

Fellow Lions welcome to November's edition of the District Newsletter, it's been a relatively busy month for me. One of my enjoyable opportunities was to represent Lions Clubs International at a World Sight Day event hosted by Nottingham West Lions together with Notts/Derby Hemlockstone Lions. NWLC have running this annual event for many years. This year, also in attendance was The Guide Dogs for the Blind Association (UK) with the Sheriff of Nottingham Councillor Patience Uloma Ifediora representing the City at the event.



I also had the pleasure of meeting representatives from Lioness Clubs of 105CE. Every day is a school day - I certainly learned a lot from the 7 clubs who between them raise thousands of pounds for good causes and partake in numerous service activities serving their communities each year. Congratulations Lioness Clubs of Chelmsford, Downham Market, Felixstowe, Saffron Walden, Sleaford & District, Swaffham and Witham & District on your excellent contribution. It was lovely to have an opportunity to thank Lion Angela Howard for all her support as Lioness Chair. Left to right, Nicola Claxton Lioness Chair, Angela Howard, IP Lioness Chair and yours truly.

My second cabinet meeting was held on 3<sup>rd</sup> November and I am sure your District Officers, Region & Zone Chairs will provide you with updates. We continue to make good progress and will be creating a consolidated constitution during Convention in March – do get booked on Convention so you can have your say!!

I also managed to get to a few Charters, including Bourne & District, Stowmarket & District and Notts/Derby Hemlockstone. Always a pleasure to meet fellow Lions and learn about their support for communities far and wide. Thank you to these Clubs for hosting and their generous donations towards Ravinder's charity – Air Ambulance Services.

As you will have heard from me earlier, Membership gain through service activity is core to Lions, see our membership numbers on the left. I remind you all that December is a month where Lions Clubs tend to lose many members, let's be proactive and ensure we make this year one where we minimise that membership loss. Looking ahead to membership growth in our District, I am pleased to inform you that work is underway to form a new club – watch this space!!

Membership Statistics	30/10/2019	
	This Month	This Year
Opening Balance	1,773	1,785
Added Members	4	30
Dropped Members	4	42
Closing Balance	1,773	1,773
Net Gain/Loss	0	-12
Worldwide	1,441,133	

And finally, a plug for two events close to my heart. Firstly, Nottingham West Lions are holding a fundraiser for Child Vision Screening Cameras and Air Ambulance Services on 17<sup>th</sup> November in Nottingham – contact me for further information. This will be a spectacular event and great fun. Secondly, we have our District Convention between 12<sup>th</sup> and 15<sup>th</sup> March. Convention is a great time to network, make new friends, learn more about how we Lions work and of course a time to have fun. You can attend all three days or mix and match. We have socials in the evening as well the AGM on Saturday and opportunity pick up new skills on Friday and access to International 3<sup>rd</sup> VP Patti Hill on Sunday Morning for Q&A. You can find further information and book here: <https://www.lions105ce.org.uk/wp-content/uploads/2019/10/Convention-booking-form-2020-V2.pdf>

Till the next time.

Best Regards,

Guch

## District 105CE Leadership Vacancies

We have opportunities for budding Lion Leaders in the following positions, if you would like to develop your Lions skills and give back to the District please apply. In the first instance apply through DG Guch at [dg@lions105ce.org.uk](mailto:dg@lions105ce.org.uk)

**Zone Chair for Zone 4a:** Covering the following clubs; Bury St. Edmunds, Felixstowe, Ipswich, Stowmarket & District and Woodbridge & District with a total membership of 128 Lions. As Zone Chair, you are part of the Cabinet and part of the DG's comms team, helping clubs develop, you would act as the interface between the Region, District and the Clubs.

**Mental Health Officer:** This is new role, mental health issues are on the rise, suicide for example is the major cause of death amongst men between 29 and 40! This is a growing area of need in our community and I'd like to have strong leader working as our Mental Health Officer. If you have experience in this area and want to develop this role, please link up with me. Look here and learn about the need. <https://www.mentalhealth.org.uk/statistics>

**Assistant Secretary:** This role is one for a person wanting to become the District Secretary for 2020 - 21. The Secretary role is core to the efficient running of any Lions Club, and this is very much the case for the District. We are looking for an individual with solid skills and experience as a Secretary of a Lions Club or similar organisation. The person should be adept in the use of spreadsheets, word processing and will need to be an effective communicator and scheduler. You will be core to helping to set up and run 4 District Meetings per year amongst other duties. A big role for the right person. As the Assistant Secretary, you will get solid training from one the best, our very own 2VDG David Pope aka District Secretary.

