



PRIDE of the NORTH

NEWSLETTER for 105N District

Issue 5 - May 2024

The Joy of Service!



An issue full of celebration, joy and
Lionism

Also, inside:

- Mental Health Top Tips
- Stories from our Clubs
- Lionistic Learning opportunities

And a lot, lot more!

Serving a World in Need

Find out more
inside!

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Governor's Message

Hello Fellow Lions, Leos and Partners,

A number of people have asked me (perhaps with tongue in cheek) if I am in wind down mode! Nothing could be further from the truth as I approach the handover to our very capable **DG Elect, Gillian**. Being at a few more Charter Dinners and a number of club visits will keep me busy!!



I have just returned from our **MD Convention** in Weston-Super-Mare. It was a great weekend dedicated to numerous quality presentations, receiving Officer reports, fun, demonstrations of service and an opportunity to meet up with friends old and new.

It was very pleasing to hear so many positive comments about our District and how we are taking steps forward. Two of our members who are MD Officers were recognised for the contribution they have made in their areas of specialism:

Lion Sue Taylor (Tynedale) was awarded an **International President's Leadership Medal** for her services to Sight.

Lion John Sutherland (Easingwold) was awarded a **Progressive Melvin Jones Fellowship** for his twelve years in leading and promoting Medic Alert across our Multiple District.

Congratulations to both on receiving these well deserved awards.

It would be wrong of me not to mention the winner of the **Fancy Dress competition** of the Friday night Party on the Pier - **Lion Julie Walters from Keighley Club**. Julie was a deserved winner as she depicted a typical seaside town B&B landlady !!!

If you have not been to a MD Convention, I would strongly suggest that you take the opportunity in **May next year in Llandudno, North Wales - you won't regret it !**

Kevin Hunter

District Governor

kandchunter@btinternet.com



Governor's News

Stoves for Uganda and Orphanage Appeal

Last month I gave an update as to how we were responding to this appeal. I am delighted to say that to date, we have, as a District, **donated £10,940 to purchase 85 stoves** - more than any other District in the UK. Many, many thanks to all those clubs who have donated.

In addition, your **MD Foundation has also donated £8,000** to this worthy cause. I would ask that clubs kindly consider donating to free up children from starvation and poverty. If you require any further information, please contact me.

LCIF Donations

As at the end of March we have donated a total of **£36,772 to LCIF** - an absolutely fantastic achievement and will greatly assist in all of the work and grants that LCIF make once again clearly demonstrating how we are there in the forefront supporting disaster relief and global causes.

Lion Portal

It's live, it's here - have you explored it yet?

Like all new applications, you will need a little time to get used to it, but I would strongly recommend you view the training videos via the link on the portal homepage. I found it relatively easy to navigate around and I am sure that those of you that are a lot more tech savvy than I (and that's not difficult) will find it easy. Our District Leadership Officer, Lion Michelle, will shortly be issuing details of online training sessions that she will be running.

New Members

Jason Kenny, Colne Valley Lions Club
Jonathan Rey, Darlington Lions Club
Diane Barker, Goole District Lions Club
Keith Rhodes, Goole District Lions Club

We are delighted that you have joined us! Let's support our new members as they start on their Lionism journey.

List provided with thanks by **Lion Marilyn Bennett**, District 105N MLCY Co-ordinator

In Memoriam

*Those who have moved to Higher Service,
may they live on in our hearts*

PDG Lion Roy Chambers MJF,
Scarborough District Lions Club
Lion Marshall Smith, Dalbeattie & District
Lions Club

Deepest thanks to **Lion David Wilson**, District Almoner and **Lion Marilyn Bennett**, District 105N MLCY Co-ordinator for contributing to this list.



Vice Governors' Comments

Like many clubs I'm sure we are all now thinking 'Could we run a boat race?' it is still so wet! So, instead of worrying about cutting the grass perhaps you could explore the new Lions Portal?

We have been saddened in recent days to hear of the passing of Lions to **Higher Service**. The loss of these treasured friends such as PDG Lion Roy Chambers MJF (pictured below in white) will leave a huge gap.



