

The Bulletin

April 10th 2024

LIONS DISTRICT 105CE

DG Paul Southerton

2023 – 2024



THE LATEST FROM THE DISTRICT GOVERNOR.

On 2nd April I attended a zoom meeting with the East Anglia Lioness club where I presented to Lion President Moira Grundy a club excellence badge and a 10-year chevron to Lion Sandie Briault.

A very busy club with over 100 service activities and more than 2,500 service hours.

When the meeting had finished there was a general conversation with members, and I am sure that if I didn't leave when I did this group conversation would have gone on for ages, what a great meeting.

On Friday 5th April I drove to PDG Derek Priors house and both of us left for the car ferry to Calais. From Calais to Hesdin for the French convention which started with an evening meal and a full brass band with drums as the entertainment. This finished about 10pm after a lot of audience participation and encouragement for the band. A marvellous evening with music, good food and making new friends.

After breakfast on Saturday morning, we went to the convention hall with over 300 Lions and guests. District 103 N France is twinned with Germany for 50 years, Belgium for 20 years our District for 8 years. This was the first time that all nations that France is twinned with were together for a convention. The business side of the convention was completed by 11 am. There was then a break for 30 minutes and then there were speeches and presentations. The attending District Governors had their respective speeches translated into French and these were displayed on the giant screen that was on the stage. I made during the course of the morning a few changes to my speech, and this caused some confusion to the attending French delegates. After the speeches this was the end of the convention and we sat and had a 3-course meal which was finished by 1.30 then people started to go home.

The only downside to the convention was at the beginning when the anthems were being played God save the Queen was played instead of the King.

Because of my inability to speak French I had an interpreter with me guiding me as to what was going on from the beginning of the meal on Friday to the end of convention Saturday and I thank her very much for her help. Another new friend made.

Sunday morning, we had some spare time before our ferry, so we paid a visit to the museum and battle fields of Agincourt. If ever you are in the area this is well worth a visit to this historic site.

This was the first International Convention I have attended, and I would thoroughly recommend this great experience to anyone.



Monday evening, I attended Billericay Lions Club meeting, where I presented Lion President Ian with his 40-year chevron and certificate plus two members with their 5-year certificates and these were well accepted. A very good meeting with all members participating. An active club with a new secretary who is young in service making a good impression.

Paul

Felixstowe Lions Club.

Since the Easter bunny was out over the Easter weekend the Lions gave away 150 eggs on Sunday, at our annual egg hunt. We also held raffles at several Felixstowe pubs/cafe. Thank you to all that took part we were able to raise £787.02. Thank you to all the pubs and Café for taking part.

Our Antiques fair on the Triangle will be back on Saturday May 4th, 9am till 2pm weather permitting. Car Boots will be back at the Old Cavendish site also, starting 6th April.

We also have a new event coming up on Sunday 19th May 1pm to 5pm, Family Fun Dog show, see the poster later in the bulletin. For more information, please call 07484317753, or 07570110660. Stall enquiries 07941018739.

Follow us on Face book for more details on more of the above.

Lions Club of Romford.

At our last meeting we welcomed Lion Chris Speed, 2nd Vice District Governor who travelled all the way from Great Yarmouth to be with us at The Lions Club of Romford.

He had the great pleasure of presenting a 40-year service award to Lion Ron Porter. What an achievement, Lion Ron has been a Lion half his age, absolutely amazing. We are very, very pleased and proud of his reaching this milestone. Here's to the next 40!



Dereham Lions Club

Dereham Lions were presented by Callie Champion at Tesco's Extra Dereham two car parking duties at Tesco's charity car boot and the other during the month of March a second-hand book stall in store.



Skelton Community cheques, one for on Easter Sunday Dereham Lions had

Spalding Lions Club.

Spalding Lions Club were asked to attend a community event and also judge an 'Easter Bonnet' competition at in Spalding on Saturday 30th March.

We went along to the 'Spring into Spalding' event with our tombola and games stall and spent the beautiful sunny day engaging with the local community. The town was buzzing with people so an ideal opportunity for Membership Chair Lion Julie Grant to engage with people regarding becoming a Lion. We had a handful of adults who were genuinely interested, we're happy to talk and took leaflets and contact details away with them, which was promising.

Lion President Stuart East and Lion Eileen Robson helped Cllr Andrew Woolf judge the 'Easter bonnets and Spalding Lions sponsored the event by way of gift vouchers for the top three entrants.

All in all, this was a good start to 2024.



Glanford and Lindsay Lions Club.

Lion Sue Carter of Glanford and Lindsey Lions was competing in the April 7th London Landmarks Half Marathon. It's a great event as everybody is a charity runner. Lion Sue was running for Bosom Family Support, a local charity that supports sufferers and families of cancer, which is run by another lion, Lion Joanne Sowerby. In the photo Lion Sue is with a fellow runner Myles who was running for Tommy's The Baby Charity. Myles in his first race met Sue at the 6-mile point and they ran together to the finish.



