

LION

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★★ BE ★★
Healthy

★★★ BE ★★★
Happy

SUMMER 2021

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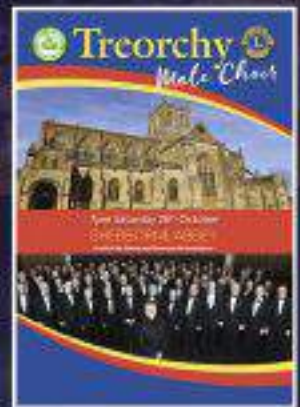
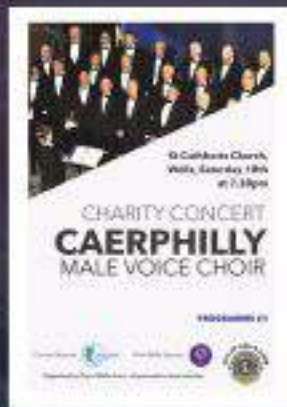
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Lessons from the pandemic

Greetings Lions,

Out of all the diverse talents Lions possess, one in particular seems to be consistent across clubs and constitutional areas: the ability to turn difficult situations into opportunities.

Now that we are well into 2021, more than a year since the first lockdowns began, many clubs have adjusted to a new normal. The rules of the pandemic no longer seem strange, they are simply a part of our life.

While we know it won't be this way forever, some of the adaptations that clubs have made in the past year have been truly innovative. And it's worth looking at whether they just may have a place in our service beyond the pandemic.

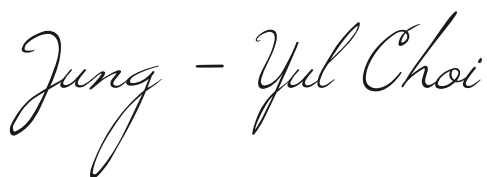
We have the potential to radically
change how we serve.

For instance, we now have meetings without being in the same room. Virtual meetings have enabled Lions to serve safely during the pandemic, and they've also opened the door to new possibilities. I often hear parents or young people just starting out in their careers tell me that they would love to serve, but they can't find the time to attend meetings. But what if those meetings were in their home? And all it required was an internet connection and an hour of their time? No rushing in traffic and no babysitter required.

We have the potential to radically change how we serve. This doesn't mean every club should move to virtual meetings. But it does mean that every club should examine what changes it has made over the past year that may be worth keeping.

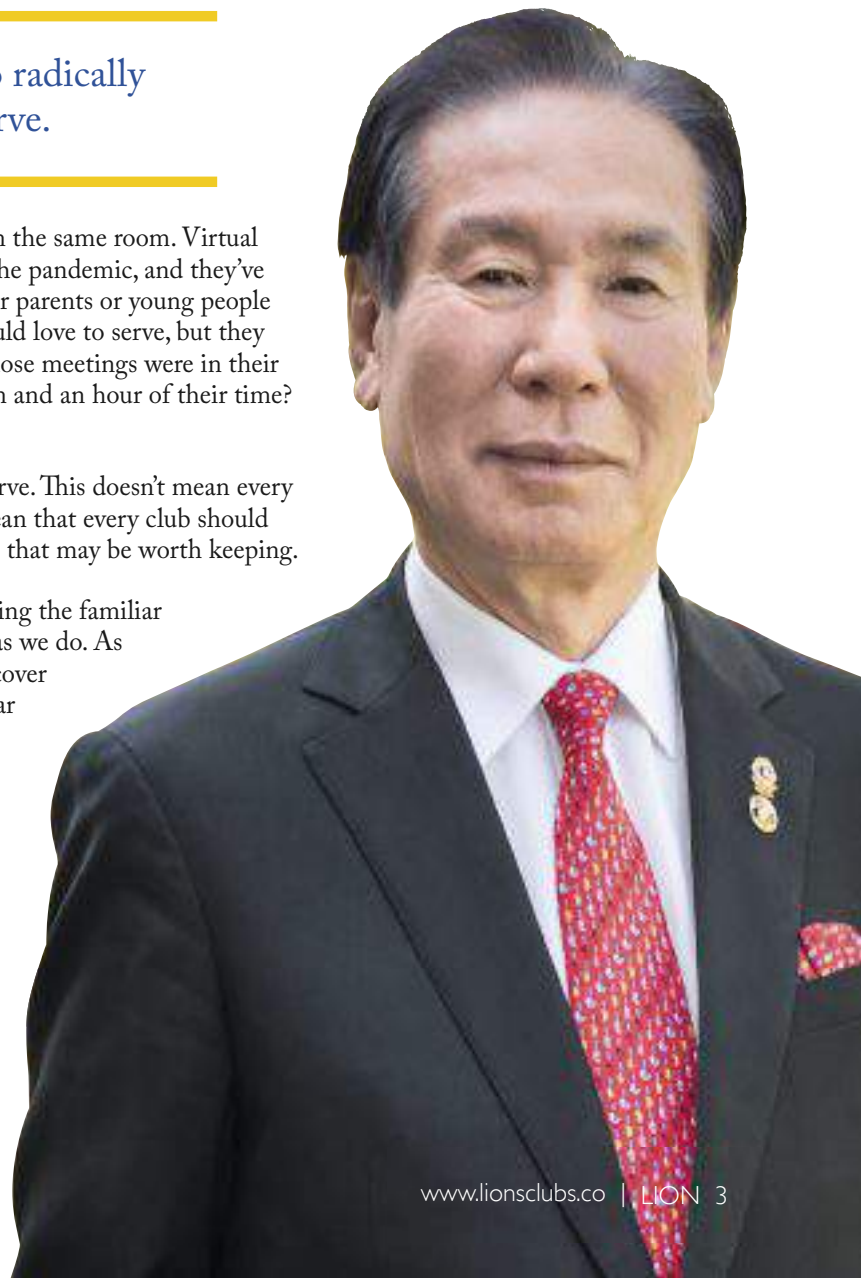
Traditions are wonderful. Lions, especially, love keeping the familiar close at hand. But traditions can and do evolve, just as we do. As we focus on strengthening our membership, let's discover how we can evolve and use the lessons of the past year as a guide for the future.

Sincerely,



Dr. Jung-Yul Choi

International President, Lions Clubs International





Hello

The vaccination programme has given our confidence a much-needed boost, and members have been supporting vaccination centres across the British Isles.

Lions know that their support in their communities never stops. If anything, the need has increased and we have had to find new and innovative ways of raising funds and physically helping. We welcome our newest members who bring lots of new and interesting ideas to share with us to continue our vital community service. All members can draw inspiration from our Young Ambassador Award Winner, Ellie-Mae Banks, and Katie Bladon, the Young Ambassador Shipshape Award Winner. We show some of the stories received how Lions are supporting those living with dementia.

We have received a range of stories from clubs about their work to help their communities through difficult times and we focus on just a few in this issue. Whittlesey Lions have to come in for a special mention – members swept into a local school to manage the COVID-19 testing for the return of students in March. This took what was a mammoth task away from teachers and staff, allowing them to get on with their work, but each Lion had to take and pass a series of NHS tests first to make sure they were qualified for the work in hand.

As our bright and cheerful cover suggests, in this issue we show Lions being active, healthy and happy. Many of us have different ways of achieving it and sport, health and wellbeing have become more meaningful over the past year. If you turn to page 14, you can read about how Lions Clubs British Isles has supported Activity Alliance's event programme for more than 30 years; it helps to enable disabled children and young people enjoy the many benefits of being active.

Physical activity, however gentle, helps to maintain a healthy and fulfilled life, it keeps the body strong and can improve mental health by decreasing symptoms of depression, anxiety, pain and loneliness, so we have some lovely, activity stories in this issue where Clubs have come together and taken on some great projects for their communities. We feature beach cleaning in Devon (Budleigh Salterton Lions), landscaping in Lincolnshire (Deepings Lions) and a great fishing competition in Northumberland, held in some of the wettest weather seen in over 20 years of the event (Morpeth Lions).

This is my last issue of Lion, so I just wanted to say thank you for having me. I will miss you, but I leave you in safe and very capable hands. I wish you all well and I know you will continue to be the compassionate, kind and lovely group of community-minded people.

Nicky Rogers

LION Editor

The full list of Lions who passed away between May 2020 to April 2021 is now in the display case within the Lions Shelter at the National Memorial Arboretum

<https://www.thenma.org.uk/>

THE LION MAGAZINE

[British Isles Edition]

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Please pass this copy on to someone else to read and enjoy. Even better would be if you are able to leave it somewhere in your local community where others will be able to learn more about who Lions are and what they do. Thank you.



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**LION Magazine
Summer 2021**

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For more than 30 years, Lions Clubs British Isles has supported Activity Alliance's event programme.

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LIONS' TALE:**

Kiera's journey from sadness to Olympic joy.

#JoinUs

#LionsGetInvolved

#StepForward

BE ACTIVE, BE HEALTHY, BE HAPPY

The benefits of exercise, both physical and mental, for individuals are well-known, but the value that physical activity can add to our local communities is often less talked about.

