



## **MONTHLY NEWS July 2021**

Dear Lions of District 105CE,

I would like to sincerely thank Immediate Past District Governor Lion Ujjal Kular for his stewardship of our great District during the past year, this has been a difficult year for so many people, IPDG Lion Ujjal would have loved to have visited so many of you but had to resort to using Zoom to see you. I am sure that IPDG Lion Ujjal will be out and about as soon as we are all legally allowed to meet up again.

We were really disappointed to have to postpone our DG Handover and workshops, we always had a plan B and it is now taking place over the weekend on 6th & 7th August, more details to follow – just hold the dates.

VDG Chris, 2VDG Paul and I are hosting a “meet the DG Team” zoom call on Saturday 10th July at 2pm, there is no booking required but it is limited to 300 so get in early!!

My Theme for the year is “Be Proud to Serve”,

- **P**assionate
- **R**esilient
- **O**ptimistic
- **U**nderstanding
- **D**edicated

That is what I mean by “Be Proud to Serve”

Our District Goals for the year are:

- Increase our overall membership from 1,610 to 1,650 for the year
- Service is key to what we do, the more service we do the more members we will attract, therefore the more service we can undertake – a circle of success
- To serve 1/2 million people during the year, reported regularly with a quarterly target of 125,000
- Training & upskilling – let’s look at our skills / knowledge gaps and do something about it
- Promote LCIF, encourage giving, encourage recognition with MJF presentations
- Increase the take up of comms & social media

As a District Cabinet we recognised the challenges members & Clubs were having and we reduced last years’ subs by 56% to £4 for the year. At this years’ District Convention our subs were set at £9 for the year, your District Cabinet has voted to reduce the 1st half year subs by 33% to £3 from £4.50, Treasurers watch out for DT Lion Paula’s subs letter.

I would like to formally thank all of the Lionesses of District 105CE, you were the leaders of the MD Lionesses having 6 out of the 9 remaining Lioness clubs, your contribution to your local communities will not be forgotten, a huge thank you to those Lionesses who have continued their service by joining their local Lions Clubs or even forming their own Branch Club – you are pioneers and should be applauded.

I really look forward to working for you all in the coming year, good luck to you all as we all start to venture out.

A very PROUD District Governor

Yours in Lionism  
Lion David Pope **MJF**



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision



## A DATE FOR YOUR DIARIES.

The DG Team – David, Chris & Paul are hosting an Open Forum on Saturday 10th July at 2pm, this will be your early opportunity to meet the DG Team, put questions to them and hear about our challenges and goals.

There is no need to book, although the Zoom License is limited to 300, so make sure you are not late joining!!

Look forward to seeing you on Sunday 10<sup>th</sup>, visit the district website for the log on details.

### This month's Kindness Calendar

Jump Back Up July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today
12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation
19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter
26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead
31 Remember we all struggle at times - it's part of being human	30 Reach out to a friend, family member or colleague for support	29 Be a realistic optimist. Focus on what could go right	29 Be a realistic optimist. Focus on what could go right	31 Remember we all struggle at times - it's part of being human	31 Remember we all struggle at times - it's part of being human	

ACTION FOR HAPPINESS

Happier · Kinder · Together



### Newmarket Lions



The club had collected hundreds of pairs of glasses just before lockdown from various collection points all over the town. We have a great following and send off regularly hundreds of pairs to go out to the third world sorted and packed in boxes. Most members of the Newmarket Lions club had stored them prior to lockdown and were waiting patiently for Chichester to start receiving them again. As soon as we heard it was up and running we set a date, and some of us volunteered to sort and pack the glasses we already had, then to go to Lion Mark Golder's house for a few drinks, turn it into a social and get reacquainted with each other. It was a great night

with much laughter and so successful was the activity we unanimously decided that we'd do it this way in the future.

In the photo, Paula Stannard, Christine Rawlinson. President Patsy Edwards and Mark Golder. The picture was kindly taken by new member Lion Stew James.

## Spalding Lions



The club has this week gave a donation to the Priory School to assist with their Art Project.

Our Vice President Lion Eileen Robson went along to the School, to present the Donation.

Nikola Nesterova, Head Teacher Matthew Bloodworth-Flatt, Lion Eileen Robson, Calvin Laughton and Louis Taylor.

Head Teacher, Matthew Bloodworth-Flatt made the following comment:

“The Mighty Creatives art project has been a great way of bringing the school together to acknowledge and celebrate the inclusion of special educational needs and severe disabilities. A big thank you to the Spalding Lions Club for their generous donation and support. The project is well under way, and we look forward to unveiling the completed mosaic soon.”

Head Teacher Matthew also gave us the following information:-

The Priory School Art Project – Celebrating the Inclusion of Special Educational Needs and Disabilities.

April 2021 marked 50 years since children and young people with severe and profound learning disabilities came within the education system in England and Wales. (The Act of 1970 became active in 1971). As part of this celebration the Mighty Creatives have launched a project to encourage children and young people to access work with or by professional artists/creative practitioners to deliver new creative educational opportunities.

To acknowledge and celebrate this significant landmark the Priory School will be working with local artist Fiona Gurney to create a large mosaic which will be displayed at the front of the school. We hope that the final piece of art will...

1. Celebrate diversity and inclusion. Sharing a message of acceptance, no matter an individual's special educational needs and/or disability.
2. Capture how we have worked hard together during the pandemic to keep in touch and as an emblem of our determination to get through these tough times together. It will become a celebration of the perseverance and love shared, the longevity of our school's existence and it's aims for continued success in the future.

This project opportunity will offer a chance for our whole school community to be involved in a unifying experience across all age groups. It is envisaged that every individual in the school community (pupils, teachers, support staff, office, catering and grounds staff) will be invited to provide design ideas for the mosaic mural and then given an opportunity to participate in the practical assembling of the piece.

