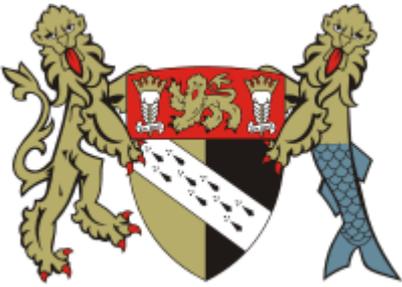


Lions Clubs International



District 105 EA

Handbook

<p>CAMBRIDGESHIRE</p>  The coat of arms of Cambridgeshire features two golden swans standing on either side of a shield. The shield is red with a gold crown on top and a gold and blue striped pattern. Below the shield is a blue ribbon with the Latin motto "CORDE UNO SAPIENTES SIMUS".	<p>NORFOLK</p>  The coat of arms of Norfolk features a shield divided into four quarters. The top-left quarter is red with a gold lion passant guardant. The top-right quarter is red with a gold crown. The bottom-left quarter is black with a white diagonal band. The bottom-right quarter is white with a black diagonal band. The shield is supported by a golden lion on the left and a blue fish on the right.
<p>SUFFOLK</p>  The coat of arms of Suffolk features a shield with a red background and a gold sunburst. The shield is topped with a gold crown and a golden ship. The shield is supported by two golden lions. Below the shield is a white ribbon with the motto "GUIDE OUR ENDEAVOUR".	<p>ESSEX</p>  The coat of arms of Essex features a red shield with three white horizontal bars. Each bar has a gold sword hilt pointing to the left.

EAST ANGLIA

“Ordinary People – Amazing Things”

THE 105EA HANDBOOK

This handbook is designed to give members just a flavour of what happens beyond an individual club. Hopefully, as a member of the world's largest service organisation you will now have an insight into the Lions Family of, at this time, over 46,000 clubs in over 208 countries or geographical areas with a total membership of nearly 1.45 million, including Lionesses and Leos¹.

It is very important that every member feels part of "Lions Clubs International" so make sure you involve yourself in all of your Club's affairs and always be proud to wear your Lions Pin.

We would like to take this opportunity of thanking the District Governor's Programme Committee of 1995/96 and 1996/97 for the research and preparation of the original version of this book. It was last amended in July 2017.

Please note that whenever the male sex is referred to in this book, the female is also included.

The District 105EA Website can be found at
www.lions105ea.com

Vision and Mission

Our vision is "To be the global leader in community and humanitarian service".

Our mission is "To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote understanding through Lions Clubs".

CONTENTS

HISTORY OF THE INTERNATIONAL ASSOCIATION OF LIONS CLUBS.....	4
HISTORY OF MULTIPLE DISTRICT 105.....	5
MILESTONES.....	6
GENERAL INFORMATION.....	8
DIRECTORIES.....	8
INTERNATIONAL HEADQUARTERS	8
CONSTITUTIONS.....	8
INTERNATIONAL ORGANISATION	8
INTERNATIONAL CONVENTION.....	9
EUROPA FORUM.....	9
COUNCIL OF GOVERNORS.....	9
MULTIPLE DISTRICT HEADQUARTERS	9
MULTIPLE DISTRICT CONVENTION.....	9
DISTRICT 105EA	10
THE DISTRICT GOVERNOR.....	10
DISTRICT ORGANISATION	10
THE DISTRICT GOVERNOR'S ADVISORY COMMITTEE MEETINGS.....	10
DISTRICT CONVENTION.....	11
DISTRICT/REGION FORUM	11
IMMEDIATE PAST DISTRICT GOVERNOR	11
VICE DISTRICT GOVERNORS.....	11
DISTRICT OFFICERS	11
REGION CHAIRMAN (IF APPOINTED).....	12
ZONE CHAIRMAN	12
DISTRICT SECRETARY	12
DISTRICT TREASURER.....	12
DISTRICT CONSTITUTION, NOMINATION & RESOLUTIONS OFFICER.....	12
DISTRICT SERGEANT AT ARMS.....	13
DISTRICT INTERNATIONAL RELATIONS OFFICER	13
DISTRICT PUBLIC RELATIONS OFFICER	13
GLOBAL LEADERSHIP TEAM DISTRICT COORDINATOR.....	13
LEO CLUBS.....	14
DISTRICT LEO CHAIRMAN.....	14
DISTRICT CONVENTION CHAIRMAN.....	14
GLOBAL MEMBERSHIP TEAM DISTRICT COORDINATOR	14
LIONESSE CLUBS.....	15
DISTRICT LIONESSE CHAIR AND LIONESSE LIAISON OFFICER	15
DISTRICT "THE LION" LIAISON OFFICER & "LIONS ROAR" EDITOR.....	15
DISTRICT ALMONER.....	15
LIONS CLUBS INTERNATIONAL FOUNDATION.....	15
DISTRICT MEDIC ALERT OFFICER	15
DISTRICT SPECIALIST OFFICERS	16
"THE LION" MAGAZINE	16
YOU AND YOUR CLUB	16
ROLL CALL OF PAST DISTRICT GOVERNORS OF DISTRICT 105EA	17
LIONS CODE OF ETHICS	19
LIONS CLUBS INTERNATIONAL PURPOSES.....	19

In this booklet whenever the term "he" is written this should be read as a reference to both the male and female gender. It should be borne in mind that the facts are correct at the time of printing. Statistics are subject to change. Current statistics are available from the District Secretary.

