

# The Lions Bulletin

LIONS DISTRICT 105CE

June 14th 2021

## DG UJJAL's Message

I attended the drop-in session on membership arranged by Alan Hall. I was pleased to see the input and the desire to improve the membership situation in our district.

Alan had invited Graham Venables who went through the Youth portfolio and discussions were about school programmes membership. Other discussions were on how to improve membership through service, to take advantage of recruitment opportunities and strengthen smaller Clubs.

I also attended a ROAR meeting; it was attended by Lions from other districts of 105. The main aim was how to promote the programme. Many schools are already interested and more will be approached.

There was a virtual meeting held by CT Phillip Goodier regarding the International Convention; the information was on what is to be expected since it will be on-line, and a brief programme of events was included.

New Century held their Beer Festival on-line as a charity event. It was a lot of fun tasting various beers which we had pre-purchased for the evening, it's Certainly a fun-loving Club.

I had a meeting with my fellow DGs from around the Globe who were on training with me in Chicago, we discussed the year and how each one dealt with the challenges of Covid.

The rest of the time this week was spent dealing with general enquiries and the normal duties running of the District and MD.

I hope you are enjoying the weather with your families and Clubs.

Stay safe,

DG Ujjal

## STOP PRESS

**Fellow Lions, following the Government's announcement today that the current level of restrictions due to Covid-19 is to remain in place for a further month it will be impossible for us to hold our July 'Handover Event' as planned. A discussion with the Hotel is scheduled for tomorrow (Tues) afternoon and, following this, I will issue further information as to how we might be able to proceed, possibly with a change of date, refund procedure and any other relevant information.**

**Conv Off/SAA  
Lion John**



*Reminder that as from July 1<sup>st</sup> the 'Monthly News' will be published on the 1<sup>st</sup> of every month with the deadline for reports etc on the 26<sup>th</sup> of the month.*

*'Bulletins' will be published on 10<sup>th</sup> and 22<sup>nd</sup> of each month. Deadlines are 8<sup>th</sup> and 18<sup>th</sup> respectively. An opportunity for you to advertise forthcoming events, charter celebrations and things for sale etc.*

*Both will be available to the public on the district website.*

Dear fellow Lions

I wonder whether you could distribute this self-explanatory link far and wide. A positive result may benefit other clubs if fund raising for similar projects.

As my President's Project we funded two public access AEDs, and I was aghast to find that they were subject to VAT at the standard rate unless donated to an 'Eligible Body', e.g. an NHS Trust.

<https://petition.parliament.uk/petitions/587860>

Richard Willis  
Past President 2018/19 Peterborough Lions Club

## **Save the Date**

### **Chelmsford Lions Club CIO Charter - and Chelmsford Lioness Club Certification Anniversary Dinner**

On the advice of the County Hotel the date has been changed from 3<sup>rd</sup> July, to Saturday 28<sup>th</sup> August.

6.30pm for 7.00pm to Midnight      County Hotel, Chelmsford      Dancing to Class Act.

We are awaiting further announcements on the further easing of restrictions on 14<sup>th</sup>/21<sup>st</sup> June, before issuing further details and menu choices, so more information to follow shortly.

### **Chelmsford Lions Club CIO Gin and Prosecco tasting event**

Hosted by the English Spirit Company. Taste a range of gins and spirits, while learning about the distillation process. There will be the opportunity to buy discounted spirits at the event, as well as purchasing further drinks after the presentation including prosecco.

Saturday 18 September, time, place, and ticket price to be confirmed soon. Contact [andrealoom@virginmedia.com](mailto:andrealoom@virginmedia.com)



reach

Reach Learning Disability is preparing to build quality accommodation for 12 people with learning disabilities in Southwell.



We aim to create a home in the true sense of the word - not a care home, but a home rooted in the local community offering tenants opportunity to enjoy Southwell life as active, engaged and happy citizens.



### Why?

Many Reach clients live at home with older family carers. Others are living in short-term rental lets offering little security or stability. This is not unusual. Families delay decisions about the future because there simply is no acceptable alternative.

Inevitably, alternatives must be found due to parental illness or death. People with learning disabilities often find they must move away from their community to new locations, losing friends, family and support in one go.

In rural localities like Southwell, affordable accommodation options are especially limited. This was one of the key issues our trustees sought to address when Reach started life as Southwell Care Project in 1999.

Forming part of our fundraising for the project is our community appeal - 'At home in My Community' Every £ donated to the appeal will be matched until we reach our £250,000 goal. Read on to find out more...



Your donation



+

Your donation matched by our pledger



=

Your donation going twice as far



We are urgently seeking funding to build the accommodation in Halloughton Road in Southwell. You can read more about how the project will benefit local families in Sarah's story below. The land was donated to us, but we now need £1.4 million to complete the project over the next two years. A local benefactor has generously offered to match fund donations from the community up to £125,000, so we have set up our At Home in My Community Appeal so that local organisations and individuals can help us raise the funds.