Pupils who want to contribute even more will work in small groups alongside Fiona Gurney across 2 - 3 full days when Fiona will become 'artist in residence'. During this time these pupils will learn new skills related to design, colour and tile cutting from Fiona. The launch and the final celebration day when the installation is unveiled will be a local community event.

Will you be cheering for your fellow volunteers? The **Cheers for Volunteers** campaign, part of the National Thank You Day on **July 4** is designed to thank people for their work during the pandemic. At **5pm on July 4** the public are being urged to join in raising a drink of their choice for **volunteers**.



## Wroxham and Hoveton Lions Reach out to Local Schools



Lion President Mick Holden contacted schools in our catchment area and asked them whether they would like sets of the Wild Tribe Heroes Books. All the schools responded in a positive manner and 9 sets were purchased by the club. These were annotated with our club and the receiving school name by our calligraphist Lion Mike Clipston and handed over to the very grateful Schools by Lions Mick, Andy and Lydia Spight.



Also:

We would like to welcome our newest member Lion Tony Risebrow who was inducted at a recent Lions Virtual Meeting. We are sure he will actively contribute, become a valued team member and enjoy all that belonging to the Lions family entails.

## Swaffham & District Lions



In April 2018, the Lions Clubs International Board of directors decided to end the sponsorship of any new Lioness Clubs. They also recommended that all combinations of Lioness districts and administrative roles, should no longer be supported at any level. The transition for those long-valued members, to new clubs and groups, has to be completed by the 30th June this year. There will be no Lionesses after that point. So, 30years on from their formation, we welcome Swaffham Lionesses as members of the Lions global community. As importantly though, we gain nine new members for Swaffham and District Lions Club, bringing with them new ideas and

experience, as well as the wish to work together for the benefit of our communities. This fresh arrangement, allows the "new Lions Members" to meet as a separate club, now named Swaffham and District Lioness Lions Club branch. The President is Nicola Claxton and their Secretary is Karen Nye. Swaffham and District Lions will, in all respects, be the Parent Club. We all look forward to new projects and events together and to the Club Branch realising its own ambitions.

## **PEACE POSTER PLEA**

Please can clubs who have purchased kits please let me know as soon as possible. I know of one club who has purchased a kit so far. I have tried to find out from headquarters, but they have no record of which clubs have purchased them. There is still time to purchase kits and dates of final entries can be arranged.

Melanie Farruku (Peaceposter officer.)

## THE 2021-2022 CONTEST

### We Are All Connected

While overcoming new challenges brought on by an unprecedented global pandemic, we're celebrating the things that keep us connected—to each other, to our communities, all together around the world. This year, we invite young people to envision, explore and visually express these connections.

### Peace Poster Contest Deadlines

Students ages 11, 12 or 13 as of November 15 are eligible to participate in the International Peace Poster Contest. Entries not meeting the following deadlines will be disqualified.

- **January 15:** Kits go on sale from the Club Supplies Sales Department at International Headquarters.
- **October 1:** Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.
- **November 15:** Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.
- **December 1:** Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.
- **December 1:** Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Brand and Marketing Strategy Department at International Headquarters.
- **December 1:** Postmark deadline for a club not belonging to a district to send one winning entry to the Brand and Marketing Strategy Department at International Headquarters.
- **December 15:** Postmark deadline for the multiple district council chairperson to send one winning poster to the Brand and Marketing Strategy Department at International Headquarters.
- **February 1:** International winners notified on or before this date.

### Order a Peace Poster Contest Kit

To sponsor the Peace Poster Contest, Lions clubs can order a contest kit from January 15 to October 1. The kit is available in 12 of our official languages. A kit is needed for each contest sponsored.

Each kit contains:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- <https://lionsclubsinternational.myshopify.com/collections/kits/products/ppk1>
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group

[Order Your Kit](#)

## **Clacton on Sea Lions Club**



The club celebrates its **42<sup>nd</sup>** Anniversary this year and are proud to have been helping and supporting the local community for the last 42 years.

We cover the whole of Tendring area and currently have members from Brightlingsea, Frinton, Harwich, Beaumont, Clacton and Holland on Sea.

### **We need your help to continue for the next 42 years**

We are open to men and women aged 18+. It's not all about work, we have fun and enjoy what we do and there is a social side too. Have a look at our web page - [clactonlions.org.uk](http://clactonlions.org.uk) and Facebook page – Clacton on Sea Lions Club (cio)

If you are interested and would like to learn more about the work that we do, then please contact us via email, [membership@clactonlions.co.uk](mailto:membership@clactonlions.co.uk) Or if you would rather telephone us, please call **03458 337367** and ask for membership.

## **Emergency Toiletry Packs**

Also known as

**Hospital Packs**

**Are available from**

**Minster Lions Club of York CIO**

These packs comprise a paper towel, tablet of soap, shampoo and shower sachets, comb, toothbrush and toothpaste.

The principle of these packs is that they are donated by Lions Clubs for use in hospitals, hospices, disaster and flood emergencies, when parents, guardians, friends and colleagues accompany patients who, for instance, are admitted to hospital in an emergency, having had no time or means to provide their own toiletries.

The packs are priced to Lions Clubs at £1.30 per pack in quantities of 100 (£130.00) plus carriage

Also available is a Shaving Pack priced at £1.90 per pack in quantities of 10 (£19.00) plus carriage

Available to order from

Lion Rob James MJF, President, Minster Lions Club of York CIO

Please make contact in the first instance before payment by either

Email: [robert.james@zen.co.uk](mailto:robert.james@zen.co.uk)

Telephone: York (01904) 693586 Voicemail