Whether you're mucking in to get jobs done down at the allotment, taking part in a school sports day, participating in a sponsored event, or getting involved with a local sports team, it takes all kinds of people, in all types of bodies, being proactive and investing their energy where they feel it's important, to make our communities healthy and happy places.

Movement levels the playing field because it is something everybody does, or can do, in their own way. Regardless of your personal fitness level or experience, physical activity has the power to bring people together to achieve a common goal - to keep the hearts of our communities beating loud and strong, all while cementing the positive impact of this on the individual. A healthy heart, after all, is not just something we, as people, all need to live, it is the very essence of community.

Green pawed Deepings Lions

For many years the Deepings Lions have undertaken gardening projects for those who need help locally. Deepings Lions gardening team have recently restored a neglected grass verge next to a local secondary school. The mass of dense weeds and litter were cleared to make room for spring bulbs. The Parish Council was thrilled and entered the project in to the Royal Horticultural Society, Britain in Bloom Competition. Deepings Lions are planning to get out and about in the fresh air to flex their green fingers (or paws in case of mascot Lion Rory) on more projects over the summer.



BEFORE...



...AND AFTER!

Reepham Lions sponsor Red Rose Football Club

The girls of Red Rose Football Club, Cawston, were out training in preparation for their return to the game. As well as their coaches, three members of Reepham Lions had gone along to present the team with new shirts which the Club has sponsored. This was a total surprise and the girls were excited to have new kit to compete in.



THE GIRLS OF RED ROSE FOOTBALL CLUB

Best for baby

Hereford Lions Club has raised £1,600 for a specialist breast pump to help mothers who are unable to feed their baby direct from the breast.

It is being used by Hereford County Hospital's neonatal service and can be loaned to mothers, in addition to a number of breast pumps already available to them. Sian Thorne, children community nursing team leader at Wye Valley NHS Trust, said: "This is a brilliant donation from Hereford Lions Club. We provide support for all mothers with their infant feeding choices, however, some women who want to breast feed are not able to do so long-term and this pump will help overcome this."



(L-R) SIAN THORNE RECEIVES THE PUMP FROM LIONS PRESIDENT, SIAN BAYLISS



Green fingered Lions are 'treemendous'

Hinckley and Burbage Lions pulled on their wellies, grabbed a spade and dug in to help plant trees at Burbage Common.

The green fingered volunteers planted 30 native British trees, including silver birch, wild cherry and rowan. President Lion Peter Fisher said: "We hope that this tree planting will serve the community by helping to create an even more pleasant green space".



HINCKLEY AND BURBAGE LIONS, PETER FISHER AND ROBIN WILSON



KEEPING HEALTHY

Purbright Nurture Farm nestles in the grounds of Pirbright Village Primary School.

Positive outdoor education can be beneficial to children's learning and emotional wellbeing so with this in mind, teachers Dan Smith and Gavin Dutton from Pirbright Village Primary School asked Guildford Lions for their support to grow this lovely project.

Dan and his wife, Helen, both teachers for 20 years, recognised the impact of animals on



A PYGMY GOAT WAITS TO WELCOME WALKERS



ONE OF THE KUNEKUNE PIGLETS



positive mental health and were looking for land to create a therapy farm. When Dan spoke to Gavin, his headteacher, they concluded that having a nurture farm on the school grounds could have a positive impact on the most vulnerable children.

“It seemed like an excellent idea!” remembers Gavin. “We had some areas which we could free up for the project and we saw the opportunities for our pupils and the wider community.”

The concept was that children would attend a series of sessions to support their specific needs, where they would look after the animals, improve the environment and grow crops. The personalised and nurturing sessions would be available to children of all ages and could also support vulnerable families around Guildford, Woking and beyond.

Guildford Lions were the first to pledge financial support of £3,000. “The commitment from the Guildford Lions inspired us to push on,” says Dan. “By September 2019, we had secured the rest of the money needed to make the project a reality!” The construction of the farm area began.

The project was in full flow by March 2020 and despite lockdown, the project continued and the first animals arrived. “In some ways, the period of lockdown gave us the chance to complete everything to a high standard without deadlines and extra pressures. It also gave us time to help the animals settle in,” recalls Dan.

The farm sits at the front of the school so it became a regular stopping off point for members of the local community as they took their daily walks.

In September of last year, the farm started to provide much needed support for children returning to school after a long period away. It also provided vital transition sessions for new military pupils, giving them a chance to spend time with their new classmates.

Helen is now running sessions weekly for individuals or pairs of children from a variety of schools, family sessions and ‘wake-up’ sessions first thing in the morning. There are four Duke of Edinburgh volunteers fulfilling their responsibilities for their awards and a regular group of adult volunteers.

Guildford Lions have now committed a further £500 towards the farm so that Kunekunes, Clementine and Martha, can have their own field shelter, wallow-pool and feeding troughs.

The aim is to be able to run sessions in the summer holidays to provide respite for families during the long period away from school and the farm is awaiting the results of funding bids they have applied for.

Thanks to funding and community support, especially Guildford Lions who provided the initial funding, Pirbright Nurture Farm is flourishing, with over 30 animals including goats, pigs, hens, ducks, rabbits, guinea-pigs, tortoises and lizards, as well as allotments and a greenhouse.

Have a guided tour of the farm here: <https://pirbrightvillageprimaryschool.primarysite.media/media/pirbright-nurture-farm-introductory-video>

YOUNG PEOPLE HELPING OTHERS

The Lions Clubs Young Ambassador programme recognises young people, aged 15-18, who are actively involved in helping others. Six exceptional young people, who each share Lions Clubs' community ethos, were chosen as Young Ambassadors to represent their districts in the finals. Hannah Chowdhry, sponsored by Fairlop Lions Club; Ellie-Mae Banks, sponsored by East Anglia New Century Lions Club; Hope Jeffcoat, sponsored by Stoke on Trent Lions Club; Katie Bladon, sponsored by Shirley Lions Club; Kenan Bryan, sponsored by Jersey Lions Club; and Leo Harris, sponsored by Adur East Lions Club.

Congratulations to Ellie-Mae Banks, the Young Ambassador Award Winner.

Ellie-Mae said, "I'm extremely grateful to be chosen as the Lions Young Ambassador for the British Isles and am currently working on my project to help find new opportunities for young people so that they can be involved in, and engage in, society in a positive way, whilst raising their aspirations."

Ellie-Mae is the Suffolk District Cadet of the Year for St John Ambulance and the lead cadet within her unit, all whilst studying for her A levels. Ellie-Mae's project aims to help educate young people on the effects of knife crime by setting up continuing professional development (CPD) days within St John Ambulance. This will include teaching knife crime-related first aid, emphasising the importance of a debrief after dealing with any distressing situation, and increasing young people's awareness of the support systems available to them.

Ellie-Mae says, "it's been fairly difficult as we can't do anything face-to-face in Cadets but, eager as ever, I have already started the planning process and am so excited to be able to run the CPD days and help young people to be better informed about the effects of knife crime and how we, as cadets, can help."





KATIE BLADON RECEIVING THE YOUNG AMBASSADOR SHIPSHAPE AWARD FROM PRESIDENT JACQUELINE CULLIFORD

Congratulations to Katie Bladon, the Young Ambassador Shipshape Award Winner. The Shipshape Award gives recipients the chance to experience a once-in-a-lifetime adventure at sea where they join a crew of other young people with a range of abilities, aboard one of the Jubilee Sailing Trust's tall ships.

Katie says, "being the Young Ambassador Shipshape Award Winner means I have been recognised for all the hard work I continually put into helping young carers and my community.

"I have always wanted to improve young carers' rights and help them to get the recognition they deserve, not only in my community but all over the UK, so winning this award has pushed me that one step closer to doing so.

"Being a young carer can be hard and sometimes scary, but it is, ultimately, very rewarding. Sometimes young carers feel as though they have nobody to talk to or that no one will understand, so they choose not to speak out. However, I used my £500 winnings to

create not one, but two different book clubs to help young carers get the socialisation they may not have otherwise been receiving. Each club works with five or six young people, aged five or eight or eight-12. We have even had an author and illustrator join in one of our sessions."

From her own experience as a young carer looking after her entire family, here are Katie's six top tips to boost your personal wellbeing:

- 'Dedicate sometime for yourself to take a bath and do homework etc.
- It can be difficult, but try to get some respite.
- Make sure you're getting enough sleep!
- Eat as healthily as you can.
- Build up a good support network of family and friends and make the most of them.
- Most importantly, don't be afraid to ask for help!



Wellesbourne Lions support people living with dementia

There are an estimated 850,000 people with dementia in the UK and 700,000 people caring for a loved one with the disease, according to Alzheimer's Research UK.

The symptoms of dementia include memory loss, confusion, and difficulties with both speech and understanding.

Dementia changes family relationships, leaving carers feeling socially isolated affecting both their health and wellbeing. Member of Wellesbourne Lions Club, Heather Brown, knows only too well having cared for her husband Dave who suffered with dementia. Now with the support of her lions friends and volunteers she helps to support a dementia café, monthly support group and OSCARS Garden.

