



One Three Three District Newsletter

Number 154 1st February 2021.

From District Governor Des Ryan

Every Little Helps



It has been my pleasure to join ten on-line Zone Meetings over the past couple of weeks. It is great to see how so many clubs have embraced the new communications

technology. What was even better was to hear of the efforts being made up and down the country. So many clubs are doing Diabetes Awareness, so many doing the food appeal, other doing 'go-fund me' projects. Everything from 'Message in a Bottle' to 'Walking to New Zealand'.

Lots of clubs feeling that they wanted to do more but could only manage one or two projects. But this is the thing. When one hundred clubs are all pulling the same way, Lions D133 is making a real difference to our peoples. Communities from Belmullet to Waterford, Killarney to North Antrim are being served by our Lions organisation.



D133 has made a generous donation to our friends in Croatia in their hour of need. I

thank you all on their behalf. We have also sent a large container of flour to people of Beirut. We continue to be ready to help locally, nationally and internationally. Be proud to wear your Lions pins. Tell your friends about what we do. Community spirit was never as strong as it is now and it would be a good time to ask someone to join your club.

Stay Safe and stay positive

-DG Des

Handbook Seeks a Sponsor

D133 has launched a 'New Members Handbook'.

We are actively looking for a sponsor to help us publish this booklet.

Obviously company logo and acknowledgments would be included on the back page etc.

Any ideas or suggestions can be forwarded onto any cabinet member or des@ryansteel.ie

My thanks to our Supplies Officer, Lion John Powell for producing the booklet

Convention 2021 – Take Action Now

The 51st Annual District Convention, the 4th of District 133-Ireland, for the Lionistic Year

2020/2021 is to be held virtually on Saturday 6th March 2021.

District Secretary Karl O'Broin has distributed a form to be completed by each Club to confirm and register details of delegates they wish to represent their Club and who will be entitled to vote at Convention on behalf of their Club.

Each Lions Club in good standing is entitled to nominate one voting Delegate for each ten (or major fraction thereof) of its members who have been enrolled for at least one year and a day as at the First day of February 2021. Nominated voting delegates are entitled to vote on behalf of their club at Convention in the election of nominated candidates for the positions of District Governor, First Vice District Governor and Second Vice District Governor, and in the selection of the nominated Host Club for the 2022 District Convention.

Lion Karl encourages all club officers to ensure that their club is fully represented at Convention and, where possible, to nominate the maximum number of voting delegates to which the Club is entitled. This will ensure that all clubs have their say in confirming the District Governor Team to lead the further development of District 133 over the next three years.

Completed forms should be returned to the District Secretary via post or email by Friday 12th February.

Kevin runs for 2nd VDG Post

Lion Kevin Harty of Cork Lions Club is the sole nominee for election as Second Vice District Governor of District 133 for the year 2021/22.

Other nominations announced by District Constitution, Nominations and Resolutions Officer Dona Horgan are:

District Governor 2021-22 – 1st VDG Lion Ann Ellis of Carrick on Suir Lions Club

1st Vice District Governor 2021-22 – 2nd VDG Lion Gerald Cashman of Wexford Lions Club

2nd Vice District Governor 2021-22 – Lion Kevin Harty of Cork Lions Club

Galway, Wexford Seek Conventions

Galway Lions Club has submitted an application to host the 2022 Convention but is unable to complete the detailed costs until later due to COVID-19. Wexford Lions Club has expressed their interest in hosting the 2023 Convention.

Sugarloaf Submits Resolutions

Two Resolutions for Convention have been submitted by Sugarloaf Lions Club that :

1. Full GDPR compliance instructions and officer training be made available to all ROI Clubs before 1st July 2021 and

2. Detailed instructions and officer training relative to charity governance in keeping with the current requirements of the Charities Regulator ROI be made available before 1st July 2021.

Zones Support Guiding Lion Programme



District 133 held its first Certified Guiding Lion Programme on Saturday January 23rd 2021.

The programme was facilitated by Lion Stu Young FDI, MD105 CW Global Leadership Coordinator.

Guiding Lions have the opportunity to support individual Lions and Lions Clubs. Even seasoned and knowledgeable Lions find it challenging to stay current with latest policies, support materials and initiatives. The programme enables participants to become information experts.