THE ITC TEAM IS STILL LOOKING FOR VOLUNTEERS

If you're a social media user of Facebook, X, Instagram, or TikTok, we invite you to contribute to the growth of our district's online presence. Your help in shaping our digital landscape is invaluable, and the best part is, you don't need to attend cabinet meetings or write reports – just lend your expertise where it matters.

If you're excited about helping to take our social media game to the next level, please reach out to Lion Chris at lionchris@myyahoo.com

New Lions especially welcome, **YOU** can make a difference. Together, let's create an even stronger and more vibrant online presence.

Fancy being a Webmaster, IT Resources Manager, or just a team member?

WE NEED **YOU TO JOIN OUR TEAM.**

Contact:- ictandcommslead@lions105ce.org.uk

Diabetes Diary Dates for 2024

Living with diabetes day - Norwich

Diabetes UK together with Norfolk and Waveney Integrated care board welcomes you to join us for an education and awareness day.

By Diabetes UK and Norfolk & Waveney ICB
Date and time

Tue, 16 Apr 2024 10:00 - 16:30 BST

The Nest

Holt Road Horsford NR10 3AQ

<https://norwichdiabetesukevent.eventbrite.co.uk/>

Dates for your diary.

- 10th to 16th June 2024. World Diabetes Week.
- 7th to 13th October 2024. Hypo Awareness Week.

For further information please email on gstdiabetes@lions105ce.org

Or go to [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

Learn more [Learning Zone - Discover more about your diabetes. | Learning Zone](#)



Lions Clubs International
British Isles

Taipei

Earthquake Appeal



7.4 magnitude quake struck Taipei. Lions Clubs of the British Isles launch an appeal to assist Lions members providing relief within communities in the affected areas.

Lions Clubs provide vital assistance where it is needed.

[#StepForward](#) [#JoinUs](#) [#LionsGetInvolved](#) [#LCIFLions](#)

Lions Clubs International

MD105 British Isles

Registered Office Lions Clubs British Isles 257 Alcester Road South Kings Heath Birmingham B14 6NU



'A Gift for Living' Proposal

A sponsorship programme to support children in an Orphanage in Jinja, Uganda, providing each child with food, shelter, medication, clothes, and education.

To protect the safety and wellbeing of children in the care of the orphanage.

Through your charity, Lions Clubs International – 'A Gift for Living' we would receive donations and administer the sponsorship programme. Whilst it would be a new route for A Gift for Living, the Trustees have the necessary skills, experience, and knowledge to successfully deliver.

Background

Many may remember, the Malawi children's education sponsorship programme from some years ago. It was well organised but unfortunately supported only by a few local administrators and sadly there was insufficient succession planning.

Having recently concluded a visit to witness at first hand, PID Phil Nathan has seen and been emotionally touched by the needs of the children in an Orphanage in Jinja, Uganda.

There is currently a Trust operating, (Shield of Faith Community Empowerment Organisation), in the area that was set up by a totally dedicated young Lion who was himself an orphan and adopted. There are currently 40 children aged 4-16 years who are cared for by the Trust and volunteers. These young adults are educated and taught a trade, until age 16.

The critical need

The current Trust is struggling financially and has a number of requirements to continue to operate. There are also complexities of Ugandan rules and regulations. If it closes, the children are likely to end up on the street. The consequences of this would likely lead to trafficking and probable prostitution. It is our hope that through A Gift for Living we can step in to support these children and to encourage the global Lions community to sponsor these children.

Costs

The cost per child per year is \$480 (approx. £390) and over the ten-year sponsorship programme the cost is \$4,800 (approx £3,900).

No allowance for inflation or exchange rate fluctuations during the proposed ten-year period are included in the above figures.

This will provide each child with food, shelter, medication, clothes, and education.

This project has received full support of MD105 Council of Governors who would ask that you consider :-



Lions Clubs International

MD105 British Isles

257 Alcester Road South, Kings Heath
Birmingham, B14 6DT
T 0121 4414544
W www.lionsclubs.co.uk

Dear Fellow Lions

Lions Support for Activity Alliance (formerly EFDS)

It is important that disabled athletes have equal access to all sports as other athletes do.

Activity Alliance, (www.activityalliance.org.uk), are a national body which has the vision "that disabled people are active in sporting and physical activities so they can achieve their full potential." Activity Alliance are reliant on donations to enable them to hold sporting activities. We wish to continue to support them during 2024 to hold further events, for this we need your financial support.

Activity Alliance run Regional Games and hold their Annual National Junior Championship Games the first weekend in July. At these events disabled athletes participate in a variety of track and field events. The 2023 Games were a great success with more athletes participating than the previous year. These events are also an incredible hands on volunteering opportunity for Lions to help, the days are really rewarding and definitely live up to the message "Where there is a need, there is a Lion."
The 2024 Annual National Junior Championship Games are to take place on the 6th and 7th July in Coventry. If you would like to come and help contact me by email on pennytregillus@lionsclubs.co.uk

For this valuable work to continue can your Lions Club help Activity Alliance by making a donation ?

