



Serving a World
In Need

Lions Clubs International

Kevin Hunter

District Governor 105N 2022-2023

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Serving a World
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Issue 5

November 2023

District 105N Newsletter

District Governor 105N



Fellow Lions, Leos and Partners

A busy month of attending club visits and charters - not helped by the appalling weather conditions across the District. I hope you have all kept safe and well.

During these visits, it continues to be a great source of pride to hear of all the plans that clubs have in place for fund raising events, plans for enhancing community service and plans for attracting new members.

All clubs are very busy making last minute updates to their Christmas activities and I wish them all every success - communities rely on you for your festive celebrations - Christmas doesn't start until Lions start !!!!

A date for your diary - Lions Roar Finals to be held on Zoom on the 6 December from 10.30 am until 12 noon. Why not join this zoom call and see what our potential young members have to say?
<https://us02web.zoom.us/j/89147579192?pwd=cDF3VEJaSld3aitPZ0pmMVZwSC9GZz09>

An updated Safeguarding Policy has been posted on the MD website - will clubs please take the time to read this important document and undertake a review of your activities to ensure that you are 100% compliant.

Membership

I am pleased to report that our membership has grown to 1065 with 46 new members joining since the start of the year.

We extend a warm welcome to all, and our thanks for choosing our great organisation to give service. This means our net membership has grown by 20 since the start of the year - on target to meet our target growth.

Service Anniversaries

I was delighted to receive this week, signed certificates from our Patron Sophie, HRH Duchess of Edinburgh to commemorate milestones of service of members and clubs in our District.

Members - 50 years of Service

Lion Peter Doughty of Beverley Westwood Club on 1st Jan 2024

Lion Frederick Thompson of Darlington Club on 1st Feb 2024

Lion David Wass of Ryedale Club on 1st July 2023

Clubs - 50 years of Service

Haltemprice on 18th Dec 2023

Clubs - 60 years of Service

Filey on 4th June 2024

Bridlington on 22nd Aug 2023

Malton on 22nd Aug 2023

Sunderland on 27th July 2024

Continued overleaf

Helensburgh on 18th Feb 2024

Many congratulations to all and we thank you for your long and distinguished service. I will ensure the certificates are distributed over the next few weeks.

District Governor's Diary for November

03 Nov 2023	Withernsea Lions Club	C.A	13 Nov 2023	Otley Lions Club	O.V
05 Nov 2023	District 105N Cabinet Scotch Corner		18 Nov 2023	Garforth & District Lions Club	C.A
08 Nov 2023	Easingwold Lions Club Meeting		25 Nov 2023	Bridlington Lions Club	C.A
12 Nov 2023	Dumfries Lions Club	C.A	26 Nov 2023	District 105N Zoom Meeting	

Be Proud, Be Bold, Be Successful !!

Lion Kevin Hunter
District Governor 105 N

1st District Vice Governor 2023 / 2024



The season of mists is upon us with a ramping up of our activity for Halloween events, 5th November events and as it is now November it is probably safe to whisper 'Santa is back!' Vehicles are being renovated and Rudolf's training is underway.

Concerns about insurance have been taxing all of us so please contact Brigitte at our HQ office and she will give you guidance about cover for Bonfire night, Santa's return and any event that includes alcohol.

I was pleased to catch up with Lion Michelle this last month as she firms up plans for our District training initiatives. I have recently completed my own online programme, it wasn't as daunting as I had expected and it really is worth exploring the LEARN modules on My LCI (although I confess to wishing the language used suited we Scots and English types a bit more!)

I will be in Germany on Remembrance day, purely by coincidence, and I will be thinking of those of you who, for whatever reason, will be attending events that remind us of war and its terrible consequences.

So please continue with your Peace initiatives and remember to get those posters in for judging



Lion Gillian Swan
1st VDG 105N 2023 / 2024

2nd Vice District Governor 2023/2024



Fellow Lions, Leos and partners, since the last report from me I have completed quite a number of club visits, and continue to be impressed with the amount of service we as clubs are getting through, and the variety of events too.

My visits have included Boroughbridge, Harrogate, Wetherby, Goole, Pocklington, Garforth, and Elmet, and all are working hard to support their own communities, as well as MD and Lions International .

