



Lions Clubs International British Isles District 105CE

At the heart of your community

Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



Monthly News April 2021

Firstly of all I must say that it is with much sadness that we hear of the death of His Royal Highness, Prince Philip, the Duke of Edinburgh. On behalf of Lions District 105CE, I would like to express our deepest sympathy to Her Majesty the Queen and all members of the Royal Family. Our thoughts are with them at this difficult time and their grief is shared by us all ❤️ [#PrincePhilip](#) [#PrincePhilipDukeofEdinburgh](#)

Prince Philip was a great leader in environmental matters a long time before the rest of the world caught up and a pioneer in youth projects such as the Duke of Edinburgh's Award Scheme, two things he championed that are shared with Lions. He is a fantastic example to all of us service minded individuals, he will be greatly missed by his family and the world. Once again, our condolences and sympathies to the Royal Family.

After months of preparation, our 2nd Convention took place for the first time via Zoom. Our International Vice President Dr Patti Hill was kept in touch at all times while the technical glitch was solved. The Paralympian Jane Etherington opened the Convention with her presentation; it was amazing to hear what she had accomplished being visually impaired and winning multiple medals in Skiing. The Business of the day followed with excellent reports from our Officers, resolutions were voted on and the results were announced. There were videos on the Korle-Bu project, Youth, ROAR and Membership amongst other presentations in a very full day. Thank you for your messages of good will on the Kudo Board.



May I extend my congratulations to, DG Elect Lion David Pope, 1st Vice DG Elect Lion Dr Chris Hibbert and 2nd Vice DG Elect Lion Paul Sotherton on their election, what a great progression of Governors for our District CE. The DG's extended Team is already exchanging information, focusing on the future with the District Secretary Lion Keith Radley on board to accumulate and provide information to the Clubs.

Our International Vice President, Lion Dr Patti's address to Convention was admired and commented upon by all I have spoken to. It was inspiring to listen to her, she made us feel proud in what we do and encouraged us to involve ourselves in our communities on daily basis, to take care and show kindness. Her speech is available on our website up to the end of this Lions year.

I must thank our Convention, SPT and IT/Comms Teams who took on the monumental task of putting it all together making it possible for us to have a Convention in these difficult times. I sat through almost every meeting and I know how difficult and time consuming it was. My Sincere thanks to your families who sacrificed their valuable time in the name of Lions. I hate to mention names in case I miss someone, but I must mention SAA John Potter who had a heavy load on his shoulders to make this Convention a success. Well Done everyone in District CE for playing their part and putting their Heart and Soul into it.

I was honoured to approve and virtually present the following awards through 3rd IVP Patti Hill.

International Presidents Certificate of Appreciation:

Lion Frank Clark—Witham & District Lions Club and Lion Andrew Wilcox - Peterborough Lions Club.

International Presidents Leadership Award:- Lion Keith Ford - Glanford & Lindsey Lions Club.

International Presidents Award:- Lion Tim Watts - LP Leigh-on-Sea Lions Club.

These awards will be presented physically at the Change-Over in Peterborough, planned for the 9th and 10th of July at Holiday Inn Peterborough. Details will follow as soon as they are finalised. It will be Great to meet each other again.

The Lion Magazine is a treat to have, especially this past issue with our own Lion Gaby on the cover and features from our District, Hunger Relief feed the 5000, Community Strength and Gleaning Hub dominating the leading few pages with more features including Diabetes, three million steps and more, showing the success stories of our District.

The days are getting longer, the restrictions are easing and Clubs will be getting together again. Let us all celebrate together our freedom to meet and also plan for the task ahead as we come out of this difficult time. We have to re-engage existing members and rebuild our Clubs and their service. We have new members who need to be taken into the fold as well as building future membership. We have experienced members and Leaders, it is my duty to remind you that we need to climb steeply for the future. If any member or Club needs assistance, your District Officers are here for you, just give us a call. Please attend the courses and information sessions laid out for you, it will keep you all informed and efficient in what we do.

Manjit has walked nearly 650 miles for her Charity Diabetes, we would like to thank Clubs and individuals for their kind donations for this worthy cause. Diabetes is one of our Global Causes, you may record your donation in your reports.

Please note MD convention is on May 1st. (may the first be with you)

Keep safe and well. Until we meet again. **DG Ujjal.**

Felixstowe Lions.

