



One Three Three District Newsletter

Number 148 7th December 2020.

From DG Des Ryan

Let's Dance



Hello Lions

In the District Newsletter 146, you may have seen the picture of Westport Lion, Maggie McGing standing beside one of the newly-painted shop windows in Westport Town. The eagle-eyed among you may have spotted the 'positive vibes' message that was written in the window. It said **'We can't always choose the music life plays for us, but we can choose how we dance to it'**

Dealing with the Covid 19 pandemic has not been easy. It really has altered every

aspect of our lives. There is no doubt that this is not a tune we would have picked. But the onus is on all of us to get our dancing shoes on. Don't let this pandemic take more from us than it must. As Lions Club members, fight for your community, fight for your clubs and know that 1.4 million Lions across the world are doing the same as you.

Finally there appears to be light at the end of tunnel. Vaccines are beginning to come forward and hopefully soon we can have our lives back. One of the great strengths of the Irish has always been our music and our dancing, it's in our DNA. So, no matter what tune life is playing for you right now, get up and dance.

DG Des



Emily's Peace Poster is Tops



Emily Jiang, a student at St. Joseph's Girls National School, Mountmellick, is the winner of the 2020/21 District Peace Poster Competition.

She was nominated by Portlaoise Lions Club.

Emily's poster was inspired by this year's Peace Poster theme 'Peace Through Service'. Her artwork will now represent District 133 in the international final of the competition.

Diabetes Launch Reaches Goal

The successful launch of the District Diabetes Strategy would not have been possible without the commitment of zone chairs, club presidents and club diabetes officers.

The District Diabetes Team has drawn great encouragement from the enthusiastic support they have received, dating back to August when we held the initial briefing meetings with zone chairs. Sixty per cent of clubs are engaging with the project and we have established mutually beneficial working relationships with Diabetes Ireland and Diabetes UK NI.

The success of the launch can be seen in the fact that we have already exceeded our target of 2,500 individuals completing the online Type 2 Diabetes Risk Assessment tools.

This gives us great confidence for the next stage of the project in January 2021.

Please remember to continue encouraging people to take the risk assessment and report your club assessment numbers to your zone chair and on MyLion.

We have extended the closing date for recording risk assessments to December 13th 2020.

If your club has not participated yet you can still get involved. Contact any member of the Diabetes Team.

This week we report case studies of what three clubs did to launch World Diabetes Day. We would be delighted to hear from other clubs about what you did.

Westport's Bright Ideas



Westport Lions Club through a combination of members' ideas, have come up with a list of action points in spreading information around diabetes awareness .

The objective : To create greater awareness and get as many people as possible to complete the Diabetes Ireland online Risk Assessment tool.

A few ideas currently and in the pipeline include:

- 1 A social and print media campaign seeking to promote early detection of Type 2 Diabetes
- 2 Creating a short video of people living with the condition to highlight the reality of living with Diabetes.
- 3 Organise a cookery event focusing on eating healthy to prevent diabetes.
- 4 Subscription to Diabetes Ireland magazine for distribution to local libraries post COVID.
- 5 Croagh Patrick Diabetes Awareness Event August 2021.

Kilkenny Action Programme



Lions Club President Brian White distributing Diabetes Awareness bookmarks to pharmacist Patrick Lannon , Haven Pharmacy on World Diabetes Day November 14th 2020.

Kilkenny Lions Club has consistently over the years supported the Lions Clubs of Ireland initiatives on Diabetes awareness and screening.

We have staffed the Lions diabetes stand at the National Ploughing Championship on several occasions, the latest having been held at Fenagh, County Carlow in September 2019.

Over the past two years, Kilkenny has also offered a free diabetes screening at McDonagh Junction Shopping Centre in the City centre with over 300 people attending in May 2019.

Dearbhla McGinn, Senior Community Dietician in the HSE North West, gave an informative talk to our members around Type 2 diabetes at our October meeting

which was followed by a question and answer session.

We also organised media publicity to mark World Diabetes Day and our local paper the 'Kilkenny People', gave it great coverage including the online risk assessment. Also fifteen of our members undertook this assessment.

We are currently involved with Mount Juliet Estate, who will deliver to their guests, over 150 book markers around the Lions project on type 2, over the Christmas period.

Carrick on Suir Backs Campaign



Carrick on Suir Lions Club joined with other Lions Clubs in Ireland to put a spotlight on and raise awareness of Type 2 Diabetes on World Diabetes Day.

In October all of the Lions Clubs members received information on Diabetes with an emphasis on Type 2 diabetes. Club President Brian White , Secretary Stephanie Keating and Diabetes Officer John McNamara participated in an information session facilitated by Diabetes Ireland and the District Diabetes Team via zoom.

At the Club November meeting Pharmacist Patrick Lannon facilitated an information session on Type 2 Diabetes for club members , families and friends via zoom. We were delighted to receive the Diabetes Awareness bookmarks which we used to launch our Diabetes Awareness project on World Diabetes Day. The project got excellent coverage in the local press , The Nationalist and three counties . To date over 80 risk assessments have been complete .