HISTORY OF THE INTERNATIONAL ASSOCIATION OF LIONS CLUBS

In 1912 the Business Circle, a Chicago businessmen's weekly luncheon club, invited a young insurance salesman to lunch, Melvin Jones - then aged 33. This club, like hundreds of similar clubs throughout the country was composed of leaders in many fields of trade and commerce. The purpose of these clubs was pure and simple - the members patronised each other, boosted their products and services and met solely for the purpose of advancing their own interests.

By 1913, Melvin Jones was the sole owner of the Melvin Jones Insurance Agency and was invited to join the club. This he considered a privilege, but also a challenge, as he used his salesmanship to increase the Circle's membership and introduced new ideas into the club. His work was so appreciated that in 1915 he was elected Secretary.

With almost 200 successful and influential businessmen joined together in a club, which if its potential was realised could have great influence for the good of the community, Melvin Jones asked why could this selfish group's power not be directed to unselfish service in other areas of the community. On the 7th June, 1917, at the invitation of Melvin Jones, 20 delegates representing over 30 clubs met at the Hotel La Salle, Chicago. Those represented were Optimists, Vortex, Business Circle, The Business and Professional Men of St. Pauls, Minnesota and the International Association of Lions Club of Evansville, Indiana, whose delegate Dr. William P. Woods was to be the first International President. The consensus favoured the formation of an Association and when the meeting adjourned in the late afternoon, Lionism was born. The Objects and Ethics were drafted later in the year and so the first International Service Organisation was set to work.

At the 1919 Chicago Convention the delegate from Denver, Halstead Ritter, said that the word "Lions" stood not only for the king of the beasts but also spelt out "Liberty, Intelligence, Our Nations Safety". This spelling out of the letters ensured their adoption as the Association's slogan. The title "International Association of Lions" was first registered in the state of Indiana in 1916 by Dr. Woods and others. In effect this name was adopted by the 1917 meeting as, at the invitation of Dr. Woods, some of the participants took the charter of that Organisation.

Later the Association adopted an emblem and colours. This emblem is the basis of our badge today and is composed of the letter "L" with a lion's head on either side, one facing the Past, the other facing the Future. The colours chosen were purple and gold, purple for loyalty, gold for sincerity and generosity towards mankind.

Under the leadership of Melvin Jones, the Association doubled its membership in three years and extended into Canada. The first club formed outside of North America was in China in 1926. Lionism did not spread to Europe until 1948 when a club was formed in Stockholm, Sweden. The formation of the first club in this Multiple District was the London Host Club in 1949.

It was not until the 1950's that the motto "We Serve" was selected as the result of a contest, won by a Canadian Lion.

Lions around the world have been celebrating the Association's 100th anniversary for the past two years now culminating in July 2017 with a massive celebration in Chicago at our International Convention in the birthplace of Lions.

HISTORY OF MULTIPLE DISTRICT 105

Lions started in the United Kingdom in 1949 when a club (The London Host) was formed following a visit to Canada by the late Colonel Wyndham. During the Second World War, the Lions Club of Ontario sent a substantial sum of money, together with parcels of clothing and toys, to the then Queen Elizabeth, subsequently Queen Elizabeth the Queen Mother, to distribute on behalf of the children who suffered in the blitz. As patron of the "Waifs & Strays" (now the Church of England Children's Society) the then Queen Elizabeth donated the money to this society.

After the war, Colonel Wyndham (later Lord Leconfield) President of the Society, visited Toronto to express his personal thanks to the Lions. The chance of visiting Lions Clubs International Headquarters was offered to him on the understanding that upon his return to London he would try to form a Lions Club.

With assistance from the Lions Clubs International Special Representative, Murray Huggins and others, the London Host Club was formed on the 29th December, 1949, and received its Charter on the 29th May, 1950. It took until 1953 for the first club to be formed in Scotland (Glasgow, unfortunately now defunct). The first club formed in Ireland was Dublin 1955, Wales formed its first club in Wrexham 1963.

1961 saw District 105 split into two Districts, A & B making District 105 a Multiple District (where in any country or geographical area there are more than one Lions District, they are grouped together to form a Multiple District). Further divisions have taken place over the years and our own District was formed in 1979. We now have 12 Districts within Multiple District 105 comprising 662 Clubs with a membership of approximately 12,600.

At the present time, District 105EA has 62 Lions Clubs and 1 Club Branch with a membership of approximately 1,125 plus we have 7 Lioness Clubs.

In 2004, Multiple District 105 achieved a much sought after recognition when Her Royal Highness, Sophie, Countess of Wessex became our Royal Patron.