At the start of March, Felixstowe Lions purchased cakes from Cuppa Café which were delivered to the Grove Surgery for the 70 staff and volunteers doing the vaccine jabs. They are doing such a great job. Like most of the older population we at the Club have had our first vaccine jab and the work goes on for all the staff at the Grove to get the rest of the population and the second jabs completed by July. This has been a mammoth task and to show our thanks the Lions Club has put in to the Grove some containers for sweets for the 70 staff and volunteers. If you would like to show your appreciation and keep the containers filled up we have a text number as follows;- To give £2 text FXJAB2 to 70085. TO GIVE £5 text FXJAB5 to 70085. We will make sure the containers are re-filled. Also through Cuppa Café we have held an Easter Raffle with numbers bought online, £500 before expenses was raised. Total profit in the region of £400. Numbers to be drawn at the Cuppa Café on Good Friday. the Club has agreed to send £400 to a family in the Ukraine who's son has got diabetes and other health problems. We have also agree to fund the family on a monthly basis until their situation has improved. In cooperation with the Rotary Club we have supplied the electricians and labour to help a Felixstowe family erect a garden "chill out" room. We would like to thank Ipswich Electric Center and Travis Perkins for their generous discounts when we purchased the equipment. This was a true collaboration with the family preparing the base and paint, Rotary and the Half Moon paying for the garden room and wood and The Lions providing the electrical equipment and labour to complete the project. The Club has also donated £100 to the Marie Curie Daffodil Appeal as we are unable to collect in the town due to lockdown. We hope that if the lockdown is lifted as promised we will be starting our Car Boot Sales on Saturday 17th April. To give more space we will be on the Old Cavendish Hotel site Sea Road, £6 PER CAR, £10 PER VAN.



Southend Lions

Southend Lion President Pam presenting 100 Easter Eggs to the Southend Charity One Love, who provide food and support packs to the homeless in Southend.



Bourne Lions

On the 1st April Bourne Lions President, Jon Chudley, welcomed new member Lion Carole Sands to Bourne and District Lions Club. Due to COVID – 19 restrictions the induction ceremony took place in the garden at Carole's home



MD105 Digital Convention - 1st May 2021
May the First be with you!



MD Convention is nearing, to see what is on offer and book go to: <https://www.md105convention.uk/>
Do Not Miss Out

Stowmarket Lions.

Like every other Lions Club during lockdown, we at Stowmarket found ourselves unable to hold any meetings or socials. This has meant no beers at the bar before meetings or convivial dinners at our monthly socials.

This got our treasurer Lion Keith Cooper thinking that his fellow Lions must have loads of unspent beer money rattling about in their back pockets so, unable to do any significant fundraising, why not put it to good use to bolster Club funds? And so *Project Lockdown* was born. Members were invited to donate what they might otherwise have spent on pre-meeting beers or meals at socials, to the Club. The response has been tremendous and has so far swelled the Club's coffers by over £1,500, our single largest fundraiser so far this year!

Our community service activities still go on of course, even if at a reduced rate and still need funding so, whilst we all hope to be back to real meetings and social events very soon, for now we think we've made the best of the bad situation we all find ourselves in.

So here's to a return to more normal times and a resumption of full operations!

Swaffham & District Lions

With the pandemic causing the loss of spectacle recycling venues, the closures of opticians, Swaffham Lions recycling bin at Tesco remained open and has collected 70 pairs during the last lockdown. Since Swaffham Lions have been collecting, they have sent over 100,000 pairs of spectacles to be recycled and forwarded on to needy countries. We try not to use the term glasses, as we have had drinking glasses donated in the past not spectacles.



Deepings Lions

Prizes Galore in Easter Lucky Dip



185 residents from the Deepings and surrounding villages took part in the Deepings Lions free Easter Lucky Dip. The draw was held on the 30th March with 142 winners announced the following day. Ten lucky winners of the top prize of large chocolate eggs, picked out by the club's mascot Lion Rory in a live broadcast on Facebook, were: Louise Meadows, Claire Sears, Chris Bamford, Nigel Markham, Lucy Mason, Karen Brisbane, Libby Stygall, Micky Culff, Laura Jean Pick and Brian Hicks. There were also prizes of 100 small Easter Eggs and 32 bags of wildflower seed to help bring back the bees. Prizes were delivered to the winners' homes on Easter Monday.