OSCARS is a dementia-friendly allotment that plays an important role in those living with dementia and their carers. Based on the Wellesbourne Allotments, OSCARS Garden has taken a fantastic community effort to create, requiring more than twenty local organisations spending hundreds of hours to complete the build, which includes sensory areas, a raised bed with an eco-friendly compostable toilet. The garden enables those visiting to be able to sit, relax, enjoy the colours and smells, and watch the movement of the flowers. Being out in nature, and sharing an outside activity can be beneficial to both the person with dementia as well as the carer, giving them an opportunity to socialise with others in a similar position.

Lion Heather Brown is an Ambassador and advocate for Dementia Carers Count, dedicated to supporting those who care for someone living with dementia, www.dementiacarers.co.uk

 WELCOME TO OSCARS GARDEN

Twiddle Muffs – Lancaster & Morecambe Lions Club

Rosie Ryder of Lancaster and Morecambe Lions Club has been busy knitting twiddle muffs. People with dementia often have restless hands and these hand-crafted muffs keep them busy whilst staying warm. Each one is unique with ribbons, beads, buttons and fabric attached on the inside and out. Twiddle muffs are both visual and tactile which help to keep the sensory stimulated. Rosie has made twenty nine and these have been donated locally, through the dementia group run by herself and lions member Ivan Huff, and sent all over the world.



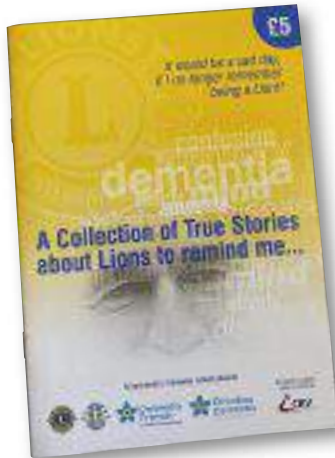
 ROSIE'S TWIDDLE MUFFS SLIDE ON OVER THE HAND AND ARE WARM AND KEEP WEARERS BUSY

Understanding dementia

At the beginning of this year Jackie Williams, member of the Lions District covering South Wales and the Midlands, needed to think about a nominated cause to support, being the partner of an incoming District Governor. After attending the funeral of a friend, the dementia service project was established.

‘Dementia Friends’ sessions were set-up to engage with Lions and non-Lions. The short sessions help people to understand how someone living with dementia sees things, how they process and retain facts and emotions and how we as Lions can make a positive impact on their lives.

Lions member, Stu Young, Dementia Champion, facilitated the workshops to reach as many people as possible and in just 12 months, 25 online



Dementia Friends sessions have been held, creating 425 dementia friends.

Jackie said: “In addition to the workshops, we have created a booklet that showcases the wonderful memories we make in our service as Lions. The profits from each booklet sold are returned to the clubs who bought them to allow them to make a charitable donation to a local dementia-based good cause. This project has become a great recruitment tool.”

The five key messages of the Dementia Friends project are:

- Dementia is not a natural part of aging.
- Dementia is caused by a disease of the brain.
- Dementia is not just about losing your memory.
- There is more to the person than dementia.
- People can still live well with dementia.

Dementia Carers Count (DCC) is a national charity dedicated to supporting family and friends caring for someone with dementia.

DCC provides free face-to-face and online courses, designed and delivered by expert health and care professionals with experience of supporting people with dementia and their families. Sessions cover a variety of topics, with time built in for you to reflect and get your questions answered.

To visit DCC’s Virtual Carers Centre for a wide range of resources, or book your free place on a course, go to dementiacarers.org.uk or contact our friendly team for more information.

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 **DEMENTIA
CARERS COUNT**
Supporting Family Carers



BE ACTIVE!

Activity Alliance is the leading voice for disabled people in sport and activity. For more than 30 years, the Lions Clubs British Isles has supported Activity Alliance's event programme. Lions members' dedication to volunteering and fundraising has enabled the national charity to deliver Regional and National Junior Athletics Championships events year after year. This partnership is essential to encouraging and supporting more disabled children to live healthy, active lives.

We know that being physically active is good for us. It improves our physical and mental health and helps us to be more independent. These benefits are well documented for children too with sport and activity being closely linked to cognitive benefits and better grade attainment.

Here's what Ellie, a junior athlete, said about taking part in the National Junior Athletics Championships in 2019:

"Training and competing has given me independence and makes me feel included with my friends. Attending events such as Activity Alliance's National Junior





Athletics Championships allows me to compete with others on a similar level, without being judged. It has also allowed me to make friends from across the UK who fully understand me and have similar sporting interests.”

The coronavirus pandemic has had an enormous impact on our lives, including our ability to be active. Research from Disabled Children’s Partnership shows nearly half (45%) of parents say their disabled children’s physical health has declined during lockdown (Left in Lockdown, June 2020). As sporting events and activities return it is crucial that inclusion is at the heart of all opportunities. Providing inclusive opportunities to be active from an early age can help to build lifelong habits and ensure that more disabled children enjoy an active future.

Jannine Walker, National Events Manager, said:

“It is crucial new young talent is able to develop in every sport. The National Junior Athletics Championships is an essential part of the athletics pathway. It also enables disabled children and young people to enjoy the many benefits of being active. We understand the important role such events can play in individual and athlete development. We are working closely in partnership with British Athletics, National Disability Sport Organisations and the Lions Clubs British Isles to make sure everyone can return to a safe and enjoyable competition environment soon.”

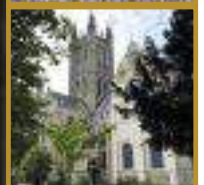
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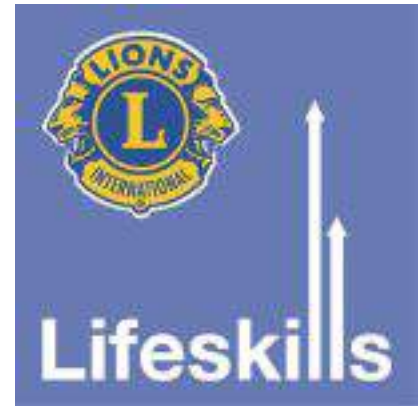


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HEALTH & WELLBEING DOWNLOADABLE RESOURCE PRICED £10

Lions Lifeskills have developed a set of health and wellbeing lesson cards for 7–11 year olds. These lessons embody an active learning approach with an emphasis on skills development through group work and a variety of classroom exercises and activities. Children are encouraged to share their knowledge and experiences with each other, explore attitudes and values and support each other in their learning. Building self-esteem is a major theme running through all seven lessons.

Summary of the lessons

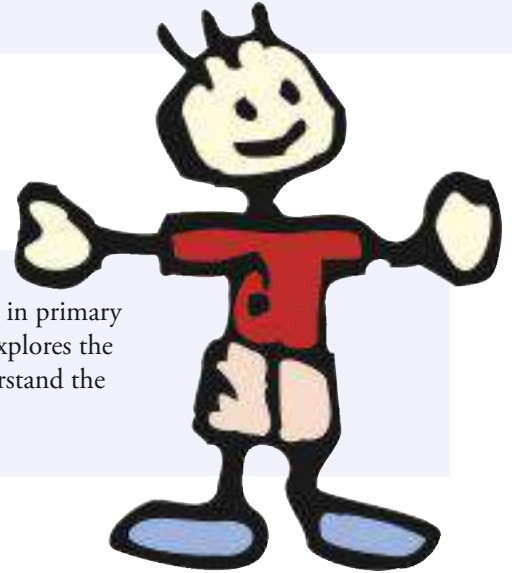
Healthy eating – the foods we choose to eat or not eat is a major influence on our health and wellbeing. Children will be making choices about diet in the future which will contribute to their general health. This lesson explores the variety of foods available, the components of a healthy diet and be how to relate it to themselves.



Exercise and rest – the lack of exercise today is having a negative effect on the health of children, here we explore exercise and rest as a vital component to health and wellbeing. This lesson explains the link between exercise and feelings and enables children to plan their own exercise schedule as part of a healthy lifestyle.



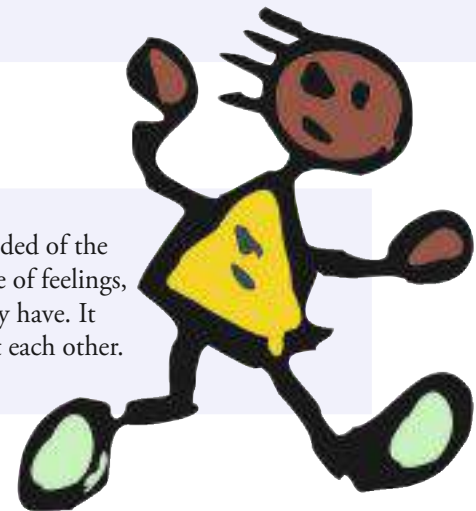
Staying safe – this lesson will focus upon staying safe in the neighbourhood and in the home. Staying safe in the neighbourhood explores parks, the streets and roads, bike safety and sunscreen. Staying safe around the home explores for example: medicines, allergies, hot liquids and mobile phones.