### Kings Lynn Lions joint venture with the town's Rotary Clubs.



Kings Lynn Lions had a letter to ask if we could help with the purchase of a Trike for a young boy in the town. The local Rotary clubs were also asked to contribute. He has a very rare condition that affects his mobility and muscle strength amongst other things. He goes to a normal school and is very social. The Trike is specially built for his needs and abilities and will get him out with his parents and sister and help with muscle building and stamina. The Trike will last him 5 or 6 years and will grow with him. We decided that we would give some money to help.

Between the 4 clubs we paid for it. His family was so happy that it was paid for so quickly that they asked for all clubs be present at a joint photo call. Lion President Tina Holmes met with Elliot and his family and others on a warm but windy Autumn Saturday. The happy little boy couldn't wait to get going. He was happy to have the photographers from the local press take pictures, then he was off, warm coats for the family and a trip around the block on the Trike



### Sight, the precious sense that is under unprecedented attack.

Despite huge clinical and technological advances, record numbers of people are needlessly going blind.

Through our Lions clubs we can make the public aware the importance of having their eyes tested regularly, 20% of blindness is avoidable. The main causes are uncorrected short or long sight and disease processes that could have been detected early enough to slow it down.

We are living longer across all disabilities, but sight loss is becoming worse. The alarming rise in type 2 diabetes has led to an alarming climb in diabetic retinopathy over the last decade and with more than 5 million people predicted to have the condition the burden can only become worse. The major disease causes of blindness are diabetic retinopathy, cataracts, glaucoma and age-related wet macular degeneration. All are capable of being treated if diagnosed early enough. No one should be visually impaired because they have not had access to care or prescription glasses.

Avoidable blindness is verging on a national tragedy, so more organisations, like the Lions, are important in encouraging people to get their eyes tested.

Lions are now launching the 'SPOT CAMERAS', these have the potential to provide a much faster diagnosis which is vital in preventing sight loss from a number of conditions.

**Paul Whitworth, Sight Officer 105CE**

## Reepham Lions in action.



Despite the inclement weather, Lions' members sold tickets at the Reepham Classic Car Rally, and thanks to the generosity of the public, raised £1,000. Earlier this year Lisa Smith shared the moving story of her journey supporting her husband Andy after he'd been diagnosed with a brain tumour and had been given a short time to live. Andy's wishes were to spend his last moments at home with Lisa and he was able to do this with the support of the Hospice at Home/Palliative Care Team. As you can imagine, Lisa has found life difficult since Andy passed away, but she wanted to raise money for the Care Team so that other people could continue to be helped in the way she and her family had been. By her own admission, Lisa doesn't profess to be a runner.

However, with her sons Dean and Lee and Dean's girlfriend, Amelia, by her side, and nursing an injury sustained from moving Andy, in July she completed a 10K run to raise funds for the Care Team, without which Lisa says she couldn't have kept Andy at home. The family is delighted to be nearing their target of £5,000 to which Reepham Lions has donated £250.

Thanks to the continued generosity of you all, as I write this article, the first batch of used spectacles is on its way to Chichester Lions Club where they will be sorted and forwarded to Lions International for despatching to improve the quality of life for children and adults living in low and middle-income communities around the world. There's now a second collection bin in Reepham located at the Crown – our thanks to Glenn and Lisa Mallet for facilitating this. A big Thank You to you all – please continue to give so that others can enjoy an improved standard of living.



## Swaffham and District – Busy Bees



### **Service Recognised**

Retired local solicitor and founder member of Swaffham Lions; Simon Fowler, receiving a certificate in recognition of thirty-five years' service for the club. Simon has been the chair of various committee's as well as being President the award was presented by Lion President John Collins.