We all are now preparing for our busy period with our Santa sleighs once again taking centre stage, a most joyous time of year for us and our communities. I have no plans to make any more club visits during this time, and those clubs in Zones 7, 10, 14 and 15 who I haven't yet visited can expect to see me in the new year, early into spring. In the meantime, maybe we can catch up at District Convention at Scotch Corner in February. Keep up the good work

Lion John Sellers,
2nd VDG. 105N.

Membership

We welcome the following into District 105N and into
Lions Clubs International

Lion Andrea Dubrinsky	Bridlington Lions Club
Lion Martin Heavy	Doncaster Went Valley Lions Club
Lion Victoria Buckle	Filey Lions Club
Lion Richard Buckle	Filey Lions Club
Lion Mandy Trueman	Garforth & District Lions Club
Lion Fiona Cooper	Homsea District Lions Club
Lion Roger Hewitt	Knaresborough Lions Club
Lion Dave Evans is	Knaresborough Lions Club
Lion Gary Fowell	Ryedale Lions Club
Lion Marilyn Bennett	
District 105N MLCY Co-ordinator	

District Almoner

Lions & Partner's who have passed on to Higher Service

Lion Leslie Taylor	Bridlington Lions Club
Lion Roger Basing	Goole District Lions Club

Our thoughts and prayers are with their families at this sad time

PDG Lion David Wilson
District 105N Almoner

Denby Dale District Lions Club

Lions Garden Rescue

We love a challenge at Denby Dale District Lions! So when the Upper Denby Village Hall Committee asked for help in tidying up the grounds of Upper Denby Church come Village Hall we were more than happy to accept the challenge.

So on Sunday morning despite the soggy ground conditions we sent a team of Lions out armed with strimmer's, rakes and wheelbarrows to clear up the graveyard and grounds and make it spick and span ready for the autumn and winter months. It's amazing the difference that can be made in just a few hours!



Pictured I-r are Lion Andrew, volunteer Paul, Lions Lara, Mick, David and Ben and Diane and Pam from the upper Denby Village Hall Committee.

Well done everybody

Lion David Absolon
Denby Dale District Lions Club

The Long Dark Nights are here.....

Long dark nights can affect mental wellbeing in a number of ways. One reason is that they can disrupt our circadian rhythms, which are the natural sleep-wake cycles that our bodies follow. These cycles are regulated by light exposure, so when we don't get enough light, our circadian rhythms can become out of sync. This can lead to a number of problems, including sleep disturbances, fatigue, and difficulty concentrating.

Another reason why long dark nights can affect our mental wellbeing is that they can reduce our exposure to sunlight. Sunlight is a source of vitamin D, which is essential for a number of bodily functions, including mood regulation. When we don't get enough sunlight, our vitamin D levels can drop, which can lead to feelings of depression and anxiety.

Finally, long dark nights can simply be depressing. The lack of light can make us feel isolated and gloomy. It can also be difficult to stay motivated and active when we're constantly surrounded by darkness.

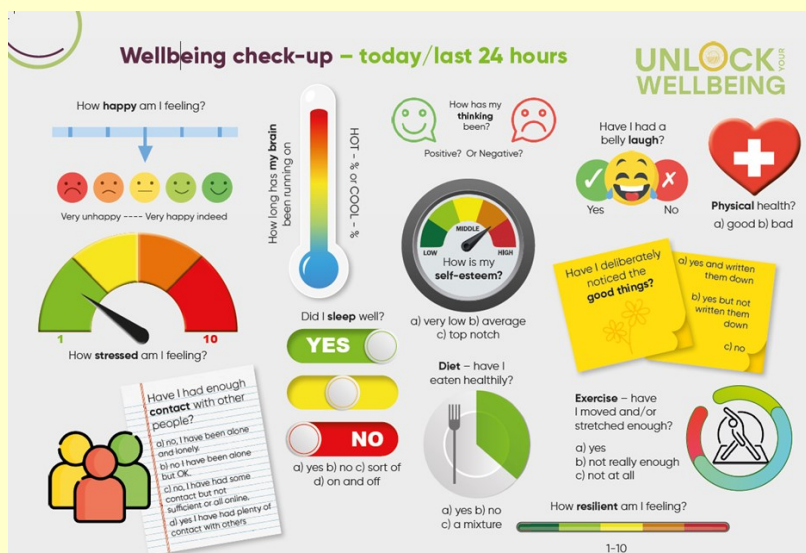
If you find that long dark nights are affecting your mental wellbeing, there are a number of things you can do to cope. One is to try to get as much light exposure as possible, even on dark days. You can do this by going outside during the day, using a light therapy lamp, or sitting by a bright window. Another is to make sure you're getting enough vitamin D. You can do this by eating foods that are high in vitamin D, such as fatty fish, eggs, and fortified milk. Finally, it's important to stay active and social during the winter months. This can help to improve your mood and reduce your risk of depression