There are 12 Zones in District 133 and each Zone was represented. There were 27 participants including DG Des Ryan and VDG Ann Ellis. The programme was well received with great interaction and discussion. A feedback meeting is planned with the participants for Saturday January 30th via Zoom. It is planned to hold another

Certified Guiding Lion Programme in the Autumn.

For further information /queries please contact Lion Sean O Neill GLT
sean@unionhall.biz

Lions Asked to Support Schools for Deaf



PDG Frank O'Donoghue of Dublin Lions Club has invited all clubs in District 133 to support with donations, two specialist schools for deaf and visually impaired young people.

In a letter to all clubs Lion Frank says:

'It is 11 Months since our District Convention in Ballina; an occasion marked by the outstanding hosting by Ballina Lions Club and presentations by two guests, Ballina native -Ireland's first Lady President Mary Robinson and George Lee-who has become one of RTE News COVID

commentators. It was also the occasion when elbow bumps were experienced for the first time.

For many present the outstanding memory was the performance of the choir of the Holy Family School for the Deaf and the talk by Maggie Owens a former pupil and now teacher at the school. Holy Family School is the only specialist school in the Republic dedicated to the teaching of deaf pupils at both primary and secondary level and as such draws pupils from all counties, with most pupils boarding. The performance by the choir at Convention was in appreciation of the funds raised by Dublin, Athy and Bray Lions clubs for the purchase of digital teaching equipment.

The importance of this support was highlighted a few days after the Choir's performance when the first Covid-19 lockdown was announced and the school was faced with the challenges of online teaching and the necessity to ensure pupils did not feel isolated. The financial support provided by the Lions helped to ensure that the senior cycle students were able to travel home with Chromebooks which gave them direct access to Google Classroom and to their teachers and friends. Google Classroom is an interactive learning platform used by teachers to communicate with their pupils and is part of the school plan to become a school of digital excellence.

To date the Lions fundraising has raised €20,000 of our target of €70,000 towards enabling the school to achieve its digital goal. It was agreed at Convention that the appeal would be extended to all clubs. The proposition is simple: a donation to the

school of €500 will fund the purchase of two Chromebooks.

In encouraging all clubs to support this appeal, I will draw on the words of Helen Keller who challenged the Lions at their 1925 Convention to become the Champions of the Blind. Helen Keller, who was impaired in both vision and hearing and was an advocate for both the Deaf and the Blind, saw deafness as the greater challenge:

*Blindness separates people from things
Deafness separates people from people*

While the focus of the fundraising to date has been on supporting Holy Family School, the only specialist school for the deaf in the 26 counties, there is also a specialist school in Northern Ireland, the Jordanstown Schools and Centre of excellence for children who are deaf or visually impaired. Jordanstown Schools will welcome funds donated by Lions Clubs in Northern Ireland. We are only too aware that fund raising is particularly difficult at present, but Lions in Ireland have a proud history of generosity towards those in need. The pupils of the Holy Family School need our support as do the pupils in Jordanstown School. Please send your donations to the District Treasurer Lion Kevin Harty. Cheques should be made payable to 'Lions Clubs International District 133' and marked either 'Holy Family School' or 'Jordanstown Schools' on the reverse of the cheque.

Sleep Pods for the Homeless



The District Homeless Project, headed by Lion Paddy Cahill, has evolved over the years as needs changed. The newest indication of this is the purchase of Sleep Pods for the homeless.

Sleep Pods are an Emergency Aid. They are designed for rough sleepers in severe weather conditions, to help keep people warm and dry. Sleep Pods are:

- Insulated Self-Warming
- Rain resistant

Wind resistant

-
- Quick and Easy to Use
- Lightweight, Easy to Pack and Carry
- 1 Sleep Pod costs £30.00

Sleep Pods can never make sleeping outside safe, however the hope is that they can offer some meaningful protection from the elements to help rough sleepers through the night.

Says Paddy Cahill:

‘When I became aware of the existence of the Sleep Pods, I immediately knew that they would be of great benefit to the homeless charities that I work with around the country.