Smoking and drinking alcohol – although smoking is rare among children in primary schools, the process of becoming a smoker begins in childhood. This lesson explores the reasons why people use legal drugs, consider the effects of smoking and understand the benefits of alcohol use and the disadvantages of its misuse.



Body image – this lesson explores body image and self-esteem. What influences our body shape and size, dealing with feelings about our body and handling body image pressure, including puberty and its effects.



Bullying – preventing bullying is an on-going necessity and children need to be reminded of the important role they have in its prevention. This lesson helps children to express a range of feelings, explore what it feels like to be a bully and be bullied by others and the effects both may have. It identifies positive and practical ways to prevent bullying and learn to value and respect each other.



Keeping clean – personal hygiene can be a very sensitive subject, especially if there are children in the classroom who may be less than clean, often through no fault of their own. Explore and appreciate the importance and function of the skin in keeping healthy and clean, and why we need to wash our bodies regularly and establish a routine for washing.

To download the lesson cards, click on: www.lionslifeskills.co.uk
or contact Mandy Broadbent on **01204 435340**

Lions Clubs' acts of kindness for their local communities.



RUGBY COACH, SARA

Coaching from the touchline

Sara, disabled mum and team manager for the under 14s Rothwell Raiders rugby league club, got in touch with Rothwell Lions, to ask if they could help support the purchase of an all-terrain wheelchair. Sara wanted to take a more active role in team coaching and the club was happy to help.

Sara said: "I have to be able to operate pitch side during games and training. As a wheelchair user it's difficult for me to do this but the grant from the Lions has enabled me to take a more active role with my all-terrain wheelchair. I can now get up and down the touchline with ease, whatever the weather. My everyday chair can only manage dry, even, grassed areas. Rugby pitches are not always that! After the past year, it's great to be back, especially now I can really get involved."



COMFORTING TEDDY



A bear hug always helps

Peter Hart was a paramedic at the East Surrey Hospital, Horley Lions knew him well as they had first worked together years ago to buy teddies (parateds), to be given to children for a bit of comfort when they had to be taken to hospital by ambulance.

Peter died of COVID-19, so in his memory, Horley Lions and one of their sponsors bought 150 bespoke 'Peter Hart bears'.

John Reed, Operations Manager, South East Coast Ambulance Service, said: "I just want to thank all involved for the presentation of the Peter Hart bears, which are a lovely tribute to a much loved and respected friend. The bears are such a fantastic way of reassuring children who may be scared about travelling in an ambulance."

JOHN REED WITH A PETER HART BEAR





Happy holidays

Back in 1986, Ilfracombe and District Lion, Ray Everest, collaborated with the Golden Coast Holiday Park to establish a suitable holiday home for people with disabilities. Through a lot of hard work, Ray helped raise the £5,000 required to build, furnish and equip the chalet. Although Ray is now retiring, the Club will continue to offer this valuable resource to visitors who are able to benefit from full inclusion within the holiday park's facilities. So far, more than 300 families have enjoyed a holiday. Details of the chalet can be seen on the Ilfracombe and district lions club website <https://e-clubhouse.org/sites/ilfracombe/>

 THE LIONS CHALET AT THE GOLDEN COAST HOLIDAY VILLAGE IN WOOLACOMBE

Max, the incredible fundraiser

Before 10-year-old Max Woosey's elderly neighbour, Rick passed away, he gave his tent to Max to use for fun and adventure.

Rick had received wonderful care from The North Devon Hospice, so to honour Rick's memory, Max wanted to raise money for them. To do this, he thought he'd camp out in his garden for a few nights using the tent that Rick had given him aiming to raise £100. But it didn't quite turn out like that!

Max's first night in the garden was 28 March 2020 and the first of many – he ended up sleeping in a tent for a whole year. During this time, he went through seven tents, experienced torrential rain, hurricane winds and even the dreadful cold spell we had in February. Max has raised the incredible sum of £685,000 in memory of his friend. To acknowledge this immense achievement, Barnstaple Lions Club presented Max with the prestigious Melvin Jones Fellowship award.



 LIONS MEMBERS, PRESIDENT ANDY SHINER AND GRAHAM KINGSBURY PRESENT THE MJF AWARD TO MAX IN HIS GARDEN



 DARCY – A LITTLE ACT OF KINDNESS

Stairway to heaven

When the Meon Valley Lions Club heard about the plight of a local family with young disabled children needing a lot of care, in a house with no carpet on the stairs, they stepped in and arranged for a carpet to be fitted.

1,000 refurbished computers help home schooling

For over 12 months, Lions Clubs based in North East Hampshire, together with Farnham Lions, have supplied more than 1,000 computers to local families.

The IT team, representing the Lions Clubs of Hook and Odiham, Yateley, Hart, Fleet, Farnborough and Aldershot, pledged to offer computers on the recommendation of any teacher who decided that their students needed IT support at home.

Computers for reuse were sourced from the general public, and were processed by the IT team before being released to families in need.

New defibrillator for Cheltenham

Thanks to the Cheltenham Lions Club President's project for this year, a new defibrillator has been installed in a refurbished red phone box in Pittville Park, Cheltenham.

Lions Club project leader, Martin Shorland, said: "We have been pleased with the support we received from local people and businesses who sponsored this project. Defibrillators can make the difference between life and death and it's great to have been able to get one installed here."



MARTIN SHORLAND AND CLUB PRESIDENT, MIKE CLARK BY THE NEWLY OPENED DEFIBRILLATOR



Beautiful Budleigh beach

Budleigh Salterton Lions have been out every week in the fresh air litter picking on and around their beach for the benefit of residents, visitors and local wildlife. The metal detectors are used to find tiny nails, screws, staples etc left behind in the ashes from beach barbecues.



SEARCHING FOR BARBECUE DEBRIS



BUDLEIGH SALTERTON LION, GEOFF PAVER



Back to school for Whittlesey Lions

Whittlesey and District Lions have been helping the staff at Sir Harry Smith Community College with the COVID testing of the students returning to school.

All Lions undertook computer-based training on the NHS website and passed tests for all of the operational aspects for running a testing centre.

Nine members helped to test 1,100 students which took three days to complete.

Brian Harding, President of Whittlesey and District Lions, said the members were delighted to help in this venture; enabling children to get back to school at the earliest opportunity.



SOME OF THE TESTING STATIONS

Keep warm

For the sixth year running, Vale Royal Lions and Citizens Advice Cheshire West have been running their Fuel Bank campaign.

This year has left many residents of Winsford and Northwich struggling to pay for fuel and they have been eligible to receive payments towards their energy bills. With the current restrictions, money donated to the fuel bank this year has been credited directly to the prepayment meters or utility accounts of those who need it most using a code.



Laptops for schools

Members of Wellingborough & District Lions Club were delighted to donate 11 used laptops and tablets to pupils at two local schools recently.

When schools closed for the second lockdown, children became reliant once again on home schooling. Some children only had a phone with a tiny screen, some had to share one device between three and some children had nothing.



PRESIDENT OF WELLINGBOROUGH & DISTRICT LIONS CLUB, YVONNE LAWSON, WITH HEAD, DAVID TEBBUTT, AND TWO OF HIS DELIGHTED PUPILS

Sharing food

The Wokingham Lions Club virtual pub quiz held in February raised £300 and it was all donated to SHARE Wokingham, a local charity that distributes food to those who are hungry.

Claire Revie, founder of SHARE, said: “We gather end-of-day and surplus stock from local food suppliers and supermarkets, and share that within the community at no cost. We are grateful for the support from Wokingham Lions Club, and every penny received from them will go toward furthering the project and helping those in need.”

WOKINGHAM LIONS CLUB SUPPORTS SHARE



None of these ‘got away’!

The Lions Club of Morpeth held its annual sponsored Fontburn Charity Fishing Competition.

The weather did not impact on the number of anglers attending with 68 hardy adult regulars and 29 juniors suitably clothed for the conditions and catching some quality rainbow trout.

Nearly 240lb of trout were weighed in and the event organiser, Graham Tait, said: “Despite the very difficult conditions, anglers still had a fantastic day’s fishing, and it was very pleasing to see so many happy faces. The money raised will help Morpeth Lions meet some of the many local requests for help that it receives.”



A ‘BUBBLE’ OF YOUNG ANGLERS DISPLAY THEIR CATCH



DAVID STOREY AND HIS DAUGHTER ON THE WALK

Raising money for Alzheimer’s

Cheltenham Lion, David Storey, raised money by doing a memory walk on behalf of the Alzheimer’s Association.

David was keen to do something to help this good cause. He decided to set off on a seven mile walk in the Cotswolds accompanied by family members and their dogs.

Family, friends and Lions members made donations and David delighted as over £1,300 poured in. David said: “It’s been difficult for the Club to hold fundraising events this year but this was something I could do and it was great that so many people contributed.”



