



One Three Three District Newsletter

Number 139 5th October 2020.

Diabetes Project Can Make a Difference



World Diabetes Day
14th November

This year is going to present huge challenges to all Lions-maintaining our commitment to Service -when we are so restricted in what we do-either in delivering service or fundraising.

The Diabetes Project that we are rolling out can make a difference and an important contribution to the wellbeing of clubs. Firstly, this is a significant Service for our community and for Lions, their families and friends.

Secondly, the Action Plan for the period September to December can be undertaken through virtual meetings.

Thirdly, little or no cost is involved.

Finally, we are part of a Worldwide Lions Diabetes Service -an International Signature Project -which cannot but help to build awareness of Lions and the range of services we undertake.

Zone chairs – It's time for action and a zone meeting

Encourage and support your clubs to participate in the Diabetes Project and complete the Diabetes Ireland Adult Diabetes Risk Assessment or Diabetes UK(NI) Know your risk.

Invite a member of the District Diabetes Team to attend your zone meeting.

Club Presidents – Engage your members

Thank you to the club presidents who have attended the Diabetes Awareness Sessions on zoom facilitated by Diabetes Ireland.

There is one more diabetes awareness information session on October 7th 2020 at 8 pm for Club Presidents from zone A, B and

any member /diabetes officer who has not had an opportunity to attend to date. Contact annellis01@gmail.com.

Club presidents now is the time to invite a health professional to your club meeting and start to focus on how your club will mark World Diabetes Day on November 14th 2020.

Any queries please contact one of the District Diabetes Team: John O Donovan jjodonovan@gmail.com ,Frank O Donoghue frank@mfconsult.ie ,Ann Ellis annellis01@gmail.com

Please visit: www.diabetes.ie or www.diabetes.org.uk

From First VDG Ann Ellis

Global Action, Diabetes and Marketing

Fellow Lions,

The weekly DG Blog in the Newsletter will rotate between members of the DG Team over the coming weeks and months, and this week it is my turn.

The team has been very active in recent weeks with a wide range of projects and working groups. I have been particularly involved with the Diabetes Project which I hope will enjoy the support of every Lion in our District. Please read the Diabetes News in this Newsletter. The PR and Marketing Team is also engaged in formulating a plan which will enhance the Lions brand in Ireland and will hopefully help attract new members.



DG Des and I have established links with Global Action Team MD105 and are working with them to provide training and leadership development opportunities for Lions members of District 133.

May I now take this opportunity to say a few words about myself and my aspirations as 1st Vice DG of District 133.

I was born in Carrick on Suir (a town which has been making many positive headlines of late), and I joined Carrick on Suir and District Lions Club in 2005. Since then I have served as club PRO, secretary and president, and acted as Zone I South East Chairperson for two year

As a Lions Club member my focus has been on youth development, membership growth,

leadership and local environmental projects, and I was instrumental in the establishment of the Carrick-on-Suir Men's Shed in 2017.

I strongly believe that as Lions we have the ability to positively impact our local communities by giving our time, energy and skills to serve with kindness and empathy. Never has this need been greater than during these challenging, uncertain times.

In 2019-20 I served as second vice-district governor and zone chairperson, These roles enabled me to engage with and support clubs in the South-East, whilst also gaining an insight into District 133 and Lions Club International.

As 1st VDG I chair the 'Diabetes Awareness – A New Direction' project for District 133 while continuing to support the DG team. I remain actively involved in our Lions Club activities, particularly our environmental project.

In my professional life I have worked in the Health Service for over 38 years where I have been involved in leadership, empowering others, managing change and leading by example. My professional roles included health promotion, midwifery education and development, and acting as assistant director of nursing services in a large acute hospital.

I am so also active in numerous professional and community organisations. In October 2017, I was appointed by the Minister for Health to the Psychologists Registration Board working under CORU, Ireland's multi-profession health regulator. I am also independent chairperson for HSE recruitment campaigns in Ireland and I previously served

as a director and chairperson of Waterford Healing Arts Trust.

I love the outdoors, be it playing at Carrick on Suir Golf Club or walking with Rathgormack Ramblers Hill Walking Club.

I am married to Martin, and we have three children, who are living and working in London, Brussels and Ireland.