MILESTONES

- 1917 Lions International founded by Melvin Jones.
- 1948 First Lions Club in Europe Chartered - Stockholm.
- 1950 First Lions Club Chartered in District 105 - London.
- 1951 Commencement of Travelling Lion Competition - following the presentation of "Leo" by the Niagara Falls Club to the London Club.
- 1952 "The British and Irish Lion" commenced publication.
- 1953 First Lions Club in Scotland Chartered – Glasgow and first Lions Club in East Anglia – Great Yarmouth
- 1955 First Lions Club in Ireland Chartered - Dublin.
- 1959 First National Lions Day was organised. First Lions Club in Northern Ireland Chartered - Belfast.
- 1961 District 105 became a Multiple District with two Districts, A and B.
- 1962 International Convention held in Europe for the first time at Nice, France. PDG Ed Peckham of London (Host) Club elected to the International Board of Directors.
- 1963 First Lions Club in Wales Chartered - Wrexham and the Rural District. First Lions Club in Channel Islands Chartered - Jersey.
- 1964 The 100th Club formed in Multiple District 105 - Sunderland.
- 1965 Multiple District 105 further sub-divided to form 4 Districts A,B,C & D. Medic-Alert launched in the Multiple District.
- 1966 First Multiple District 105 International Youth Centre held at Boddington Hall, Leeds. Europa Forum held in London.
- 1968 PDG Charles B. Allison of Brighton Club elected to the International Board of Directors.
- 1969 The 200th Club formed in Multiple District 105 - Northampton. MD 105 further sub-divided to form five Districts with Ireland as a separate District. First Leo Club Sponsored in MD105 - Reading
- 1970 A new Sub-District 105 SW formed. The Lion Magazine, British and Irish edition published.
- 1971 A new Sub-District 105 SE formed. The 300th Club formed - Drogheda Republic of Ireland.
- 1972 A new Sub-District 105 E formed.
- 1973 The 400th Club formed - Wolverhampton.
- 1975 New Sub-Districts 105 M and 105 W formed. The 500th Club formed - Rutland.

- 1976 Birmingham Exhibition 29,000th Club in the Association. PCC Bert Mason of Belfast Club elected to International Board of Directors. Establishment of Multiple District 105 Secretariat.
- 1977 The 600th Club formed - Horncastle. Europa Forum held at Brighton. First Lioness Club Certification in MD 105 - Pontefract
- 1979 New Sub-District 105 EA formed.
- 1980 The 700th Club formed - Holmfirth and Meltham.
- 1981 PID Bert Mason elected International Third Vice President at Phoenix, Arizona.
- 1983 New Sub-Districts 105 BN, 105 BS and 105 NE formed.
- 1984 800th Club formed. Membership passed 20,000 figure. Intl Vice President Bert Mason elected International President at San Francisco, California.
- 1986 PCC Philip Daubeney of Jersey Club elected International Director at New Orleans.
- 1989 Secretariat moved to Birmingham.
- 1992 900th Club formed. PDG Colin Vincent of Farnham Club elected International Director at Hong Kong. MD purchased freehold office premises in Kings Heath, Birmingham, for MD Headquarters.
- 1996 First District Twinning within MD105 - "Friendship Accord" signed between 105EA and 105I.
- 1998 International Convention held in Birmingham.
- 1999 PCC Phil Nathan of South Woodham Ferrers elected International Director for 1999 - 2001 at 82nd International Convention held in San Diego, California.
- 2001 First New Century Lions Club formed in EA.
- 2002 "Ordinary People – Amazing Things" adopted by MD105
- 2003 PDG Howard Lee of Farnham Club elected International Director for 2003 – 2005 at International Convention held in Denver, Colorado.
- 2003 Great Yarmouth Lions Club celebrated 50 Years
- 2004 Her Royal Highness, Sophie, Countess of Wessex became the Royal Patron of Lions MD105.
- 2017 The Lions Club of Ireland left our Multiple District to form a District in their own right. There is now a plan being worked on to change the United Kingdom into 8 Districts
- 2017 Lions Club International celebrated 100 years

GENERAL INFORMATION

DIRECTORIES

Each year Multiple District 105 prepares a directory consisting of all Senior Officers of each District to include Presidents and Secretaries of each Lion, Lioness and Leo Club. Other information, such as where and when a club meets, is also shown. This directory is available to each member for download from the Members Forum which is part of the Multiple District website. Paper copies are produced and distributed at one per Club, additional copies can be purchased at the start of the Lionistic year.

Members are reminded that ALL Lions Directories are confidential and any information therein should not be made available outside of the Organisation without permission.

An International Directory is available each year from "Club Supplies", at a cost. It lists all International Officers, District Governors, Lions Clubs and the Presidents, together with Clubs Meeting Details.

INTERNATIONAL HEADQUARTERS

The Headquarters of our Association is located at 300 22nd Street, Oak Brook, Illinois, 60521 - 8842, USA, in a large modern office complex which is run with a permanent staff.

CONSTITUTIONS

All matters pertaining to membership, organisation, procedures and rules are laid down in the latest editions of –

- International Association of Lions Clubs Constitution and Bylaws.
- Multiple District Constitution and Bylaws.
- District Constitution and Bylaws
- Convention Standing Orders
- [Standard Version of a Club's Constitution](#)

The latest editions of these documents (which are subject to annual revision) are available in the Resources section of the Lions Clubs International's website

All these Constitutions have certain common ground, though they naturally refer mainly to their own specific area of interest. In the event of differences occurring between them, (the International Constitution takes precedence over all other Constitutions) i.e. "higher" constitutions take precedence over "lower" constitutions.

