



# One Three Three District Newsletter

Number 146 30th November 2020.

## Diabetes Testing Target Achieved



**Target** to reach a goal of 2,500 online risk assessments completed by World Diabetes Day.

**Result** Diabetes Ireland has noted an increase in the number of individuals taking the Diabetes online risk assessment on their website compared with previous years. They report an increase over the last three months of 3,500 – which co-indices with our period of activity. We await a report from Diabetes UK NI.

This demonstrates that we have surpassed our target of 2,500 online risk assessments for the island. This is a great achievement by our club members and a huge benefit to the health and well-being of our members, families and friends.

We have just begun so don't stop distributing the diabetes Type 2 Diabetes Awareness bookmark or encouraging friends and family to take the online risk assessment. This is a project for life.

## Ashbourne Active on Awareness

Clubs throughout the country have been innovative and proactive in how they are spreading the diabetes awareness message. Please share your stories to the District

Newsletter or to me [annellis01@gmail.com](mailto:annellis01@gmail.com) with an image if possible. This week **Ashbourne and District Lions Club** is sharing its story:

**Ashbourne and District Lions Club** made a commitment to take part in the Diabetes Awareness signature sponsored by Lions Clubs Ireland. The current HSE restrictions played havoc with our plans to hold a Public Awareness Day on November 14<sup>th</sup>, so the thinking hats were put on and we came up with some innovative ideas.

1. We produced an eye-catching poster with a QR code that allowed the public to access the online Diabetes Risk Assessment .50 posters were pinned up in areas around the town that we felt would still experience large footfall, including Tesco, Dunnes, SuperValu, chemists, GP surgeries, Garda Station and local schools. The simple idea is that members of public passing by would use their phone to scan the QR code and take the assessment.

2 We also encouraged every member and their families to take the risk assessment. In addition, members shared the link with friends and work colleagues. We estimate a minimum of 500 people accessed the Diabetes Ireland website.

3 Ann McCabe (McCabe's Pharmacies) and Frank O Donoghue (PDG) kindly took part in a Diabetes Awareness podcast. This was very informative and covered what diabetes is, how it affects people, how to manage it, plus many tips and tricks. The feedback has been very positive. Have a listen

<https://secureservices.avaya/adp-alarmdictionary/menus/alarms.xhtml>

Submitted by John Baitson Club Secretary



## Diabetes Awareness Month

### Dunnes Stores Food Appeal rules.



Dunnes Stores has informed the District Food Appeal Team of the need to change the way in which they will operate the Food Appeal this Christmas.

Says team member Farrell O'Boy:

'We were advised by Dunnes Stores that they could only offer to have the 'Food Appeal' on the basis of having unmanned trolleys at the exit of the store, where there is space. Lions branding and communication can be used at the trolley and also the entrance to the store. No Lions will be

present in the store.

Dunnes Stores Head Office request that we contact them before the end of this week with the locations of the stores where Clubs wish to collect.

Requests should be sent to Farrell O'Boy (087 2585890) or Joe Smith (087 8382630), who will pass on the information to Dunnes Stores Head Office.

## Before.....



*Sean Olohan from Wicklow Lions sent two of the official Wicklow masks to Past International President and now International Chairman for Lions International Gudrun Yngvadottir . As soon as the masks arrived in Iceland Gudrun was so thrilled she responded very quickly by thanking Sean for the " beautiful blue Lions masks,so symbolic of this time". She attached photos with and without the masks which can be seen here.*

*The manufacture and printing of the masks has been very successful for the Wicklow town club.*

## ...and After



## Wicklow Collects On-Line

Wicklow and District Lions are in the same situation as all Clubs in Ireland, no possibility of fundraising in the normal way due to the current situation.

Like so many clubs Wicklow has gone online seeking donations from contacts on social media, members, family and friends. The fundraising went live this week and already there is a very encouraging reaction. This is the link should anyone reading this Newsletter wish to support Wicklow Lions.