### **In the Lion's Den**

Swaffham Lions held their biannual Lion's Den at Swaffham Community Centre, with the audience waiting in anticipation for the different groups to give their presentation. The stars of the evening were the young people from the Guides and Brownies who received an ovation from the audience. £2500 was shared out on the evening, between TOSH, 2nd Swaffham Brownies, 2nd Swaffham Guides, Louise Thompson and Swaffham Rugby Club.



### **Trolley Dash**

Swaffham Lions held their annual Trolley Dash at Swaffham's Tesco store. This year the proceeds are going to the Anthony Nolan Trust which is UK's pioneering blood cancer charity. With the winning ticket drawn on Sunday evening, Shelagh Hutson was delight and shocked to see she would be doing the Dash. Prior to the Dash, Shelagh was shown the isles she could collect items for her trolley. With a pre-determined plan Shelagh manage to fill her trolley with £70 worth of goods. The Dash raise £400 for the cancer charity.

## **STOP PRESS**

**GRANTHAM NO MORE.....THE MD CONVENTION 2020 WILL NOW BE HELD IN BIRMINGHAM, MORE DETAILS TO FOLLOW..... STILL 1st to 3rd MAY 2020....**

## Combating Loneliness, Fire Door hangers and more...

Swaffham Lions invited Clare Peak from Family Action to give a talk on an internet help programme named **Lily**.



**Lily** provides a comprehensive range of support in **West Norfolk** to combat loneliness and social isolation in adults of all ages. The **Lily** online directory lists organisations, services and activities that help people to live healthy, active and independent lives.

Following the talk, which gave the Lions a greater understanding of the programme but also the need for such a programme that can combat loneliness in our community, Lion President, John Collins, thanked Clare for such an informative talk.

Swaffham Lions have launched a Fire Door Hanger to be hung on your hotel room door, aimed at people who have hearing problems and may not hear a fire alarm. The hotel staff will ensure that your room is checked for occupancy if the alarm is sounded. It can also be used for people who have mobility problems. You can obtain your free door hanger from Age Concern at Swaffham Community Centre. West Norfolk Deaf Association and Swaffham Visually Impaired group have joined the scheme and are distributing them amongst their members.



Swaffham Lions joined forces with the Icen Youth Group to celebrate Halloween. With twenty pumpkins, supplied by Tesco, the young people soon started to carve the pumpkins to their own design, under the watchful eye of the leaders. Judge, Pam Tallon from the Lions, had the very difficult task of choosing the winners.

The winners from the younger group were Willow and Shae and the older group Tempy and Demi. Pam said that at the end of the day

they were all winners and was glad to see how much they had enjoyed the evening.



Swaffham Lions were only too pleased when asked by the Royal British Legion to do two days collecting for the Poppy Appeal at Tesco. As usual the people of Swaffham were very generous with their donations, with the favourite being the Poppy lapel pin.

## The Sleaford & District Lionesses Club News



At their meeting on 17<sup>th</sup> October, Sleaford Lionesses presented two cheques for £500 each. One to Sleaford Talking Newspaper who record the Sleaford news and distribute it to over 50 people with impaired vision. Secondly to Rainbow Stars who run a hub for autistic young people and are hoping to expand this to carers and others. Both groups will use the money to pay rent for their premises

which is essential for their continued existence.



Sleaford Lionesses have also been filling Rotary Shoeboxes to be sent to Eastern Europe for Christmas. They are for all ages – some love filling them for babies but also for older people. This year the Lionesses have filled 52 boxes.

## Southwell and District Latest Update on 2019 Diabetes Screening.



The 2nd session has now been confirmed for the Library Car Park in Southwell on 2nd November, making it the third session organised this year. Diabetes is in the news, as it affects an increasing number of people. It's one of the Lions 5 global causes where we are taking action. We held a FREE screening session using Silver Star's mobile screening unit in the Car Park at the Farnsfield Cricket Club on 5 October. Qualified medical personnel did a simple blood test which indicated whether you should consult your doctor for further tests. 48 people were tested for potential diabetes problems and given life-style advice based on their BMI results and questionnaire.

Pictured above, Lions Bob Callow and Martin Smith with Janet Smith.

## Southend Lions



Southend Lions recently attended the Southend Virtual School Awards, Ceremony, and presented book tokens to the successful students Ricky Champ, who plays Stuart Highway in 'EastEnders', was the Guest speaker. Southend Lions, Vice President Pam, Andrew and Karl are seen here talking, to Ricky after the Awards Ceremony.