Stowmarket Lions 'Project Lockdown'

Stowmarket Lions were unable to hold meetings or social events, meaning there were no beers at the bar before meetings or dinners at monthly socials.

Treasurer, Keith Cooper, realised that his fellow Lions must have plenty of unspent beer money in their back pockets so, unable to do any significant fundraising, why not put it to good use to bolster Club funds *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 so far swelled the Club's coffers by over £1,500, their single largest fundraiser so far this year!

Walk in aid of good causes

Woking Lions, Roger Chamberlain and Anne Roberts have been doing sponsored walks during lockdown.

Roger and his wife, Jacquie, walked 110 miles, the equivalent distance of the return journey from Woking to the South East Air Ambulance headquarters at Rochester Airport. Following on, Anne and her walking friend, Claudie, covered a similar distance.

Together they have received donations close to £2,000 for the Air Ambulance with Roger and Jacquie raising an additional £1,000 for the Lions Brain Tumour Research Appeal.



WOKING LIONS, ANNE ROBERTS AND ROGER CHAMBERLAIN

Southwell Lions virtual coastal challenge

Southwell Lions planned a virtual walk all the way around Britain's coastline. It's a lengthy 6,500 miles trek, and the Club's target was to cover the distance in 13 weeks.

They started the virtual walk at Skegness, and calculated where they would reach in 500 mile increments so that they could map their progress.

Weekly updates were put on social media, and funds were collected through a dedicated Just Giving page, which allowed them to claim gift aid. All walkers wore a badge in support of the Lions Brain Tumour Research Appeal.

The challenge was finished in just over eight weeks and raised just over £2,500.



THE LAST 'VIRTUAL' SECTION INTO SOUTHWELL TOWN CENTRE WAS UNDERTAKEN IN SMALL GROUPS

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Lions in Your Community

Who are Lions and what do they do?
This was the focus of the 2014 report:
Lions at the heart of your community.
Stories of friendship and service were told in
words and pictures, with clubs meeting local
needs from Aberdeen to York Minster.

#LionsGetInvolved

The 2017 community report showed
how as a global social network, Lions
share a common passion for tackling
community challenges wherever they
occur. Serving with pride while supporting
partners and projects, **#LionsGetInvolved**
and get things done.

With gratitude, publication of this globally-unique series
of Lions Community Reports has been made possible as a
result of successful applications for Public Relations grants
from Lions Clubs International.

Lions Step Forward

Volunteering makes a real difference in local communities.

It provides health and well-being benefits to individuals who step forward. It delivers financial, social and cultural benefits to the millions of people, projects and causes that are supported by volunteers.

Whether undertaken by individuals or groups, like Lions clubs, volunteers are the essence of local communities. This is most evident during challenging times that disrupt the usual rhythm and flow of community life.

Step Forward, the latest community report published by Lions Clubs British Isles, looks at the value of local community volunteering.

It celebrates:

- the positive energy of young volunteers,
- the power of paying forward,
- the quiet work of helping others,
- the joy of sharing food and friendship,
- the vital role of welfare support,
- the pride of belonging to a community.

For more than a century, Lions volunteers have served local communities. Step Forward tells our story. It reveals the facts and figures behind local community volunteering. It encourages others to Join Us. It invites you to read, reflect - and please pass your copy on to inspire someone else to volunteer.

For details of how to obtain additional copies see: <https://lionsclubs.co>



The Lions Club of Southend on Sea, helping our Forces Veterans

Geoff (*not his real name*) is an Essex man, living near Southend on Sea. He used to lead a very solitary life, with no prospects of employment. At the age of 56 he finally admitted to himself that all was not right with his life. He felt despairing and hopeless, at times suicidal and often distressed by unwanted, intrusive memories.

As an army veteran, his problems originated 30 years earlier from his experience of serving in the armed forces. He witnessed horrific scenes during his deployment, including the effects of a bomb exploding, which killed and maimed many innocent people. The images had remained in his mind and kept intruding into his consciousness. Given his military training and his immense sense of pride for serving his country and his own self-respect, he tried to ignore his problems; but as so often the case with Post Traumatic Stress

Disorders (PTSD) the memories would not go away and eventually, he resorted to alcohol to help him try and forget.

Then he heard of PTSD Resolution, a charity that supports former military personnel with PTSD, with a near 80% success rate. He contacted PTSD Resolution and was invited to visit a therapist in Southend on Sea. Having completed his course of counselling, Geoff is now in a much better place and needs no further therapy.

The Lions Club of Southend on Sea was the first Lions Club to connect with PTSD Resolution, and continues its association with the charity. The work of PTSD Resolution has been supported by other Lions clubs across the United Kingdom that are supporting therapy for local veterans.

For more information please visit: <https://ptsdresolution.org/>



The LION
Autumn Issue
Published October 2021

PHOTO BY NICK FEWINGS ON UNSPLASH

The next issue of the
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focuses on **fundraising**

To contribute stories,
feature ideas and
photographs, email:
Lion.editor@lionsclubs.co

LION Magazine
British Isles

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See:

www.lionsclubs.co



Multiple District 105 Digital Convention



Chairing any Multiple District Convention is a daunting task at the best of times, but when you have to completely reinvent the wheel and provide a virtual or digital equivalent, the task facing myself and the team was somewhat mammoth.

However, due to the hard work and commitment of the team I believe that we met our goals in providing you and the Lions of Multiple District 105 with a valuable day of information sharing, best practice and of course, the business of the Convention

I must particularly thank Lion Dave Allen for all his technical work, he had a vast technical team behind him, I will not name them all, however their details are available on the convention website www.md105convention.uk Without their hard work none of what was produced on 1st May would have happened.

Chairing the Convention on the actual day was a somewhat surreal experience with just Peter Burnett, Brigitte Green and myself present at Lions national headquarters.

We were however, supported by many good messages, well wishes, and of course we could see some of you on the screens.

I hope you agree that we provided a day well worth attending even though at times it felt like a very long day. The aim was to of course do the business of the Multiple District but also to provide some fun and fellowship in the spirit of Lionism.

Once again, thank you to all of those who attended and thanks to all of those involved in producing this event.

I firmly believe that this will change the shape of future conventions and I hope that future Convention planning teams will embrace change. I also hope that many of you who attended their first digital convention would consider attending a face-to-face convention in the future.

Stay safe and well and thank you once again for your support during my period of Council Chairman and chairing the Multiple District 105 Convention 2021.



PCC Lion Stewart Sherman-Kahn MJF
MD Convention Chair



Our Mission: Lions Serve

It's that simple. Lions clubs are places where individuals join together to give their valuable time and effort to improving their communities, and the world.

Our Vision:

To be the global leader in community and humanitarian service

1917

Lions Clubs International founded

1950

First Lions club in British Isles: London (host)

1968

Lions Clubs International Foundation created

Our Values:

Honest and ethical conduct

INTEGRITY

Safeguarding and compliance

ACCOUNTABILITY

Personal responsibility

TEAMWORK

Innovation, creativity, and leadership

EXCELLENCE

Mutual respect, diversity and trust

Mission:	Purpose.	Statement of why an organisation exists.
Vision:	Intention.	Clear picture of what an organisation aims to become.
Values:	Actions.	Boundaries of how an organisation operates.

Richard Williams
Chair of Council 2021/22



One of my favourite sayings is: “The definition of a Lion, is a friend I don’t know yet” and thanks to Lions I have friends all over the world. By having fellowship while doing something positive with my Lions friends helps us to make a difference.

Having been a District Governor for South Wales and the Midlands (CW) I recognise that I am a humble part of a team. If you allow Lions to feel they belong to a team, they will work as a team, and remember, no one knows all the answers and I am a firm believer in working with other organisations, especially when their ethics match ours. Starting new clubs is a great way forward; many people want to join our organisation and we need positive leaders.

The incoming Council members are passionate about Lions and are determined that more volunteers have the privilege of joining us.

Club: Kidderminster & District
Year became Lion: 1995
Age: 54
Wife: Lion Jackie Williams
Occupation: Breeding consultant for a bovine genetics company
My happy place: (and favourite) is Borth, a seaside resort in mid-Wales



Karanjeet Kaur Assan
District 105A



Being President was only one of my dreams that came true.

As a part of a team working at retention, I worked to revive a club that was on the edge of closing. By staying positive, holding meetings in my home and introducing associate members to make meetings more interesting, the membership grew quickly and began having regular meetings. I then became a certified Guiding Lion and today, the club has 15 members and is doing well. I feel very proud that the club will soon celebrate 70 years of service to their community.

Being a District Governor gives me a platform to utilise my skills to serve our communities better.

Club: London Belmont
Year became Lion: 2008
Age: 64
Family: Three children and a daughter-in-law
Occupation: Retired fashion designer
My happy place: In my kitchen at home where I can unwind



David Pope
District 105CE



I am a dedicated Lion known for my integrity. My theme for the year is: “Be proud to serve”, ‘PROUD’ being: Passionate, Resilient, Optimistic, Understanding and Dedicated.

