



Issue No. 9

April 2019

LIONS ROAR



Lions Clubs International District 105EA - News and views including those of District Governor Mandy Hawksley

Smashing Time

I am sure those of you that attended our 40th Convention, will agree it was a smashing weekend.

Starting with the informal dinner on Thursday night and continuing with the Caribbean themed host night, which saw DG Steve and me trying to make a cocktail fit to drink !!, (as well as a mixture of brightly coloured shirts and pirates) and the banquet and ball. A big thank you to New Century and Chelmsford Lions for these two amazing nights.

The business session started with a difference, we had a Zumba workout to wake us all up. After the resolutions to sort out the Charity trust we had inspiring presentations, from Brain Tumour Research, SOGB, and

Action for Hearing Loss, plus PID Phil explaining the spot camera. All tugging at the heart strings but showing where Lions can make a difference.

3VP Brian Sheehan (our International Guest), had everybody in stitches with his uplifting talk. No preaching just reminding everyone that being a Lion is fun and there is nothing we can't do, if we have the right mind set.

Each presenter in their own way had the same message, that you can do great things if you stop putting obstacles in the way. So, lets change the obstacles into challenges so we can raise the million pounds for Brain Tumour Research, be able to buy the spot camera, volunteer at the next special Olympics or support a local

athlete to take part. We have our own Deaf awareness programme lets start using it to its full extent.

We are Lions , We can do anything, We make a difference , We have FUN. If you believe others will come and join us.



Mandy Hawksley

District Governor 105EA

District Governor's Diary – April 2019

Sat 6th April	Thurrock Lions Chart
Sun 7th April	Newmarket Lions Charter
Mon 8th April	Taverham Club Visit
Wed 10th April	Leigh-on-Sea Lions Club Visit
Sun 14th April	Thetford Lions Charter
Sat 27th April	Ipswich Lions Charter
Sun 28th April	Wymondham Lions Charter



Anne was Best Dressed at Carnival Night

Swaffham Lioness President Anne Dryden was awarded the Lion's trophy for best dressed at the Friday night Carnival at Convention, by Brian E. Sheehan, Third Vice President of Lions Clubs International. Lioness Anne is wearing the St Lucian madras costume. The two peaks on the headgear symbolises that she is married.

Vice District Governor's Diary – April 2019

Sun 1st April	Southwold Lions Club Visit
Tues 2nd April	Reepham Lions Club Meeting
Wed 3rd April	Thurrock Lions Club Visit
Sat 6th April	Steering Group Meeting P'boro
Mon 8th April	Billericay Lions Club Visit
Fri 26th April	Taverham Lions Club Social
Sat 27th April	Saffron Walden Lionesses Certificate

2nd Vice District Governor's Diary – April 2019

Mon 1st April	Thetford (Brecland) Lions Club Visit
Tues 2nd April	Norwich Nth Alpha Lions Club Visit
Sun 7th April	Peterborough Lions Indian Fund Raising Meal
Tues 9th April	Peterborough Lions Club Meeting
Wed 10th April	Whittlesey Lions Golf Day
Mon 15th April	Norfolk Broads Lions Club Visit
Sat 27th April	Peterborough Lions Club 49th Charter

District Fun Day

As you hopefully may have seen both in the EA weekly news and the Lions Roar the District Fun Day has been arranged for 1st September, 2019.

A small team of Lions from Gt Yarmouth and Wymondham headed by Past District Governor Lion Jim Cawte have got together to take forward this brilliant event founded by Past District Lion David Woodruff many years ago, and with your continuing support it will continue for many years to come.

The itinerary is:- Meet at Gt Yarmouth Race Course at 11am. Entertainment will be supplied by Rollo.

Lunch will be served at midday. This will be a packed lunch with a drink.

Leave the racecourse at 1.30pm to arrive at the Hippodrome Circus. The performance will start at 2.30pm. There will be a free ice cream at the interval. The performance will finish at approximately 4/4.30pm

The cost for the day is £16.50

If you wish to attend or would like further information please contact Lions Margaret Woodruff or Richard Barr.

Lion Richard Barr. Phone: 01493 667031 Mobile: 07798878082 Email richard-barr@live.com

Lion Margaret Woodruff. Phone: 01502 582410 Mobile: 07961564358 Email: de.woodruff1@btinternet.com

News from Swaffham

Oscar for Lion Keith



Following a very successful launch of their promotional video for Message in a Bottle, explaining how the bottle works, Keith Mitchell the narrator was awarded an Oscar in true Academy style for his performance by Lion President John Collins.



Thetford Lionesses held a Bear Fund-raising Evening in aid of Medibears at home of Lioness Lesley.

An entertaining quiz on teddy bears was followed by light refreshments. A name a teddy was won by Lioness Trisha "Perry" was the winning name

A wrapped teddy themed gift was chosen each of the guests.