Please make your donation through your District Treasurer.

If paying electronically the reference will be your Club name and Activity Alliance. If paying by cheque make it payable to Lions Clubs International and endorse Activity Alliance on the reverse of the cheque.

Thank you, in anticipation, for your donation.

Yours in Lionism,

Penny

Lion Penny Tregillus
MD Activity Alliance Liaison and Promotion Officer

#LionsGetInvolved



Who else wants to come to the German Multiple District Convention in Hanover 9th – 12th May?

There are already a few of us from District CE going to the German MD Convention, and there is a special offer from our Twin District (which includes Hanover) that 2 or 3 couples can stay with fellow Lions during the Convention.

Flights are still relatively cheap, direct from Heathrow to Hanover multiple times per day, and with this hosting offer, a weekend meeting and getting to know Lions from not only our Twin District 111NH, but all over Germany and beyond, is very affordable.

The official program for the weekend includes: -

Friday 10th May: Welcome to Hanover, Workshops and seminars (approx a dozen), Panel Discussion, Music Competition, Young Ambassador Competition, with a "Get Together" in the evening. NB some of these are on at the same time, but you can choose which, if any, you want to attend.

Saturday 11th May: Ceremony, Multiple District Convention plenary session, Gala Evening and then Leos disco from 11pm (if you can stand the pace)

Sunday 12th May: Religious Service, Farewell

In addition, there are all sorts of other events for visitors, including various walks through the city, sightseeing in a vintage bus, visit to the Herrenhäuser baroque gardens that won the European Garden Prize in 2015, various Art Museums (Sprengel Museum "Pablo Picasso/Max Beckmann" and "Wilhelm Busch Museum"), open air Jazz, a visit to the Zoo and a tour of a wine (Sekt – like champagne, but German) cellar, with tasting. And there are lots of bars for you to relax in and mix with Lions from all over Germany and the rest of the world.

There may also be opportunities to provide service during your visit or stay for a few days before or after the weekend, probably in a hotel, but up to you and your hosts to decide.

There is even a 2-day travel pass on all public transport for only €8.

And if all the hosting places are gone, hotel rooms start at €70 per night. That's where I have booked, so I'll see you there.

And don't forget your Duty Free on the way home!

In addition, there is the Netherlands Convention from the 1st to the 2nd of June.

So, there you have plenty of chances to join in our twinning events in the not-too-distant future.

EVERYONE WELCOME TO JOIN IN THE CELEBRATIONS!



LIONS BRAIN TUMOUR

RESEARCH APPEAL

AROUND GB IN 10 DAYS ONLINE VIRTUAL BALLOON RACE

Guide to purchasing a balloon or balloons.

CLICK link or **SCAN** QR code on poster, Facebook Page, or Website.

ENTER

Your name

Contact email

Nickname for your balloon.

CHOOSE BALLOON COLOUR from dropdown box.

Continue to scroll down this list to **CHOOSE** a shape of your balloon.

ADD a message or dedication.

CLICK CREATE BALLOON

You can register more than one balloon before paying.

Pay with Card

Enter Card number MM/YY CVC number from back of card.

DO NOT FORGET TO PUT IN **POST CODE** AFTER CVC, or payment will not be taken from your bank.



THANK YOU AND
GOOD LUCK

LIONS CLUBS INTERNATIONAL
MD105 INVITE YOU TO TAKE PART
IN THEIR ONLINE

**AROUND GREAT
BRITAIN IN 10 DAYS
BALLOON
RACE**

**VIRTUAL RACE =
ENVIRONMENTALLY
FRIENDLY!**

TO RAISE FUNDS FOR THE LIONS
BRAIN TUMOUR RESEARCH APPEAL

£5 PER BALLOON
WWW.BALLOONRACE.NET/LIONS

1ST PRIZE £100 2ND PRIZE £50
3RD PRIZE £30 + 7 RUNNERS UP PRIZES

Race launches at MD Convention on Sunday 5th
May and ends on Wednesday 15th May



SCAN ME

Find us on 



Charity number 1181428



By popular demand, another

EASTWOOD LIONS CHARITY QUIZ

**FRIDAY 19th April 2024 at the
Eastwood Community Centre,
Western Approaches, SS2 6XY
£5/person Tables of 6**

**Win your nominated Charity up to
£100 plus other prizes.**

PROMPT START at 7.30 pm

'til 9.30 pm

QUIZ TIME!