I have been a passionate Lion for 40 years since joining Peterborough Leo Club in March 1981. I joined Peterborough Lions in July 1991 after ending my term as the Multiple District LEO President in 1990/91.

Thanks to my employer and my contribution to Lions Clubs, I was an Olympic torch bearer in 2012.

For Lion John Cheetham to consider me worthy to receive a Melvin Jones Fellowship, was a very humbling moment.

Club: Peterborough
Year became Lion: 1991
Age: 60
Wife: Claire Pope
Occupation: Retired senior manager with BT plc
My happy place: Definitely playing a round on the golf course



Neil Martin
District 105CN



My first big challenge came when I had only been a Lion for 12 months. Floods hit my community and the surrounding area on 26 December 2015. The club helped those people clean out their homes and liaised with local councillors and agencies to open our community centre. It was a team effort, where everyone played an important part. This support and the donations received put our club on the local and national map and membership grew.

One of my most treasured memories is when I transported an elderly lady to a Christmas party one year and she was delighted to see how beautiful the village looked at night, with lights on trees, decorations in the shop windows and lamp posts – something she had not seen for years. Her reaction comes to my mind every December.

Club: Whalley & District
Year became Lion: 2015
Age: 48
Fiancée: Lion Caroline MacDonald
Occupation: Sales and marketing manager for our family-owned manufacturing business
My happy place: I proposed to the apple of my eye, then soon after, we took to the skies to explore another bigger apple – New York



The incoming Chair of Council 2021/22 and District Governors were invited to tell readers of the LION

Jaap de Jonge
District 105CW



My first activity as a supporting Lion was in the early 1970s when my father was a member of the Lions Club Leeuwarden, Netherlands. They organised 'Mallemlenfeest', a carnival to raise funds for the restoration of a windmill. I remember the excitement, they thought nobody would come, but all roads in the area were blocked and they sold out in a couple of hours.

My most fulfilling task was taking a lady with learning difficulties to an evening club once every eight weeks. It gave her mother a few hours to herself and the lady some excitement for an evening.

Club: Shirley
Year became Lion: 2012
Your Age: My name 'de Jonge' means 'the young one'
Wife: Lion Claire de Jonge-Vors
Occupation: I run a small business, supplying artisan cheesemakers with equipment and ingredients
My happy place: Snorkelling and swimming in the Coral Beach Nature Reserve in Eilat, Israel



Nigel Ware
District 105N



I am proud to be a Lion, especially during the past year and the way our club has delivered food parcels to those people who needed them during lockdown.

The club has also supported a boy with cerebral palsy. He found it difficult to keep up with his school work and needed to complete his work in his own time, so the club helped him with a personal computer. Although the family have moved out of our area, we were given a special mention in his wedding speech when he explained that Garforth and District Lions had provided him with his first PC to help him at school.

Club: Garforth and District
Year became Lion: 1986
Age: 62
Wife: Elizabeth Ware
Occupation: Computer engineer
My happy place: Garforth Country Club



Brian Donovan
District 105SC



Lions fit my way of thinking, in Lions I find that it's small-scale tasks that make a difference, not necessarily grand gestures, such as doing a food run for the foodbank, or just marshalling at local events.

Recalling one of my earliest memories was as Santa in the grotto, I could see the line of children snaking around the Market Square.

When we receive a request for carpets, we have a team that does all the negotiating and liaising. This may sound like a little thing, but to those that have next to nothing it is important for people to care enough to go out of their way and help them.

Club: Abingdon
Year became Lion: 2014
Age: 54
Wife: Lion Lesley Donovan
Occupation: Environmental consultant
My happy place: The only time I go on stage is when I'm behind the scenes!



Mark Lockie
District 105SW



One of my most memorable projects was when I was a Lion in Papua New Guinea to deliver a wheelchair to a village.

A local guide said the village was only half an hour up the coast. We came to a road leading off to the left, so we asked where the village was and the answer was "half an hour up the road on the left". So, we travelled for another half an hour and came to a river, we again asked where the village was and the answer was "half an hour up the road on the left". Setting off once again, we travelled for half an hour and there was the village, but we were at the wrong end! Guess what, we were told the person who the chair was for lived "half an hour along the ridge".

Eventually, we got there and delivered the chair.

Club: Weymouth and Portland
Year became Lion: 1978
Age: 74
Wife: Stephanie (Steve) Lockie
Occupation: Marine engineer now a marine surveyor
My happy place: Papua New Guinea, where I lived for 10 years



about themselves. At the time of printing, a District Governor for the South East had not been appointed.

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To empower volunteers to serve their
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encourage peace and promote international
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Next issue: Autumn 2021

Feature ideas, articles and photographs proposed for future issues should
be of interest to the majority of readers, who include Lions and members
of the public. Please provide information about the story and who is
involved, as well as relevant details such as location and dates. Include a
contact name and phone number. Remember that any photographs need
to be eye-catching and of a high standard. Confirm you have permission
for these to be published. Thank you.

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A MESSAGE FROM THE CHAIRPERSON

At the outset of my term as chairperson of Lions Clubs International Foundation (LCIF), I imagined the day I would write this message, reflecting on global progress made possible by LCIF during the year. What I never imagined is how incredibly full my heart would be today, as I finally pen this letter.

In a year like none before, I was so very humbled as LCIF empowered the humanitarian spirit, creativity, and tenacity of Lions and partners worldwide. Prior to a global pandemic limiting travel, I visited Lions across the world and saw the good work they do in their communities. I'll never forget the happy children at Zambia's Ndola Lions School for the Visually Impaired singing and dancing as we celebrated the school's new classrooms and dormitories. Another experience that will stay with me forever occurred in Australia, where I witnessed Lions' strength after the devastating bushfires. Though they themselves had suffered, Lions were selfless in their service. I marveled at these projects and so many others, as Lions shared their stories of life-changing work made possible by LCIF.

I also had the pleasure of joining Lions at their fundraising events for LCIF. Japan, Poland, Mexico, Italy, Thailand, and Greenland are just a few places I visited where Lions showed fierce dedication to LCIF and embraced the notion of service equating to both doing and giving.

Then came the last half of the fiscal year. COVID-19 caused unparalleled fear, hardship, and change. Suddenly, it was difficult for Lions to serve as usual. But, where there is a need, there is a Lion...and there is LCIF.

With more than US\$5.1 million in LCIF funding for pandemic relief, Lions heroically navigated unimaginable challenges. In Canada, they provided meals to weary doctors and nurses staying at the hospital to contain the virus. Roughly 11,000 kilometers away, Bangladesh Lions also provided food, this time to families no longer able to afford nourishment due to lack of work. Serving their communities, Lions in Indonesia increased access to handwashing in public places, while those in France found ways to connect patients in medical isolation with loved ones.

Adjusting rapidly as social distancing took hold, Lions and Leos began harnessing the power of technology to continue supporting LCIF and serve safely. New Jersey, USA-based Leos held a virtual fundraising concert. Lions leaders joined with LCIF staff to provide free webinars to Lions, discussing the future of service and the possibilities ahead.

As we navigate today's new normal, I recognise and applaud Lions and our partner organisations making progress in LCIF's cause areas. Together with LCIF, together because of LCIF, we continue our endeavors.

To Lions, partners, and friends of LCIF who showed such tremendous support this year, thank you for ensuring LCIF can continue empowering those serving to improve health and wellbeing, strengthen communities and protect the vulnerable. And to all, I thank you for the honor and privilege of continuing my journey as LCIF chairperson.

In friendship,

Gudrun Yngvadottir

2019-2020 CHAIRPERSON
Lions Clubs International Foundation



To view the complete annual report, please visit: https://cdn2.webdamdb.com/md_sZMIZsPyQo90.jpg.pdf

SIX DEGREES OF LIONS

Did you know that everyone on the planet is no more than an average of six, or fewer, social connections away from each other?

That means, a friend of a relative of a work colleague's mate knows someone who went to school with that person you've always wanted to meet. Or something like that!

Between Lions, connecting is much easier. All 1.4 million members are linked by a dedication to serving local communities.

On the next pages, we welcome our newest Lions. Already they are connected to members of a Club, a Zone and a District – as well as fellow Lions in the British Isles and around the world.

JOIN US

If you've ever wondered how ideas spread – the secret is simple. It's the power of word of mouth. Tap into the six degrees idea and spread the message about joining Lions. Before you do, look for people who are super helpful in reaching others. Have you heard of the 80/20 Principle? Yes, 20% of people are great at getting things done.

As a Lion, that means you. Are you someone who knows what's going on in your local community? Perhaps you're the 'go to' person to make things, find out information or recall the stories that make your community special. Or are you good at putting people together? Do you make friends easily and can find just the right person to help out? Or are you outgoing and enjoy persuading others? Maybe you're skilled at negotiating or solving problems?

Each of these types of people play a key role in making something happen in a local community. They are part of a team in a Lions club. And, each can employ their own social talents to get the word out about joining and supporting Lions.