This month has again been **incredibly busy for the DG team**. We are actively recruiting to the Cabinet for the next Lion year, and I am working with the Vice Squad – oops! – I mean the incoming Council of Governors on filling vacancies at national, that is to say, Multiple District level. **I'm proud to say that we already have a few Lions representing 105N nationally.**

This year's projects continue under the leadership of DG Kevin and I have been working with Lion Michelle on setting up **training dates** for incoming officers, I will also be working with incoming District Leaders so that we can look at long term plans for the future based on what you tell us as we go around visiting clubs.

I'm pleased to see new faces on the incoming Zone Chairs' team. Its also very heartening when Lions contact me directly asking 'is there anything I can do to help?' the answer is often 'yes please! but give me a minute to think about it.' **If you can't think of a traditional role that suits you, let's talk and find a role that fits in with your home and work commitments.**

So, this is an appeal to your conscience and if you have enjoyed attending a symposium, a New Voices event or the Regional Lions Leadership Institution **please consider giving some service at District level** so that we can continue our climb, becoming the District that best manages its work in the service of our communities.



Bold and Brave we will be Unstoppable.

Lion Gillian Swan

First Vice District Governor and District Governor Elect



Vice Governor's Stray Tales



Watching Lion John Sutherland being presented with a progressive MJF, a rightful recognition of his **12 years service to the Multiple District** delivering our Medic Alert programme, was a great moment.

Added to this was the delighting sight of District Governor receiving an **International Presidents medal** for his development of 105N.

This work has helped put us **back at the top of the league tables for LCIF donation** and building a leadership plan that will serve us for many years to come. **I must confess to a little whoop as convention acknowledged his commitment to Lions**

I am also pleased to report that three of our District Members have attended and graduated from our from the **RLLI weekend**.

These were, Belinda Thomson (Dumfries), Irimi Isobel Vassilakis (Leeds Skyrack), Philip Kershaw (Scarborough) and Julia Clough (Tickhill and District). **Future leaders to be proud of!**



And, finally...

Keighley Lions Club member Julie Walters won the MD 105 convention Fancy Dress Competition in style.

I have thoroughly enjoyed serving this incredible District as **Second Vice Governor** and am looking forward to the immediate future as your District Governor.

Spending my time with our wonderful Lions family is a deep joy and I cannot wait for my next period of service.



Dear fellow Lions, Leo's and partners,

I hope you are enjoying the spring weather, and keeping your feet dry!!! We must surely be due a long summer of sunshine. Pleased to say though the weather doesn't deter us from supporting our communities in so many ways.

I enjoyed my visit to **Castleford and Pontefract Lions** in April, and saw all that they are doing locally. This month I had **Leeds and Skyrack** on the 9th and **Driffield** on the 16th. Then, I will then have just three clubs left to visit in June, one I am still awaiting a response from, completing the 24 I was allocated.



In the meantime, I am still learning as I approach my year as 1st VDG , and I know there is a lot of training coming up from 1st July onwards. **I will do the best I can to support my clubs and district.**

I have just returned from a seven night cruise to **Croatia**, the highlight of which was a visit to Zadar where I came across their Lions club in the city piazza promoting a national fundraising effort by a local man, trekking quite some mileage.

He had already raised 20,000 Euros and was off again on his travels. The first Lion I spoke to just happened to be the 2nd VDG, who will be on my journey through to DG, along with all the other 700 or so across the world. Here I am pictured with **Vlado Gobec**.



Keep up the good work everybody!

Lion John Sellers

Second Vice District Governor and 1st District Governor Elect



Editor's comments

Dear all,

First of all, I must apologise for the delay in the publication of this newsletter.

Over the last month and a bit, I have had a lot on in both my personal life, my service to my club and other duties outside these. Added to this, I came down with some form of bug which has taken its toll.

As a result, going forward the publication for the **Pride of the North** will be changed. In future, the deadline will be the **third Sunday of the month**. The newsletter will then be out the week after. Consequently, June's edition requires all submissions on the **23rd for its publication on the 30th**.

With this in mind, I must ask that every club and District Officer sends their contributions by the third Sunday of each month. Otherwise, this will cause delays and might lead to publication regardless.

I also must remind Clubs, to be aware of what they are submitting. As I have said beforehand, I try to fit in one story per club. For each one, I need a picture to go with it. I will always seek to be flexible but if we can fit within this rule, it is massively helpful.