**Bring your own drinks
& nibbles.**

REGISTER BY – BY FRIDAY 11th April 2024:

Brian on 01268 782113 or 07850 396502 or

Eric on 01702 522436 or 07711 459100

NOMINATE YOUR CHARITY at the start

Men United Charity Concert

Friday 10th May at 7.30pm

Southwell Minster NG25 0HD



- ❖ The Men United Choir
- ❖ Cantamus Girls Choir
- ❖ Radcliffe on Trent Male Voice Choir

Tickets £15 (£10 restricted view) Free U16



SUPPORTING
**PROSTATE
CANCER UK**

TicketSource or scan this

Cathedral Shop 01636 812933

Paper Kisses, 6 King St 01636 814829

menunitednotts@gmail.com

Malcolm 07950 098 936



Book your team into the Lions Spring Quiz!

Spring is here...so it must be time for our Spring Quiz!

Our 25th Spring Quiz takes place on Friday, 10th May, at 7.30pm (though it's best to get there around 7.00pm) at The Minster School. Tickets are still only £7.50 each, payable in advance, from Steve Scall - stevescall@gmail.com / 07779 338 887 or Ian Gillings - gillings7@hotmail.co.uk / 07795 176105. Teams of six, though you can bring as many as you like! Bring your own food, but there is a licensed bar.



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

25th Spring Charity



Raising funds to support our local community and overseas Lions appeals

Friday 10th May 7.00 for 7.45 start
MINSTER SCHOOL, SOUTHWELL

£7.50 per person. Bring your own food

Licensed bar. Teams of up to 6

Please book in advance as numbers are limited.

Contacts are:

Steve Scall 07779 338 887 stevescall@gmail.com

Ian Gillings 07795 176105 gillings7@hotmail.co.uk

Car boot sales 2024



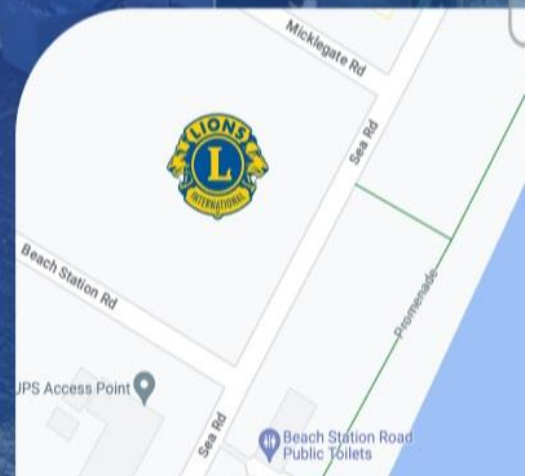
Every Saturday (from 8 am till 1 pm)
from 6th April to 30th September 2024*

At the Old Cavendish Site, Sea Road, Felixstowe
Opposite Beach Street

Cost £6 per pitch

Proceeds are for the Lions Club of Felixstowe
charity account, who helps local people and
groups

* Will not operate on 27th July



Are you following us on these social media channels, if not, why not? Please do follow us, join in and let's get social...



The Lions Club Of Felixstowe

Family Fun Dog Show



Sunday 19th May 2024



1pm - 5pm

Trimley Sports & Social Club

IP11 0RJ

Fun & Games for all the family
Refreshments / BBQ / Stalls



CELEBRATE YOUR BEST FRIEND

For more info / register your dog

Call : 07484317753 / 07570110660



CHARTER INVITES.

Glanford and Lindsey Lions Charter Dinner and Dance

Saturday 20th April 2024

Lion President Barbara Walker cordially invites you, your family, and friends to the Club's 33rd Charter Anniversary

The venue is [Hemswell Court, Lancaster Green, Hemswell Cliff, DN21 5TQ.](#)

Dress code: Smart / Formal. Black tie / Evening dress.

Start Time will be 7.00 for 7.30pm prompt as we shall be having Introductions and Speeches before Dinner as is our usual tradition.

Once again, we have a great menu for you to choose from at **£35.00** per person.

After dinner entertainment will be provided by the very talented solo artist Smudge. Carriages at 12.00 midnight.

Rooms are available for guests at a discounted rate of **£135.00** per double or

Single room, at **£120.00** including full Lincolnshire breakfast.

Please advise on your return form if accommodation is required.

President Barbara looks forward to welcoming you on the night, to help celebrate

Glanford & Lindsey Lions Club's 33rd Charter Anniversary dinner.

Please reply by completing your choices on the booking form and making your payment,

by latest MONDAY 1ST April 2024. To Lion Tom Laking via Post or e-mail as below.