Here are some additional tips for coping with long dark nights:

- Create a regular sleep schedule and stick to it as much as possible, even on weekends.
- Make sure your bedroom is dark, quiet, and cool.
- Avoid caffeine and alcohol before bed.
- Get regular exercise, but avoid exercising too close to bedtime.
- Eat a healthy diet and avoid sugary drinks.
- Spend time with loved ones and connect with your community.

Seek professional help if you are struggling to cope with long dark nights.

Have you taken your Wellbeing Check-up ?



Wellbeing check-up – today/last 24 hours

UNLOCK YOUR WELLBEING

How happy am I feeling?
Very unhappy ----- Very happy indeed

How long has my brain been running on?
HOT - 98° or COOL - 98°

How has my thinking been?
Positive? Or Negative?

Have I had a belly laugh?
Yes No
Physical health? a) good b) bad

How is my self-esteem?
a) very low b) average c) top notch

Have I deliberately noticed the good things?
a) yes and written them down
b) yes but not written them down
c) no

How stressed am I feeling?
1 10

Did I sleep well?
YES NO

Diet – have I eaten healthily?
a) yes b) no c) a mixture

Exercise – have I moved and/or stretched enough?
a) yes b) not really enough c) not at all

How resilient am I feeling?
1-10

Have I had enough contact with other people?
a) no, I have been alone and lonely.
b) no I have been alone but OK.
c) no, I have had some contact but not sufficient or all online.
a) yes I have had plenty of contact with others.

Continued overleaf

Image courtesy of Anne-Marie Gawen of Unlock your Wellbeing

If you have concerns about your own or someone else's mental wellbeing, you can contact Michelle Nicholson for a confidential conversation and guidance about where you can get professional help and support if required.
Telephone: 07801 056 284

Are you joining me for the next webinar?

Thursday 23rd November : Winter Wellbeing, How to beat the bugs and blues

Join me for a useful overview of winter wellbeing and help you to:

- (a) Take personal responsibility for your wellbeing
- (b) Keep active and embrace the change of the season
- (c) Sustain a balanced and healthy lifestyle
- (d) Look after your mental health and feel happier during the shorter dark days
- (e) Be there and care for other people



If you would like to attend please register your attendance at

<https://us02web.zoom.us/meeting/register/tZErf-qvqTgjGdDlIpcmdo3MLs-x0AZwX2zv>

Everyone is welcome to attend these webinars

If you have any questions about the webinars or the members wellbeing service, please contact
Lion Michelle Nicholson on 07801 056 284
or email: michelle.mcarthur@jigsawatwork.com



ROAR National Awards Day 2023

The Roar 2023 National Awards day can be viewed on Zoom on the 6 December at 10.30 am until 12 noon.

Join us through the following zoom link

<https://us02web.zoom.us/j/89147579192?pwd=cDF3VEJaSlId3aitPZ0pmMVZwSC9GZz09>

The meeting ID is: 891 4757 9192

The passcode is: 623155

If your Lions Club is interested in seeing how this exciting new youth programme engages children, then please join us on the day.

The ROAR Team

www.lions-roar.com/

Future Dates for Your Diary

06 Oct 2023	Whitby District Lions 53 Charter, Inn on the Moor Hotel, The Mill Way Goathland, Whitby YO22 5LZ
13 Oct 2023	Tynedale Lions Club Charter, Beaumont Hotel, Beaumont Street, Hexham, NE46 3LT
03 Nov 2023	Withernsea District Lions 56 Charter, Partington Haven Leisure Park, HU12)PT
03 Nov 2023	Garforth & District Lions Club Bonfire, to be held at Glebelands
18 Nov 2023	Garforth & District Lions Club Charter Anniversary
24 Nov 2023	Garforth & District Lions Club, Christmas Lights Switch on, Main Street, Garforth
26 Nov 2023	Castleford & Pontefract District Lions Club Santa's Grotto, Christmas Lights Switch On, Pontefract
2/4 Feb 2024	District 105N Convention, Scotch Corner Hotel, Richmond, DL10 6NR
07 April 2024	Castleford & Pontefract District Lions Club Kings Croft Hotel, Charter Lunch Pontefract, WF8 4HA
26 May 2024	Garforth & District Lions Club Beer Festival
30 Jun 2024	Garforth & District Lions Club Gala to be held at Glebelands
21 Oct 2024	Castleford & Pontefract District Lions Club Annual Lantern Festival