Finally, thank you to all the Clubs and Officers who have made this newsletter possible. As always, **our District is full of amazing service** projects and I thoroughly enjoy playing my part in highlighting these.

Luke Maunsell

District Newsletter Editor
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Mental Health

The benefits of getting up and moving is explained by our **Wellbeing Officer, Lion Michelle Nicholson**.

As people get older, they tend to be less active, and a lack of movement can impact on both their physical and mental wellbeing. It can lead to an increase in lethargy, anxiety and the risk of depression. Insufficient movement can also have a negative impact upon the quality of sleep people get each night.

On the other hand, increased levels of movement can lead to an improved quality of life. Movement is one of the most valuable things a person can do for their overall wellbeing.

Human beings have a basic psychological and physiological need to move their bodies. To gain the most benefit from moving, it is important that it is something done on a regular basis throughout the day. Where possible sitting for prolonged periods of time, should be avoided. Moving around for just a few minutes each hour, can make all the difference. This is especially true with age.

Movement and exercise can improve mental wellbeing through boosting cognitive function, reducing the levels of stress hormones produced and increasing the levels of endorphins, produced by the body. Endorphins are often referred to as the "Feel Good" hormones. No matter what our range of movement and ability, it is the little things that can be incorporated into everyday life that will make all of the difference.

One little trick, I learnt was when doing the ironing, I place my pile of ironing several feet away from the ironing board, so rather than standing still in one place whilst doing the ironing, I am constantly walking between the ironing board and the pile of laundry. A little thing that can make a big difference.

Here are few more suggestions for building more movement into your life.

- **Stretching** – when you wake up first thing in a morning can help to increase blood flow and set you up for the day. If sitting for prolonged periods, standing up to stretch every hour can help to maintain flexibility in our muscles and joints.
- **Build in additional steps** – get a walking buddy, (human or canine, the choice is yours!) Use stairs instead of lifts, walk to the local shop rather than take the car, aim to get up and take at least 250 steps an hour when sitting for prolonged periods of time
- **Gardening** – is a proven way of improving our mood, managing feelings of anxiety and reducing stress levels. It can also be good physical exercise, when digging, weeding or mowing the lawn
- **Housework** – is another great way of keeping mobile and flexible, as it involves physical movement and stretching. Activities such as vacuuming, scrubbing, lifting all require energy and when focused up a specific task, you may not even notice that you are exercising.

If you are feeling overwhelmed, anxious, lonely or if you are concerned about the wellbeing of a loved one..... your District Members' Wellbeing Officer is here to offer you confidential help and support. It does not replace professional mental health or counselling services but we can signpost you towards professional services and organisations if appropriate, or just provide a safe and friendly space for a confidential conversation.

Lion Michelle Nicholson
District 105N Wellbeing Officer



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07801 056284



Club News

Elmet Lions



Elmet Lions have had a very busy couple of months.

To start with, they are currently supporting **PSA testing** for prostate cancer thanks to some much needed funding from the the **Co-Op Community Awards**.

To ensure the ongoing success of this funding stream, **Lions Ann, Paul, Ken and Maggie** have spent some of their weekend stopping shoppers and asking if they had a card - and if not - showing them how to open one by downloading the app and using it to save them money. Their efforts were rewarded as **23 cards were bought - 23 apps downloaded - a great job indeed!**

After this, Lion **Maggie Hartley** was the MC for the evening and **Lion Ken Taylor** described the 6 wines (3 white and 3 red) to the audience of over 40 wine drinkers at a **Call My Bluff Wine Evening** held at the Blacksmiths Arms Biggin.

Supporting this event further was **Lion Ann Hudson who ran the raffle** which had a variety of vouchers from local small, medium and independent businesses alike. This excellent raffle raised a much appreciated **£160** for the club. With another evening of fun planned for later in the year - **we had better watch this space!**

Sunderland Lions

Since the start of 2024, Sunderland Lions have been hard at work.

Starting the year in service, the Club was able to donate **£200 to the Lifeboats and Fire Brigade** charities for their support at our annual **Boxing Day Dip**. They also was able to raise **£4745.52** working in partnership with **The Red Sky Foundation** (n organisation dedicated to supporting those with cardiac difficulties).

At their March meeting, District Governor Kevin Hunter celebrated the club's **60 year anniversary** whilst the Sunderland Lions were also nominated for a **volunteer award sponsored by Acquisition International**.