Winner Micky Culff presented with his prize from The Deepings Lions Mascot Rory

Clacton on Sea Lions

There are many outlets for selling unwanted articles like clothes, cars, phones and other tat, but did you know that you could raise cash from re cycled inkjet cartridges and toners. Your club could increase their charitable funds by registering with www.theinkbin.co.uk where they pay you to recycle these items.

Clacton on Sea Lions club have collected 4 large boxes, ready to be sent and there is an anticipated income of around £800 for them. This is much valued income after great assistance was given to local Foodbanks and meal deliveries during this Covid epidemic. For more information and how much you could receive visit their website.

Wymondham Lions

Wymondham Lions Club will, should the regulations permit, hold their 51st Charter Dinner on Sunday 27th June 2021, 1230 for 1300, at The Bird in Hand, Wreningham, NR16 1BJ.

The price will be £28 for 3 courses, £24 for 2.

Members of the Lions Family are most welcome.

For further details please contact me:- jamwilde@hotmail.com

Southwell & District Lions

Coastal challenge for Brain Tumour Research.



Brain tumours kill more children and adults under the age of 40 than any other cancer, yet only 1% of the national spend on cancer research has been allocated to this area. Lions UK are supporting Brain Tumour Research as part of our national drive to lessen the impact of cancer.

Southwell Lions decided to take on a virtual coastal challenge to raise awareness and funds for Brain Tumour Research, whilst encouraging club members to get out walking more, even on days when the normal temptation would have been to stay indoors.

Our target was to raise £ 5,480, which would cover just 2 days research at one of the Brain Tumour Research centres. We started our 6,500 mile walk from Skegness and aimed to finish by mid May. At the time of writing this, we have passed Aberdeen and expect to return to Skegness shortly after 12th April.

We've, therefore, planned to mark the completion of the walk on 17th April with some of the participants walking back through Southwell and assembling on the Burgage in Southwell for a final photo shoot.

Any donations would be welcome and can be made via <https://www.justgiving.com/campaign/braintumourtrust> as this will benefit Brain Tumour Research.



Virtually : What a fabulous location.
We'd love to be by Loch Fyne at Stonefield Castle!



We're virtually tempted to stop for a drink at the Badachro Inn, close to a local distillery for whisky AND gin.



Just to take in the view of Loch Gairloch, of course. Cheers!!!!



RECIPE FOR A SUCCESSFUL ORGANISATION

“Take equal parts of desire for better understanding, cooperation and interest. Add some carefully picked officers, thoroughly washed in the water of self-sacrifice and drenched with perseverance. Take a whole heart full of enthusiasm and dilute it with a handful of common sense. Then add spices – pep, tact, zeal, zest – a generous dash of each, not forgetting a pinch of difference of opinion to give it a tang. Now beat the whole thing up well into participation of all members, pour into the large vessel of opportunity. Be sure to drain off all pettiness, fault finding, prejudice, envy and jealousy. Decorate the whole with understanding and a sense of humour.”

Perhaps Betty, my mother, received the recipe from one Melvin Jones?

PDG Steve Scall



Diabetes



Environment



Hunger



Vision



Childhood
Cancer



Young People



Respond to
humanitarian crises



WHITTLESEY & DISTRICT LIONS CLUB

Registered Charity Number 1075824

Organiser Lynn Palmer, 18 Glenfields, Whittlesey, Peterborough, PE7 1HX

Phone 01733 351405 email whittlesey.lions@btinternet.com

Charity Golf Day 2021

As we look to the future and COVID allowing our Club is starting to plan for our Annual Charity Golf Day. Our President Brian decided last year to support the Alzheimer's Society Cambridgeshire, as last year's event was cancelled, we have carried over this aim. The Alzheimer's Society supports Dementia sufferers and their families. It is a frightening fact that 1 in 3 people will be affected by Dementia in some way.

On behalf of our Club, I am writing to invite you to enter a team or teams into this year's event. The date is Wednesday 8th September 2021. Ramsey Golf and Bowls Club, Abbey Terrace, Ramsey, have once again kindly agreed to host the event for us.

Team entry fees are remaining the same. The cost of a team of 4 will be £160 that is £40 per team member. As normal members of Ramsey Golf and Bowls Club do not pay green fees.