Droimeann Bull helps Hooves4Hospice



The latest addition to the Hooves4Hospice herd is a very special young animal. He is a member of one of Ireland's oldest breeds of cattle that was endangered as recently as the turn of the century. The stronghold of his breed is in the south of the kingdom of Kerry. At school, we all encountered the poem 'An Dromfhionn Donn Dilis' which in English translates as the 'The Faithfull Brown Droimeann'. In the nineteen eighties, a long-lived Droimeann cow affectionately known as 'Big Bertha' enjoyed bovine

celebrity status. Otherwise the breed is not one that many know.

That is changing though. With a view to saving the breed from extinction a number of breeders and enthusiasts began to meet up and with the assistance of the Dept. of Agriculture, Weathebys, the ICBF and Teagasc. Good progress is being made in recent years aimed at preserving this ancient native breed of farm animal. There is now a well organised, active Droimeann Cattle Breeders Society.

The Droimeann Bull donated to H4H was born in February 2019. He is 94% pure (no grain, no doses, no chemicals and outwintered)

A condition of sale is that the bull is kept for breeding purposes for 12 months.

Further information can be viewed on the www.h4h.midlandhospice.ie website.

Mayor Joins Virtual Handover



Cork Lions Club held their first meeting of the new year via Zoom where President Gary discussed the coming year and the difficult task ahead to raise funds with Covid restrictions in place and encouraged members to suggest new fundraisers that could be conducted while considering health and safety issues.

To comply with Covid 19 guidelines, Cork Lions Club held a virtual handover in early July.

Outgoing president Pat Desmond thanked all the members for their support over the last two years. Incoming president Garry Ryan thanked Pat on behalf of all members for his great work and looked forward to the coming year. The Zoom call was joined by Cork Lord Mayor Joe Kavanagh who mentioned the great work of Lions Clubs throughout Ireland and the long tradition of the Lord Mayors office hosting the handover event and looked forward to having everyone back in Cork City Hall at the earliest safe opportunity.

Afterwards the Lord Mayor had a mini handover in his office in City Hall where outgoing president Pat passed over the chain of office to incoming president Garry Ryan,



The Lord Mayor also agreed to help advertise the Cork Lions Club Drive-In Bingo in July with Lion Mary Rose Desmond

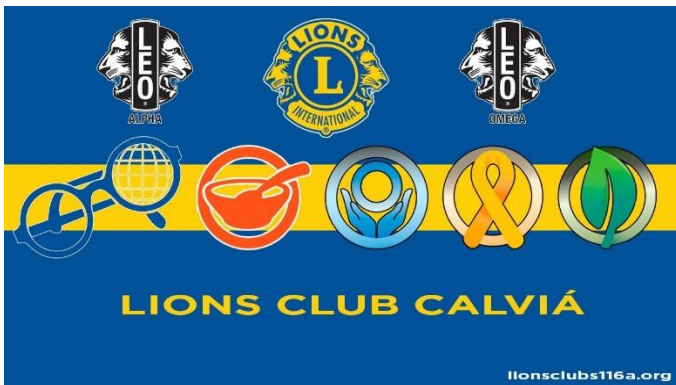
This week the masks have gone global ! Adrian Elkinson who was a member of Dundrum Lions in Dublin, before he moved to the sunshine in Mallorca, never fails to read the weekly Newsletter..

In an email to Sean, Adrian said he read with great interest about the personalised masks being distributed by the Wicklow Club and placed an order straight away requesting his own club's name on them "Calvia Lions" Mallorca.

Adrian had strong connections with the Wicklow area when he lived in Dublin. Sean is delighted that that the masks have now gone International !