INTERNATIONAL ORGANISATION

Each year at the International Convention we elect our International President together with our International 1st, 2nd and 3rd Vice Presidents, all of whom hold office for one year. We also elect 17 International Directors annually (as of July 2016) each holding office for two years thus ensuring that there are always 34 International Directors throughout the world (six of whom come from European Clubs).

The International President, Immediate Past International President, three Vice Presidents and the 34 International Directors constitute the International Board of Directors.

For administrative reasons, the world is divided into Districts, each one led by a District Governor. Within the British Isles, there are at present 12 Districts which are collectively known as Multiple District 105.

INTERNATIONAL CONVENTION

This is held at the end of June/beginning of July each year, and at which elections for International office take place. There are business sessions and seminars in which any Lion can participate, plus a school for incoming District Governors. Most importantly, there is ample opportunity to meet and socialise with Lions from all over the world. A highlight is the International Parade when thousands of Lions in National Costume or a "National Uniform" take part.

All clubs are entitled to send a voting delegate on a ratio of one for every 25 members or major fraction thereof only counting those that have completed one year's membership. All Lions are entitled to attend their International Convention and most who have done so agree that it is an overwhelming experience.

EUROPA FORUM

This is held each year in a different European country where the object is to exchange ideas among the various European Districts and listen to specialist seminars given by very experienced Lions on subjects affecting Lionism.

The Forum has no legislative powers, although reports of debates are circulated and sent to the International Board as well as the Districts within Europe. Future venues are listed on the MD website. The International President normally attends the Europa Forum. The voting delegate for this Forum is the Chairman of the Council of Governors or in his absence the Europa Forum Chairman. The representation currently comprises in the region of 44 countries.

COUNCIL OF GOVERNORS

All serving Governors in the Multiple District collectively constitute the Council of Governors with a Chairman elected by them from the previous two years of Governors. On behalf of the Lions of the United Kingdom, this Lion is the senior representative attending many functions in this capacity. The Council normally meets four times a year for the purpose of discussing and administering Multiple District matters. They also appoint such Multiple District Officers as are deemed necessary. Most of these appointments are for one year and although an officer may be re-appointed for further years, it is not normal for an officer to serve for more than three years in the same office. These officers report to the Multiple District Convention annually and to the Council of Governors as required.

MULTIPLE DISTRICT HEADQUARTERS

Multiple District 105 appoints its own salaried staff who operate from our headquarters which are located at 257 Alcester Road South, Kings Heath, Birmingham, B14 6BT and the freehold is owned by the Multiple District. The headquarters is responsible through the Council of Governors for administration at Multiple District level.

MULTIPLE DISTRICT CONVENTION

This is held annually, in April or May, at a venue previously approved by delegates at an earlier Multiple District Convention. Previous engagements notwithstanding, the International President normally attends. Conventions currently last from Thursday to Sunday. Business sessions take place on Saturday and Sunday morning.

Various social functions and civic receptions over the four days gives those attending the opportunity to meet Lions from other Clubs and Districts. A golf tournament usually takes place on Friday afternoon, a fancy dress evening on Friday and a formal banquet and ball on Saturday. There is usually a programme of day outings, demonstrations, or other items of interest for non Lion partners who do not wish to attend the business sessions. Any club in good standing is entitled to one delegate per 10 members or major fraction thereof but only counting those having one year's completed membership.

DISTRICT 105EA

The family of Lions, Lionesses and Leo Clubs in East Anglia form District 105EA. The District encompasses the counties of Norfolk, Suffolk, Cambridgeshire and Essex, together with the London Borough of Havering.

THE DISTRICT GOVERNOR

The District Governor (DG) is the chief administrative officer of a District. He is responsible to Lions Clubs International for the proper administration of his District and is elected at the District Convention and holds office from 1st July following his election and shall head the District for one year, during which he shall be directly responsible to International Headquarters for the efficient running and general supervision of all Lions Clubs in his District.

He is required to attend the International Convention, including the DG Elect Seminars prior to the commencement of his year of office and all meetings of the Council of Governors during his year. The DG shall appoint Officers and form a "Cabinet", and chair Cabinet Meetings (which normally take place five times a year), District Convention, District Forum and other District meetings.

He (or other members of the District Governor Team, comprising the Vice District Governor and the 2nd Vice District Governor) is expected to visit each Club in his District, preferably a Business Meeting, but in larger Districts visits may be made to two or more Clubs meeting jointly, or he may arrange for an Officer to attend as his representative. In addition, he will endeavour to attend such other Club, Zone, Region or District events as is practical.

The DG is expected to present the Charter of newly formed Lions Clubs, to attend the 25th and 50th Charter Anniversaries and to attend as many other Charter Anniversaries as is practical (preference normally being given in this District to multiples of five years).

