



PRIDE of the NORTH

NEWSLETTER for 105N District

Issue 17 - May 2025

Rishi Gets PSA Tested!



A special guest attended the recent Darlington Lions PSA testing event on the 3rd of May as **Former Prime Minister Rishi Sunak was one of 183 men who was tested**. Mr Sunak, who recently became an ambassador for **Prostate Cancer Research**, said: **"The Lions Club's work on this is fantastic**. The event was really well organised and it was great to see so many men coming through, with the **tests being administered quickly and efficiently by the excellent team of nurses.**"

Mr Sunak, who paid for his blood test, also called into the **Darlington Lions Charity Bookshop** which raised most of the funds required for the event. **Nearly 1 in 5 men tested** were advised to see their GP for further investigations and tests, with **8.7% of men receiving a Red result** and **11% an Amber result**.

President Pat De Martino said: "We were **delighted to welcome Rishi Sunak** as his presence and on-going interest in the importance of early diagnosis of prostate cancer will undoubtedly help more men become more aware of this killer cancer and get themselves tested." **A video of the event is available to view at:** https://www.youtube.com/watch?v=7OytF3N_YKs

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**Connecting members in Yorkshire, the
North East and Scotland**

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Editor's Page



Dear all,

The months seem to be flying by this year and we are already on the cusp of **handovers and a new Lionistic year**. As always, the POTN will be here to **highlight them and promote your Clubs** as your Leadership Teams evolve and grow.

In this issue, we have our **Club stories, reports from our Governors and a special report about our District's Prostate Cancer** efforts which is a perfect pairing for our Front Page Tale.



Finally, just to give a **callout from Rothwell District Lions** who have approximately **1000 plastic ducks** which need to be disposed of as the Club has too many. They are all in good working order, although slightly used, and if you are interested, **please email: contact@rothwell-lions.org.uk**

Luke Maunsell

District Newsletter Editor



media@keighleylions.org.uk

District Governor's Photos



Congratulations to **Shelby J Robinson, from Goole, winner of the national MD Young Ambassador competition** and who gave a perfect speech at our national Convention last week. She has now become a Leo.

Congratulations also go to **Reuben from Hornsea for winning the Peace poster**, presented in the House of Commons with his mum and dad in attendance.

Finally, a huge thanks to the **four officers who received International President's medals** for their service to Lions Club International and especially your Cabinet – **these represent a lot of hard work and commitment.**



District Governor's Message

Dear fellow Lions,

Nearing the end of the Lions year is **a good time to reflect on the state of play in your Club**. Your **District team has been pleased to be invited to discuss ways to regenerate Clubs** and we have one or two Clubs on the books right now.

To help us in this endeavour we now have Lions who have had '**Guiding Lion training**'; Lions willing to visit Clubs as they review ideas for refreshing membership and service. **Please contact your Zone Chair if you have a question and remember to register your Officers before the cut off**. However, if there are any problems, please contact your **Zone Chair, our District Secretary or a neighbouring Club** for help.



What has become quite clear is that **many do not know the different sorts of Clubs that we can have:**

- **Leos are aged 18-35yrs** and, if there are 15, then they can form their own Club.
- Any keen **community focused group of 5** can approach their nearest club, a Host club, to become a Branch – the only difference is that they will use the banking arrangement of the Host Club, and this could also be a Leos Branch.
- A **Speciality club will have a focus on one of our Global causes** so if you have 19 friends that like creating gifts for hospital inpatients, wombling to keep our environment clean, supporting food banks, working for a talking newspaper, events for those with Vision loss or Diabetes or another special idea - please let us know, your local group might just be waiting to join us.

Vision Screening of Reception Class children, checking for 'lazy eye' will be a big District wide project later this year. **Training sessions** on how to use the screening cameras are being held in at **Lions Birmingham HQ on 29th June 2025** – the times are 9:30- 11:30, 12:00 – 14:00, or 14:30-16:30 – and mileage will be paid

I hope to see many of you at the **Development Day in Scotch Corner on 1st June**.

