

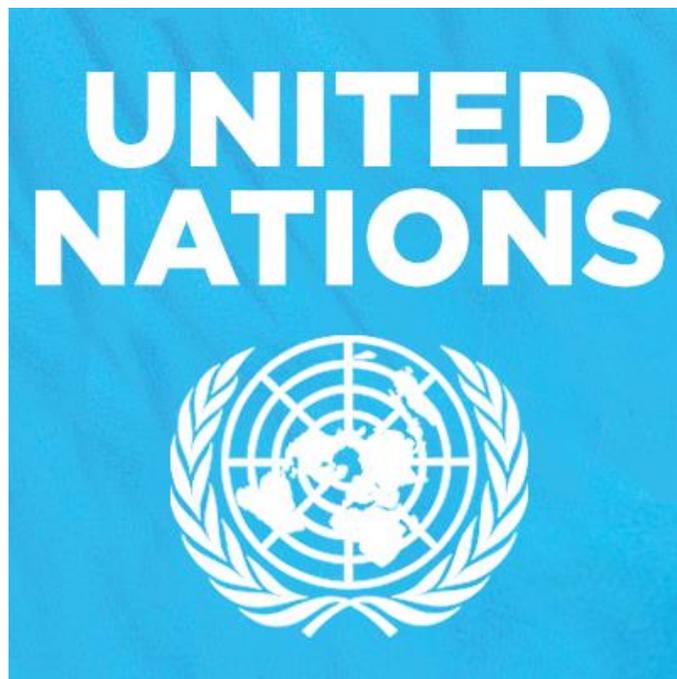


# One Three Three District Newsletter

Number 138 28th September 2020.

**From District Governor Des  
Ryan**

**Help form UN Policies**



Fellow Lions,

I received an interesting correspondence from Lions Club International this week. I share it with you below.

**United Nations**

**75 year anniversary**

**September 22, 2020**

Dear District Governors of Europe, LCI has been an active NGO partner of the United Nations since its foundation. Melvin Jones and two Past International Presidents were present at the San Francisco Conference in 1945 and participated in the drafting of the NGO chapters of the Charter. Our Association adheres to the ideals of the United Nations, particularly in the areas of human rights, health and development. Its programmes are aligned with the UN's sustainable goals.

We have active representatives on the Economic and Social Committee, as well as many other committees and agencies. The United Nations is celebrating its 75th anniversary this week and is organizing, among other things, an online survey about your priorities for the future. The responses

to this survey will inform global priorities now and going forward.

We believe it would be a positive step to engage all Lions to participate in this online survey. Participating in this survey is very simple and only takes a few minutes. Just click on <https://un75.online/> (it is translated into several languages).

It would be a further testimony of Lions' interest in the future of mankind and of their spirit as good global citizens. We would appreciate it if you would invite the Lions of your country to participate in this survey.”

I did the on-line survey and I found it both thought provoking and meaningful. See how you go.

Stay safe.

– DG Des

## Lions Ireland send flour to Beirut



It is only seven weeks since the explosion in Beirut caused huge devastation to the city.

The explosion was felt in [Turkey](#), [Syria](#), [Israel](#), [Palestine](#) and parts of Europe. More than 200 deaths resulted from the explosion, 6,500 injuries, [US\\$10–](#)

15 billion in property damage, and an estimated 300,000 people were left homeless.

Since early August, I have been approached by a number of Clubs asking how are Lions responding to assist the people of Lebanon.

The immediate response of Lions clubs International Foundation [LCIF] was to make an emergency grant of \$25,000. An LCIF appeal to Lions worldwide to assist the people of Lebanon will be sent to Clubs in District 133 in early October.



While the focus of the world media was on the destruction in Beirut, the impact was particularly felt in refugee camps where food supplies were scarce. Contact was made with Lebanon based 'Beyond Association'—the NGO we worked with on the 'Forgotten Children Project'. The feedback was clear - food was required to address the needs of hungry children and parents.



PDG's Paul Allen and Terence Mangan together with Poland-based Colin Mangan organised a project to supply 23.5 tonnes of flour to the camp at a cost of approximately €12,000 including taxes. The flour is packed in 25kg bags and transported to the camp. This expenditure from the District Forgotten Children was approved by DG Des Ryan and the deposit paid by District Treasurer Kevin Harty.