Please make Cheques Payable to: Glanford and Lindsey Lions

or Electronic Bank Transfers to: Glanford and Lindsey Lions, **Sort Code: 20-76-14**

Account Number: 90405183. Please reference any payment with your name & CH24

Menu

(A) Halloumi Fries with Cider Vinegar, Smoked Sea Salt with Chilli Jam

(B) Spiced Cauliflower Soup with Truffle Oil and Croutons

(C) Oak Smoked Salmon with Avocado Mousse, Pumpernickel Bread and Pepper Pearls

(D) Mature Lincolnshire Sirloin of Beef served medium rare **(DA)** or well done **(DB)**, with Red Wine,

Mushroom and Shallot Sauce and Roast Fondant Potato

(E) Baked Loin of Cod with Herb Crust finished with a rustic Tomato Sauce

(F) Fillet of Free-Range Chicken stuffed with Herb Stuffing, wrapped with Pancetta with a Golden Cranberry and Herb Gravy

(G) Roast Chestnut, Sweet Potato and Butternut Squash Loaf with Roasted Red Onion Gravy

(H) Belgian White Chocolate and Raspberry Cheesecake finished with Amaretto Cream

(I) Bramley Apple and Sultana Tart topped with Strudel and Served with Vanilla Pod Ice Cream

(J) Fresh Lemon Posset with Buttered Shortbread and Fresh Mint

(K) Selection of Lincolnshire Cheese from Local Farms served with Plum Bread, Savoury Biscuits and fresh market Fruit

Coffee and Chocolates



ATTLEBOROUGH LIONS (2013)

Lion President Sue Cowie and the members cordially invite you to attend their 10th Charter Anniversary Lunch on Sunday 21st April 2024 at: -

The Bell Hotel, King Street, Thetford IP24 2AZ 12.00 for 12.30

Dress Code: Lounge Suits and Smart Casual

The cost will be £25.00 per person payable with the booking.

Free Car parking on site but remember to log registration number at Reception desk.

MENU

Main: A Roast Sirloin of Beef, B Roast Pork Loin, C Nut Wellington

Desserts: D Bramley Apple & Blackberry Crumble Tart served with custard or cream

E Triple Chocolate Brownie with ice cream, F Bakewell Tart with Raspberry coulis s with custard or cream

Tea or Coffee

ATTLEBOROUGH LIONS (2013) 10th Charter Lunch Sunday 21st April 2024.

FROM:.....Club

Name	Lion Position	Main	Dessert	Any Food Allergies etc

Please return menu with your cheque payable to Attleborough Lions (2013) to the Secretary

PDG Lesley Clarke 68 Castle Street, Thetford, IP24 2DP theclarkes44@btinternet.com

07977 517848

Or by BACS Sort Code: 30 96 26 A/C No: 16386360

Please ensure bookings are returned by 14th April 2024

Lions Clubs International

District 105ce

Coningsby & Tattershall Lions Club

Registered Charity Number: 1183298



Lion Anne Simons MBE

57 Park Lane,

Coningsby,

Lincolnshire,

LN4 4SW

01526 344594

annesimons@talktalk.net



10th January 2024

Dear Lion President,

Lion President Neil MBE and members of Coningsby & Tattershall Lions Club, extend a warm invitation to you, your members, family & friends to join us in celebrating our 27th Charter Anniversary on Sunday 14th April 2024.

Afternoon Tea with bubbles

Venue:

Tattershall Village Hall
Lodge Road, Tattershall, LN4 4UL

Time:

2:30pm for 3pm

Dress Code:

Sunday Best

Cost:

£15pp

I enclose the menu for your attention.

If you have any other special dietary requirements please let me know.

Please reply by Friday 5th April 2024.

Thank you!

President Neil and Coningsby & Tattershall Lions look forward to sharing an afternoon of fun, friendship and fellowship in your company.

Yours sincerely

ASIMONS



Coningsby & Tattershall Lions Club



Registered Charity Number: 1183298



www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

Lion. We are. LIONS



WE SERVE

LIONS CLUB OF BILLERICAY

District 105 CE

On behalf of Billericay Lion President Ian Armstrong, I would like to invite you and your guests to our **45th Charter Anniversary Celebration on Sunday 28th April**, 12-30pm for 1.00pm lunch at Stock Brook Manor Golf Club, Queens Park Avenue, Billericay, Essex, CM12 0SP.

The Celebration Lunch will be smart Casual dress, priced at £42.00 pp.

Please make cheques payable to Lions Club of Billericay or by Electronic Transfer to our Social Account, Sort Code; 60-02-30 Account number: 69221774.

The menu is as follows -

Starters -

Chicken Liver Pate with Chutney, Grilled Brioche & Micro Leaves (GF)

Butternut Squash Soup with Sage Crisps & Olive Oil to finish (V, VG, GF)

Ham Hock Terrine with Piccalilli Relish & Cauliflower Textures (GF, DF)

Prawn & Crayfish Cocktail, Gem Lettuce, Pickled Cucumber & Marie Rose Dressing (GF)

Carvery Mains -

Roast Loin of Pork, Crackling, Apple Sauce & Stuffing (GF)

Roast Turkey, Stuffing, Pigs in Blankets & Cranberry Sauce (GF)

All Served with Roast Potatoes, Glazed Carrots, Parsnips, Cauliflower Cheese & Broccoli.