I spoke to DG Des Ryan, who gave the green light purchase an initial 30 for distribution. They have now been ordered and should be here in the next week or so. It is hoped that we can purchase more in the next few months when we get feedback from this initial order.



We have now received the Loomis newspaper for the first time and we are delighted to spot the following item:

‘Good fortune often comes with open communication . . . and full use of the Internet. Proof of this is this editor’s chance meeting with Lion Frank Corr of District 133. Editor Frank shared his newsletter with me and received the Loomis newspaper in return. We bonded quickly and we will be sharing our news forever more. Frank’s publication represents his district’s clubs and the more than 2,500 members, all tried and true. Loomis will share news of the club’s projects and the results of the voluntary efforts from its 50 members. Because the club is very generous, it will also share the news we receive globally from the clubs on our vast newspaper email list. This editor has already reached out to several D-133 Lions for information on two of their ongoing projects. He will quickly assist, in return, all requests coming from clubs within D-133. This is part of what Lions do.’

Loomis Links with ‘One Three Three’

‘One Three Three’ now has readers in Loomis, California.

A few weeks ago we were contacted by Lion Jack Morris, editor of the Loomis Lions Newspaper, which is widely circulated to club members and Lions further afield.

Lion Jack suggested that we exchange newsletters – and we were of course happy to oblige. Having read his first issue, he was most interested in the Tullamore ‘Hooves for Hospice’ campaign.

‘The Curiosity’ supports Westport Lions



Presentation of the Cheque: Lynne O'Malley, Lion Maggie McGing, WLC President Kevin Brown, shop manager Melissa Hoban and Mary Gibson.

Melissa Hoban and the staff of The Curiosity charity shop, in Westport, despite being closed for all the lockdowns with local fantastic support have yet again been able to donate to seven local charities: Multiple Sclerosis; Westport Lions Club; Westport Family and Community Resource Centre; Westport St. Vincent de Paul; Irish Wheelchair Association; Mayo Animal Welfare and Mayo Rape Crisis Centre.

‘It’s been a tough year for all the charities and many have seen income from other sources like fundraising etc drop due to the pandemic restrictions’, said Melissa on the day of the cheque presentations. ‘So it

makes us extremely proud and humble that we have been able to achieve this.’

Westport Lions Club is honoured to be included in the line-up of charities that received donations, On behalf of Westport Lions Club, Club Service Chairperson, Lion Maggie McGing said she was ‘Really deeply moved and touched by the donation to the Club, given the shop was closed for five months in 2020’.

President Lion Kevin Brown stated, ‘It been a difficult year for all charities, It is a true reflection on the spirit of the town, that the rising tide lifts all boats’. WLC made a special 'Certification of Appreciation' to the shop manager.

Melissa added: ‘A massive thank you to everyone who has helped make this possible, with a special thanks to the team, who have worked like Trojans’.

The shop hopes to open as soon as possible and Westport Lions Club will be encouraging public support of this cause in 2021.

Virtual Art in Wexford



Wexford Lions are known for their warm welcome to colleagues and friends around the island of Ireland. The small matter of Level 5 restrictions won't stop the club from extending that welcome again -so Wexford Lions are delighted to invite all Lions and the public to visit, virtually, its annual Art Exhibition at Wexford Arts Centre.

This Annual Exhibition celebrates local talent and offers a platform for artists who are at various stages of their careers as well

as those with an interest in art who wish to see their work realised within a gallery context. For this reason, it is an important show within the Wexford Arts Centre's visual art programme. The *Exhibition* can be viewed online at <https://lionsclubshow.weebly.com/> and the Young Lions Gallery can be viewed at <https://lionsclubshow.weebly.com/younglions.html>

Having embraced technology over the past ten months, the club held the launch via Zoom, with a welcome address given by President Hilda Conway.

To celebrate the centenary of Lions in 2017, a Perpetual Children's Trophy was donated by Martin O'Rourke. This is awarded to a Young Lion for a work that explores the history and/or reflects on the aims and overall ethos of the organisation. This year's winner, titled 'Dusk To Dawn Is When The Foxes Stride' is by Lydon Ash Brodie Hayes.