The flour has now been bagged and is scheduled for loading at the port of Gdynia in Poland on Friday 25<sup>th</sup>.September. The vessel departs for Hamburg early next week. It is then transported to Beirut , where it is scheduled to arrive on 17<sup>th</sup> October. After

port clearance, the container will be transported to the camp.

We will report on the progress of the container in the Newsletter.

**Frank O'Donoghue**

**District 133 LCIF Coordinator**

## **Dungarvan's Dynamic Derry celebrates 90th**



*Dungarvan Lions Club President John Considine and Secretary Des Power making a presentation, on behalf of Dungarvan Lions Club, to founding President Derry Twomey to mark the occasion of his 90<sup>th</sup> birthday*

Dungarvan Lions Club officers and members recently had the pleasant task of visiting, in a Covid friendly manner, the Club's inaugural President, Derry Twomey, who was marking a milestone 90th birthday.

The occasion sparked a retrospective on the Club's formation and activities since its inception.

Dungarvan Lions Club was sponsored by Clonmel Lions and following induction briefings over a period of twelve months, the Club was formed in 1978 at an inaugural function at which the late Niall Toibin entertained guests.

The club was fortunate to have had well known local farmer and businessman, Derry Twomey, willing and able to take on the role of Charter President. Following inauguration Derry, possessed of magnetic charisma, drive and imagination set about the task of stewarding the new club with aplomb.

Fulfilling its moto, 'We Serve', the Club made contact with local organisations and parties of interest, such as the local hospital and the Bon Secour Sisters at Carriglea, and set about helping those less fortunate individuals who may have fallen through the cracks.

Of necessity, funds had to be generated and the new President set about this task by engaging in novel fund-raising events such as a garden party at Whitechurch House Hotel, Race nights, Cabaret nights, featuring entertainers such as The Dubliners, Fr. Michael Cleary, Mike Murphy, The Janacek sisters and Brendan Grace. Many of the fundraising activities were of such nature as to involve family members, such as sponsored cycles, duck races on the river Colligan and fetes at Harneys in Old Parish, at which the local Hunt entertained the young people with equine and canine agility. To keep the ladies of West Waterford to the fore, Fashion Shows were held featuring Ian Galvin and Paul Costello.



## Connemara Community Backs MIAB



*L to R: Anne Cassidy, Rural Resource Officer, GRD, PJ Leavy, Maam Community First Responders, Mark Callanan, Community Engagement Officer National Ambulance Service West, Bernie Kelly, Head of Galway Library Service, Sean Mannion, Galway Lions Club, Linda Woodman, Sergeant Clifden Garda Station, Gearóid Ó*

*Fátharta, Manager Comharchumann  
Dhúiche Sheoigeach Teo*

The Message in a Bottle scheme in Connemara is being promoted by Galway Rural Development in collaboration with the Galway Lions Club who sponsor the scheme. The Bottle could make a vital difference as noted by Mark Callanan, the Community Engagement Officer with the National Ambulance Service West:

‘A patient’s medical information can very easily be forgotten in the midst of injury or illness. This missing information can prove very useful in the patient’s treatment such as current conditions the patient suffers from or medications the patient is currently on. The ‘Message in a Bottle’ can alleviate the risk of forgetting vital information and aid the National Ambulance Service in patient treatment’, he said.

In Connemara the programme is being rolled out with the generous support of Galway Lions Club who have donated almost 1,000 bottles to date for distribution in the community. The campaign is a collaborative effort with support from the National Ambulance Service West, the Maam Community First Responders who plan to distribute them to every household in the Maam Valley as well as Comharchumann Dhúiche Sheoigeach Teo, whose manager Gearóid Ó Fátharta will support their distribution throughout the wider Joyce Country area. It is also being supported by the Galway Library Service who are distributing them through their libraries in Connemara. Clifden Garda Station will give them out and will also have some available for collection at the station itself.

