



One Three Three District Newsletter

Number 158 1st March 2021.

From District Governor Des Ryan

A Party to Celebrate Convention 2021



Dear Lions,

We will be kicking off Convention Weekend with an **On-line Lions Social event**. 3rd Vice International President Lion Patti Hill will be officially opening the weekend's events at 7.30pm on Friday 5th March. It is an informal get-together with Irish music, a Kahoot quiz, guest speakers and a bit of fun. All Lions, along with their family and friends are invited. All you need is a glass of your 'favourite' and a smile. Drop in for a while or stay for the lot. Time-

line is approx.. 90mins. Guests include VDG Lion Daniel Elkins from Delaware, USA and PID Phil Nathan from MD105, UK.

More to follow via email, Whats App and Facebook. Your Zoom Invite will go out via email and phone message. See you ther.

Please join me at the **D133 VIRTUAL CONVENTION 2021** at 10.30am on Saturday the 6th March. Virtual doors open at 10.15. Invites have gone out to all Lions to join us ON LINE from the comfort of your own home. Please take the time to register your attendance. It's as simple as three clicks of a button. We will be joined by 3rd Vice International President Lion Patti Hill from Western Canada. It promises to be a great Convention, but it will only be great if you are there to hear it and see it. So please spread the word.

All Cabinet members please note that there will be a short Cabinet meeting beforehand starting at 9.00am, until 9.30am.

Stay Safe and stay positive

DG Des

Register for Convention

-an invitation from DG Des
Ryan



Fellow Lions,

I would like to invite you all to register for our District 133 Convention by clicking the link below. This is the 52nd Annual District Convention, and it will be held Saturday 6th March from 10.30am-1.00pm via Zoom. We will be joined on the day by Guest Speakers International Third Vice President Patti Hill from Canada and motivational speaker Steven McGeown (aka Stevey J).

<https://us02web.zoom.us/meeting/register/tZckf-6uqT4oGtAmhrgqyo9lsAq3tFir6DBo>

Convention is open to every Lions Club member, and all are very welcome to register.

All delegates who have sent in their voting details to the District Secretary should also activate their registration by clicking on the link above. After you register you will be sent a confirmation email with a link to the Convention Zoom event.

The Convention Document Pack with Reports from all Cabinet Officers will be sent to all members via the Information Officer in advance of the Convention.

On behalf of the whole DG Team, I look forward to welcoming you on the day. Please share the link above with all of your club members and encourage them to join us.

Yours in Lionism,
Des Ryan
District Governor - District 133

Dr Hill brings Lions Message

Dr. Patti Hill from Edmonton, Alberta, Canada, who will be a special guest at the District 133 Convention 2021, was elected to serve as third vice president of Lions Clubs International at the association's 102nd

International Convention, held in Milan, Italy, July 5 through July 9, 2019.



Vice President Hill is president of a consulting firm. With 30 years of experience as a psychologist, she has mentored graduate students and psychologists in training. She has also championed the rights of children and youth who are deaf and/or blind.

A member of the Edmonton Host Lions Club since 1990, Vice President Hill has held many offices within the association, including district chairperson for Membership, Environment, Convention and International

Cooperation and Understanding. Additionally, she has served as a committee member for the USA/Canada Lions Leadership Forum, multinational coordinator for Campaign SightFirst II, secretary for the Lions Eyebank (Alberta) Society, Vice President of the Lions Eye Research Institute of Northern Alberta and presenter at multiple forums and conventions.

In recognition of her service to the association, Vice President Hill has received numerous awards, including several International President's Awards. She has been honoured with the Ambassador of Good Will Award, the highest honour the association bestows upon its members. She is also a Progressive Melvin Jones Fellow, and recipient of numerous other fellowships.

In addition to her Lions activities, Vice President Hill is active in numerous professional and community organizations. She is a member of the Psychologists Association of Alberta, the Canadian Psychological Association and the Community League. In the past, she served as an executive officer of the Alberta Association of School Psychologists and the Association of Canadian Educators of the Hearing Impaired. Vice President Hill has also served on the Alberta Premier's Council on Persons with Disabilities.