And finally a **HUGE, enormous thank you to the Communications team** who have risen to the challenge of sharing our news this year and protecting our data with new software for the website. As a result of their hard work, you will not be getting a Directory document this year and **you will be able to access information through the website** once you have registered. **Look out for your letter from Lion Peter Milburn!**

Enjoy the sunshine!

Lion Gillian Swan

District Governor



gmswanis@gmail.com



1st Vice Governor's Message

Fellow Lions, Leos and Partners,

Since the last newsletter, I have had some **excellent Club visits**, and met lots of new members.

I was very pleased to be at **Tickhill Lions Club** as they took publicity photos for their upcoming Classic Car event. I would have been very happy to have been left in either of the classic cars on display. Embarrassingly, what I did leave with was a **very large Thornton's Easter Egg** after drawing out my own number in the raffle. **Again!!!**



I also attended the last of our **home based DGE training in Redditch** at the end of April. I **enjoyed very much attending the National Convention in Llandudno** at the beginning of the month, as Kairen and I were introduced to the membership as **incoming District Governor and wife for 2025-26**. My remaining **Club visits in June** are **Denby Dale on 4th** and **Rotherham on 9th**.

This year has been a difficult year for some Clubs, especially those low in numbers and with an elderly membership. We at **Cabinet will be doing our best to support them and encourage them** to look at ways of attracting new members. **Change is inevitable and if we can change the way we do things, we may find that more people want to be a part of it.**

Keep doing what you are doing though Lions by supporting your own communities.

Remember - together we can, together we do.

Lion John Sellers, MJF

District Governor - Elect



sellersatmallard@aol.com



2nd Vice Governor's Message

Dear fellow Lions, Leos and partners,

It was my privilege to continue visiting clubs the last month, having travelled to **Derwent lions, Leeds/Skyrack, Otley Lions and Castleford and Pontefract**. With only **Minster Club and Garforth Club** still to visit, I continue to enjoy learning more about the family of Lions and getting new ideas from each and every visit I make. So, **thank you to all those wonderful Lions and Clubs**.



I attended **MD Convention at Llandudno**, which was again a wonderful experience. My light bulb moment was at the previous event in New Castle when listening to Douglas X Alexander, however that has been surpassed by the **'Awesome' delivery of the Key Note speaker PID Lion Brian Sheehan, blown away does not do it**.

To attend the weekend Convention can be in some cases cost prohibitive. However I **rented a AirBnB for 2 nights for 4 of us an £30.00 a night**, which most could probably stretch to and we all **went down in one vehicle saving more**. So, **if the expense has been holding you back try this and get the benefit of attending**. Next year, the convention is in **Gateshead**.

Additionally, I have completed my **Guiding Lion Training** which will hopefully come in handy as and when required. I also attended **Ryedale's Charter**, and was treated well. In good company, and as a bonus, we also stopped at **Thorton le Dale to visit Matthewsons (Bangers and Cash)** and saw the main man 'Derek' sat outside chatting to visitors.

I will be attending the **70th Charter dinner in Huddersfield** and also the **Bradford Charter in June**.

This year has, as they say flown past, so soon I **will be working as 1st VDG**, and that is thanks to **Keighley and Huddersfield for Proposing and Seconding me** for the role.

Lion Allan Clark, MJF

**1st Vice District Governor Elect
GET Officer 2024/2025**



nalla105c@yahoo.co.uk



Calendar Dates

Boroughbridge Lions

Summer Fête

26th May from 10.00

Sports Association Field, Aldborough
road, YO51 9EA

Find out more: bbrlions@hotmail.com

Easingwold District Lions

Summer Fayre

1st June from 12:00

Easingwold Marketplace, York, YO61 3AN

Filey Lions

Filey 10k Beach Race

8th June 2025 from 10am

Arndale Way, YO14 9EW

Find out more: www.fileylionsclub.org

Wetherby Lions

Drovers' Day - Cultural Gala and Brass

Band Marching Contest

29th June, from 11am

Wetherby Highstreet/Bandstand

Find out more:

www.wetherbylions.org/droversday

Activity Alliance National Junior

Para Athletics Championship

5th and 6th July 2025

Coventry Godiva Stadium, Kirby
Corner Road, CV4 7AL.