## Positive Ageing Week



Thurles Lions Club reminds all Lions about Positive Ageing Week 2020 which runs from Monday 28<sup>th</sup> September to Friday 2<sup>nd</sup> of October.

This year, as never before, it is even more critical that we engage with and support our older adults in providing information to support us as we ‘positively age’ in Ireland. This project is a partnership project, funded by Healthy Ireland. The partners include the Local Authorities of Carlow, Kilkenny, Tipperary, Waterford and Wexford, the Older Peoples Councils from the five local authorities and staff from HSE Older People Services and Health Promotion from South East covering Carlow, Kilkenny, South Tipperary, Waterford and Wexford and HSE Mid West serving North Tipperary. The project is linking with the Age Action Positive Ageing Week 2020.

Collectively we have put together a showcase and content to compliment the Age Action Theme for Positive Ageing Week 2020 “to celebrate the older person in our lives and the contribution they make to our families and our communities.”

We have provided content across three themes:

1. Health and Wellbeing (each day at 10.30 a.m.)
2. Information Session (each day at 1.30 p.m.)
3. Culture and Diversity (each day at 3.30 p.m.)

The full schedule and dates for live broadcast of the content is on the poster pictured here. Lions are invited to share the poster as widely as possible and the link for registration as

follows: <https://www.tipperarycoco.ie/community-and-economic-development/positive-ageing-week-2020>

The event will be broadcast through Zoom and after the 6<sup>th</sup> of October all content will be available on [www.tipperarycoco.ie](http://www.tipperarycoco.ie) so if you miss a session or want to watch it back the content will be available for you to view again.

One aspect of the week-long programme is the promotion of the 21 Day Walking Challenge. The 21 days of walking is being led by the local sports partnerships to coincide with their celebration of walking day on Sunday 27<sup>th</sup> of September. 21 Days Walking website at <https://getirelandwalking.ie/nationalwalkingday2020/#:~:text=Get%20Ireland%20Walking%20invite%20you,network%20of%20Local%20Sports%20Partnership>.

## Lions Masks ‘On Parade’



*Michael and Rosemary Lambe from Sugarloaf Lions with Sean Olohan and Santiago Balbontin from Wicklow Lions wearing their distinctive masks with their respective club's logos.*

The masks are proving extremely popular and are available from Wicklow for all clubs throughout Ireland and further afield for their members as well as the general public.

Contact

Sean ; [gardenofireland@gmail.com](mailto:gardenofireland@gmail.com) or 086-3428043

## Cork Golf Classic

Cork Lions held their postponed Golf Classic on Sept 14th in Cork Golf Club. The weather was kind and 15 teams played in a Texas scramble on the day followed by a meal in the club house. Big thanks to Lions Brian Lenihan, Tim Donovan and Terry Fleming for their help on the day and also to all the members who found teams and tee

sponsors. Special thanks to Fitzgeralds Menswear Patrick St., Cork who have sponsored the event for the last seven years. A great day was had by all and teams are already looking forward to next year's event, Winners on the day were the team from Cummins Sports with runners up from IPP.

## Bingo Goes to the Dogs



In June Cork Lions Club decided to look at running a Drive In Bingo as a fundraiser for the club. The Irish Greyhound Board kindly offered the use of their car park at Curraheen Greyhound Stadium for the event. A lottery permit for July 25th was obtained with clear requirements that the event conform to Covid guidelines.

Once the permit was approved the planning began in earnest - posters were obtained to advertise the event and a social media campaign via Facebook and Instagram was instigated to advertise the event as well as a photo op with the Lord Mayor of Cork, Joe Kavanagh to get some newspaper coverage. A number of meetings were held to decide how best to run the event. The Lions looked at tying up with a local radio station to broadcast the event live but, unfortunately, were not successful. A local Audio Video company was found who could broadcast the event via a low power FM transmitter so that people could pick it up on their car radios. Ger Kerrigan found a source for the bingo books and a local transport company agreed to provide a truck to use as a platform. Jason O'Sullivan who calls the numbers for our Christmas Food Appeal bingo night agreed to host the drive in bingo. Thanks to Emma



*The winners*



*The runners-up*

Gollogly for organising the special insurance required to run the event.



required to restart some cars where their batteries had gone flat.