Wexford Arts Centre and Wexford Lions Club would like to thank Spectrum Art and Framing, Light and Shadow Wexford and Wexford County Council for their ongoing and generous support of this exhibition. As part of Wexford Arts Centre's ongoing commitment to support artists, commission on artworks sold this year has been reduced to 10%.

For further information on the exhibition please contact Visual Arts Manager, Lisa Byrne via email lisa@wexfordartscentre.ie.

Winner of the Perpetual Children's Trophy, Dusk To Dawn Is When The Foxes Stride by Lydon Ash Brodie Hayes Age 11

Newcastlewest Celebrates



Newcastle Lions President Marian Mc Greey was delighted to learn that the club has earned the Membership Satisfaction Award for its hard work in 2019 to 2020. Lion Marian is pictured with our banner patch and 'Leo', the club mascot, which was knitted by Lion

John Mc Donagh's wife Pam.. The Satisfaction Award was well earned as Marian has both inspired the club's members to think outside the box in fund raising within the rules of Covid and helping the club retain membership by keeping in contact with everyone by regular zoom meetings. Lion Marian also made club members aware that Wicklow Lions had also received the same award. On the 9th February Lion Marian will host a zoom South African holiday walk social evening, the only entry fee is that club members must share a glass of South African wine and snacks. President Marian also took part in the Guiding Lions course.

Lion Derry Twomey.



Picture shows President of the Dungarvan Lions Club, John Considine and Club Secretary Des Power with Derry Twomey on the occasion of his 90th Birthday 2020. The Club made a presentation of the Seamus Heaney poem 'Digging' to Derry on his birthday.

Derry Twomey was the driving force behind the formation of Dungarvan Lions Club in

1978 and was duly elected the Club's first President.

From the start Derry was inventive in adopting fundraising events from a standing start. Indeed, he initiated much of the club's good works which continue to this day. A standout achievement by Derry, during his presidency in 1978/79, was in spearheading the establishment of Sesame Preschool in Dungarvan, catering for young children with special needs. Along the way he was made a life member of the Club and, in 2017, he was presented with a Melvin Jones award.

As the years passed Derry became a mentor and an inspiration to new members. His influence as an active member of the Club pervaded the activities of the Club down through the years and his valued input is acknowledged and greatly appreciated by the current Officers of the Club, which is now among the foremost in the Country.

Last September a small number of members had the pleasant task of visiting Derry, who was celebrating his 90th birthday and he regaled them with his memories and stories. It was with deep sadness Dungarvan Lions learned of his passing. He was a true gentleman, who quietly did so much to help the communities of Dungarvan and West Waterford. He will be sadly missed, by the Dungarvan Lions Club, the greater community and his many friends. Ar dheis Dé go raibh a anam.

Lion Tom Sheedy



Dundalk Lions were very saddened by the death of Lion Tom Sheedy. Tom was a founder member of the club being the first Treasurer in 1977. He later served as Lion President in 1987 and was awarded the Melvin Jones award for dedicated humanitarian services in 2008.

Tom (originally from Waterford) was well known and a very popular man in Dundalk and he served on many other organisations such as Dundalk Counselling Centre, Local Parish Council, Meals on Wheels etc. He contributed over thirty years of voluntary service. Sincere condolences to his wife Teresa and family.

Tom is pictured receiving the Melvin Jones award from Lion President Martin Yore and Lion District Governor Pat Connolly in 2008.

Lions Distribute 'Keep Well' Booklet



Following on from his previous initiatives on Suicide Awareness, Lion Pat Connolly organised a recent Zoom meeting with Lions Club members (Jim Kent, Sean Lally, Padraig Bree). He also invited Psychotherapist Michelle Whelan Kennedy (Galway Community Counselling Service) and Lion Paul Gillen, who is also Health Promotion Officer in the Health and Wellbeing Division, in HSE, in Galway. As an aside, it is wonderful to see our new members Sean and Paul taking such an active role in this initiative.

The discussion was extensive, relevant, timely and most useful but also covered many issues that exist throughout the whole country. These include the fact that many normally extrovert men, particularly who live alone, were finding current lock down very difficult. There is a view that there is a reluctance to ask for help, resulting in a worrying silence and the disengagement of many people.

