



One Three Three District Newsletter

Number 141 19th October 2020.

From District Secretary Karl O'Broin

'Use New Reporting Templates'

As Cabinet Secretary, I have worked with the District Governor Team to put in place a variety of new reporting templates to help Lions Clubs better tell their stories. Prior to all Zone Meetings this month, Club Officers will receive a new Club Report Form to fill in a return to their Zone Chair. This report will record not only membership details, but also information about reporting Service Activities on the MyLion app. It will also ask clubs about their engagement with the major District Diabetes Awareness Project that is currently running.

This reporting of Service Activities is one of the major focuses of the District Cabinet this year. So often clubs in our District complete so many projects, helping so many in their communities, and we often don't tell Lions Clubs International Headquarters about our successes. As a direct result, LCI is not aware of our work and we miss out on grants to help

this work which other districts are able to access.

Last year, only 8% of our club activity was reported. This year, we would like to see this rise to well above 50%. The District Governor Des Ryan and the DG Team strongly urge all clubs to report this activity on the MyLion app and tell the community of their work via social media. This will hopefully lead to more community involvement and entice new members. It is so easy to do, and only takes a few moments to record on MyLion. A brief tutorial showing how to report is at <https://youtu.be/kP3498MrHxE>

Profile

Meet the District Secretary

Karl Ó Broin of Bray Lions Club was appointed Cabinet Secretary by the Incoming District Governor Des Ryan in July 2020. Karl has been a Lion for 15 years, having been invited to join Bray Lions Club in 2004 when he was just 24. At the time, he was the youngest person to join the club.

Karl Ó Broin has held the role of Club Secretary for Bray Lions Club from 2011-2015 and held the presidency from 2017-2019. He has been a member of the District

Cabinet since 2018, when then District Governor Frank O'Donoghue appointed him as the Social Media Officer for District 133, a role he continues to fulfil.



Karl Ó Broin and his wife Sinéad Uí Bhroin

Born in Newtownmountkennedy, Karl has lived in Bray since 2004, where he teaches in St. Cronan's Boys' National School. He is married to Bray native Sinéad, also a primary school teacher, and they have two children. He has been involved with many voluntary projects in the community both with Bray Lions Club and other organisations, and was named 'Bray Person of the Year' in 2013 for coordinating a project to fundraise for a young man to travel to America for life-changing surgery to help him walk for the first time. He was Grand Marshall of the St. Patrick's Day Parade in Bray in 2014, is also

a proud Melvin Jones Fellow, and has been a very active member of his club over the last 15 years.

Karl is the elected Teachers' Representative on the Board of Management of his own school, along with being the Community Representative on two other Boards of Management. He is also Chairperson of his Residents' Association and the Branch Secretary for Craobh Chualann INTO Teachers Union.

He is a huge believer in the potential of youth, and in the power of small actions making a big difference to the lives of those in the community.

Lions lead Real/Virtual Hopefest



For the past three years, Dublin Lions Club, in partnership with University College, Dublin –students and staff -has organized a summer party for the homeless in Iveagh Gardens in the centre of Dublin. Thus HOPEFEST evolved as an afternoon event, where guests were provided with hot food, soft drinks and entertained with music and a

range of activities –some specially designed for children. A number of services were also provided –including a team of barbers, chiropodists and health advice.

The initial plan was to again hold a similar event for HOPEFEST 2020 and plans were advanced for Iveagh Gardens, when it became evident that we were facing a second wave of Corona -19 and associated restrictions. In response the HOPEFEST team was widened to include Simon and the concept of Real/Virtual event emerged.

The concept was to have a real party in 14 Simon shelters –with pizza, soft drinks, music, gifts and games including colouring a specially designed HOPEFEST poster. The challenges included having hot pizzas delivered on an agreed schedule and also having a range of gifts including miscellaneous chocolate bars to gloves, scarfs and hats and care packages delivered to 14 Simon shelters. The logistics challenge was familiar territory, but managing the virtual challenge of providing greetings and securing musicians to perform, pre-recording and broadcasting on the day to the 14 shelters, was a new challenge Execution required an amazing set of skills in recruiting singers, coordinating recording and broadcasting.