The day was considered a great success by the punters who all wanted to know when Lions would be holding the next event. The club is investigating this at the moment but a gaming licence is required which is a challenge - any advice would be welcome. Big thanks to all members, family and friends who made the event a success!



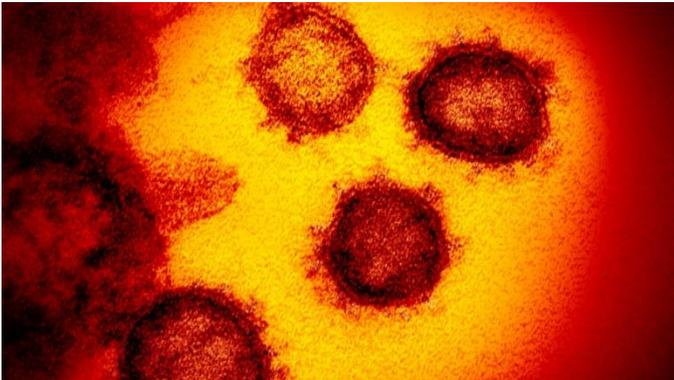
## Picture of the Week

On the day members were at the car park early in the morning to divide up the car park into lanes for the customers - ample room was allowed between cars to allow for social distancing. The event had great support from Lions members with family and friends with over 25 people stewarding and running the event. Customers started to arrive three hours before the event as they wanted to make sure that they were up front because they had not played bingo for over 14 weeks. Bingo got underway just after 3:30pm and finished up two hours later having completed ten games. Declan Moon was in great demand with a set of jump leads which were



*'All flights grounded' by Tom O'Sullivan, Sugarloaf Lions Club*

## Covid 19 Update



The Government in the Republic of Ireland has placed Dublin in Level Three under Resilience and Recovery 2020-2021: Plan for Living with Covid 19. This has been divided into five levels of measures. The current level is Level 2 with Dublin in Level 3. The Level 3 for Dublin is to remain in place until Friday 9th October when it will be reviewed.

What Level 3 means for Lions:

**Social and Family Gathering** A maximum of six visitors from up to one other household.

**Other setting outside your home or garden:** No social or family gatherings should take place in other settings

No organised indoor gatherings

**Organised Outdoor Gatherings** These are controlled environments with a named event organiser, owner or manager. For example: outdoor Arts events, training events.

Gatherings up to 15 people can take place.

**Sports Training Outdoors:** training can take place in pods of up to 15 (exemption for professional/elite/inter-county sports/senior club championship). Indoors: Individual training only, no dance or exercise classes.

**Matches and events** No matches or events

Gyms, leisure centres and swimming pools; for individual training only These can open with protective measures, taking account of public health advice, including social distancing. measures, taking account of public health advice, including social distancing.

**Religious Services Online only**

**All Bars, Restaurants and Cafes** Restaurants and cafes (including bars/pubs serving food) may remain open for takeaway and delivery and outdoor dining to a maximum of 15 people.

**Wet Pubs** remain closed

**Travel:** Stay in the County of Dublin and do not travel to Dublin apart from for work, educational and other essential services, if appropriate.

**Long-term residential care facilities** Visits suspended

Full details are available at

<https://www.gov.ie/en/publication/cf1f3-special-measures-in-place-for-dublin/> If you require further information or guidance please feel free to contact Laurence O’Keeffe Health and Safety/ Covid Officer Lions Club District 133 Mob: (086 8033289) Email: [lawrence.okeeffe@irishrail.ie](mailto:lawrence.okeeffe@irishrail.ie)

## Diabetes – Facts and Actions

Lions Clubs Ireland have joined Lions worldwide in adopting Diabetes as a signature service. Diabetes is the eighth largest cause of death globally and is increasing in both the undeveloped and the developed world. It is forecast that by 2050

some 30% of the world's population will have diabetes.  
The incidence of dia



**World Diabetes Day**  
**14<sup>th</sup> November**

betes is increasing in Ireland.

**Did you know?**

- 350,000 approx. people in Ireland are living with diabetes.
- 10% of these people have type 1 diabetes.
- 90 % approximately have type 2 diabetes.