Vice President Hill and her husband, Greg Holmes, also a Lion, have two children.

Epic Stevey Gets Results

Stevy J, who will be a guest speaker at District 133 Convention 2021, is an entrepreneur who at the age of 25 set up 13

health clubs nationwide and in 2003 was awarded as 'International Franchisee' from among 5,000 businesses globally.



He has travelled around the world to train and work with the leading forces in the results industry and is recognised as one of Ireland's leading authorities on the development of human potential and personal effectiveness. For the past decade Stevey J's life has been committed to assisting individuals and companies achieve extraordinary results, maximise their performance and activate more of their hidden potential. His true passion is to help people create lasting change which leads to greater fulfilment in both personal and business life. He is a director of the charity, International Orphanage Development Programme and has a strong desire to bring hope and healing to

people's lives through the array of charity and community work that he is involved in.

Stevy J frequently appears in national media in relation to his multiple ventures and charity work and in 2015 became the first person in Ireland to complete an Epic Journey of 100 Marathons in 100 consecutive days and has completed another Epic Adventure running the entire country of Ireland and setting a new world record in the process of 60 Ultra Marathons in 60 days.

He is married to Catherine and together they have three children.

Lions Support Malawi Farmers.



In late 2019, Tullamore Lions Club agreed to collaborate with Self Help Africa by funding an agricultural project in Malawi over the following four years at a cost of €22,000. Malawi is one of the poorest countries in Africa. The Karonga district, in Northern Malawi, is a rural area that is heavily reliant on the crops it produces. The people need to increase agricultural productivity and diversify crop production at a time when

climate change is already impacting their lives.

Tullamore Lions were persuaded to fund this project knowing that local man, Ronan Scully, who is Self Help Africa's fundraising coordinator will make sure that every cent provided will be spent on delivering the project. The overall aim of the project is to enable the farmers who take part to earn more from their small farms.

Over 24,000 people - 60% of whom are women - will benefit. The project is providing training in new farming techniques, introducing new crop varieties and supporting households to cope with and adapt to a changing climate in a region that has experienced extreme flooding and drought in recent times.

Progress during the first year is very encouraging. Using a technique known as 'Farmer Field School Groups', farmers are meeting in groups to learn about a variety of agricultural techniques. They are experimenting by growing crops to discover which grow best on their land. They will then grow these crops on the field school plots and on their own land. They are experiencing small irrigation technologies, 'climate smart' agricultural practices and pest and disease management.

Modest grants produce great returns in poor countries like Malawi.

Lion Maurice O'Connor

Midleton Lions have paid tribute to the late Maurice O'Connor (retired pharmacist) late of 'Woodleigh', Dwyer Road, Midleton, who was a long established stalwart of Midleton Lions Club.

'Mossy' as he was locally known, was a leader of great quality. His memory rekindles the tremendous work that he achieved at Midleton Lions and its impact continues to give back to our community. He found time during his busy work schedule to ensure that Lions aspirations were adhered to in Midleton, when people sought assistance the most particularly at Christmas time and indeed in the Summer when Midleton Lions would provide two families with a period of respite in Trabologan.

'Mossy' played a tremendous and proactive role Midleton Lions Club since its beginning in 1988. His kindness and generosity of heart will continue to serve as an inspiration to us all.

Our deepest sympathy to Geoff, Angela and Frankie on the passing of your dear Dad, Maurice. May he rest in peace.

Sweet Thought from Howth/Sutton

Lockdown can *get* you down ! That's what concerned the staff at Howth and Sutton Meals on Wheels for many their 'clients'. So, Howth/Sutton Lions joined up with the Meals on Wheels team and decided to provide a box of chocolates for each of their 'clients'. The Lions also donated €500 to boost the Meals on Wheels coffers. The chocolates will be a surprise present with one of the meal deliveries.