To raise awareness of the World Sight Day, Southend Lion Nigel, takes the Southend Mayor, Cllr John Lamb, on a blind fold assisted walk around the Sainsbury's Supermarket in Southend; to purchase a range of goods and pay still blindfolded. The Southend Lions Group, were supported by Southend In Sight, a Blind Southend Charity. They also had a collection in the store to raise funds.



Seen in the photo the Mayor and Mayoress with Southend Lions President Carol, Pam, Ian and Sainsbury's staff as well as a representative from Southend In Sight.

## Clacton-on-Sea at work.

For almost 30 years Clacton on Sea Lions Club has joined forces with the children and their parents of Holland Park Primary School in Clacton. Each year, they create food parcels in celebration of Harvest Festival, and Lion members are on hand to distribute them around the local community. Over 140 parcels were delivered to nominated recipients and those living independently in sheltered homes.



Along with many other Lions Clubs around the 105CE District, Clacton on Sea members played their part in raising funds for the Macmillan Nurses at their Great Coffee Morning. This was held in the village hall in Gt. Bentley where it was well supported by the villagers and local businesses. Most of the cakes and pastries available were made by Lion members and their partners. A grand total of £587 was collected. A cake created by Lion Mags Horton was raffled which added to the monies raised.



Clacton on Sea Lions in conjunction with the Brightlingsea Rotary Club and other local businesses, sponsored another CHAPS men's health awareness day. There was a steady stream of 'patients' during the day, where screening for potential Prostate Cancer, Diabetes, Aorta Aneurysm scan and general health /fitness checks were carried out. High Blood Pressure and Diabetes are both invisible and it was made aware that with height and weight ratio, your BMI should be kept under control. No more big plate meals, only 2 roast potatoes instead of 5, eating healthier would help create a better and longer life. Prostate cancer tests are done by a blood sample, of which 75% is accurate. A lot better than not having a test at all and early detection is vital. The Aorta scan can also bring surprising results.

The first of 2 defibrillators provided by Clacton on Sea Lions was unveiled by local MP Giles Watling recently. It has been sited near the area, where unfortunately 3 visitors to the town perished whilst swimming. The second is located outside the offices for Tendring Voluntary Services in Rosemary Road in the town centre.

## LIONS CLUB OF FELIXSTOWE - LISA TAKES THE SPURTLE



Lisa Williams of the Lions Club of Felixstowe fought off contestants from 11 countries to win the Golden Spurtle at the World Porridge Making Championship. This was the 26<sup>th</sup> year of the championship which is held in Carrbridge in the Scottish Highlands and the fourth time that Lisa had entered. The golden spurtle is named after the traditional implement used to stir the porridge whilst it cooks. In the competition the porridge must be made using only the traditional ingredients of oatmeal, water and salt.

Lisa's winning recipe was made with half Hamlyn's Scottish Oatmeal and half Hamlyn's Pinhead Oatmeal, along with Maldon Sea Salt. "I didn't use to use salt in my porridge, but I saw Nigel Slater using it years ago and have been doing the same ever since". At home Lisa likes cheese on her porridge!

Lisa runs Stennetts Community Café for adults with learning difficulties in Trimley St. Mary, near Felixstowe. She has twice been President of the Lions Club of Felixstowe and has been an active member for 17 years.

## WISBECH STUDENTS ADVANCE IN LIONS INTERNATIONAL PEACE POSTER COMPETITION

Wisbech Lions Club is pleased you announce that Ruby Gibson, age 11 years of Upwell Academy is the local winner of this year's Peace Poster Competition for Wisbech. This means that Upwell Academy are awarded our Friendship Trophy for the next 12 months.

Wisbech Lions sponsor the contest each year to emphasise the importance of world peace, and each year the theme changes. This year's theme was "Journey of Peace". Ruby's said, "I was inspired to draw this because the dove is the journey, and the hot air balloons are on a journey and it is a peaceful journey". This year eleven schools took part, including Meadowgate Academy, who entered in the special category.