Keep in touch on the LION Forum via:
<https://lionsclubs.co/MemberArea/>



HOW TO BE ACTIVE, HEALTHY AND HAPPY – TIPS FROM NEW LIONS



Be Active:

"I've used my daily hour of exercise to explore Deal and Walmer. Being active has helped me cope with pressure from work and get fit through walking. Having built up my fitness level, I now jog 6k, three times a week."

Soeren Keil, Deal and Walmer Lions



Be Healthy:

"For me, keeping healthy is about being busy. I love my activities, such as drama, softball and raising money for charities."

Natalie Guille, Guernsey Lions



Be Happy:

"Playing my accordion makes me happy. As an accomplished musician, I promote Ukrainian folk songs by taking part in various events. I also play English and Russian songs and have been discovering different cultures through music."

Iryna King, Coventry Mercia Lions

WELCOME NEW MEMBERS

ADUR EAST LIONS CLUB

Julian Becher
Sue Becher

ALNWICK LIONS CLUB

Matthew Lawless

ALTON LIONS CLUB

Stephen Beckett

BALSALL COMMON LIONS CLUB

Lorraine Gibb
Iain Priestley
Norman Whitaker

BARWELL & EARL SHILTON LIONS CLUB

Elaine Maxfield

BASINGSTOKE LIONS CLUB

Sarah Williams

BEXHILL ON SEA LIONS CLUB

Dianne Ryan
Sharon Webb

BOSTON LIONS CLUB

Ashley Neal Robinson
Stephen Neal Robinson

BOURNE LIONS CLUB

Carole Sands

BOURNEMOUTH & CHRISTCHURCH LIONS CLUB

Angela Penelope Haynes
David Morton White

BRADFORD ON AVON LIONS CLUB

Simon Arnold
Elizabeth Foot
Debbie Heyden
Hilary Spence
Michael Sullivan
Peter Tapp

BROMYARD LIONS CLUB

Edward Gray
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PLAY TOGETHER, STAY TOGETHER

Juurikkalahden Kiri (JUKI), the largest youth soccer club in Sotkamo, Finland, has joined with the Sotkamo Lions Club to organise a free weekly sports activity available to everyone to help families stay connected and increase physical fitness.

With so much competing for our attention these days, it can be hard for families to find ways to be together that don't involve a screen. But research shows that families who keep active together not only improve their health, but also improve their bond.

Sport and exercise psychologist, Jocelyn Penna, told the Sydney Morning Herald: "Although downtime is important, many people spend far too much time inactive, so when families exercise together, they gain the combined benefits of being together, growing together and encouraging each other to be active."

Last year, more than 100 children, parents, and grandparents participated in the JUKI/Lions programme, which they called 'A Lions Hour of Exercise with Your Child'.

The activity is designed for everyone, regardless of their ability or previous experience with organised sports. Most importantly, the collaboration makes it possible for all families to participate regardless of their ability to pay.

As an added bonus, families are finding new connections in the area and tourists to get to know local families.



GOING GAGA FOR GAGA

By Annemarie Mannion



VERMILION BAY LIONS CLUB FUNDED AND BUILT THE OCTAGONAL-SHAPED, FENCED-IN AREA WHERE GAGA IS PLAYED



THE GAGA BALL PIT

Batting a ball around a Gaga pit, students at Lillian Berg Public School in Vermilion Bay, Ontario, run, jump and twist to evade a ball being launched at them by other players.

The game, called Gaga Ball, is similar to Dodgeball, and is helping them get a physical workout while staying socially distant during the pandemic.

All the fun they're having is due, in part, to the efforts of the Vermilion Bay Lions Club, which funded and built the octagonal-shaped, fenced-in area where Gaga is played.

Unlike Dodgeball, Gaga uses a softer ball and has different rules including not being able to hit people with it above the knees.

St. Jules had heard about it from another school and thought it would be a good addition to her school that serves kindergarten through to 8th grade.

"It has several benefits," she says. "It provides physical activity, it's low-cost and it's the type of activity that anyone can take advantage of. All they have to have is a ball."

Susan Hutchison, secretary of the Vermilion Bay Lions Club, says the club was glad to take on the project. "It was a great idea because we're trying to promote kids doing outdoor, physical activities rather than sitting inside at their computers," she says.

Most of materials, except the treated lumber, and the plan needed to create the enclosure, were bought from a company in the United States. St. Jules estimates it cost about CA\$3,600 (about £2,100), which was funded entirely by the Lions.

The Lions ensured they had the proper setting for the pit that was constructed on six or seven inches of sand and gravel on the school's playground. "We had to make sure the ground was level and flat," Hutchison says.

They also had to make sure the enclosure was built so it would drain properly after rain or snow, St. Jules adds.

It took a group of about eight to 12 volunteers about a day to build the pit.

Hutchison says it's the sort of project that other Lions clubs could take on in their own communities.

She often sees children playing in the pit, even using it for games other than Gaga such as playing tag or pretending it is a fort.



Service From the Heart

What makes our family of service so unique is that we never stop growing. Our door is always open, an invitation to those who want to be a part of it.

We are a place where people answer the calls of their hearts to serve and are welcomed with open arms. We offer everyone the opportunity to participate in something bigger than us all: the selfless service of others.

Yet, what is sometimes lost in our depiction of our international association are the individuals behind the collective. We are certainly proud of our 48,000 clubs and 1.4 million members, and we use these numbers to showcase the sheer magnitude of our service and global community.

This year, let's remember the most important element of our success: you. You, and each individual Lion, are absolutely critical to our collective success. You are the heartbeat of service. This year's message, Service from the Heart, is a call to all districts, clubs and Lions to be sure we are always leading with what brought us to Lions International to begin with – our hearts. If we let our passion for service shine through, there is absolutely nothing we can't accomplish together.



Lions Clubs International

*2021-22 International President
Douglas X. Alexander*

Plan on success.

Our 2021-2022 Global Priorities

Membership growth and engagement

The growth of our association means we're always ready to serve. To grow, we must not only bring in new members, we must also keep our current Lions engaged and active. Every time we lose a Lion, we have to recruit two more people in order to grow. More importantly, we must engage every member so that each person is able to truly live out the service that's in their heart.

Support our Foundation

We are in the final year of our most ambitious giving campaign ever, Campaign 100. The generosity and support of LCIF is empowering our service around the world, and bringing hope. Let's put our hearts into action by supporting our global foundation so we can achieve our goal of raising US\$300M.

Compassionate service

As communities around the world seek to find a sense of normalcy once again, Lions have a new and great opportunity to lead by example. We can help the world recover in this time when so many are still struggling. We must keep up our innovative service efforts of the past year and expand on them to address the needs of our current situation, with the knowledge that things can change at any moment.

Communication

Transparency and open lines of communication are essential to great service, and therefore have always been key to Lions clubs. We must continue to focus on our connections to one another, those we serve, and the organizations that support us. As Lions, we have a powerful and global community of peers we can learn from and assist. Now is as good a time as any to lean into our network of service.



A LIONS' TALE: FROM SADNESS TO OLYMPIC JOY

Kiera hasn't always been the talented and confident athlete she is today. It was a long road until the Special Olympics changed her life for ever.

Kiera struggled to keep friends at school and her plummeting self-confidence forced her into a very dark place of self-harm and comfort eating.

Any sport that needed hand-eye coordination was challenging for her, so even riding her bike was out of the question as she couldn't combine balancing, steering, braking and changing gears.

In 2012 Kiera tried the bikes at the National Cycle Centre – they have a fixed wheel (no gear changing) and no brakes, so she just needed to concentrate on balancing. With parental support Kiera had found her sport.

After training for just three short years Kiera won an incredible three gold medals at the 2015 Special Olympics World Games in Los Angeles, and successfully defended her titles in 2019 in Abu Dhabi. Kiera said: "I am honoured to represent my country and now I'm an athlete leader, sharing what Special Olympics can do for people like me."

 SPECIAL OLYMPICS
GOLD MEDALLIST, KIERA
BYLAND, MEMBER OF
THE CENTENNIAL100
CHAMPIONS LIONS CLUB



In Memoriam



Lions Clubs International

MD105 British Isles

Lions Clubs of the British Isles remember the Lions members who made a commitment to serve their local communities, we honour their memory.