DISTRICT ORGANISATION

A District is divided into smaller administrative areas known as Regions and Zones. Currently in District 105EA there are currently 6 Regions and 12 Zones, but this can change from time to time at the discretion of the District Governor. The District Governor may appoint Region Chairmen to deputise for him within a Region and to co-ordinate the work of the Zone Chairmen within a Region, or just Zone Chairmen if he so wishes. The Zone Chairmen are, therefore, also appointed by the District Governor and are his direct link with Clubs.

THE DISTRICT GOVERNOR'S ADVISORY COMMITTEE MEETINGS

These are more usually known as Zone Meetings and are convened at least three times a year by the Zone Chairmen. The Committee consists of the Zone Chairman and the Presidents and Secretaries of all the Lions Clubs in the Zone. These Lions are voting members and are expected to attend.

It is customary for the Zone Chairman to invite any other interested Lions to attend and participate, as well as representatives from Lioness or Leo Clubs within the Zone. Specialist District Officers

are often invited to attend a Zone Meeting. These meetings are the most important part in the line of communication between the Clubs, the District Governor and his Cabinet.

DISTRICT CONVENTION

This is usually held on the third weekend in March each year at a venue approved by the delegates at a previous District Convention.

The Convention, which is similar to, but smaller than the Multiple District Convention, usually lasts two days with the business session taking place on Saturday. Clubs may send delegates and submit resolutions as previously described for Multiple District Convention. Elections are held for the offices of District Governor and 1st and 2nd Vice District Governor and Trustees of the various District Trusts in accordance with the constitution and a secret ballot is held for these offices, even if there is only one candidate.

DISTRICT/REGION FORUM

The District/Region Forum is usually arranged by the District Governor, the District Events and Leadership and Membership teams with the assistance of the Region Chairmen, plus various other Officers each year. All Lions in the District are invited to attend, especially new Lions wishing to learn more about Lionism and any Lions that may wish to expand their knowledge.

IMMEDIATE PAST DISTRICT GOVERNOR

On completion of his year in office on the 30th June, the District Governor will ensure that all District administration is handed over to his successor in good order, that all club reports, dues, awards, etc. are up to date and all clubs are in good standing. He will automatically, upon assuming the office of Immediate Past District Governor, become a member of the new District Cabinet for the year.

VICE DISTRICT GOVERNORS

There is a First and Second Vice District Governor who are elected at District Convention as laid down in the District Constitution. They will acquaint themselves with all specifics as laid down by Lions Clubs International, Multiple District and District 105EA. They will be members of the District Cabinet and familiarise themselves with the workings of the District whilst preparing for their year in office.

The Vice District Governors are expected to take on such administrative duties, club visits, etc., as required by the District Governor.

At the District Convention following his term as Second Vice District Governor must present himself for endorsement (this is not automatic) for the office of First Vice District Governor after which, if ratified by a majority of the voting delegates present, he will assume the office of First Vice District Governor on the 1st July. Similarly, the First Vice District Governor must present himself for endorsement (this is not automatic) for the office of District Governor after which, if ratified by a majority of the voting delegates present, he will assume the office of District Governor on the 1st July.

DISTRICT OFFICERS

All other District Officers are appointed by the District Governor for his term of office. He may, at his discretion, combine, divide, add, omit or delete any office or duty, except those that are mandated by the International Association of Lions Clubs.

REGION CHAIRMAN (IF APPOINTED)

The Region Chairmen are responsible to the District Governor for a Region of up to 16 clubs. Regions are divided into Zones (usually two or three in each). Each Zone should consist of a minimum of 5 clubs with up to a maximum of 8. The Region Chairman may be required to deputise for the District Governor at club functions. The Region Chairman is a member of the District Cabinet and reports regularly on the activities of his clubs (who he is required to visit at least once in his year). He works in close liaison with his Zone Chairmen.

ZONE CHAIRMAN

These officers are often regarded as providing the direct link between Clubs, the District Governor and his Cabinet. They convene and chair the District Governor's Advisory Committee Meetings, known as Zone Meetings, and promote inter club and zone activities. They are expected to attend a business meeting of all clubs in their zone, at least once a year, and to attend such social functions to which they are invited. They are members of the District Cabinet. The Zone Chairman is the coordinator in the formation of new Lions Clubs in his Zone, assisted by the Sponsoring Lions Club and the Global Membership Team District Coordinator.

DISTRICT SECRETARY

The District Secretary is the custodian of all records, papers and minutes of the District. He is Cabinet Secretary, the District Governor's "right hand man" and is responsible for all the administrative paperwork of the District.

He also receives all copies of all Monthly Membership Reports (MMR) as reported on MyLCI by Club Secretaries or Presidents on a monthly basis and produces statistics for the District Governor and other District Officers.

DISTRICT TREASURER

He receives the annual dues and any charitable donations for Lions Charities or projects within the District. He makes all payments, including the dues payable to International and Multiple District, (club dues are payable in two equal instalments on the 1st July and 1st January each Lionistic year).

The District Treasurer manages the bank accounts of the District at the approved banks. It is the Treasurer's responsibility to ensure that all club accounts are properly paid and to investigate arrears or queries (each club is required to submit to the District its reviewed accounts for the previous year).