Wisbech Lions Club President, Marilyn Batrick, who has successfully run the local contest for some years, along with local artist Andrea Taylor and Rachel Symonds, on behalf of Tesco, were all impressed by the creativity of the students, and the club is proud to be able to provide them with an opportunity to share their visions. Ruby's poster, together with the other 10 winning entries from our local schools will advance to face stiff competition through the next stages.

Wisbech Lions Club thanked Andrea Taylor and the team of artist judges from Wisbech Art Club for their valuable input to the contest. Exaclair, a local company, has kindly offered to provide artist paper for next year's competition for which the club are extremely grateful.

Every year, Wisbech Lions holds a Bonkers for Conkers competition. It attracts some top players (and a few not less serious ones!). The competition is a social event for Lions and invited guests. Wisbech Lions members cater the event with a splendid buffet, and this is always a treat. The event is organised by Lion Bill Batrick always assisted by Lion President Marilyn Batrick, Lion Chris Gay and Lion Maureen Smart and her catering team.



The event is an opportunity to fund raise for a specific cause, and this year that event was '**Christmas Wish for Hope**'. Hope Weston is a 6-year-old girl who was born with no hand or lower left limb.

She describes herself as a "happy little girl whose Mummy helps her with every need." Hope had been writing to Father Christmas asking for a 'bionic arm'. Hope's mum and family have been working hard to try to make her Christmas wish come true over the past years but the cost is not cheap. A target of £20,000 will buy the new arm and cover expenses for after care. A local businesswoman Betty Cunningham became involved and set about fund-raising.

Wisbech Lions Santa, aka Lion Jack Connor for eleven months of the year, would dearly love to be the person to tell Hope that she will have her wish come true and therefore restore Hope's faith in him, well the real Father Christmas, obviously!

Hope's wish was highlighted on the Wisbech Lions Facebook page and this resulted in more than 5000 people being reached, with many offers of help. Lesley Fisher of Vintage Cake Craft, Spalding made a splendid 'Conker' cake with Lion logo that was raffled on the night. Funds from this and other local events will go towards helping Hope get her Christmas wish.



In October 2018, our local press highlighted that Meadowgate Academy were fundraising towards a new bus that would cost £17,000.

Meadowgate Academy caters for young people with special needs and does splendid work. We have been associated with them most recently as they entered and were recognised in the Peace Poster competition.

Wisbech Lions pledged £1000 towards the cost and on 27<sup>th</sup> September, Lion President Marilyn Batrick, Lions' Bill Batrick, Susan Bell and Eric Dalton were present when Lion Alan Edmunds presented some of the young people with a cheque for £1000. Once again, Wisbech Lions who have a proud tradition of helping such local causes were happy to be of some help. Lion Alan said, "As we approach our busiest fund-raising

time, it is good to highlight to local people the use we make of their donations."

## **Beccles and District walk for Lions World Sight Day**



Beccles & District Lions Club and Observatory the Opticians, organised an event aimed to increase awareness of the challenges that visually impaired people face and overcome every day, for Lions World Sight Day.

Among those taking part were Beccles Mayor Councillor Andrea Downes, who said “This was an experience very few sighted people get, being walked around town holding on to the sturdy arm of Beccles and District Lions Club President, Lion Chris Eglinton while blindfolded. I’d heard how senses are heightened when you lose one of them, but I was surprised at just how heightened they would be!

The wind on my face felt very different and I could hear so many different conversations taking place around me. I was needing to concentrate on what Chris was telling me but found myself hearing the rustling leaves of the trees and the many conversations going on around me. It felt unnerving hearing people say ‘Oh look it’s Andrea’ or when people called over to me! It was absolutely exhausting, and we were only out for 20 minutes. One of the exhausting things was being aware that I could knock someone with the cane. A stress we don’t have to consider as sighted people.

On our second outing we were fortunate to meet with a lady who is seriously visually impaired. This has made me incredibly aware of the challenges visually impaired people meet in the town. I know the area extremely well and yet felt completely disoriented. The positioning of lampposts, parked cars and mobility scooters, A Boards, etc. are real problems”.