In a thank you note, the Meal on Wheels team said 'A small gift will lift the spirits of our 'clients'. There is a lot of loneliness out

there at the moment and every gesture helps!”.



PDG Gerry Langford (Howth/Sutton Lions) delivering chocolates for Meals on Wheels 'clients'.

Positive Vibes in Westport

'Positive Vibes Westport' continues to lift the spirits of those in Westport this spring season. The uplifting quotes in the retail windows of the town, many of which continue to stay closed, are still looking well and spreading joy. We all look forward to supporting our local shops and services as soon as we can.

With spring in the air and vaccines rollouts being the topic of the day, positivity is all around us. Yet the day can still be long and tough going in these difficult times knowing we need to keep moving forward and inspire

each other. WLC will be working with Mayo County Council to promote their 'Keep Well Mayo During Covid -19', Campaign in the weeks to come. Check out our social media platforms to get tips and ideas to 'Keep Well' and encourage others to do the same.



The spread of windows that support the 'Positive Vibes Project', Club Service Officer Lion Margaret McGing is photographed with President Kevin Brown at participating units in Westport, County Mayo.

Zoom Grand National in Newcastle



While the only conversation now with most people is, 'Did you get yours?', Newcastle Lions Club President Marian Mc Greevy is also keeping her eye on trying to improve the club's charity finances, by making great use of the club's 'Donate' facility on its website www.lionsnewcastlecodown.org The club has been advertising the site on Facebook and receiving some donations, but now the Donate facility is being used with Zoom to help the club's finances and run a social night.

On the 12th March at 7.30 pm, Newcastle Lions will host a social / fund raising Grand National Night at the races on Zoom. Tickets are £6 per person (£5 for racing and £1 donation to No.2 account) and these can be purchased through the club's website . Please then text your name to Lion Dan at 07725725932.

The Race Night event was a great success a few weeks ago when Dan's extended family

of 46 relatives including some children took part.

How did it work? On the night the "bookies", Aoife & Rachel had the names of all punters who had paid £5 (no family fund raising required) . Fiv races were shown on Zoom with each punter picking one horse each race. Prior to each race the punter picked a horse and texted the bookies. When all 46 names were received , the Grand National Race was shown on Zoom. There was only one winning horse in each race but this could be picked by a multitude of punters or none. If there was only one punter who picked a winner they got £46 or if there was six punters they got £7.66 each. The bookies then paid the winnings out. It was a brilliant family fun Zoom night

So what happened? In Race 1, two adults and four children got £7.66. In Race 2 one child got £46. In race 3 there was no winner , so £46 was carried over to the next race. In race 4 one child got £92. Race 5 produced no winner so in race 6 one child got £46. The moral of the story is if you want to win something at the Newcastle Lions Night at the Races, get a child to pick your horse.

Suicide Prevention Training

Congratulations to all Lions Members who have taken the suicide prevention training. The greatest challenge in relation to discussing the issue - BRING IT OUT INTO THE OPEN.

Details of Online Suicide Prevention Training:

Pat, a testament to the generosity of the people of Kilkenny.

That is in addition to the substantial amount of funding given in the form of vouchers at Christmas to the St Vincent De Paul, with Social Services, Church of Ireland, Amber Women's Refuge and the Good Shepherd Centre also benefiting in this way.

The funding to the additional organisations is as a result of increased funds being raised through a number of existing and new initiatives. They include: KCLR general and farm auctions in December, promoted by the Kilkenny People; a GoFundMe campaign; a generous share of Mayor John Coonan's Christmas Fundraiser as well as individual donations from businesses and organisations. All of this helped the club to raise over €30,000 during this period.

Among the local organisations that will benefit over the coming months include Carlow/ Kilkenny Homecare SOS, Seville Lodge, Fr McGrath Family Resource Centre- Youth Education initiatives. Family Carers Ireland, Kilkenny branch.

Mr O'Hanlon said he was proud that the club can assist so many local organisations in such difficult times, and also thanked the people of Kilkenny for their generosity. He thanked the Kilkenny People and KCLR for promoting the events.