In January the club plans to print bookmarks and posters for distribution to local pharmacies, GP surgeries , local library and community organisations.

We have found as a club that the Diabetes Awareness project has motivated us and kept us communicating through a difficult time. It has so far been a benefit to members physical and mental wellbeing.

Lions Walk Promotes Town



Carrick on Suir Lions Club Christmas Food Appeal Fundraiser 2020 was a great success with all the members taking a very active role in participating in walking and

fundraising.. and the weather was perfect for. The Lions challenge was to walk 500 kms between all club members over the weekend 27th/29th November whilst adhering to the 5km Covid restriction and for each member to raise as much money as possible. The good news is that Lions exceeded their goal of 500 kilometres and money is still coming in. The club set up an idonate on-line page and each Lion member has a sponsorship card. Two Lions in costume visited all the retailers in the town to wish them well and thank them for their support down through the years and promoted their businesses with photos, asking the community to shop local and keep the town alive. A Lion in costume visited areas where out of town Lions were walking to keep within their 5km restriction to promote Lionism in those areas. Members had much fun organising and participating in this project even with social distancing and it was a great PR event for Club town

Westport Food Appeal

Westport Lions Annual Food Appeal for Saint Vincent de Paul will take place on December 11th and 12th in SuperValu, Westport. Lions will conduct a compliant and safe event this year, led by Lion Brendan O'Malley. Donations of food, cash and the new 'Sum Up' tap machine will be gratefully received by Lions on the door. The collection will be presented to SVP before Christmas, for distribution to those most in need.

Antrim Litter Pick



Antrim Lions collected 45 bags of rubbish lifted at Templepatrick Park and Ride and surrounding areas.

Busy Bee

Westport Club Service Officer, Maggie McGing has been a 'Busy Bee'. This week we showcase the window display of 'Bee Green' Dry cleaners as part of the buzzing' Positive Vibes Westport initiative. They have made a generous contribution and their full window display, says:

‘Bee-lieve, Bee-have, Bee-ready, This too will soon Bee-gone!’



Club Service Officer Lion Margaret McGing is photographed with President Kevin Brown at Bee Green Westport.



Malahide Lions were also in action helping the local Tidy Towns Committee.

Parents Support Lions

The Parents Association of Malahide Community School held a ‘Drive-By’ collection in aid of Malahide Lions Club and Women’s Aid for Christmas 2020

The association appealed for ‘any loose change you may have in your car, your pockets, or any bags of coppers/coins you may have lying about the house’. Supporters were also invited to donate take out coffee money for that morning or unused commute fare for that day.

TY students with their collection buckets (social distancing will be adhered to) were at the school gates at morning drop off and evening collection times.



A busy month for Lions

Concert of Hope

A Christmas Concert of Hope

**Broadcast live from
St. Brendan's Cathedral, Loughrea**

With the Kind Permission of Msgr Cathal Geraghty

Available to view on: www.loughreacathedral.ie and churchservices.tv/Loughrea
The concert will also be available on the Loughrea Lions Club Facebook page on live stream
And broadcast on Loughrea Community Radio

**Sunday 20th December
@ 7pm**

Featuring
Local Performers celebrating Christmas

**Free event hosted by
Loughrea Lions Club**

A Gesture of Hope & Kindness to the local Community from Loughrea Lions Club

Held in observance of all HSE guidelines

Loughrea Lions Clubs Concert of Hope will broadcast from Loughrea Cathedral on the 20th of December at 7P.M. This free event is a gesture of hope to the Loughrea community near and far.

‘Gig’ boosts Dungarvan funding



Well known musician and singer John Stack did one of his Facebook Live ‘A Whiskey by the Fireside’ sessions as a fundraiser for the club, which was hugely successful. As an added bonus he has composed a song singing the praises of the mighty Deise hurlers, which he performed live on Facebook last Sunday night. It is on both Facebook and Youtube .

Both fundraisers, which are ongoing, are sure to surpass €25,000 in total.

In other years Dungarvan Lions Club would be in the middle of a blitz to sell tickets for its Monster raffle as well as many other fundraising events. Most years Lions raise in the region of €60,000.

Tickets would be available in all the familiar outlets through the town and the West Waterford hinterland. The club would be running Music Nights, Quiz Nights and

many other activities.

Alas, because of Covid restrictions, even under Level 3, Lions are unable to operate as previously and are unable to have any indoor activities of any sort as these are not permitted under Level-3.

Instead, this year, Dungarvan Lions are asking people to support a raffle by purchasing our tickets on-line. This can be done by connecting to its iDonate site at www.iDonate.ie/raffle/dlcraffle2020

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.

Christmas Publishing Plans



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

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 52nd Annual District Convention (the 4th 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, 1st VDG and 2nd 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 to arrive by 8th January 2021.



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