The walk started and finished outside the optician’s practice in Exchange Square, travelling through the town centre before returning by the same route. Practice Manager at Observatory the Opticians, Jacqui Sayer, said: “This event sounds like fun, but there is, of course, a very serious reason why we are doing this. Avoidable and unavoidable sight loss in the UK is growing and expected to reach 4 million people in the next 20 years. We want to raise awareness of the difficulties that visually impaired and blind people face as part of their everyday routines, such as entering shops, crossing roads, negotiating curbs and shopping in busy high streets”.



Observatory the Opticians employee Mornie Weakley, who also took part in the walk, said: "This was a very powerful and memorable experience, you feel incredibly vulnerable and disorientated without your sight walking through a busy town. Losing my sight is not something I had seriously considered and it has ultimately given me so much more of an appreciation for what people who have lost or are losing their sight go through every time they leave the house. It’s so important that we know and educate others about how best to help and all attend regular eye checks, as early detection can make a huge difference”. The walk was organised by Beccles & District Lions Club, as part of the Lions World Sight Day and Club President Lion Chris

Eglinton said: “Issuing important health messages are a key part of the Lions eye health programme and working with such committed health care professionals such as those at Observatory the Opticians really boosts awareness within the town of Beccles. We do feel the town is continually trying to improve things for the blind and partially sighted within our community”. Every day, 250 people start to lose their sight in the UK and at least half of all sight loss is avoidable (RNIB). The World Health Organisation has estimated that the number of blind people in the world could double in the next 25 years.

### **Lionesses District meeting.**



On the 12<sup>th</sup> October Saffron Walden Lioness Club hosted the Lioness Clubs District Meeting, the new District Lioness Chairman Lioness Nicola Claxton was pleased to welcome the Lionesses to her first District Meeting as the Chairman. She was also delighted to welcome District Governor Lion Guch who was attending his first District Lioness Meeting. At the beginning of the meeting District Lioness Chairman Nicola together with the help of District Governor Guch made a presentation to the outgoing District Chairman Lioness Angela Howard, gifts of appreciation from all the Lionesses for all her help and support over the past nine years as their Chairman. District Governor Guch also presented her with his banner and pin thanking her for her service to the District over those nine years.

The meeting was very well attended with all seven Lioness Clubs being represented. It was a very informative and productive meeting, and after hearing all the club reports District Governor Guch was both impressed and very praiseworthy of all the service and hard work the Lionesses do for their communities and the wider world.

District Lioness Liaison Officer Lion Jim Cawte also attended the meeting with his lovely wife Jennifer, who gave a brief talk to the Lionesses about the Children of Chernobyl and how we can continue to support them. On the last trip here they needed some more items to take back with them to help treat colds, items such as cold sore cream, throat sweets, menthol crystals and mouth ulcer gel and toothache tincture or gel.

The Lionesses had collected some of these items and were very pleased to be able to present Jennifer with a bagful of these items and a monetary donation for her to take and give to those who look after the children, on their behalf. Jennifer was delighted to be able to receive the donations and thanked the Lionesses for their generosity and support which will be much appreciated. The Lionesses left the meeting having had a successful and happy day sharing lots of fun and fellowship together and looking forward to their next meeting in February 2020.

### **Lionesses Shining their Light in Pontefract**

Lion Liaison Officer Jim Cawte and Lioness Lions Angela Howard, Moira Grundy and Sandie Briault travelled North to take part in the Pontefract Lantern Festival, this is an annual event which is growing every year. This year the police on duty reported that there was in the region of 4000 people in attendance. It is a superb event for the community, where not only can they enjoy taking part in the parade with their lanterns, but also when they reach the end of the parade in the local Valley Gardens there is further entertainment provided by the local radio station, stalls and refreshment vans.



The Pontefract Lionesses do a superb job in running lantern workshops for six consecutive weeks leading up to the event, where they make lots of lanterns to hang in the trees in the Valley Gardens and adults and children can come and be helped to make their own lanterns. The Lantern Parade marches down from the Castle ending in the Valley Gardens and seeing all the lanterns and the surroundings lit up is a truly magical sight. Lioness Lion Sandie who is currently the Multiple District Lioness Chairman was delighted to be presented with a lantern for her to carry, a pretty Unicorn's Head. Lion Jim and Lioness Lions Angela and Moira were also proud to carry the amazing lanterns made for

them, Jim with his Postman Pat Van and Telephone Box, Lioness Lion Moira with her MD 105 Sign and Lioness Lion Angela with her Lollypop Shaped Lioness Lantern.