Flawless on the day were greetings delivered by President Michael D Higgins and Minister of Housing Darragh O’Brien and performances by a who’s who of Irish music including –Keith Duffy, Luka Bloom, Lisa Hannigan, Liam O’Maonlai and many others The feedback after the event was hugely positive with some 300 guests in 14 SIMON

locations –mainly in Dublin, but also one in Drogheda and also one in Wicklow. HOPEFEST 2020 was a very appropriate way to mark World Homeless Day.

‘Hopefest’ Message from President Higgins



President Michael D Higgins sent a special message to Dublin Lions Club on the occasion of HooeFest 2020

It reads:

‘I wish to send a message of solidarity and support to all those participating in HopeFest 2020, a virtual event for the homeless of Dublin run by Dublin Lions Club, in partnership with the Simon Community and University College Dublin.

World Homeless Day, is a day in which we raise awareness for the homeless in all communities through Ireland and indeed throughout the globe. The security of a home is where we all build our hopes and dreams for the future. Yet for millions of people across the globe, this basic human need is not being met. Indeed, it is estimated that 150 million people are homeless worldwide, while 1.6 billion people around the world live in “inadequate shelter”. Through HopeFest 2020, you are demonstrating vital human qualities such as solidarity, empathy and compassion for all those afflicted by homelessness in modern Ireland, holding out a hand of friendship and support, raising awareness, and providing a sense of hope as well as a great lift to the spirits during these challenging times for all those who do not have a place to call home. All those involved in the organisation and delivery of this event, including the musicians who recorded songs that will be broadcast on the day in the 14 Dublin Simon homeless centres, represent the very best of active citizenship, contributing so much to their community, enriching wider society, expressing fundamental human values of solidarity and kindness for their fellow man and woman to create a better society.

I applaud your work and wish today’s HopeFest event to be an uplifting, inspiring and fun day for volunteers and guests alike.’

Beir beannacht

Michael D Higgins
President of Ireland

New Members Booklet

A new booklet for newly-inducted Lions has been produced by District 133 and has been distributed to all Clubs.

Compiled by District Supplies Officer John Powel, the booklet contains a wealth of information about Lions Clubs International on global, national and local levels. It includes sections on the history and organisation of Lions Clubs International, its purposes and ethics, Club Officers and Membership, Attendance and Awards, Facts and Figures, Leo Clubs, LCIF and Zone Structures.

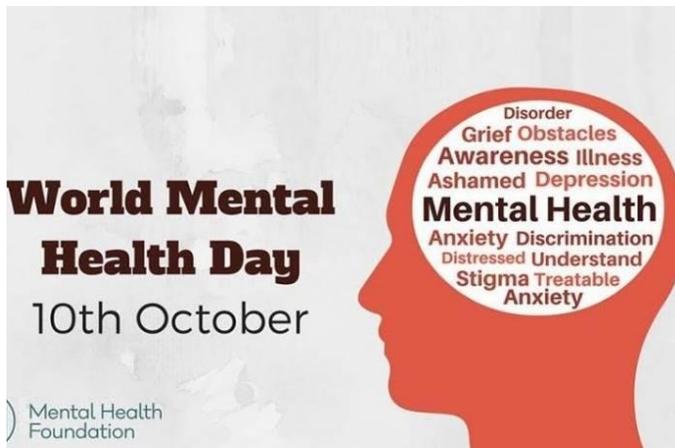
It is proposed to insert this booklet into the Oakbrook New Members kit. It is an extremely informative document and, indeed, could be read by current Lions with great benefit.

If you have any queries or comments please contact powellerj@gmail.com

Ireland marks World Mental Health Day

To mark World Mental Health Day which took place on Saturday, 10th October 2020, Minister of State for Mental Health and Older People Mary Butler TD, and the HSE, called on people to be more aware of their own mental health and reminded everyone of the small things we can all do to take care of it.

World Mental Health Day was also marked by a posting on the Lions Clubs Ireland Facebook page.