Keighley Lions Club

- Keighley Lions have been taking action to support cancer charities in their community.
- Two events have been held to raise awareness and funds for two important causes.
- The first of these was held at Keighley Cougars, our rugby league club, where flyers and information about prostate cancer were handed out.



- The second was a well attended Mad Hatter's Tea Party held on the 7th October to raise money for Breast Cancer Now. Around £500 was made through ticket and book sales as well as a raffle. Lion Luke Maunsell said, "Keighley Lions are here to serve in whatever way we can. We are committed to supporting worthy causes and to help people as much as we are able."

Continued in next column

These two fantastic events, led on by Lions Ruth and Robert Payne, have hopefully done their bit to support those with cancer, raise awareness of it and support further progress in tackling these awful diseases."



Lion Luke Maunsell
Keighley Lions Club

District 105N Competitions

Travelling Lion Competition

Thorne Rural Lions Club	108
Filey Lions Club	36
Morley & District Lions Club	15
Garforth & District Lions Club	11

Host Club Competition

Thorne Rural Lions Club	20
Castleford & Pontefract District Lions Club	19
Morley & District Lions Club	1

Lion Roy Field
District 105N Competitions Officer

Thirsk & Northallerton Lions Respond to Service Request

On 14th September a message was received via Facebook from a local member of the Thirsk clergy appealing for some help. The Pearl of Africa children's choir were visiting the area from the 24th September through to the 4th October. During this time, they needed a volunteer to drive a van with their equipment, costumes etc on two consecutive Monday and Tuesdays.

The choir were returning to this country after a break of four years, having been a regular tour until covid. The tour is a basically fund-raising exercise to support the children's school back in Uganda, with the added benefit of providing cultural education to schools in this country as well as entertainment to the public. Further details can be found on.

[Support through Education \(pearlof africa.org.uk\)](http://pearlof africa.org.uk)

Before coming to North Yorkshire, the choir had been in the Morpeth area, leaving us to go to Lancashire, then Shropshire, Cornwall and the Isle of Wight.

We immediately responded and a Lion Dylan was able to drive on the first week and Lion David on the second week.

The work involved an early start to get the van to the school where they were performing that day in time for the school's assembly where the group were giving a short performance. The group were being transported separately by minibus.

Credit to the group who then spent the rest of the day at the school giving workshops, before doing an evening performance finishing between 8pm and 9pm each day. We then had to be back at the school for the finish, to load up the van and get ready for the following day. The group were always positive and smiling, and just being with them gave the feel-good factor.



Lion David Wells
Thirsk and Northallerton Lions Club

Elmet Lions Club

PSA Testing for 125 Men

Elmet Lions worked together with Graham Fulford Charitable Trust to set up an event where 125 could be tested for prostate cancer using a simple blood test.

Having seen Garforth Lions offer this service, Elmet Lions were keen to replicate this for the men in the LS25 area. The cost per man to be tested is £25 so a budget of around £3000 was needed.

Fortunately Bob Packham (local councillor) donated £1500 from his Locality Budget for this project and the Town Council allowed Elmet Lions to collect money at the Picnic in the Park that they run every year. Shaking buckets at this event raised £1100. The rest of the budget came from Elmet Lions charitable account.

The venue was The Motorist in Sherburn and Social Media posts, posters and word of mouth got the event filled 7 days before the date.

121 were tested – 6 red alerts issued within days and the rest of the gentlemen tested were given green alerts, with no further follow up required.

For those of you who like numbers: 60% came from LS25 10% from LS24 10 from YO8 (Selby) and the other 20 % from a variety of local – and not so local – towns.



Lion Margaret Hartley
Elmet Lions Club

After 22 years of producing the District News-letter this will be the last one from me as I am no longer able to continue producing this due to ill health.

Details of who to send future information to will be sent out by the District.

PDG George W Morgan