Email: tregillus@hotmail.com

Filey Lions

Golf Day

11th July 2025 from 9am

West Ave, YO14 9BQ

Find out more: www.fileylionsclub.org

Sunderland Lions

60th Charter Dinner

12th July 2025, 12:30am for 1pm
Whitburn Golf Club, Lizard Lane, South
Shields NE34 7AF

Find out more:

carolyn.ewing800@gmail.com

Filey Lions

Annual Ball Race

6th August 2025 from 7pm

Cargate Hill, Filey

Find out more: www.fileylionsclub.org

Lions Fun & Sports Day for people with Disabilities

16th August 2025

Parklands SSC, Doncaster

Email Lion Auriol Henton:

auriolandjoe@hotmail.co.uk

Elmet Lions

PSA Testing

25th September from 2:30pm

The Motorist, Lennerton Lane,
Sherburn, LS25 6JE



District Convention

6th to 8th February 2026

Scotch Corner, Darlington, DL10 6NR

Hosted with thanks by Thirsk and
Northallerton and Easingwold District
Lions Club

District Convention

5th to 7th February 2027

Scotch Corner, Darlington, DL10 6NR

Hosted with thanks by Garforth District
Lions Club



Filey Lions Club
CHARITY GOLF DAY
AUG-SEP

Entrance forms available from:
fileylions.golf@gmail.com
Friday 11th July 2025 At Filey Golf Club

Gents, Ladies or Mixed Teams; Tee times from 10am
4 Players per team, £100 per team. (Discount for FGC members)
Handicap index limits: Gents 28 & Ladies 38
Stableford format; 85% of course handicap
3 divisions with prizes for 1st and 2nd in each
PLAY GOLF FOR A GREAT CAUSE and SUPPORT LOCAL CHARITIES
email: fileylions.golf@gmail.com or www.fileylionsclub.org

Have an upcoming event or Charter Dinner?

If you have a date for the next issue,
please email me on:

media@keighleylions.org.uk



CHARITY NUMBER 1176472
www.rothwell-lions.org.uk

Rc- AUTO SHOW
SPRINGHEAD PARK, ROTHWELL, LEEDS
SUNDAY 8TH JUNE 2025
10am until 3.30pm

**We have now received sponsorship
Which means vehicles will not be
charged for attending**

**PARK LANE
LS26 0EP**

Applications for vehicle/stall holders should be made to
contact@rothwell-lions.org.uk

EXHIBITORS £5 PER VEHICLE : STALL HOLDERS £20
Entry for exhibitors /stall holders from 8 am
Stall holders must book in advance.
Car owners preferably pre book but you can pay the day
Bookings taken from 1st April
Free entry to public from 10am.
Bucket donations will be appreciated with all money collected going to good causes



Charity Golf Day at Moffat Golf Club

Saturday 5th July 2025 9am Shotgun Start

Teams of 4

3 Drives each plus 1 Tee shot at Par 3

(i.e 4 Tee Shots each)

Nearest the Pin @ the 9th & 13th

Nearest the Line on the 15th Hole

£120 Per Team

Includes Coffee , Soup, Sandwich and Chips

Support Options for Lions Charity Day

1. Hole Sponsor £50.00
2. Donate Prize for Raffle
3. Donation
4. Enter a Team



Prostate Cancer testing in District 105N

Dear fellow Lions,

Since August 2022, when Darlington Lions carried out their first PSA testing event (to my knowledge the first in the District) **seven clubs have now hosted an event**, many more than once and **two more Clubs have booked to host** their first event in the next few months.



So, since August 2022, **District 105N has tested 1328 men** with **89 men** being told they should seek further medical advice and **78 men** being advised to **retest** again after a year. Statistically, that means, we have found **over 30 men with Prostate Cancer that didn't know** they had it!