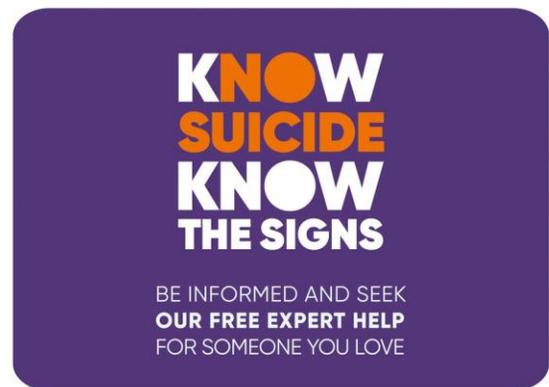
Speaking about the need to care for ourselves as well as each other Minister Butler said ‘The theme of this year’s World Mental Health Day is ‘Mental Health for All’ and I am committed in my role as Minister for Mental Health and Older People to improving the mental health outcomes of all people living in Ireland’

National Director, HSE Community Operations, Yvonne O’Neil added “When there is a lot going on it’s easy to forget to take time for ourselves. This year, as we continue to learn to live with Covid-19, we want to remind everyone that things like eating well, taking time out, and managing our news intake can all have a positive impact on our mental health. And while not everyone will need mental health support, for those that do there are also variety of services provided through the HSE and our funded partners that can be found on YourMentalHealth.ie.”

Seeking help at the right time is so important. Accessing an online or phone support can be a first step towards support from a health service for anyone who is experiencing more serious mental health difficulties. The availability of more online

and phone supports makes it easier for people to get the right support at the right time, and the earlier we can reach out for support the better.

On-Line Suicide Awareness



A new on-line programme called ‘LivingWorks Start’ comes from the developers of ‘Safe Talk and ‘Asist’’, a precursor to these programmes. The programme takes between 60 to 90 minutes to complete. It is suitable for anyone over 18 who is interested in doing a workshop on suicide prevention. See it at: www.livingworks.net/start

To engage with the START suicide prevention training a licence, Lions must request a licence from your local Suicide Resource Officer. Go to the HSE website at www.nosp.ie/training.

As you can appreciate with an online programme, there is no support for the individual should the programme evoke any emotions or distress due to the nature of the programme content (as would be the case in

a face-to-face training programme). If you need help, please contact: Emergency Services. Childline / ISPCC. 999 or 112
1800 666 666 Aware Support Line (Depression / Anxiety) 1890 303 302

There are a number of training courses available throughout Northern Ireland in mental and emotional wellbeing and suicide prevention. For further information on training available in your locality contact: Belfast and South Eastern Northern Southern Western Regional.

Some feedback would be very much appreciated.
Thank you. Ireland.

PDG Pat Connolly - Suicide Prevention Officer –
patjconn@gmail.com

Kilkenny goes ‘GoFundMe’



Kilkenny Lions Club has set up a ‘GoFundMe’ campaign in the hope of raising €8,000 - all of which will go to St Vincent De Paul, Kilkenny this Christmas. Kilkenny Lions normally gives significant money to SVP and other charities through its Christmas Appeal. However over the past few weeks alone, it has had to cancel four fundraising events because of Covid restrictions.

‘We have therefore decided to hold a GoFundMe campaign specifically for St Vincent De Paul, says Lions Club PRO Philip O’Neill.

Lions Defibrillator for Glanmire



Cork Lions have added another AED location to their Defibrillator Project. Lion Tim Donovan contacted SuperValu Glanmire to check if they would be interested in making the AED currently held in the shop available to the public on a 24

hour basis. When SuperValu agreed, Cork Lions club organised the donation of a cabinet to house the AED and SuperValu arranged for it to be located on their shop front.

Pictured are Cork Lions City Centre Defibrillator Project Leader Martin Walley and Cork Lions President Garry Ryan presenting the cabinet to SuperValu Glanmire manager Noel O'Riordan.

The Defibrillator Project now has an installed base of 14 AED's, 12 of which are located in Cork city centre - all AED's are registered with the ambulance service.

Santiago Celebrates 30 years.



One of the most popular Lions in Wicklow is Santiago Balbontin also known as "Jimmy"

Santiago has passed the 30 year mark as a member of Wicklow and District Lions Club. Originally from Chile he is one of the most active members and has been President as well as holding other officer positions. Outdoor celebrations took place last week in Wicklow. He also received a big round of Zoom applause during Wednesday evening's on-line meeting.



Picture of the Week



*'The Last Rose of Summer' by Mona Eames,
Portumna and District Lions Club*

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 fcrr100@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 fcrr100@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 fcrr100@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.



World Diabetes Day
14th November

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