## How can you help?

- Donate to our appeal at reachuk.org
- Host a fundraising event
- Take part in a challenge event as an individual or a team e.g. sponsored head shave, walk, run, or even take part in the Reach Sky Dive on 18th July



email sarah.cobb@reachuk.org if you would like to discuss your ideas



"I could die a happy man if I knew Sarah was being looked after by Reach"  
- Peter, Sarah's father

Sarah has been cared for her whole life by her family. When her mother passed away, Sarah's father Peter became concerned about what the future held. She had become confident and happy through attending sessions at Reach Southwell, from singing and music to crafts and cookery. But Peter worries about the time that he will be unable to care for Sarah, constantly anxious about who she will live with and where.

The only available accommodation options for Sarah would necessitate her moving away from the Southwell community where she knows people and where she enjoys a vital sense of connection to friends and society through her Reach day service. Coping with such a major move is challenging for most people, but for Sarah whose routine, friends and support are so important to her emotional wellbeing, it would be deeply stressful.

Peter says: "I could die a happy man if I knew Sarah was being looked after by Reach."

reachuk.org  
01636 819066  
@ReachLD



Watch our appeal film at [www.reachuk.org](http://www.reachuk.org)



Reach Learning Disability, registered charity no. 1076318

INVESTORS IN PEOPLE™  
We invest in people Gold



Registered with  
FUNDRAISING  
REGULATOR

**LEOS**  
 Leadership  
 Experience  
 Opportunity  
 LEOS work together to help those in need  
 Ages 12-18

**ROAR**  
 Encouraging children to develop an idea that will change the world  
 Primary schools

**Wild Tribe Heroes**  
 A collection of gentle and engaging true stories about animals and environmental concerns  
 Primary schools

**YOUTH**  
 Projects to support and inspire the next generation

**Peace Poster**  
 This art contest invites young people to express their visions of peace  
 Ages 11-13

**Young Ambassador**  
 Recognises young people for their outstanding community service and supports them to continue with a bursary prize  
 Ages 15-19

**Life Skills**  
 Resources to help prepare young people to make reasoned choices after they leave home and education and also guide them through life changes  
 Ages 3-19+

**Young Leaders in Service**  
 Rewarding young people for their service with a certificate that helps with university, college or work applications

Speak to the District Youth Officer for more details

Call 01777 870851 or email [youth@lions105ce.org.uk](mailto:youth@lions105ce.org.uk)



# CHOCOLATE, ALMOND AND BERRY CAKE

 [Symbolic guide](#)

[Search more recipes](#)



A great centrepiece for your afternoon tea table.

 **Serves 8**

 **Prep 20 minutes**

 **Cook 25 minutes**

Each 113g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
138	14.8g	2.6g	8.8g	3.8g	1.1g	3.2g	0.3g	0

[Nutritional information explained](#)

[What makes a healthy, balanced diet?](#)

## Ingredients

1 tsp rapeseed oil (for cake tin)

50g wholemeal flour

50g plain flour

15g cornflour

1 tsp baking powder

15g cocoa powder

4 medium eggs, separated

1 tbsp 0% fat Greek yogurt

4 tbsp granulated sweetener

2 tsp natural almond extract

For the topping:

200g fat-free quark (cream cheese)

1 tbsp granulated sweetener

175g fresh strawberries, sliced

125g fresh raspberries

[Buy ingredients online](#)

Send this recipe to your online cart:

[Choose a supermarket](#)

[Create a shopping list](#)

Share your list or take it on-board

[Add to shopping list](#)

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## Method

### Step 1

Heat the oven to 190°C/gas 5 and lightly oil a 20 cm cake tin.

### Step 2

Sieve the wholemeal, plain, cornflour, baking powder and cocoa powder into a bowl. (the bran in the wholemeal won't go through the sieve but just add it back to the bowl)

### Step 3

In another bowl add egg yolks, yoghurt, sweetener and almond extract and beat well.

### Step 4

In a separate bowl beat the egg whites until they form a stiff peak.

### Step 5

Gradually fold the dry ingredients, egg yolk and yoghurt mixture together, then carefully fold in the egg whites.

### Step 6

Place the mixture immediately into the oiled cake tin and bake for 20-25 minutes, then remove from the oven and allow to cool on a wire rack.

### Step 7

Meanwhile, make the topping by stirring 1 tablespoon of sweetener into the quark and mixing well, leave it in the fridge until you are ready to top the cake.

### Step 8

When the cake is cool cover with the sweetened quark and top with fresh strawberries and raspberries.

# BEETROOT AND CARROT CAKE

   [Symbols guide](#)



Pineapple and pineapple juice give this beetroot and carrot cake added zing.