The focus of Lions Clubs Ireland is on the prevention/ delay of Type 2 diabetes

**Did you know?** There are two main types of diabetes:

Type 1 diabetes

- The body is unable to produce any insulin
- Has to be treated with insulin

- Most children with diabetes have Type1
- You cannot prevent it
- It develops rapidly

Type 2 diabetes

- Develops when the body still makes some insulin or when the insulin that is produced does not work properly.
- Risk factors for Type 2 include
- Age
- Family history
- Overweight/ Waist circumference
- Very few children have type 2 diabetes.

The Diabetes Awareness Strategy will create awareness of Type 2 diabetes risk factors within our communities and promote lifestyle changes to reduce / minimise the risk.

Actions to date

- Diabetes Awareness Strategy developed.
- Links with Diabetes Ireland and Diabetes UK. (Northern Ireland)
- Diabetes Awareness Information Pack distributed to zone chairs and club presidents
- Diabetes Awareness Information sessions on Zoom in September and October

- Focus on clubs participating in World Diabetes Day on November 14<sup>th</sup>.

If interested please contact any of the following: Ann Ellis ([annellis@gmail.com](mailto:annellis@gmail.com))  
John O Donovan ([jjodonovan@gmail.com](mailto:jjodonovan@gmail.com))  
or Frank O Donoghue ([frank@mfconsult.ie](mailto:frank@mfconsult.ie))

## Communicate and Win

Lions District 133 Awards were received very well over the last number of years and Competitions Officer Joe Smith would like to see even more Clubs entering this year. They will again recognise excellence in communications.

The District Communications Awards will again be presented at the 2021 District Convention.

Awards will be presented to Lions Clubs and Lions in four categories-Best Website, Best Social Media Presence, Club PRO of the Year and the 'Scribe Award' for contributions to the District Newsletter.

To enter the Best Website category please send your club website 'url' to [fcorr100@gmail.com](mailto:fcorr100@gmail.com) by 1st of December 2020. All submitted websites will be assessed by the District Communications Team during January 2021.

To enter Best Social Media presence please send your Club's Facebook, Twitter or other social media address to [fcorr100@gmail.com](mailto:fcorr100@gmail.com) by January 21. These social media pages will also be

assessed by the District Communications Team.

To Enter 'Club PRO of the Year', please submit a summary of your Club's PR Activity in 2020 by 15th of January 2021 to [fcorr100@gmail.com](mailto:fcorr100@gmail.com). You can include attachments of your Press Releases and other PR Materials.

The winner of the 'Scribe Award' will be chosen by the District Communications Team based on submissions to 'One Three Three', the District Newsletter in 2020.

## Poster Competition Promotes 'Peace Through Service'

Lion Ann Moore is seeking help in promoting the Peace Project competition. Each year, the Lions participate in an international art competition encouraging young people to reflect on, and express their feeling about peace, while developing an interest in art. The competition is run annually and open to 11 to 13 year old (5<sup>th</sup> and 6<sup>th</sup> classes) in schools and youth groups. This years peace poster competition theme is 'Peace Through Service'.

The winning applicant receives an award, a shield for the school/club and a cup for the individual. They also go on to represent Ireland in the Global Competition. Clubs are invited to appoint a Peace Poster Officer to identify teachers, schools and youth clubs. The more successful clubs target a number of schools. Local papers are delighted to cover such events so get your club P.R. person to arrange a press release

for the occasion. All club members can help by identifying rural and urban schools within a 10 mile radius.

To get involved you need to request a kit. The kit contains the guidelines and rules, a flyer, and a sticker and certificates for the winning pupils. Kits cost €11 each. Winning entries should reach the District Governor by Friday 30th October.

## **District Diary**

All Lions Clubs are invited to submit details of events which they are planning. Please send your diary entries by e-mail to [fcrr100@gmail.com](mailto:fcrr100@gmail.com)

Some listed events may be cancelled during the Covid 19 pandemic

October

3<sup>rd</sup>- Kilkenny Golf Classic (re-scheduled from 4<sup>th</sup> April)

**.....and that's all for this week**