They are available to every club in the country at the following email address in Wicklow ; gardenofireland@gmail.com

Lions Masks for Mallorca



Noreen and Adrian Elkinson formerly of Dundrum Lions and now Mallorca Lions

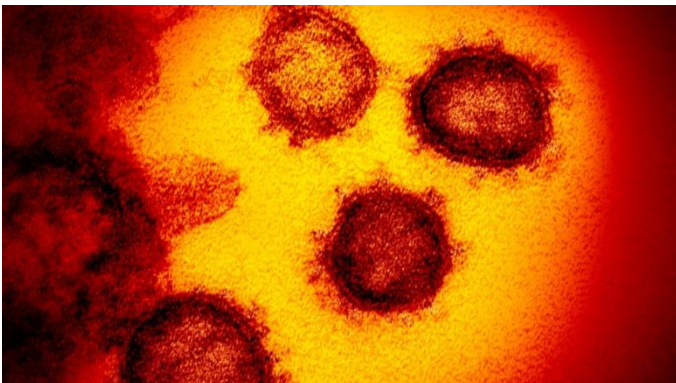
Since Wicklow and District Lions started manufacturing their own Covid masks with their own distinctive logo and colour, the interest has been astonishing.

Many clubs throughout D133 have been in contact with Sean Olohan in Wicklow and have purchased masks with their own individual club logo.



Adrian Elkinson President of Mallorca Lions Club presenting a cheque for flood relief after a local village was devastated by a deluge of rain

Covid 19 Update



The Government in the Republic of Ireland has placed Donegal 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 and Donegal in Level 3. The Level 3 for Donegal came into effect from Midnight Friday 25th September and is to remain in place until Friday 16th October when it will be reviewed.

What Level 3 means for Lions:

Social and Family Gathering A maximum of 6 visitors from up to 1 other household.

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

Organised Indoor Gatherings 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. Funerals up to 25 Mourners can attend. Places of worship open for private prayer

All Bars, Restaurants and Cafes Restaurants and cafes (including bars/pubs) may remain open for take-away and delivery and outdoor dining/drinking to a maximum of 15 people. Travel Stay in the County of Donegal and do not travel to Donegal 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/f9a0c-donegal-is-at-level-3/>

If you require further information or guidance please feel free to contact me. Stay Safe Laurence O'Keeffe Health and Safety/ Covid Officer Lions Club District 133 Mob: (086 8033289) Email: lawrence.okeeffe@irishrail.i

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 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 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 . 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 (5th and 6th classes) in schools and youth groups.

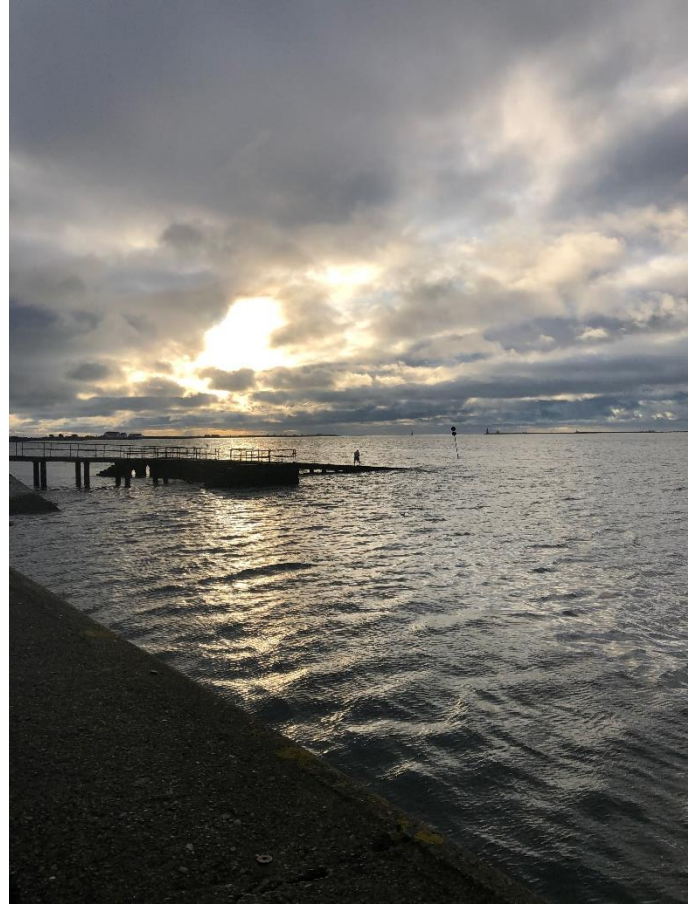
This years peace poster competition theme is 'Peace Through Service'.

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.

Pictures of the Week



Greystones at dusk
Picture by Tom O'Sullivan



Early morning "dip" in Clontarf.
Picture by Sean Sandford

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