The District Treasurer reports regularly to Cabinet, prepares the District's budgets and accounts for their submission to Convention, arranges for the annual review of the District Accounts and is normally a Trustee of any District Trusts.

DISTRICT CONSTITUTION, NOMINATION & RESOLUTIONS OFFICER

This is a post requiring an experienced Lion who receives all the resolutions submitted by clubs or by Cabinet for consideration at District Convention and ensures that they are correctly worded and are acceptable under the Constitution. He also receives and checks nominations for the office of District Governor and Vice District Governor(s), and also Trustees of the various District Trusts.

He arranges the distribution to clubs of nominations accepted, amendments and CV's of candidates for District Governor and Vice District Governor(s) and Trustees of the various District Trusts.

There has been a recent change to District Constitutions implemented by Oak Brook Headquarters, this involves setting up a Nominations Committee, a Credentials Committee and a Convention Elections Committee; these are in the process of being created to be operational prior to our 2018 District Convention.

From time to time, he is responsible for ensuring any candidate from this District wishing to stand for election as International Director, or International Vice President is suitably qualified and certified.

At the District Convention he is responsible for Credentials, the Organisation and checking-in of delegates, the issue of ballot forms and delegate cards, the arrangement and overseeing of any secret ballot and for generally ensuring the observance of Standing Orders.

DISTRICT SERGEANT AT ARMS

This officer is responsible for the efficient running and conduct of District Meetings, including Cabinet and Convention, making all the arrangements regarding venues, meeting rooms, audio-visual and other requirements to ensure the smooth running of the meeting. He may also be required to assist in the organisation of the District Forum or other Training Seminars.

DISTRICT INTERNATIONAL RELATIONS OFFICER

This Officer serves to encourage interest and participation with overseas Lions at individual, club and district level. He passes on appeals and requests reminding all members that we are all part of an International Association.

He is responsible for the running of "Operation Friendship" whereby Lions from Australia and New Zealand are invited to visit our District when they attend our Convention and are then hosted by Lions throughout the District for a period of approximately four weeks.

He provides an information service regarding overseas relief activities and overseas projects approved and/or supported by this District. (This Officer assists and encourages International contact by clubs in District 105EA).

DISTRICT PUBLIC RELATIONS OFFICER

His duty is to help promote Lionism and encourage Lions Clubs through their Club PRO, to publicise their work and activities through the media of local press and radio and to ensure that the public are made aware of Lions activities.

He encourages clubs to produce their own Newsletter and to keep a Club Scrapbook. The PRO should act as the librarian for films and video clips and YouTube content regarding aspects of Lionism that are available for free distribution to all the clubs in this district. Also to look after District PRO material and equipment

GLOBAL LEADERSHIP TEAM DISTRICT COORDINATOR

The main responsibility of this Officer is the furtherance of knowledge and information regarding all aspects of our Association, (International; Multiple District; District) especially for the newer Lions.

He may, at the request of the District Governor, arrange Region or District Workshops / Seminars and will be assisted by the Region and Zone Chairmen, or any other District Officer as necessary.

He will also be given the organising responsibility in respect of any District Forum and training workshop on any other matter of interest to members.

LEO CLUBS

Leo Clubs are part of the Lions Clubs International worldwide service Organisation and are the official Youth Programme of Lions. Beginning in 1957, and becoming established internationally in 1968, Leos follow the same principal aims and objects as Lions. Leo Clubs are formed and operated under the guidance of a Lions Club and are made up of young people from early teens to late twenties. There are Alpha Leos from 12 - 18 and Omega Leos from 18 - 30. Most clubs are of a similar age group with both male and female membership.

Leo Clubs throughout the world, including the United Kingdom, have contributed in many ways to raise funds for the purchase of life saving equipment for hospitals, devices for the disabled and many forms of help to those less fortunate in their communities. But Leos are not just about raising money for charity and providing community service. Belonging to a Leo Club is also about making new friends, having responsible fun with a purpose and the satisfaction derived from helping others. Fellowship and social events play a big part in Leo activities.

Leos have their own annual International Directory (as previously described for Lions) however this copy is normally held by the Chairman.

DISTRICT LEO CHAIRMAN

This Officer provides the link between the District Cabinet and the Leo Clubs within this District. Their role is to co-ordinate Leo activities and to promote the formation of new Leo Clubs. They should attend District Leo Meetings, Lions Cabinet Meetings and support their District Leo President at Multiple District Leo Meetings.

DISTRICT CONVENTION CHAIRMAN

Any club or group of clubs considering to undertake and host the District Convention must contact the District Constitution, Nomination & Resolutions Officer. All clubs must run Convention under the direction of the District Convention Chairman and do so on behalf of the District. In the event of no club coming forward to host a Convention then the District will run the Convention directly under the control of the District Convention Chairman who will form a Committee to assist him.

This Officer is responsible for ensuring that all necessary bookings and arrangements for Convention Business and Social Activities have been made by the Host Club(s) Committee. He keeps the District Governor and the Cabinet informed of the arrangements and ensures that adequate information is distributed to all members.