Dietary - Vegetable Wellington (V)

Dietary - Garlic & Thyme Grilled Butternut Squash Steak, Creamy Pomme Puree, Bouquet of Roasted Fine Green Beans finished with a Red Wine Jus (V, VG, GF, DF).

Desserts -

Trio of Desserts -

(Chocolate Brownie with Chocolate Sauce & Ice Cream, Baked Cheesecake with Raspberry Gel & Lemon Tart with Berries).

Ice Cream.

Dietary - Chocolate Tart (V, VG, GF, DF).

Tea or Coffee and mints

Please advise me of the names of the people in your party attending by Sunday 31st March.

Also advise me of your Menu choices for Starters and desserts or other dietary requirements at the same time.

We look forward to you being able to join us.

Yours in Lions Fellowship,
John Swaysland (Social Chairman)

Email: swayse1961@gmail.com

01277 632274

Mob: 07712152101



LOUGHBOROUGH LIONS CLUB CIO

53 rd CHARTER ANNIVERSARY

**TO BE HELD AT LONGCLIFFE GOLF CLUB, LE11
3YA**



SUNDAY 28 th APRIL 2024

AT 12 NOON FOR 12.30 PM

Lion President Nick Buckeridge and Members of Loughborough Lions Club CIO extend a very warm welcome to yourself and members of your Club to attend our 53rd Charter Anniversary Lunch to be held on Sunday 28th April 2024 at Longcliffe Golf Club at 12 noon for 12.30 pm.

You will see on the menu attached that we have again managed to negotiate the very reasonable price of £25 for a 4 Choice 3 Course Menu Options which will include Tea or Coffee and Chocolates.

Dress code for the event is Lounge Suit or Smart Casual.

We would be delighted to see you at our event and all enquiries/bookings should be made to:

Lion Joan Cheetham, 15 Herrick Road, Loughborough, LE11 2BP

Tele: 01509 556452. Email: cheetham.j57@gmail.com

CHARTER MENU FOR SUNDAY 28/4/24

STARTERS

- A Homemade Tomato and Basil Soup
- B Duck Liver Pate Melba Toast and Homemade Red Onion Chutney
- C Poached Salmon and Prawn Marie Rose Salad
- D Tomato and Mozzarella Bruschetta with Balsamic Glazed Salad

MAIN COURSE

- E Slow Braised Beef Steak in a red wine and Jus
 - F Chicken Fillet wrapped in Bacon served with a White Wine Sauce
 - G Baked Cod with a Bacon and Pea Cream Sauce
 - H Mushroom and Stilton Wellington Garlic and Herb Cream Sauce
- All Served with a Selection of Roasted Potatoes and Vegetables

DESSERTS

- I Apple Cinnamon Sultana Crumble and Custard
- J Brandied Cherries and Ice Cream
- K Mixed Berry Eton Mess
- L White Chocolate and Raspberry Ganache Tart

SERVED WITH TEA OR COFFEE AND CHOCOLATES



**BECCLES & DISTRICT
LIONS CLUB**
www.beccleslions.club



55TH CHARTER ANNIVERSARY DINNER

Lion President Fred Helsdon MJF cordially invites you to join Beccles and District Lions Club in the Celebration of our 55th Charter Anniversary. at The Masonic Lodge, 101 The Avenue, Lowestoft, NR33 7LJ - this year on **Saturday 11th May 2024**. Dinner at &7.30 pm will follow pre-dinner drinks from 7.00pm.

Following a delicious, mouth-watering menu and the customary Charter formalities, there will be a Grand Raffle and of course, a guarantee of the good company of fellow Lions and our Honoured Guests.

Dress - formal: Dinner or Lounge Suits. The cost will be **£36.00** per person.

The Menu and Booking Form are below, and we would be grateful for replies by **Friday 19th April 2024**.

All the Members of the Beccles & District Lions Club are looking forward to welcoming you to join us

Yours sincerely,

Lion Chris Eglington, Charter Co-ordinator

Replies to: Lion Chris Eglington, 60 Merrifield Rd, Lowestoft, Suffolk, NR33 7HB
Tel: 01502 531044 Mob: 07454 212036 e-mail: cd_eglington@btinternet.com

Starters		Mains		Desserts	
A	Chicken Liver Pate <i>With Suffolk chutney & toasted bread</i>	1	Slow braised Belly of Pork <i>In rich red wine gravy</i>	D	Dark Chocolate Brownie <i>With vanilla ice cream</i>
B	Roasted Tomato & Red Pepper Soup <i>With crusty bread & butter</i>	2	Chicken Supreme <i>With wholegrain mustard sauce</i>	E	Sticky Toffee Pudding <i>With vanilla ice cream</i>
C	Prawn Cocktail <i>With lettuce, cherry tomatoes, bread & butter</i>	3	Grilled Plaice <i>With caper butter</i>	F	Black current & Prosecco Cheesecake <i>With vanilla ice cream</i>
		4	Vegan Wellington (VG) <i>In rich red wine gravy</i>	G	Cheese & Biscuits <i>With chutney</i>
<i>All served with fondant potatoes and seasonal vegetables</i>					
Tea or Coffee					

Meal Order Form

From: _____

Name and Title	Starter	Main	Dessert

Please make payments by cheque to: Beccles and District Lions Club. Reference: Beccles Lions Charter Dinner

BACS pay to: Payee- Beccles Lions Club: Account No – 13485234: Sort Code – 20-16-12: Ref: - Charter 2024



WEST NORWICH LIONS CLUB



On behalf of West Norwich Lion President, Steve Moore, I would like to invite you, your family and friends to the West Norwich Lions Club's 36th Charter Lunch on Saturday 11th May, 2024.