 Serves 10

 Prep 10 minutes

 Cook 90 minutes

Each 100g serving contains (excludes serving suggestion)

KCal  
157

Carbs  
27.5g

Fibre  
2.9g

Protein  
5.4g

Fat  
2.2g

Saturates  
0.6g

Sugars  
15.1g

Salt  
0.3g

[Nutritional Information explained](#)

[What makes a healthy, balanced diet?](#)

## Ingredients

200g plain wholemeal flour

2 tsp baking powder

1 tsp bicarbonate of soda

1 tsp ground cinnamon

100g raw grated beetroot

100g grated carrot, squeezed dry

4 eggs

100g caster sugar

435g can pineapple crush in juice

1 tbsp icing sugar

Buy Ingredients online

Send this recipe to your online cart

[Choose a supermarket](#)

Create a shopping list

[View list](#)

Share your list or take it in-store

 Add to shopping list

Powered by 

## Method

### Step 1

Preheat oven to 150C/gas 2. Oil and line a 20cm loose-bottomed cake tin.

### Step 2

Sift the flour, baking powder, bicarbonate and cinnamon into a large bowl. Add the beetroot, half the carrot, and mix evenly. Put 2 egg whites into a bowl and whisk until soft peaks form. Put the remaining yolks and whole eggs in a bowl with the caster sugar and beat with an electric whisk for 4-5 mins until pale and thick.

### Step 3

Drain the pineapple juice into a pan. Chop the pineapple and add it with the egg whites and whisked eggs to the flour mix and lightly fold until evenly mixed. Spoon into the cake tin. Scatter over the rest of the carrot and dust with the icing sugar.

### Step 4

Bake for 75 mins, then cover with foil and bake for a further 15 mins or until a skewer in the centre comes out clean. Turn out onto a wire rack and cool.

### Step 5

Simmer the pineapple juice for 5-6 mins until syrupy. Drizzle over the warm cake and leave to cool.

## Nottingham West Lions Charity Golf Day – 18.06.21

The **Nottingham West Lions Charity Golf Day** is back, we hope you are ready for a round of golf and are also ready to support a few charitable causes into the process too.

The **Nottingham West Lions Charity Golf Day** is to be held on **18th June** at **Ruddington Grange Golf Club** situated just south of Nottingham off the A52. URL- <http://www.ruddingtongrange.com>

We thank you for your support **both golfers and sponsors**, and over the years together, we have raised some **£30,000** for charitable causes benefiting those in need and the less fortunate. These outcomes **ONLY** happen with your continued support and we all look forward to seeing you on **18th June**.

As usual, we are looking for **four-balls** to enter the competition with **prizes** for the individual winner, runners up, the top team, longest drive and nearest the pin. The entry fee is £50 per head. Members of Ruddington Grange, £28 per head which includes green fees, refreshments at the 10th Tee and dinner.

We also take this opportunity to thank our sponsors for the 2019 Golf day, thank you **The Cumin Restaurant - Nottingham, Blueleaf Developments, Maharaja's Retreat - Nottingham, Innovations, Karma IT Solutions, and Simba Union - Leeds.**

**Want to play? Contact Guch Manku on [guch.manku@gmail.com](mailto:guch.manku@gmail.com)**

***YOU HAVEN'T MISSED IT YET, BUT THIS IS YOUR LAST CHANCE FOR THIS YEAR!***



# Upcoming Online drop-in Sessions and Meetings

## Social Media Impact Drop-in



On behalf of the PR and Communications team, Fiona Reid, District Social Media Officer will host a monthly PR and Comms drop-in session to help to improve positive impact from use of Social Media. This will be held on the **1st Tuesday of every month, at 8 pm**. To book, contact [Fiona Reid](#), for the zoom invite for the forthcoming session.

## Membership Matters Drop-in



On behalf of the Membership team, Alan Hall, District Membership Officer will host a monthly Membership drop-in session for all membership matter. This will be held on the **2nd Tuesday of every month, at 7 pm**. To book, contact [Alan Hall](#), for the zoom invite for the forthcoming session.

## The Lions Clubs International Foundation (LCIF)

Want to know more about how you can support and benefit from The Lions Clubs International Foundation? Check out the webinar presentation on LCIF in the Member's area of the District Website under [International/LCIF](#)



Please follow the link below and ask to be added to District 105CE Facebook Group.  
<https://www.facebook.com/groups/262327261535199>

**WE WOULD LOVE TO HEAR FROM YOU - IF YOU HAVE ARTICLES FOR THE 'WEEKLY BULLETIN' OR 'MONTHLY NEWS' – PLEASE SEND TO: [pr@lions105ce.org.uk](mailto:pr@lions105ce.org.uk)**

**Follow us on Instagram, Twitter, Facebook, and our District Website, see links below:**