<https://www.ifundraise.ie/lionsfundraising/5744/donate>

## The Power of an Hour



Wexford Lions Club will kick start their Christmas fundraising with a 24 hour walk on December 4<sup>th</sup> to 5<sup>th</sup>. During this time, each member will walk for an hour, starting at the Boat club. That might take them to the Bridge, or to Rocklands. It all depends on the walker. Over that 24 hour period, Lions will be present along the route and looking for support.

Normally they would be inviting their friends and supporters to join them, but these are not normal times. The club has opened a fundraising page on iDonate, simply search for Wexford Lions Club or follow this link - [https://www.idonate.ie/5340\\_wexford-lions-club.html](https://www.idonate.ie/5340_wexford-lions-club.html)

President Hilda Conway was interviewed on South East Radio's 'Morning Mix' by Alan Corcoran and received great feedback from the public, with donations coming in slowly but steadily.

The iDonate page will remain live for the duration of the Christmas season and funds will be dispersed via local supermarket vouchers. Wexford Lions Club work closely with the local St Vincent de Paul at this time to ensure that as many people as possible can be reached.

## Sea Swim Will Return



*Pictured at the announcement of the Bray Lions Club New Year's Day Charity Sea Swim are (from left) Lion Tom Clune, Katie Dempsey (Lifeguard), Lion Tony Foran, Danny Bohan, president, Bray Lions Club, Colm Dempsey (Lifeguard) and Lion Shu Rong.*

'We will be back', said Danny Bohan, president of Bray Lions Club, when he announced that the Bray Lions Club Charity Sea Swim, scheduled for New Year's Day 2021, has been cancelled in accordance with Government health advice.

'We have consulted very carefully with our partners and have reluctantly concluded that

the swim cannot be held this year. However, we are already planning a bigger and better Bray Charity Sea Swim which will take place on New Year's Day 2022. We realise that our hundreds of swimmers, sponsors, supporters and the people of Bray will be disappointed, but we are certain that they will also agree that their health safety must be our top priority', he said.

The cancellation will also be disappointing for the charities which would benefit from the proceeds of the swim. Since its inception 37 years ago, the annual swim has raised in excess of €370,000, all of which has been donated to a wide spectrum of local causes. 'Covid 19 has dealt our fund raising activities a devastating blow' said Danny. 'In addition to the Charity Sea Swim, we have had to cancel our annual Charity Auction, golf tournament and Food Appeal.'

He thanked the people of Bray for their generous support of Bray Lions Club over the years.

'We hope that this generosity will continue through support for our Christmas Appeal. We have widely distributed envelopes seeking funds to homes throughout Bray. Those who wish to support Bray Lions Club can place a donation in the envelope and drop it to any one of six local pharmacies' Every cent we collect will be devoted to our charities and projects', he said.



*Tony Foran and Tom Clune of Bray Lions Club at the announcement of the cancellation of the Bray Lions Club New Year's Day Charity Sea Swim.*

## **Birr Lions Support SVP**

Birr Lions Club has supported St Vincent de Paul over many years through various food collections, Christmas fairs and fundraising events.

Unfortunately, because of Covid-19, activities such as these are not possible this Christmas and, as a result, the funds available to St Vincent de Paul to carry out its important work are likely to be greatly reduced.

In the light of this, Birr Lions Club has decided to launch this GoFundMe campaign specifically to raise money for Birr St Vincent de Paul.

The goal of St Vincent de Paul is to fight poverty in all its forms through the provision of practical assistance to people in need.

St Vincent de Paul offers direct, personal assistance that is non-judgmental and based on the need of the individual or family. These needs are particularly acute at Christmas time - all the more so this year due to the pandemic.

## Debi Brings Joy to Nursing Homes



Lucan Lions Club is supporting 'Christmas Community Spirit', a project launched by Debi Nevin on RTE Radio's 'Liveline' programme.

Debi launched Lucan 'Christmas Community Spirit' in conjunction with her local Garda station. Members of the public can drop off and they will be distributed to the surrounding nursing homes

'We're accepting everything: chocolates, magazines, books, toiletries, fluffy socks...', says Debi.