Finally, the Club continues to distribute **Messages in a Bottle** across the city in partnership with **Healthwatch** and received a **£600 grant from Sunderland City Council Community Chest** which will enable them to carry on with this life saving project. **Keep up the cracking work!**

Charter Dinner Date

Barnsley District Lions

Sunday 2nd June

Holiday Inn, Dodworth, S75 3JT

12.30 for 1pm.



Ryedale Lions



Good food and fellowship were on offer at Ryedale’s Lions Club’s March meeting. During this special session, they were joined by **District Governor-elect Gillian Swann** and seven members of Thorne Rural Lions Club.

Furthermore, Lion Gillian **presented awards to four long standing members**. Those celebrated, were: **Lion Richard Abrahall** (20 years), **Lion Roy Foggin** (40 years), **Lion John Harrison** (55 years) and a **Melvin Jones Fellowship Award** to **Lion Robin Wray** (54 years). **Milestone achievements** for all; thank you for your service.

Tynedale Lions

Tyndale Lions Club have presented some **Young Persons Excellence Awards** for the third time. This great project celebrates some unsung, young heroes with **£500 bursaries** on offer. This time round, two categories received nominations and winners accordingly.



In the Music round, **Alice Di Lullo, Samantha Bull and Peter Cowley** all pupils of Queen Elizabeth High School won for their efforts in keeping folk music alive in their community. Meanwhile, in the **Service to The Community** category, Army Cadet, and frequent charity volunteer, **James Strike** was a very worthy winner.

Added to this, our friendly Pride of Lions have also started to gift a series of **Wild Tribe Heroes** books to their local schools. Finally, the Club held an extremely successful **Easter Bonnet competition** involving local schools and youth organisations. **Tynedale Lions - Here for Youth.**

Rothwell District Lions



Rothwell District Lions ended up with a bit of a magical moment recently.

It all started when one of their senior Lions, **Alan Hedley**, who is a member of a local choir called **NET Village Harmonies**, recently took part in the **Rothwell Music Festival**.

The choir, rather impressively, came first in its category and was awarded a shield. Coincidentally, this very shield had been donated by Rothwell District Lions a good number of years earlier!

Initially unaware, Alan (once he had found out the shield’s history) asked his club to fund a new one as the original had become full. Unsurprisingly, the Club agreed. **Music to our ears! Well done Lion Alan.**



Cancer is a horrible disease which devastates lives. This is why Lions across our world work so hard to raise money to fight the disease. In **Tickhill and District** - they have gone above and beyond in this cause.

After receiving a presentation from Ian (Chewy) Bacchus who represents the local charity 'Firefly' - who offer free transport for hospital treatments for cancer patients - the Club unanimously wanted to help. As a result, they donated **£7000** to the Doncaster Free Press's £25,000 appeal. **What a contribution - what a Club!**



Castleford and Pontefract Lions



Castleford and Pontefract Lions have also been raising lots of money for a local, medical charity.

Held over Good Friday and Easter Sunday, the club rolled out their tombola in support of the **My Hospitals Charity**, who are looking to raise £750,000 for the development of the MRI Diagnostics Suite at Pinderfields Hospital. **It was so successful, the tickets sold out on the first day by lunchtime!** Fortunately, members pulled together to ensure that the second day was also a hit.

Further to this, our Lion friends also enjoyed their 56 Charter Anniversary. At this classy event, a number of Lions were celebrated for their long and loyal service.

Lion Helen Charlotte and Mrs Maureen Smalley were both given a Melvin Jones Fellowship for their incredible years of service (30 and 55 years respectfully). Additional service awards were given to: **Lion Keith Smalley (55 Years)**, **Lion Maxine Squire and Wendy Squire (25 Years)**, **Lion Doreen Holmes (15 Years)** and **Lion Jacqueline Hartless, Shirly Guy, Christine Hodgetts, and Carole Large (10 Years)**. **Lion President Michelle** was also given an International President's Certificate of Appreciation too. **An award winning club rightly acknowledged.**

Thorne Rural Lions



Thorne Rural Lions have held their **8th Annual 5 Mile Charity Walk**. The walk, in aid of the **Alzheimer's Society**, proved to be a great success in the wonderfully warm weather.