Many Professionals believe there is a lot of hopelessness and despair out there. Some people have a psychological barrier to

accessing technology. At the other end of the spectrum, there are students who are now totally online and miss meeting people.

Paul mentioned the KEEP WELL Booklet developed by Age Friendly Alliance, with relevant, useful contacts and appropriate, extensive, helplines in Galway.

Notwithstanding the fact that the contacts are Galway based, the value of the information is universal. One of the participants 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.

Galway Lions plan to email PDF copies of the booklet to each of our members and the other clubs in its zone. The club also plans to distribute it to Men's sheds, Golf/ Sporting clubs, Retirement Organisations, and contact Gardai regarding Community Alert Committees etc. Some of these recipients will receive hard copies also. Galway Lions plan to promote this initiative on local radio and in local press.

If any Lions know people who would be interested in receiving a PDF of the booklet, please forward email address and/or for printed hard copies, please send email to padraigbree@gmail.com with exact postal address including eircode, and the number of copies required and he will send them free to you by return.

BRAY LIONS SUPPORT LOCAL CHARITIES



A generous response from the Bray community to a special appeal has enabled Bray Lions to provide support to eight local charities as well as individual families.

The Christmas Lions Collection replaced the annual Bray Lions Club Charity Sea Swim which was scheduled for New Year's Day 2021, but which was cancelled due to Covid 19 restrictions.

Collection envelopes were widely distributed to homes in Bray and recipients were invited to drop their donations to local pharmacies. The response was very positive and as a result Bray Lions has been able to donate in excess of €15,000 to local charities and families who were in need over the Christmas period.

The charities supported included three conferences of St. Vincent de Paul Society, Bray Meals on Wheels, Bray Women's Refuge, Wicklow Rapid Response, Bray Poor Relief Fund and Bray Lakers.

'The support from the local community has been massive and we are most grateful to all who contributed and to the participating pharmacies', said Bray Lions Club Danny Bohan.

Pay it Forward' helps Lions



Rosemarie Bennis (member of Newcastle West and District Lions Club and her team in Sonas Health Foods shop ran a 'Pay it Forward' campaign before Christmas. This novel fund-raising initiative gave customers who purchased a cup of coffee the option to 'Pay it Forward' with the funds raised going to local charities. A total of €1,000 was raised during December and the proceeds were divided between Newcastle West and District Lions Club and Brothers of Charity Newcastle West which each receiving €500.

Newcastle West and District Lions Club distributed €7,000 in supermarket vouchers and fuel merchant vouchers to families and older people in need at Christmas.

Lions Donate Washbags



Rodney O'Hare from 'The Friends of Daisy Hill Hospital' is pictured receiving washbags donated by Newry Lions for patients in the hospital during these trying times for of health service.

Sugarloaf Innovates



Pictured is SugarLoaf Lions Club member Joe Grennan presenting the cheque for €2,500 to Louise O'Sullivan from Saint Vincent de Paul, Kilquade Conference.

Due to Covid-19, Lions Clubs were unable to collect or distribute food for the Christmas Food Appeal in the traditional manner at Supermarkets in 2020. SugarLoaf Lions Club decided for the first time to carry out a leaflet drop/advertisement campaign with a view to raising €10,000. This involved a leaflet drop to thousands of houses in our area, advertising in local newspapers and

radio, collection buckets placed in pharmacies, posters placed in shops and business premises advertising the campaign.

The campaign was also advertised on the Sugarloaf Lions Club website indicating three methods in which to donate. Updates as to how the appeal was progressing were also available on the club's Facebook and Instagram pages.

Say club president Lion Michael Cleary:

‘As this was the first time we tried this method as a means of obtaining funding for our Christmas Food Appeal we were not sure as to how successful it would be. I am happy to say that the amount sought was achieved which we deemed to be very successful and a great credit to our members who worked hard to make it possible’.

Vouchers to the value of €7,500 were distributed to those in need prior to Christmas with the additional €2,500 being donated to Saint Vincent de Paul Kilquade Conference. In the last couple of years SugarLoaf Lions Club and Saint Vincent de Paul have been providing mutual assistance to each other with regard to assisting those in need in their areas of interest.

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