Staff at the Norfolk and Norwich University Hospital are using teddy bears with a "health problem" to help to reassure young patients on the ward. The bears may be fitted with medical devices such as hearing aids, bandages, having crutches or needing a cannula, and pace makers.

The bears help the children become familiar with the medical devices and help to reduce their worries. The Medibear is something that can be seen as being in the same situation as the young patient.

The Lionesses raised in excess of 120. The money raised will enable another local hospital to provide Medibears to young patients.



Swaffham Lions, along with 100's of Lions across the country, collected for Marie Curie's Daffodil Appeal, this weekend.

Dressed in the distinctive yellow tabard and top hat, Swaffham Lions were kept very busy at Swaffham's Tesco store over a two day period. Marie Curie offer care and support through terminal illness.

Pictured: Dennis & Pam Tallon

Articles for the next issue of the **LIONS ROAR** should be with the Editor before the 20th of the month.

Send to (email preferred): lionsroar@lions105ea.com.

If you do wish to post:

Mark Keable, Lions Roar,
69 Brunswick Road, Ipswich,
Suffolk IP4 4BS

Telephone enquiries

07921 720792

(if no answer please leave your name and a brief message)

Newmarket Lions first Catering Event

On Sunday 24th February Newmarket Lions were blessed with a summer's day with warm winter sunshine which was perfect conditions for our first ever outdoor catering event assisting Newmarket Rotary Club with a sponsored walk to raise money for the eradication of Polio in the world.

Newmarket Lions provided hot country vegetable soup & bread for sustenance for the 100 walkers who completed the 3 mile walk in the most beautiful surroundings. The walkers taking part were of all ages including a baby in a pushchair to an elderly gentleman using sticks for assistance all fortunate to observe thousands of snowdrops on view around the picturesque Landwade estate in Exning.

We set up our stall by the Church adjacent to the finishing line and also provided tea coffee hot chocolate and squash and some really tasty homemade cakes made by the bakers amongst Newmarket Lions members which were soon sold out with all proceeds from our catering going to local good causes.

In the photo Patsy Edwards on the left current Newmarket Lions president and Paula Stannard last years president



Southend Lions help Prostate Feasibility Study

Southend Lions recently presented Southend University Hospital with a cheque to assist in revolutionary new prostate therapy.



■ Southend Lions Rod left Centre Southend Lion President Carole presenting a Donation of £1500 for the SOUTHEND University Hospital to Kayley manager at the Hospital Fund raising team

For those interested in the project the hospital have provided the following information:

SpaceOARS Hydrogel - Prostate Spacers for use during prostate radiation therapy.

SpaceOAR hydrogel is an absorbable 'spacer' that temporarily creates distance between the prostate and the rectum, protecting the rectum from radiation exposure during prostate radiation therapy, subsequently protecting a patient's quality of life following treatment.

The goal of radiation therapy is to maximise radiation to the prostate and to avoid radiating surrounding normal tissue. The prostate and rectum are very close and are only naturally separated by a small space. Due to this closeness, prostate radiation therapy can accidentally cause damage to the rectum.

SpaceOAR hydrogel separates the prostate and rectum for about 3 months providing protection during radiation treatment and is naturally absorbed in about six months

We do not currently offer this service at Southend University Hospital, but this technique has been proven to reduce rectal damage and we are keen to provide the best possible standards to our patients. An initial trial of 10 patients will enable us to submit a case for further NHS funding, in the hope that we can continue to offer the very best treatment to local men for the future.

We are looking for 10 visionary groups that care about men's health. This feasibility study could change lives. £1,500 from each group would provide enough funding to kick-start this transformational change.

Anybody wishing to make a donation towards this study can contact Kayley Fletcher on 01702 385 337 or email: Kayley.fletcher@southend.nhs.uk

News from Downham Market Lions



Heather Bellamy, from Downham Market, is suffering from acute myeloid leukaemia and has undergone many treatments in the UK but these have proved to be unsuccessful leaving her with the only option of going to the United States for treatment.

Heather's family and friends have joined together to raise the £250,000 that the treatment will cost.

Downham Market Lions Club are one of the groups that heard of the appeal and felt that they could do a little to help. With the tremendous support of the Fenland Ukulele groups known as the Flukes, the Lions Club arranged a concert in Downham Conservative Club to raise some much needed cash. The Flukes donated their time and expertise to make a very enjoyable evening and Mark and Wendy, stewards at the Conservative Club, donated a glass of wine and canapés for all those attending the concert.

Lion President Chris Moreton announced, at the end of the Concert, that £1000 had been raised towards the Heather Bellamy Appeal.

Photograph shows: Lion President Chris Moreton with the presentation cheque

Beccles help with 2019 Marie Curie Collections

Over the last few weeks Beccles and District Lions Club has been lending their assistance to the Beccles Marie Curie fund raising group with regard to the 2019 Annual Daffodil Appeal.