So, why host an event?

Prostate Cancer is the biggest killer of men over 50 and there is **no National Screening Programme**. Remember, every year in the UK, nearly **50,000 men are diagnosed with Prostate Cancer**. Awfully, It is the most common cancer in men and **kills over 12,000 every year!**

However, **lots of research is going on** in terms of both diagnosing and treating Prostate Cancer and we can continue to do our bit to support this.

If you would like **more information or a guide on how to host an event** at your Club, please contact me.

Jon Lines

District Prostate Cancer Officer



Jlines18@hotmail.co.uk



Development Workshops and Webinars

Strengthening Our Clubs: Addressing Challenges, Driving Growth, Serving Communities

All Lions and Leos are invited.....There is something for everyone.....we look forward to seeing you!

Date: Sunday 1st June

Time : 10.00am

Location: Scotch Corner Hotel, Darlington

Join with lions from across our District to:

- Discuss the challenges facing Lions Clubs today,
- Explore effective strategies for membership growth and retention
- Learn about some of the inspiring Lions service projects taking place in our District
- Discover how your club can increase it's community profile with Lions Youth projects
- Find out how your club can reduce the burden of membership fees on individuals
- Receive 1:1 coaching with the Lion Portal and Social Media
- Get your questions answered by our panel of experienced Lions
- There are also breakout sessions for Incoming Club Officers, to help you prepare for the year ahead

Please email Michelle.mcarthur@jigsawatwork.com for more information.

Be Prepared for 2025-2026 - Are you an incoming Club Officer?

Specifically designed for:

- **New Club Officers:** If you're stepping into a club officer role for the first time, this training will provide the foundational knowledge and resources you need to succeed.
- **Experienced Club Officers:** Seasoned officers will benefit from this update, gaining insights into the latest opportunities, resources, and best practices available to support clubs and enhance community service.
- **Aspiring Club Officers:** Thinking about taking on a leadership role in your Club? This training is the perfect opportunity to learn more about the responsibilities involved and discover if a club officer position is right for you.

Incoming Presidents and Vice Presidents – 24th June - Online

Register to attend here: https://us02web.zoom.us/meeting/register/P04Ab1t2T4udwSnt-3ajag_

Incoming Secretaries – 26th June - Online

Register to attend here: <https://us02web.zoom.us/meeting/register/SGAxAeBtSpuNvbyqTK6oVg>



Lions Portal Training – Brush Up Your Skills

Date: 19th June
Time: 7.30pm
Location: Online



Do you have unanswered questions about the Lion Portal?
Would you like some help with reporting your club service activities?
Are your club details up to date or do you need help in editing them?

During the portal training we will look at how to:

- update your membership figures
- report service
- access the learning centre
- update your club officer information
- print membership cards
- edit your club details
- pull off a summary of your members clubs awards and service achievements
- plus access many more resources and information including, marketing and PR, membership resources

Register to attend here: <https://us02web.zoom.us/meeting/register/V9PjkwZyRmucfb0nop4aNg>.

If you would like a copy of the full list of development opportunities for 2025, email michelle.mcarthur@jigsawatwork.com

Competition Corner

Scores on the Door

Travelling Lion:

Thorne Rural - 35
Garforth - 14
Keighley - 5

Host Club:

Thorne Rural - 12

Don't forget that our District has some **great, creative competitions** which are fun and help build comradeship between us all. If you would like to get involved in any of them, **please contact Lion Roy Field** at: rjafield58@gmail.com.



Tales from our Clubs

Holme Valley Lions



At their April meeting, Holme Valley Lions received a **special visit from DG Elect John Sellers** who had some important presentations to make.

After a short talk, he was immensely honoured to present several milestone Chevron Awards to Lions: **Steve O'Leary (30 years), Bert Neary (35 years) and Charter member Stuart Broadbent (45 years)**. An incredible series of awards to an unbelievable group of Lions.