It is his responsibility to ensure that future host clubs are aware of the requirement for holding a Convention. There is a set of guidelines available upon request. Potential hostings are voted upon as per resolutions at previous Conventions.

GLOBAL MEMBERSHIP TEAM DISTRICT COORDINATOR

Membership is an important issue for every District Governor. A highly experienced Lion is normally appointed to promote and encourage growth and to help clubs in attracting new quality members. He is also partly responsible for the formation of new clubs. This is not a task for one man and he either works with the aid of a committee, of which he is Chairman, or his efforts are aided by the Region and Zone Chairmen. Proposals to form a new club must be approved by Cabinet.

LIONESSE CLUBS

Lioness Clubs, (all Ladies) are situated in many parts of our Multiple District and follow the same principles as Lions Clubs and are established as a project of the sponsoring Lions Club. Apart from the community service and fund-raising activities carried out by Lionesses, they also support Lions Clubs International major projects.

DISTRICT LIONESSE CHAIR and LIONESSE LIAISON OFFICER

These Officers provide the link between the District Cabinet and the Lioness Clubs within this District. Their roles are to co-ordinate Lioness activities and to promote the formation of new Lioness Clubs. The Lioness Chair shall chair Lioness District Meetings, represent the Lioness District at Multiple District Meetings and normally attends the Lions Cabinet Meetings.

DISTRICT "THE LION" LIAISON OFFICER & "LIONS ROAR" EDITOR

He is responsible for the submissions for printing in "The Lion" Magazine and will advise on the type of material and layout required.

He is also responsible for editing and producing our District's own Newsletter known as the "Lions Roar" which is produced monthly and distributed electronically, and is also available from the District Website. This normally includes the District Governor's Newsletter.

DISTRICT ALMONER

The Officer ensures that suitable notification is given to the District Governor, and any other known members, of the passing to Higher Service of any Lion, Lioness or Leo, and he holds in his care, the District Drape for use (solely if wished by the family) at a funeral service.

The District Governor, or his representative if he is unavailable, will normally attend the funeral of a member passed to Higher Service unless requested not to.

LIONS CLUBS INTERNATIONAL FOUNDATION

Lions Clubs International's own Welfare Account is known and registered as LCIF (a Foundation is comparable to a registered Charitable Trust). Its aim is to help finance projects and relief work that are beyond the capabilities of a single club or clubs. They may include undertaking a financial commitment that can last a number of years.

It is also handling the funds for SightFirst which were raised by two major fund-raising campaigns where Lions Clubs all over the world raised a total in excess of US\$360m which is being used to eradicate avoidable and preventable blindness in the world. To date over US\$1 billion in grants have been distributed through Lions Clubs for life changing projects.

An Officer is appointed who is responsible for promoting the Foundation, assisting with the preparation of applications for grants, organising appeals for specific disasters, and promoting and arranging on behalf of Clubs, Melvin Jones Fellowships, which are given in recognition of an individual's (be they a Lion or someone unconnected with Lions) outstanding dedication to humanitarian services.

DISTRICT MEDIC ALERT OFFICER

Medic Alert is a Lions sponsored Charitable Company with Lions serving on its Board. It promotes and encourages the supply of a necklet or bracelet to be worn by its members who suffer from any medical condition. It has a 24 hour manned database in order that doctors and paramedics may be aware of possible problems in the event of a members collapse. The Medic Alert Officer, is

responsible to Cabinet as liaison between Medic Alert and District, he is also responsible for promoting Medic Alert throughout this District at all levels.

DISTRICT SPECIALIST OFFICERS

It is customary for the District Governor to appoint a number of Officers to be responsible for the Welfare and Service Activities, to stimulate interest and support throughout the District.

Each of the following subjects (in addition to the ones previously mentioned) have their own Specialist Officers whose role it is to encourage the involvement of all clubs within this District, to assist the District Leadership and Training Officer as requested at District Winter Forum, Region and Zone Forums, and Clubs on invitation.

To report to the District Cabinet and the District Governor on their specialist subjects:

COMPETITIONS	MESSAGE IN A BOTTLE
DIABETES	PEACE POSTER
ENVIRONMENT	SIGHT/ LIONS EYE HEALTH PROGRAMME
GIFT FOR LIVING	SPEECH AND HEARING CONSERVATION
HEALTH & SAFETY	VULNERABLE PERSONS POLICY
INSURANCE	YOUNG AMBASSADOR SCHEME
I. T. AND WEBMASTER	YOUNG LEADERS IN SERVICE
LIFE SKILLS	

The number of Officers appointed reflects the need of the community as perceived by the District Governor of the day when he is planning his team to serve the District. There may be additions, amalgamations or reductions to the above list.

“THE LION” MAGAZINE

Six issues of this magazine are produced annually by MD105. It contains items of interest submitted by International Headquarters (to include messages from our International President) and news items from Lions, Lionesses and Leos or Clubs from anywhere within our Multiple District. A copy is automatically forwarded to each member (one to a family membership). Its costs are met partly from Multiple District Dues and partly from Lions Clubs International Dues (in lieu of receiving the International edition of the Lion Magazine - which is available in electronic form by subscribing on the International website).