Venue is Stower Grange Hotel, School Road. Drayton. Norwich NR8 6EF and 12.30pm for 1.00pm prompt. Dress code is Lounge Suits/Smart Casual.

We have a great menu for you to choose from at £35.00 per head.

The menu is as follows:-

Starters

Tomato and Basil Soup with croutons (V)

Goats Cheese and Balsamic Red Onion Tartlet with Balsamic Dressed Leaves (V)

Truffle Poached Chicken, Celeriac Remoulade and Rocket

Smoked Mackerel Pate, Crispy Capers and Toasted Sourdough Crostini

Main Course

Roast Sirloin of Norfolk Beef, Yorkshire Pudding, Roast Potatoes, Pan Jus.

Harissa Marinated Chicken Breast, Butternut Squash and Apricot Tagine. Moroccan Cous Cous

Pan Fried Fillet of Sea Bream, Leek and Potato Gratin

Wild Mushroom and Tarragon Pancakes, topped with Binham Blue Cheese. Saute Potatoes. (V)

Thai Green Vegetable Curry, Sticky Coconut Rice (V)

Desserts

Raspberry Crème Brulee, Fresh Raspberries.

Dark Chocolate Mousse with Peanut Brittle

Sticky Toffee Pudding, Butterscotch Sauce, Vanilla Seed Ice Cream.

Selection of Cheese and Biscuits, Homemade Chutney, Celery and Grapes

Coffee and Petit Fours will be served at the end of the meal.

When booking please reply with the names of your group along with all the menu choices and any dietary requirements by **Monday 29th April**. Please make all payments via bank transfer to West Norwich Lions Club Sort Code 60-15-31 Account Number 20807813 with the reference Charter Lunch 24.

We look forward to all of you being able to join us

Lion Carole Sewell Ist Vice President

Email:-carolesewell2020@gmail.com

Mobile:-07899970536

Sleaford & District Lions Club 50th Charter Celebration

On behalf of Lion President Paul Sharpe and members of Sleaford & District Lions Club, I invite you and your partners and friends to our Club's 50th Charter Anniversary Celebration Lunch to be held on Sunday, May 12th 2024.

The cost is £35 per person. Cheques made payable to Lions Club of Sleaford & District or direct to bank account – Sort Code 30-97-70 – Acc Number 00128339.

The venue is The Solo Bistro Bar and Hotel, 6, Market Street, Sleaford, NG34 7SF.

Charter time is 12.30pm for 1pm.

Please reply to me by or before Wednesday, 24th April 2024 with the names of diners and individual menu choices and notify me of any special dietary requirements.

We all look forward to your company at our Charter Lunch.

All replies should be addressed to:-

Lion Carol Coxhead at 17, Kirkdale Close, Leasingham, Sleaford, NG34 8NN

E-Mail – Coxhead1946@gmail.com - Tele – 01529 304602 or 07510 222656

MENU CHOICES

Starters

- a. Tomato and Red Pepper Soup served with homemade focaccia.
- b. Prawn Martini with Marie Rose Sauce.
- c. Chicken Liver Parfait with spiced pear chutney & toasted focaccia.

Main Course

- d. Roast Sirloin of Beef – Served pink or well done – Please specify.
- e. Chicken Breast Roast Dinner.
Both served with roast potatoes, seasonal vegetables & Yorkshire Pudding.
- f. Pan-Fried Sea Bass with new potatoes, hollandaise sauce & vegetables.
- g. Mushroom Risotto – Served with poached egg and rocket.

Desserts

- h. Sticky Toffee Pudding with vanilla ice-cream.
- i. Ice cream with homemade shortbread.
- j. Cheese Board – with Tuxford Blue and Lincolnshire Poacher & crackers.

Tea and Coffee



CITY OF SOUTHEND ON SEA LIONS CLUB



CARTER LUNCH 12th May 2024

President Dave Tame wishes to cordially invite you and your members to join with him in the celebration of 54 years of lionism in the Bough of Southend on Sea,

It will be held at the Chalkwell Park Rooms Sunday May 12th 2024, 1pm start

Address Chalkwell Park Rooms Chalkwell Park London Road A13 Southend on sea Essex SS0 8NB.