'I would love to see this idea rolled out nationwide', she adds.

The idea is to bring some joy to the nursing home residents this Christmas as they may not be able to see their relatives due to Covid 19.

Since the programme was broadcast, Debi has been inundated with calls saying what a great idea it is and people are looking to her for assistance. She is just one lady so obviously this is not possible for her to do this nationally.

Some of the calls she has received are from all over the country and she is looking for a National organisation to get behind her and assist.

Lucan Lions club have made a contribution to the Lucan appeal and club president Bernadette Boylan suggests that other Lions Clubs may support the project in their areas. Debi can be contacted at 089 6049813.

## Christmas Publishing Plans

'One Three Three', the District Newsletter, will be published every Monday until 21<sup>st</sup> December when we take a Christmas break. Publication will resume on Monday 11<sup>th</sup> January. Text and images for this issue must reach The Editor ([fcorr100@gmail.com](mailto:fcorr100@gmail.com)) by 9am on Friday 8<sup>th</sup> January 2021.

We welcome brief reports in Word format and images in jpeg format. Please do NOT submit text or images as PDF files.

Please DO tell us about your club activities in December and over the Christmas/New Year period.

Frank Corr  
Editor

## **Melvin Jones Photo Contest**

Our regular 'Picture of the Week' feature has encouraged many Lions to showcase their skill with the camera.

Now comes an opportunity to put some pictures before an international Lions audience.

To mark the 142<sup>nd</sup> birthday of Lions Clubs International founder Melvin Jones, on January 13<sup>th</sup> 2021, LCIF is organising a photo competition.

Entries must be submitted by December 30<sup>th</sup> 2020 and the winners will be announced on January 17<sup>th</sup> 2021.

First category is Melvin Jones Fellow/Progressive Melvin Jones Fellow (MJF/PMJF)

Submit a photo of yourself with your MJF plaque or PMJF pin. Group photos will not be accepted. You must also comment by answering the question, in 120 words or fewer. 'How has LCIF helped you personally or helped your club to help even more people in your community or globally?

Second category is Vision/SightFirst-Focused  
Submit a photo of yourself from a project you were a part of, in support of a Vision project or LCIF's SightFirst program (as this year, we are celebrating 30 years of SightFirst accomplishments). Group photos will not be accepted. You must also comment by answering the question, in 120 words or fewer, 'How has LCIF helped you or your club improve the lives of the visually impaired and/or prevent avoidable blindness?'

Third category is Youth/Lions Quest-Focused

Submit a photo of yourself you were a part of from a Youth or Lions Quest project. Group photos will not be accepted. You must also comment by answering the question, in 120 words or fewer, 'How has LCIF helped you or your club provide access to quality education, vital health services, and positive youth development for young people around the world?'

Enter the photo contest online at <https://gleam.io/g/WrR9g>.

Prizes are complimentary individual registration pass to the 103<sup>rd</sup> Lions Clubs International Convention in Montreal, but do not include flight or accommodation costs.

## **Virtual Convention in 2021.**

Convention 2021 will be a virtual event after Galway Lions Club had to cancel its arrangements to host the Convention, due to the Covid 19 pandemic.

District Governor Des Ryan has issued an official call for the 52<sup>nd</sup> Annual District Convention (the 4<sup>th</sup> for D133) for the fiscal year 2020/21. The date of the convention will be agreed at Cabinet in 2021.

Clubs are invited to submit nominations for DG, 1<sup>st</sup> VDG and 2<sup>nd</sup> VDG for 2021/22. Clubs may also apply to host the 2022 District Convention (Fully detailed), 2023 and 2024 Conventions (Outline and Expression of Interest). Clubs may also submit Resolutions for consideration at Convention 2021.

All nominations and resolutions should be sent to Lion Donal Horgan at 5 Yorkboro, Boreenmanna Road, Cork. Or by e-mail to [donal.horgan@hotmail.com](mailto:donal.horgan@hotmail.com) to arrive by 8<sup>th</sup> January 2021.



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