'Keep Well' Booklet now available

Following on from the recent article in the District Newsletter, Galway Lions have had many requests for a pdf copy of the *Keep*

Well Booklet. Lions who would like one, are invited to contact email address below.

Dr Jim Kent believes the booklet is a perfect bible for healthy living. It is very well set out and mental/physical health is explained in a concise practical manner. The areas covered include; Stay Active, Stay Connected, Switch Off, Eat Well and Mind your Mood.

Lion Paul Gillen, who is also Health Promotion Officer in the Health and Wellbeing Division, in HSE, helped with this project. It was driven by the suspicion that normally extrovert people, particularly who live alone, were finding current lock down very difficult. Many Professionals believe there is a lot of hopelessness and despair out there.

Galway Lions Club plans to distribute copies of *Keep Well Booklet* to Men's sheds, Golf/ Sporting clubs, Retirement Organisations, and contact Gardai regarding Community Alert Committees etc.

The great news is that the club has received a further 500 copies of the *Keep Well Booklet* from the printers.

If any of your members know people who would be interested in receiving a hard copy of the *Keep Well Booklet*, please send email to

padraigbree@gmail.com

with your exact postal address including eircode, and the number of copies required and Galway Lions Club will send them free to you by return.

Lions Join Vaccine Network



Lions Clubs of Ireland have been invited to join the HSE COVID -19 Vaccine Community Network, a communication network established to ensure that people receive factual information about the COVID 19 vaccine. Key national and local organisations and groups are part of the network and the HSE is grateful to work in partnership with these groups. District Governor Des Ryan and members of the District Team joined a network meeting via Zoom on Wednesday February 17th and committed to using our communication platforms to communicate information received from the HSE.

The three key areas of partnership for the network

- Sharing and signposting information which the Lions Club will receive through a weekly partnership pack from the HSE and will share through the District Newsletter.
- Regularly communicate messages from the HSE on our social media platforms.

- Share information that will build confidence in the vaccine on safety and testing, how the vaccine works who is getting it now and next. For information you can trust see hse.ie or call HSElive on 1850241850.
- Keep public health advice in our minds as we work through 2021.
- For further information on vaccines visit:
 - www.hse.ie/covid19vaccinematerials
 - Stay safe and well.

VDG Ann

LCIF Donation Details

Further to the recent appeals issued by PDG Frank O'Donoghue in respect of the Holy Family School for the Deaf and Jordanstown Schools for the Visually Impaired and Deaf Children and the LCIF Croatia Earthquake Appeal, District Treasurer Kevin Harty has received enquiries from some Clubs as to where they should send cheques or the District account to which they should lodge contributions.

Cheques for either appeal can be sent directly to my home address which is Kilcullen House, Dublin Pike, Kilcully, Co. Cork T23 F544. Please mark reverse of cheque with 'Holy Family School', 'Jordanstown Schools' or 'LCIF Croatia Appeal' as appropriate.

Alternatively contributions can be lodged to the appropriate District Euro/Sterling Administration Account as follows:

Euro Contributions from ROI Clubs: 'Lions Clubs Int – ROI Admin' for which the IBAN is IE72 AIBK 9341 4328 8640 39.

Sterling Contributions from NI Clubs: 'Lions Club Intl District 133 Ireland GBP Current Account' for which the IBAN is GB48 AIBK 238590 08700074.

Please include your Club name and 'Holy Family', 'Jordanstown' or 'Croatia' as appropriate in the Receiver Reference when doing the Transfer and drop me a quick email so I am aware it is being transferred.

GDPR Notice



Whilst the Newsletter team make effort to ensure compliance with GDPR, Clubs must ensure when submitting material for inclusion in the Newsletter that they have complied with the requirements of GDPR in relation to the use and inclusion of any images or names of individuals, or other personal data within the meaning of GDPR.

Please note, that the uploading of the Newsletter to a Clubs Facebook page or other social media platform constitutes processing under GDPR and must therefore comply with the rules relation under GDPR.'

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

