

The Lions Bulletin

LIONS DISTRICT 105CE

May 31st 2021

DG UJJAL's Message

I attended a meeting with Zone 5A, Zone Chair Ron chaired the meeting and relayed the information to the attending Clubs and dealt with any questions efficiently. It was a good productive meeting with all enthused to go forward.

I received two club excellence awards from HQ, I have liaised with IPDG Guch and sent them to the appropriate Clubs.

I heard the sad news about the Ipswich Club being defuncted. Zone Chair Kevin is looking into the matter of the regalia, the Charter Document and the Chain of Office. I have had a chat with Kevin regarding matters relating to the Ipswich Club. The closure of the Club leads me to the drop of membership, it is going the wrong way. We all have to some serious thinking to do about it.

It is requested that the Clubs send their information of the incoming officers as a matter of urgency. It is important that the information is received for the new directory. Zone Chairs please ensure that the Clubs act accordingly.

I am aware that the Clubs are short of funds and have just started new fundraising projects; there is a serious need for donations for the sad state in India. Lives are lost needlessly and can be prevented with your help. Where there is a need, there is a Lion, please help.

I had information from Lion Ardian Robinson regarding someone claiming that he has been helped by the Lions and now he is raising money for us. Please be alert to such claims, it looks suspicious.

Manjit has finished her walk for Diabetes, 874 miles have been done, many thanks to everyone who has donated for this cause. Donations are still coming in and Manjit is delighted by the figure of £5828.31 so far.

I shall catch up with you again next week.

DG Ujjal

*Reminder that as from July 1st
Bulletins will be published on 10th
and 22nd of each month.
Deadlines are 8th and 18th
respectively.*



JULY HANDOVER & TRAINING

The Holiday Inn, Peterborough West. 9th & 10th JULY 2021

Fellow Lions I can now give you a more information about the programme for the weekend.

Obviously, we are all still hoping that the final stage of the roadmap out of restrictions will take place on the 21st June, enabling the event to go ahead as planned. Our District Governor Elect and his team have planned an interesting and informative set of workshops and presentations to kick start the new year. The full programme is shown below:

“Be Proud to Serve”

Friday: -

Certified Guiding Lion Training Course
2:30pm to 5:30pm Derek Rutter – Norfolk and Essex Suite

Friday Night

- Social Meal with a Mediterranean Theme
- DG (Ujjal) Recognitions
- DG Team Handover

Saturday: - Workshops/Information sessions - Norfolk and Essex Suite

10:00	Opening / DG Vision, Goals & Aspirations	DG David
10:45	Vision Camera / Brain Tumour Research	Stu Young
11:30	PTSD Resolution	PTSD Team
12:00	Safety	Andrew Wilcox
12:30	LUNCH	
13:30	Youth / ROAR	PDG Steve Scall
14:15	CIO / Gift Aid – the benefits	Paula Mellows
14:45	Gift for Living	PID Phil Nathan
15:15	LCIF / Campaign 100	PDG Alan Hall
15:45	Data Protection	Robyn Banks
16:15	Q&A and Closing comments	DG Team

Saturday Night

- Social Meal.



Diabetes



Environment



Hunger Relief



Childhood Cancer



Vision



We have now been told by the Hotel that the Buckingham Suite has become available for Friday evening as well as Saturday so we will be able to hold both of our meals in the same spacious accommodation. It would it be great if we could fill it!!

Both evenings will have a smart casual dress code, no jeans but DJs not required.

This will be great opportunity to meet with our fellow Lions, take part in some exciting training sessions and ensure that the new year gets off to a flying start. To use the golfing metaphor favoured by our DG Elect,' an opportunity to flex the muscles, open with a really good swing and get the drive going again.'

If you wish to take part in the Certified Guiding Lion Course, either to take it for the first time or renew an expired Certificate, then please contact Lion Derek Rutter as soon as possible as the workbooks need to be obtained and distributed.

The booking form and further details are on the website under 'What's New' and 'What's on'.

Please book up as soon as you can as your payments are totally secure. Let us get together to support our outgoing DG Ujjal and welcome in our new DG David. It will be a great opportunity to reconnect with fellow Lions from around the District, make new friends, enjoy some much needed fellowship and reinvigorate ourselves to meet the challenges set by 3rd IVP Dr.Patti Hill at our recent virtual District Convention.



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

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

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

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	Saturated	Sugars	Salt	Fruit/Veg Portion
188	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](#)

Powered by 

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.



HORNCHURCH



LIONS

CLUB

CHARITABLE INCORPORATED ORGANISATION

**PRESIDENT LION HARBINDER SINGH MANKU PMJF
LION PRESIDENT ELECT PUSHPINDER SINGH KAURA
THE MEMBERS OF HORNCHURCH LIONS CLUB**

Invite you to join them at their

CHANGEOVER & FUNDRAISING EVENING

By

District Governor Lion DAVID POPE

On

Saturday 17th July 2021

At

KANCHAN'S BANQUETING SUITE

53-55 Perth Road

Iford, Essex. IG2 6BX

TIME 7.00 FOR 7.30 pm

PLEASE COME & SUPPORT US - WE LOOK FORWARD TO EXTENDING OUR
HOSPITALITY & FELLOWSHIP TO YOU ALL

ENTERTAINMENT BY
KAROEK SINGERS
VEDA NALLINI & AMARJIT LALL

COST
£35.00 per person to
Include 3 course Indian meal

WINES, SPIRITS & BEER
AT THE PAY BAR

CONTACT FOR TICKETS

Pushpinder Kaura
07930 948629
paulkaura@hotmail.co.uk

Satwinder Dhand
07863 347704
Satwinder.dhand@ntlworld.com

Harpreet Jandoo
07956254129
mick.revi@outlook.com

DRESS CODE: MEN - LOUNGE SUITS

LADIES - EVENING WEAR

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



YOUNG LIONS FROM THE SYMPOSIUM APPEAL.

We're raising money for LCIF, and celebrating LCIF day.

Take part in our quiz to help us raise money for LCIF (put your general + Lions knowledge to the test!).

Prizes for 1st and 2nd Place:

1st Prize: £25 Amazon Voucher

2nd Prize: £10 Amazon Voucher

Tickets are £5, and all proceeds (less admin fees) are given to the Lions Clubs International Foundation, to help support the vital and amazing work they are doing.

Look forward to seeing you there!!

Date and time Sat, 12 June 2021

19:00 – 21:30 BST

<https://www.eventbrite.co.uk/e/lcif-quiz-night-tickets-156155668809>



**WE ARE RAISING MONEY FOR
LIONS CLUBS INTERNATIONAL FOUNDATION**

Icons representing various causes: family, hands, globe, eye, bowl, leaf, hands holding a heart, and a ribbon.

LEO

@7PM 12/06/21

**VIRTUAL
QUIZ NIGHT**

**LIONS
L
INTERNATIONAL**

**Lions Clubs International
FOUNDATION**

**JOIN US LIVE
FOR A FUN FILLED
EVENING OF
QUIZZING**

**JOIN US FOR A
DONATION OF £5
PRIZES FOR 1ST
AND 2ND PLACE**

zoom



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

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

