned up in matching outfits. Whoops! awkward or not? In this case not, as both ladies were very gracious and quite unperturbed about it. They both looked very nice and were quite happy to be photographed together, a double vision of beauty as the "Ladies in Red".



#### **SUNDAY AFTERNOON ENTERTAINMENT**



November and December having been a very hectic time with lots of events and welfare commitments this did not leave too much time for relaxation, apart from the club's Christmas Meal and even then this included some fundraising. So in January the Lionesses decided to slow down, chill out and have a nice relaxing afternoon out at the local Cinema, Saffron Screen, to enjoy the screening of the latest Andre Rieu concert. Thirteen Lionesses attended the matinee. At the end of the show they all left the Cinema, smiling and happy having had a thoroughly enjoyable afternoon.

#### **A bit of good news for Pontefract Lioness Club.**

We have received £1000 grant from 'Tesco Bags of Help' towards our Lantern Festival. This was a nice surprise as our application was submitted in 2019 and we were notified we would be in store for April and May 2020 and then Covid hit so nothing happened until now when President Karen got an email out of the blue to say they still wanted to support us!

Hopefully we will be going ahead with our Lantern Festival in 2021 as it will be our 10th Anniversary so we hope to make it something special!

## Swaffham Lioness Club ~ The Pride of Swaffham

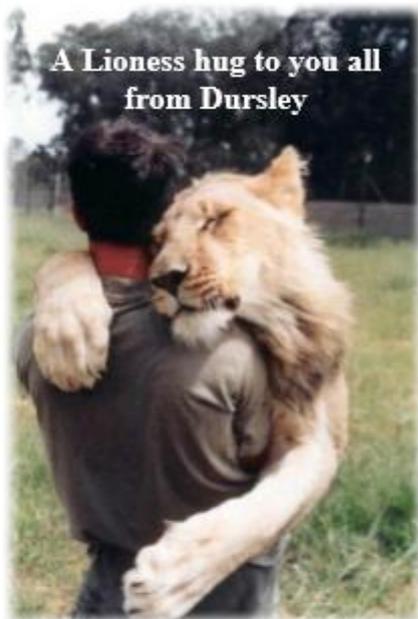
After some time "sitting it out" during all the Covid Lockdowns and restrictions, for the last two months we have been meeting on Zoom in order to make plans for later in the year when we will hopefully be back up and running as normal. It is great to have Lioness Margaret Fox with us now that Downham Market has sadly had to close down.

Our National Lioness Conference AGM will now take place on Zoom, and several of us will join into that. We are continuing to support our local foodbank collections, and will be donating some extra Easter treats to the Lions Foodbank collection at the end of March. We also want to do our bit for the local environment and will be doing another Litter Pick in April.

Looking to the future, we will hopefully be having a stall once a month at the Friday Indoor market in the Assembly Rooms. This will be good publicity for us and will enable us to sell some items to benefit local Charities. Also we are planning to hold a Macmillan Coffee morning later in the year.

Our Swaffham Lioness Club was formed in May 1991, and we will be celebrating our 30th Anniversary with a meal out, all being well sometime in the summer. Let's keep our fingers crossed for a speedy recovery back to normality!

*Report prepared by Lioness JoAnn William – MD Lioness Club Deputy Secretary*



**A Lioness hug to you all  
from Dursley**

*Doesn't she look adorably  
happy?*

*To all Members*

*I would like to thank all the Lioness Clubs who donated to my fabulous gifts I received at the A.G.M on 22nd May. I can't tell you how overwhelmed I was to receive such generosity especially in these difficult times. The engraved vase has pride of place in the display cabinet and the drawing of the Lioness wearing her tiara is on the wall in my 'Lioness Corner' of the room and Tony and I will certainly enjoy a fabulous theatre trip. The flowers will die but my memories of you all will be with me forever.*

*Thank You all so much.*

*Sandie xx*

MD Lioness Chairman Sandie then closed the final AGM for Lionesses in the UK. We closed in the usual fashion, singing Land of Hope and Glory and then Auld Lang Syne. Tiaras a bit askew and tears freely flowing, the meeting was closed at 1:47pm.