Obituaries: A Celebration of Life

ANDERSON: Lion Edwin
Lincoln Lions Club

BARR: Lion John
Droitwich Lions Club

BARRATT: Lion James
Bramley & Wickersley
Lions Club

BHONSLE: Lion Ravindranath
St Austell Lions Club

BOOTH: Lion Penelope
Attleborough Lions Club

BOWIE: Lion Ian
Highworth & District Lions Club

CANHAM: Lion Derek
Camborne & Redruth Lions Club

COLLETT: Lion Trevor
Ripley Amber Valley Lions Club

COLLINS: Lion Larry
Peterlee & District Lions Club

DAVIES: Lion Hilda May
Black Mountain Lions Club

ELLIOTT: Lion David
City of Liverpool Lions Club

ELLIS: Lion Thomas
Hornsea Lions Club

EVANS: Lion Raymond
Clitheroe Lions Club

GARNETT: Lion Charles
Brecon Lions Club

GODFREY: Lion Arthur
Selsey Lions Club

GRAY: Lion John
Wellingborough & District
Lions Club

GRIFFITHS: Lion Charles
Tonbridge Wells Lions Club

HINDLE: Lion Keith
Accrington Lions Club

HUNJAN: Lion Omkar Singh
Coventry Mercia Lions Club

JONES: Lion Bryan Lloyd
Beaumaris-Menai-Aethwy
Lions Club

JONES: Lion John Byron
Porthcawl Lions Club

KAY: Lion Gerald
Prestwich Lions Club

LAWRENCE: Lion Diane
Bridport Lions Club

LEATHER: Lion Chris
Southport Lions Club

LINDLEY: Lion Peter Brian
Isle of Axholme Lions Club

MADDISON: Lion Avis
Surrey Border Lions Club

MARSTON: Lion David
Burntwood Lions Club

MEHTA: Lion Ramnik
Enfield Lions Club

NICHOLSON: Lion Bill
Wallasey Lions Club

NUTTALL: Lion Brian
Wellesbourne & District
Lions Club

ORMISTON: Lion John
Meon Valley Lions Club

PEMBERTON: Lion Ernest
Severn Dean Lions Club

PICKERING: Lion Stanley
Hethersett District Lions Club

RATCLIFFE: Lion Anthony
Chorley Lions Club

READ: Lion Leslie Peter
Jersey Lions Club

RICKETTS: Lion Brian
Castle Bromwich & District Lions

RILEY: Lion Thomas
Stamford & District Lions Club

RITCHIE: Lion Alan
Prestwich Lions Club

SHAH: Lion Mukundchandra
Greenford Willow Tree Lions Club

SILBURN: Lion Geoff
Penrith Lions Club

SINGH: Lion Jaswant
London Acton Lions Club

SKIDMORE: Lion Mervyn
Havant Lions Club

SLATER: Lion Brian Anthony
Brighton Lions Club

SMITH: Lion Thomas
Lancing & Sompting Lions Club

**TALSANIA: Lion Himat
Gopalji**
London Golders Green
Lions Club

URQUHART: Lion Steve
Northampton Eighty Lions Club

WELLS: Lion Peter
Exeter Lions Club

WHYTE: Lion Douglas
Stowmarket Lions Club

WILSON: Lion Leslie
Chanctonbury Lions Club

Honouring the memory and
service of Lions from
MD105 British Isles



To read full obituaries go to:

<https://lionsclubs.co/In-Memoriam/>

A full listing of the Lions members from May 2020 to end of April 2021 will be displayed in a poster case within the Lions Shelter at the National Memorial Arboretum.

A copy of the poster can be downloaded from:

<https://lionsclubs.co/MemberArea/knowledge/about-in-memoriam-website/>

Almoners:

Please email obituaries with photograph to:

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The aim of our campaign, supported by Dame Kelly Holmes MBE is to encourage supporters to get active and raise funds at the same time. Consider taking part in an organised walk, run, swim, climb, or cycle, and raise sponsorship for LIBRA.

Together we can tackle leukaemia, lymphoma, myelodysplastic syndromes, sickle cell disease and more.

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Dame Kelly Holmes MBE

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Lions Clubs International British Isles is committed to raising £1,000,000 over four years to help fund sustainable research at the UK Centres of Excellence established by the charity Brain Tumour Research.



This game-changing partnership will have a lasting legacy through the creation of a special Lions Clubs laboratory. The Lions' fundraising efforts across the UK will be also given recognition on Brain Tumour Research's Walls of Hope in support of all of those within the Lions and the wider community who've been affected by this devastating disease.

100% of profits from these birthday cards, and any additional donations via this form, contribute towards the £1 million commitment to Brain Tumour Research made by Lions Clubs International British Isles (MD105)

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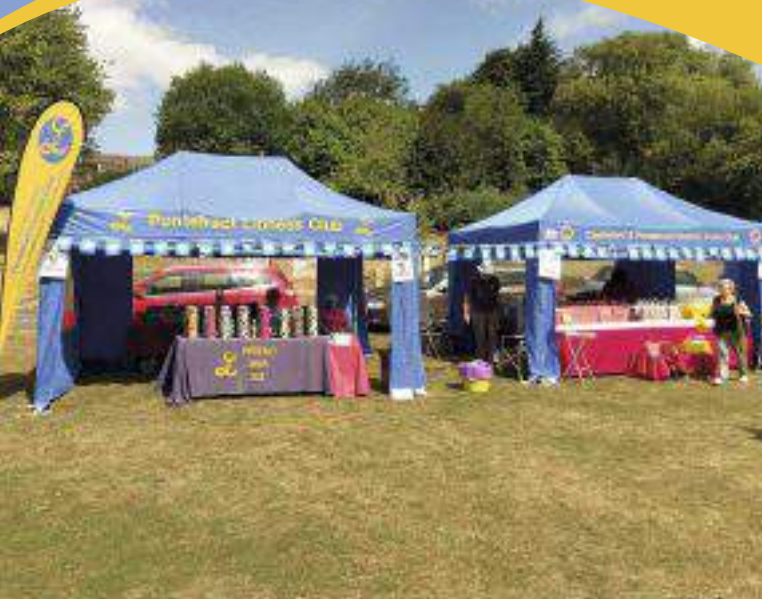


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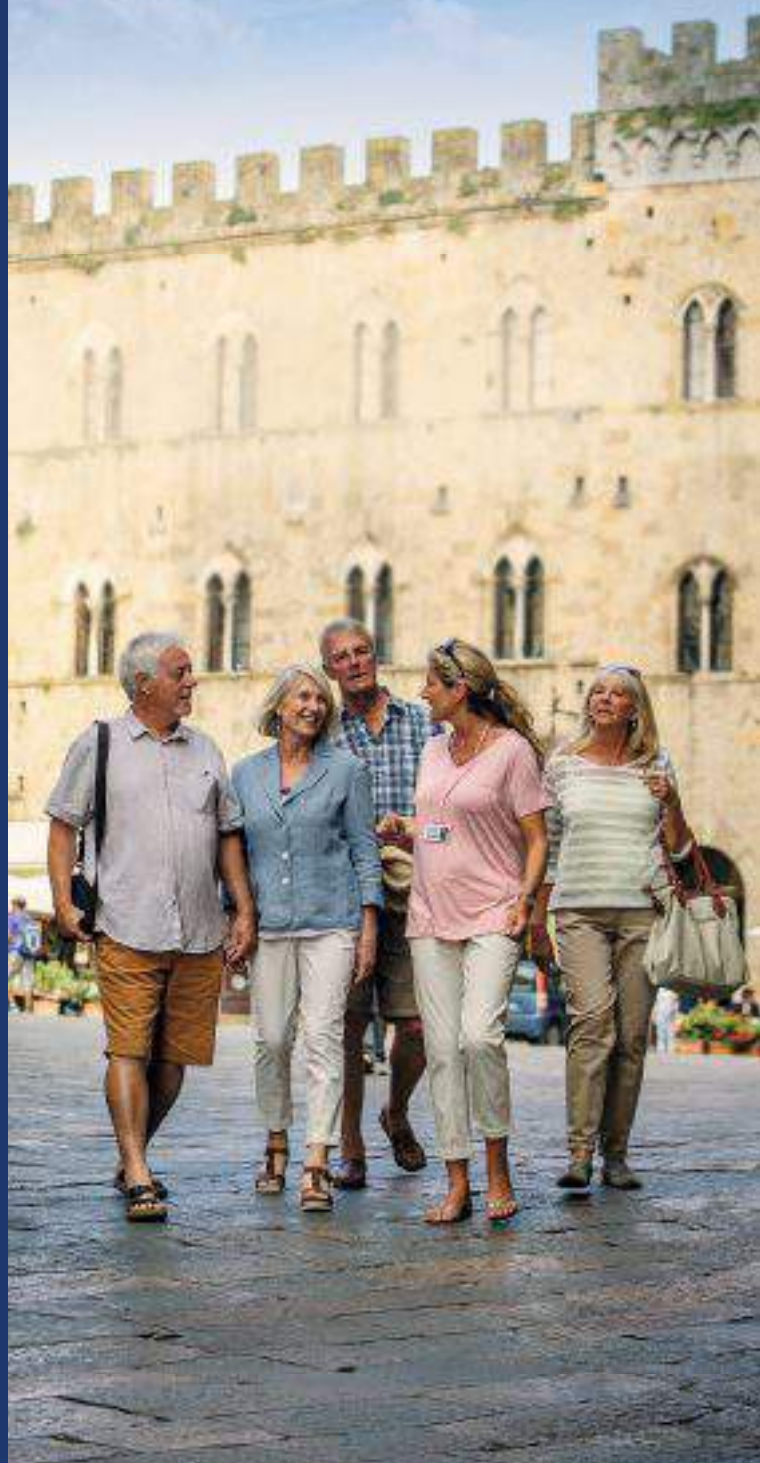
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