YOU AND YOUR CLUB

We now come to the most important part of our Association which as already mentioned is the largest service Organisation in the world.

You may ask, what is the most important part? YOU. Hopefully you were inducted as a member with understanding and meaning of what it is to be able to wear the Lions Pin.

If there is something that you do not understand or need explained there is always somebody to ask. The key to a successful club is for all of its membership to have something to do and to be able to support and work together. Showing that you care and getting involved, but of course, it is paramount that serving together we continue to enjoy ourselves.

ROLL CALL OF PAST DISTRICT GOVERNORS OF DISTRICT 105EA

1979-1980 MEL PAYNE – Dec'd (IRENE Dec'd),
(Basildon)

1980-1981 ROY WOODHOUSE (Lion BONNIE WADE)
(Long Stratton)

1981-1982 RON WEBB – Dec'd (IRENE)
(Romford)

1982-1983 BRYN ROBERTS (Lion SHIRLEY)
(Basildon now Ipswich)

1983-1984 TED SPENCER – Dec'd (CORINNE)
(Loughton)

1984-1985 JOHN JONES
(City of Norwich)

1985-1986 DEREK SQUIRE – Dec'd (SUSAN)
(Rayleigh)

1986-1987 TONY LOGUE (Lion WENDY) *
(Stowmarket & District)

1987-1988 DON PEECH – Dec'd (Lioness EILEEN_- Dec'd)
(King's Lynn)

1988-1989 PETER MARSHALL – Dec'd (NANCY – Dec'd)
(Great Yarmouth)

1989-1990 RON WADE (Lion JOAN) *
(Thetford – Breckland)

1990-1991 GEORGE GARDNER – Dec'd (ANNE)
(Clacton-on-Sea)

1991-1992 DON PEECH – Dec'd (Lioness EILEEN_- Dec'd)
(King's Lynn)

1992-1993 DERYCK CHAMBERS (MOLLIE)
(Cambridge)

1993-1994 PETER CANALE (JESSIE_- Dec'd)
(Harlow)

1994-1995 DENNIS MOXON (LESLEY)
(Wroxham & Hoveton)

1995-1996 PHIL NATHAN* (PAST INTERNATIONAL DIRECTOR) (Lion HEIDI)
(South Woodham Ferrers now Centennial 100)

1996-1997 TOM COLACCHIO – Dec'd (PEGGY – Dec'd)
(Lakenheath)

1997-1998 DAVID SMART (JEAN)
(Brentwood)

1998-1999 TONY PRIOR (Lion TERESA)
(Rochford now Leigh-on-Sea)

1999-2000 MATT JONES (Lion EILEEN)
(Lakenheath now Sumter USA)

2000-2001 RICHARD LIDDIMENT – Dec'd (Lion ANN)
(Great Yarmouth)

2001-2002 REX PALMER (Lion BETTY)
(Leigh-on-Sea)

2002-2003 DAVID WOODRUFF (Lion MARGARET)
(Lowestoft now Beccles & District)

2003-2004 JOHN GROOM (MARGARET)
(King's Lynn)

2004-2005	IAN FOX (DENISE) (Lowestoft)
2005-2006	TONY TALBOT (MARGARET) (Lowestoft)
2006-2007	BRIAN STANBRIDGE (Lion JEANNIE) (Rayleigh - now Eastwood)
2007-2008	JOHN HAYNES (HEATHER) - RESIGNED
2008-2009	GEORGE HARRIS (Lion EILEEN) (Leigh on Sea)
2009-2010	DEREK MAGUIRE (Lion PAM) (Haverhill)
2010-2011	DEREK GREENWOOD (MAUREEN) - RESIGNED
2011-2012	BARRY MILLER (Lion JEAN) (Castle Point)
2012-2013	JIM CAWTE (JENNIFER) (Wymondham)
2013-2014	PAUL MARTIN (Lion MANDY) (Halesworth now University of East Anglia Campus)
2014-2015	KEVIN RODGERS (Wisbech now Peterborough)
2015-2016	CHRIS CRICK (EVELYN) (Beccles & District)
2016-2017	NIGEL FOLKARD (MARION) (Southend on Sea)
2017-2018	DEREK PRIOR (SHEILA) (Billericay)

* CHAIRMAN OF COUNCIL OF GOVERNORS IN FOLLOWING YEAR

LIONS CODE OF ETHICS

To Show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

To Seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

To Remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

Whenever a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

To Hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

Always to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them my unswerving loyalty in word, act, and deed. To give them freely of my time, labour and means.

To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

To Be Careful with my criticism and liberal with my praise; to build up and not destroy.

LIONS CLUBS INTERNATIONAL PURPOSES

To Organize, charter and supervise service clubs to be known as Lions clubs.

To Coordinate the activities and standardise the administration of Lions clubs.

To Create and foster a spirit of understanding among the peoples of the world.

To Promote the principles of good government and good citizenship.

To Take an active interest in the civic, cultural, social and moral welfare of the community.

To Unite the clubs in the bonds of friendship, good fellowship and mutual understanding.

To Provide a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.

To Encourage service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavours.

WHERE THERE'S A NEED
THERE'S A LION

SINCE 1917