The entry fee will include bacon rolls with either tea or coffee 18 holes of golf and supper. The menu choices for supper are 1) Steak & Guinness Pie with Chips & Peas, or 2) Ham, Egg & Chips. The first Tee off time will be 10.am and then every 10 mins thereafter, (exact times may alter and will be circulated later). The day will finish with the presentation to the winning team, nearest the pin. As always there will be the obligatory raffle. This year will be different to previous years, players will be playing as a team in a Texas Scramble format, 10% of combined handicap will be used. Each player must use 4 drives minimum.

If you are interested in entering a team or teams, would you please return the enclosed form to me at the above address, or by email, giving the details of the Team players and menu choices. Details of how to pay are on the application form attached below.

Please return to me by Wednesday 1st September 2021.

We look forward to seeing you again.

WHITTLESEY AND DISTRICT LIONS GOLF DAY 2021

Please return to Lynn Palmer, 18 Glenfields, Whittlesey, Peterborough, PE7 1HX

Or email whittlesey.lions@btinternet.com

Reply Slips

Team Name.....

Contact Address.....

Post Code.....

Contact Phone Number.....

Email address, if you have one (this will save us postage).

.....

Team Captain..... Handicap.....

Meal Choice.....

Player 2..... Handicap.....

Meal Choice.....

Player 3..... Handicap.....

Meal Choice.....

Player 4..... Handicap.....

Meal Choice.....

Members of Ramsey Golf and Bowls Club (Members of Ramsey golf and Bowls Club do not pay green fees)

Team Captain Yes/No

Player 2 Yes/No

Player 3 Yes/No

Player 4..... Yes/No

Payment Details

Cheque for £160 payable to Whittlesey and District Lions Club,

Or BACS

Whittlesey and District Lions Club, Barclays Bank.

Reference is your team name,

Bank sort code is 20 67 37

Account number 40950548

Please indicate preferred method of payment Cheque/BACS.

Another chance to serve.

Used hearing equipment that are collected by clubs can be sent to Dr Michael Nolan who works with Starkeys Hearing Foundation which repairs/refurbishes used hearing aids/test equipment so it can be sent to countries in Africa, Asia, Eastern Europe and South America to be used again by hearing impaired people.

Since July 2020 Clubs throughout the Multiple District have donated 21,324 hearing aids for refurbishment.

To send used hearing aids/hearing equipment to Dr Michael Nolan please follow the instructions shown below:-

To send small amounts send it in a jiffy bag, using Royal Mail direct to Dr Michael Nolan.

His address is Lumb Gaps Barn, Haslingden Old Road, Rossendale BB4 8TT. Remove any batteries and boxes to save on postage costs. In your package please include contact details- name of Club, person sending the package and an email address so an acknowledgement can be sent. For larger amounts use a courier service. There are many out there but "Parcel Force" and "Parcels to Go" seem to have the most competitive rates. Again remove all batteries and boxes and include your contact details so an acknowledgement can be sent.

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead	5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels
8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds	12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time
15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today	19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today
22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting	26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil
29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in					

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

**District 105CE covering the counties of
Cambridgeshire, Essex, Lincolnshire, Norfolk, Nottinghamshire & Suffolk**

Did you know that our 93 Lions Clubs & 7 Lioness Clubs in our super District donated over £1.5 million pounds to charity over the last two years, what a fantastic amount.



WASUP 2022 Challenge



Can we collect 2022 bags of litter by 26th July 2022?

#TeamCW are aiming to collect this mountain of rubbish by the opening ceremony of
The Common Wealth Games 2022
Being held in Birmingham

This challenge is a great opportunity for your club to engage with local community groups,
raise the profile of Lions in your area and help protect the environment

When you have collected your bags please log it on MyLion and email:
environment@lions105cw.org.uk

Remember to include your Club, how many bags you have collected and if you can include
a photograph with your collecting team & the filled sacks!



SCAN ME

Are you keen to



Volunteer ?

**Your interests,
ideas and
skills
welcome**

lionsclubs.co.uk



The Global Leader In
Humanitarian Service

www.lionsclubs.org



#StepForward
#JoinUs:
#LionsGetInvolved



#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

Get Involved

Lions Clubs get involved within their communities. We respond to local needs, work effectively to make a difference and have fun