Afterwards, many broke out the bubbly and stayed on-line for a bit for a chat.



We look forward to seeing everyone again for dinner and a boogie at the Lioness Reunion, to be held on the 7th August 2021 at the Marriott Huntington Hotel.

**OBVIOUSLY WE HAVENT HEARD THE LAST OF THEM YET!**

# Lions Clubs International

MD 105 British Isles **We Serve**

## Multiple District 105 Lioness Clubs

14th April 2021

### **"Sparkles and Tiaras" Lioness Reunion Dinner 2021**

Dear All Lionesses

On behalf of the Advisory Body, they have given permission to arrange the following, as we will not be deprived by COVID-19 of our **"Fun and Fellowship"**, so whilst our 33rd conference will still be virtually held on 22nd May for which you are all invited to join us for our AGM – a separate link for this and the report information will be provided shortly.

We have arranged for a private dinner to be held on 7th August at the Marriott Hotel in Huntingdon a quality venue which has been used in recent years to host our Annual Conference and for which we hope many of you will consider booking and taking this opportunity to meet in a relaxed event to catch up with old friends. We will, as usually, dress for the occasion of the dinner and we would love to see you all sparkle at this celebratory event, complete with tiaras! See you in the bar at 7pm.

This will be pre - booked and paid for direct as an individual / couple please feel free to bring you partner / guest and all bookings and the menu choices will need to be made to the hotel before 20th June 2021.

- **The tariff for this is dinner bed and breakfast for one at £116.00 as a single booking.**
- **For two people sharing this will be £156.00 i.e., £78.00 each.**

We have attached a menu - again you will need to give your menu choices to the hotel – but for the sake of good order please can you ensure that you let me have a notification that you have made a reservation and what menu choices you have made so I can retain a master list.

Check in time has been arranged for 2pm so you will have time to use the hotel facilities and socialise with other who have decided to attend the event. Check out on the Sunday is 12 noon so again leaving plenty of time for relaxing and reminiscing in the lounge or by the pool!

The link to make booking online is:-

[Book your group rate for LIONESSE REUNION 2021](#)

Or this can be made by telephone 01480 446000 option 4 - please quote the event name Lioness Reunion 2021 to get these discounted rates.

I look forward to seeing you there, thank you for your service and best wishes in your future activities.

Yours in Lionism

Nicola Claxton

Nicola Claxton

**Conference Co-ordinator**

Multiple District 105 Lioness Clubs 2020-2021

**Menu on next page.**

*This information is also available on  
the MD105 Lioness website  
[www.lionessclub.org/reunion/](http://www.lionessclub.org/reunion/)*

# Lions Clubs International

MD105 British Isles



Lions Clubs International, 257 Alcester Road South, Kings Heath, Birmingham, B14 6DT

May20th 2021

Dear Sandie

On behalf of the Lions of Multiple District 105 I would like to take this opportunity to express our thanks and gratitude to all of the Lionesses who have worked tirelessly to serve their communities over many years. Words seem inadequate at this time to describe the appreciation we have for the wonderful acts of kindness and service Lionesses have carried out during their tenure.

Lioness Clubs have worked in parallel with Lions in many and various projects and have made a difference to the lives of many. I do not need to tell you the stories and expand on Lioness success stories as you are well aware of them all.

Lions Clubs International have made a decision to dissolve the Lionesses Clubs; we need not further dwell on that decision and as Lions we have to abide by the decision and move forward. Goodbyes are never easy especially to such valued members of the Lions family. Even though the name "Lionesses" will be dissolved, the spirit of all the members will continue.

I extend the hand of friendship to all Lionesses; I am delighted that many have decided to stay within our Association and continue to deliver the Service as they have always done. To those who have decided to choose a different path then we wish them the very best and should they decide later to re-join as Lions then we would welcome them back to the Lions family.

We are proud of all that you have achieved and it has been an honour to serve our communities with you all

Kindest regards

DG 105CE Lion Ujjal Kular  
Signed on behalf of Council 2020-21  
Lions Clubs International-British Isles