### **The North Sea Lions Alliance - Why should 105CE become a member?**

In simple terms, The North Sea Lions Alliance (NSL), enables Districts to run large projects that normally individual Districts would find difficult to fund. Projects are funded by optional (at Club level) fees (approx. £90 / £100) paid from their Charity account. Districts will need to make up shortfalls from Clubs choosing not to contribute. Experience in 105E was that all but two Clubs contributed and had the opportunity to bring forward projects for consideration.

As part of the consolidation process, consolidating Districts had to exit the Alliance and now two British Isles Districts will seek to re-join the Alliance, if Convention Delegates so choose. And, will re-join 9 Districts from The Netherlands, Germany and Denmark. 105CE is one such District and will be looking for your support at Convention. A resolution to this end is being prepared and I look forward to answering any questions you may have about the programme.

Membership of NSL, if approved, provides a great opportunity for Clubs in 105CE to create large impactful service projects. Each year one or two projects are chosen by the Board to receive finance in one or two participating Districts. Large project can also attract LCIF grants.

Projects must be Lions to Lions projects and rules are like LCIF grant applications. Previous projects for developing communities include; Water supply, Medical facilities set up, Solar cell electricity for a hospital in Tanzania, Construction of secondary school in Malawi, Construction of Elementary School in Rwanda and "Drop by Drop" Wells for Namibia. Every club knows exactly where their money is going, information much more readily obtained than with general LCIF donations.

So, let's move 'Forward Together' by joining NSL, all our Clubs can benefit from membership of an Alliance that aims to help those in need. Feel free to contact me for further information.

Lion Michael Phillips



Lincoln Lions Club

# FREE Diabetes & Health Check

NO BOOKING NECESSARY



Qualified health professionals from Silver Star will carry out blood tests and analyse the results.

They will advise if a visit to your GP is advisable for further investigation.



Venue : St. Mary le Wigford Church  
St. Mary Street, Lincoln  
On Saturday 9th November 2019  
From 10:00am to 4:00pm

For further information contact : **Lincoln Lions Club**  
Telephone : 0833 833 9852 [www.lincolnlions.org.uk](http://www.lincolnlions.org.uk)

Is a registered charity (No. 1178270) and is a member of the International Association of Lions Clubs




**LINCOLN LIONS**  
Presents  
An Evening of  
**CLAIRVOYANCE**  
with  
**Pat Brown**  
Admission £8.00  
*Pay at Door*  
Thursday 14th November 2019  
Doors open at 7:00pm for 7:30pm Start  
At  
Royal Navy Association Club  
Coulson Road, Lincoln LN6 7BG  
"ALL PROCEEDS TO CHARITY"  
Refreshments served at the Licensed Bar  
For more information call  
Don 01522 793 297 or Jean 07806 774 362



# Wrinkly Rockers

Appearing At  
**Leasingham Village Hall**  
**9th November 2019**

**Admission £10**  
Licensed Bar  
INCLUDING NIBBLES  
FEEL FREE TO BRING YOUR OWN SUPPER

**1950s & 1960s theme**

**A Super night of nostalgia**  
PRESENTED BY  
**SLEAFORD LIONESS CLUB**  
IN AID OF LOCAL CHARITIES  
LEASINGHAM VILLAGE HALL, LEASINGHAM, SLEAFORD NG34 8GQ  
**DOORS OPEN 7.30PM - 11.30PM**  
Tickets Available from: Appetites, Southgate Tel: 01529 307022  
or Pam Ingamells Tel: 01529 303395 (or leave a message)  
or Suzanne Creedon Tel: 07759 529763

The Lions Club of Saffron Walden  
Invites you to their



# CHARITY QUIZ NIGHT



*Saturday 23rd November 2019*  
*URC Hall, Abbey Lane, Saffron Walden*  
*Doors Open at 6.30 Trivia starts at 7:00pm*

*Finger Buffet, Bar and Raffle*  
*Gather your friends together and make a team of 8 max*



Arthur Rank Hospice Charity  
*making every moment count*

*Tickets at £10.00 available from 01799 521504*