Over four collection days, Beccles Lions Club members, along with many volunteers from other local organisations, collected a total of £1710. The Marie Curie Society would like to say a big thank you to the generous giving of the people of Beccles, as well as a thank you to the help and support of the volunteers over these four collecting days.

Beccles Lions Club President, Lion Chris Lambert said "I am really pleased to say that all the Lions who offered their time to help on the collection days really engaged in the spirit of the event by being fully regaled in Marie Curie attire. It was equally rewarding to see

such a fantastic amount of money being raised for such a worthwhile cause too. A big thank you to all of the Beccles Lions volunteers, as I believe it only highlights more the spirit of the club wanting to always help within the local community where we can."

If you wish to know more about the Beccles Lions Club and the work we do, please contact the club secretary Lion Janet Ramsden on 01502 514284 or visit our club's website at www.beccleslions.club and follow us on Facebook too. Equally if you are interested in becoming a member of Beccles Lions Club, then please telephone our Membership Chair Lion Keith Moore on 07717 488719.

Pictured: Club President Chris Lambert and his wife Carolyn helping with the Marie Curie Collections at Morrisons Beccles.



Beccles Club marks 50th Year with presentation to founding member

In 1917 a Chicago business leader Melvin Jones asked a simple and world-changing question – what if people made a commitment to improving their communities.

Founded in 1969 Beccles and District Lions Club is one of the 46,000 clubs which today make up Lions Clubs International and the Melvin Jones Fellowship - named after the Chicago businessman who created the first club in 1917, is the most prestigious award given to an individual Lion member.

It was therefore fitting that in the Beccles Lions Club's 50th year one of its founder members - Lion Norman Garrod, should be presented with the Melvin Jones Fellowship by Club President - Lion Chris Lambert.

The ceremony was held at the Broadlands Residential Care Home, in Oulton Broad, where Lion Norman - now 92, is a resident. Members of Beccles Lions Club, along with Norman's nieces and other family members attended the presentation to offer their congratulations.

Lion President, Chris Lambert said "It is a great honour to present this award to Lion Norman, in recognition of all the time and dedicated service he has given to the Beccles and District Lions Club as well as to the people of Beccles - serving for over 40 years as our Club Treasurer. People join the Lions in order to help others within their local community and Lion Norman has certainly done that."



■ Lion Norman Garrod seated with his nieces either side of him and members of Beccles and District Lions Club standing behind
(Photo by Charlotte James Photography)

New Member for Beccles Lions



Beccles and District Club President Lion Chris Lambert welcomed Mrs Sharon Page into Beccles Lions Club and the Lions Club International Family too, at the recent membership induction ceremony.

Lion President Chris said "Sharon has been very supportive of Beccles Lions Club and we feel very proud that she has decided to join Beccles Lions. I know Sharon will be a pro-active member and an asset to the club." Sharon's sponsor and Membership Chair of the club, Lion Keith Moore said "I have known Sharon for many years and I've seen the good work she has done within the area, therefore I feel she was an ideal candidate to become a member of Beccles Lions Club and a part of the Lions family internationally. I'm positive Lion Sharon will do her best to help where she can within the club as well as the community and become a credit to Beccles Lions."

Following the official membership induction ceremony, Lion Sharon said "I'm really delighted to be a part of such a great international organisation. I'm fully aware of the excellent work they do for the local community and worldwide. I find it amazing, yet true that 100% of the money donated by the public will be used to help those people that need it, whether within the local community or worldwide. Whatever and wherever disaster strikes and help is needed the Lions are there to offer their support."

From Left to Right – New Member seconder Lion Graham Gooda, Lion President Chris Lambert, New Member Lion Sharon Page and Membership Chair and New Member Sponsor Lion Keith Moore.

News from March



March Lions President Trevor Stockbridge presented a Centennial Plaque to Barbara Taylor. The Centennial Plaque is the highest award made by Lions in recognition of work in the community.

Five years ago, following presentations to Churches Together in March by the Trussell Trust, Barbara took the lead role in setting up the March Foodbank. This involved negotiating liaising with the Trussell Trust, and negotiating premises for food storage and for the weekly Foodbank sessions. She set up all the necessary administrative procedures, recruited and arranged training for volunteers. She liaised with other agencies and advertised the service. She also worked with supermarkets to establish food collection points.

The Food Bank has now been running, very successfully, for over 5 years. Barbara continues to coordinate its work very effectively. It has proved to be an invaluable resource for people in March who are facing difficulties in their lives. Demand continues to increase with up to 20 food vouchers being presented each week.

Barbara has undertaken all this work whilst continuing to work professionally for 3 days per week.

Without her efforts it is unlikely that the Food bank would have got off the ground so quickly and successfully and become a crucial resource for March and surrounding areas.