Venue phone number 01702 555154 If Lost.

~~~~~ **MENU** ~~~~~

STARTERS

Tomato and Basil Soup
King Prawn and Smoked Salmon Salad
Fans of Seasonal Melon with Forest Fruits

MAINS

Roast English Beef with Yorkshire Pudding
Sauté Chicken Breast wrapped with Brie and Bacon Sundried Tomato sauce.
Poached Salmon with creamy Mash and a Warm Butter Sauce
Ratatouille stuffed peppers topped with cheese or vegan cheese.

DESSERT

Apple and Cinnamon Crumble and Custard
Eton Mess
English Cheeseboard
Freshly Brewed Tea and Coffee

Price per Head £26:50 (Drinks not included)

Dress Code Smart Casual

For booking contact Lion Roger Fuller E. fullerroger@yahoo.co.uk

Lion Bill White E. williamgwhite@gmail.com



Lincoln Lions Club 54th Charter Anniversary Lunch on the 12th May 2024



On behalf of the members of Lincoln Lions Club I am pleased to extend an invitation to you, your members, partners and guests to our 54th Charter Anniversary Celebrations.

Following the success of previous years, we are again celebrating the event by having a Sunday Lunch.

The lunch will be held on Sunday 12th May 2024 at the Bentley Hotel, Newark Road, South Hykeham, Lincoln LN6 9NH at 12:30 for 1pm and the dress code is lounge suits.

The cost of the lunch will be £28 per person.

As the venue requires menu choices in advance, I would ask you to please reply using the attached booking form before 1st May 2024. To assist our Treasurer, we would also appreciate payment with your booking, cheques should be made payable to Lincoln Lions Club or alternatively you can send it electronically to 089032 50428564 the account is in the name of Lincoln Lions Club.

All of us at Lincoln Lions Club are looking forward to renewing old friendships and making new.

I look forward to hearing from you. paulamellows@hotmail.com

Yours in Lionism

Paula



President Lion Nicola Claxton and the

Swaffham and District Lions Club

Invite you to our

*Ruby Anniversary
40th Charter Dinner
To be held on
Saturday 25th May 2024
7 for 7.30pm*

At

*The Pedlar Suite, The George Hotel, Swaffham
PE37 7LJ*

Raffle

Dancing

*Dress code- Black tie or lounge suit, and please consider wearing
something red!*

Menu

Starters:

Prawn Cocktail with chiffonade of Iceberg lettuce

Caramelised Onion and Goat's cheese tartlet with baby spinach

Port and stilton mushrooms in cream sauce with garlic and herbs

Mains:

Roast Beef with Yorkshire pudding and gravy.

Baked Salmon fillet, Dill hollandaise, asparagus and new potatoes.

Vegetable Ratatouille Crepinette glazed with cheese.

(-All served with fresh vegetables-)

Desserts:

Strawberries and cream

Chocolate and Orange Cheesecake

Lemon Meringue pie

Cost £35

**Please book by 7th May to Lion Nicola Claxton, 64 Longfields, Swaffham,
Norfolk, PE37 7RJ with menu choices and payment. Cheques payable to
Swaffham & District Lions Club (CIO), or email Nicola.claxton@hotmail.co.uk**

Bank Transfer details: bank code 40-20-08 Acc no. 81525735





Lions Club of Leigh on Sea

Lions Club of Leigh on Sea

On behalf of the Lion President Eileen and members of Leigh-on-Sea Club you, your members partners and friends are cordially invited to join us in celebrating our 33rd Charter anniversary lunch to be held on Sunday 2nd June 2024 at Saxon Hall, Aviation Way, Southend-on-Sea. SS2 6UN.

The lunch will follow the traditional format with reception at 12.30pm for 1.00pm

To book contact PDG Lion George Harris PMJF at george.eileenharris@sky.com

When booking please indicate menu choices by number. The Menu for this year is below and I should be grateful if you would let me have your choices together with your payment by the 12th of May. For your convenience you may send your payment direct into our bank account 37154648 sort code 543060.

Menu Details

Starters

1. Deep Fried Garlic Mushrooms with spicy dipping sauce.
2. Beef Tomato Mozzarella and Basil salad.

Main course

3. Chicken Supreme in a white wine and mushroom sauce.
4. Chefs Homemade Creamy Mixed Fish Pie.
5. Roasted Mediterranean Vegetable Lasagne.

All main courses served with a selection of seasonal vegetables and potatoes.
Crusty roll and butter.

Desserts

6. Sticky Toffee Pudding & Custard.
7. Fresh Fruit Salad and Rossi's Ice Cream.
8. Cheese and Biscuits (Supplement £4.30)

Freshly Brewed Tea or Coffee and Mints.

Any dietary requirements please let me know.

The cost for the afternoon is £30.00 per person.

All our members look forward to your company at our Charter Lunch

PDG Lion George Harris
Secretary
Lions Club of Leigh on Sea

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