Starting at the Pavilion, the event attracted the great and the good including members of the **Mencap Gateway**, local representatives such as **Rosie Winterton MP** as well as many local people.

Walking is a great bit of exercise especially when raising money for a great cause - **we're looking forward to seeing next year's.**

President John Maccoll of the Dumfries Lions Club and fellow Lion Stuart Armstrong were overjoyed to have made an **£844 donation to the Learning Centre at Georgetown Primary School**.

This financial boost will help provide **specialist equipment to make learning experiences more meaningful and accessible** for the children.



The Head of School Chris Latimer and Head Teacher Jenny McCoy Head Teacher were pleased to receive the money which will make a **huge difference to the children of this school**.

Easingwold District Lions



Easingwold District Lions would like to thank everyone who attended their recent **CPR training session** at the Galtres Centre in the town.

It was led by Lion John Sutherland and gave everyone an opportunity to practice their skills on a series of dummies. The trick is to remember to sing **“Staying Alive” by the Bee Gees** whilst making the chest compressions. This seems so apt and also may give some joy to the patient when they are resuscitated.

Making this all the better is the fact that our local Lions has recently contributed to the installation of some **new defibrillators** in Easingwold and the surrounding, large villages. **A brilliant project and great, meaningful training!**

Denby Dale District Lions

Our final story comes from our the beautiful Denby Dales in Kirklees with not just one but **two Melvin Jones Awards** recipients. The two Lions in question are **Lions Andrew Marwood and Luke Robinson** who have made a huge contribution to the club and its many causes.

Lion Andrew was commended for his commitment to rebuilding the Club's Sleigh, keeping the snow machine full and purchasing and installing new lights as well as making a sleigh canopy to keep Santa dry during the winter weather! Although Andrew has only been a member of Lions for around 6 years he has **helped raise just shy of £37,000 for the Club**.

Lion Luke has also contributed greatly to the Club over a relatively short period of time and in particular has been responsible for organising the **Club's annual summer Scarecrow Trail** around Denby Dale from its inception, **helped raise an amazing £18,000** and made it one of the Club's most popular events. **Well deserved, well done!**



Learning Opportunities

Health and Safety - In the know

Lions National HQ recently facilitated a Health and Safety Course, called the Institution of Occupational Safety and Health (IOSH) course for representatives within each district. This was supported by the District Governors and Central Team.

The key message from the course is that Health and Safety is there to protect people from harm, not to be a barrier to planning and undertaking events. You may not be aware, but it is also a legal requirement within our Health and Safety laws.

Over the next few weeks and months we will be making contact with your zone and club to invite the person responsible for H & S within your club to a session in which we will cover the key elements of managing safely.

If you require a standard Risk Assessment form, or have any questions, then please contact either one of us.

We have divided the District into two key areas which we aim to cover between us.

- **Zones N1 – N5** - Ann Gent tgent2@sky.com - 07794 212052
- **Zones N6 – N14** – Keith McDonald mac52ka@ntlworld.com - 07931 335865

Youth Exchange

After a slow, post Covid delay, this year our National Youth Camp will restart and will be run by District A and the camp will be held at **Masonic Girls' School in Rickmansworth** and will take place between the 2nd and 11th August 2024. The biggest problem the camp will encounter is the pre-camp hosting which takes place between 25th July and the 2nd August 2024.

We have 21 exchange visitors to find hosting. In past years, you were expected to meet the exchanges at the designated airport, take them home for hosting then return to the camp by the due date. So, if you lived any distance way it incurred a large cost. The District A Team will meet and greet them at airport arrival and put them on the train to the nearest station to the Host Family for ease of collection and after the hosting will return them to the camp in the same way. If you think you may be able to help with hosting, please contact **Chris Whiteley** on **01302536472** or email: **musicline18@gmail.com**

Diabetes Presentation

At this informative presentation by Diabetes UK, you will be taught all about diabetes including why Type 2 is so prevalent and if the risk is higher between men or women.

To take part, please log on at 7.15pm for 7.30pm start on Wednesday 12th June 2024 via:

<https://us06web.zoom.us/meeting/register/tZ0tdumhqj0pH9Ej8fDV5eMmnu-7FplI9nvJ#/registration>

Peter Milburn

District 105N Webmaster & Diabetes Officer