The Club is also holding its **Annual Raffle which will be in aid of Hollybank Trust home** in Holmfirth. After a superb push, it has now sold all of the **3000 tickets allocated** which should give the Club around **£3000 for sensory equipment at Hollybank**. The raffle will be drawn on 4th June and is the third year in a row where this stunning total has been reached. **Well done all!**

Communities pulling together is an amazing thing and something which Lions try to push for and achieve.

For example, when a **much-loved carer from Tickhill had her electric bike stolen** during her rounds—despite it being wheel-locked—the community was outraged. Shocking footage showed thieves on a motorbike taking the bike, and the video quickly spread online. **What followed, however, was nothing short of heart-warming.**

Neighbours, friends, and local shops came together to support the carer, who is known for her tireless dedication and kindness. An online fundraiser was launched to help her replace the £1,700 electric bike that she relied on daily. Hearing of her plight, **Tickhill & District Lions, played their part too by contributing the final £500 needed.** A **powerful reminder of the strength and compassion** and true spirit in our communities and how they show their true spirit—**kind, generous, and united just like Tickhill!**

Tickhill and District Lions



Rothwell District Lions



An **absolutely legendary Lion** has been presented with an **awesome inscribed glass plaque** in honour of his retirement **after a huge 50 years of service** with the Rothwell District Lions.

The Lion in question is **Paul Brunner** who has achieved so much for the Club and community during his time. The event was doubly satisfying given that Paul had, just last year, **suffered a stroke whilst on a cruise** to Iceland. Fortunately, with the **assistance of the Icelandic Health Service and the local Icelandic Lions Club**, which helped with his repatriation, Paul made a good recovery and was able to receive his award. **Enjoy your well deserved retirement Lion Paul - thank you for all you have done.**



Ryedale Lions



In Ryedale, the local Lions have been making much use of their annual **Easter egg donations** which have helped **local schools raise £1750** from a series of raffles.

One of these lucky benefactors has been **Thornton Dale C of E Primary School** who made **£400 from their raffle** in order to finance a new "trim trail" after their existing one was declared unsafe. Once this had been achieved, **Ryedale Lions Club was able to match fund** the amount to get the project over the line. The **winner of the raffle was Artie** (as pictured) shown here with **fundraising superstar Isla** who suggests lots of exciting and different ideas for the school.

International Aid Lions

As part of their International commitment, Ryedale Lions Club has also continued to make an annual donation to a charity "**Smiles to Tanzania.**" This charity supports the **children on Ukerewe Island in Lake Victoria, Tanzania** who are not allowed to attend school unless they have a school uniform. £5 is all that is required to purchase a school uniform. Consequently, **Ryedale Lions Club has been donating £250 per year for a number of years.** Some of the donated funds are also used to **provide lighting in the family homes** to replace the harmful kerosene lamps that have been widely used up until now.



Also helping out are Keighley Lions who have raised a **fab £430 at their superb, 2 course Sunday lunch and raffle** at Laycock Village Hall on Sunday. This money will be sent to support **14 year old Eric who resides in a Gift for Living orphanage in Uganda.** The cost per year is £390 for the Club which goes towards Eric's education, food and clothing. As a result, the Club is delighted to have exceeded this total and **thank all the guests who attended and Lions Ruth, Sue, Lucie, Shelley and Robert** who cooked, hosted and supported the event.

Rothwell District Lions

The story of **Rugby League player, Rob Burrow** and his inspirational fight with MND has helped the perception of the disease and encouraged many to raise funds and make a difference.

Touched by the struggle, the Club has been raising money for the building of the **new Rob Burrow MND Centre** which will be completed this Autumn, at Seacroft Hospital, Leeds. The most recent donation push saw the Club **raise £2500** for the effort which **Lion President Harry Boynton presented a check for to Leeds Hospital Charity representative, Waseem Hussain.** Collectively, the Club is delighted to have raised a **total of £10,000 for this effort and extends its thanks to the community** who have supported this as well as all the staff at the centre.



Dumfries Lions



Lions in Dumfries have been giving their backing to their local community via a number of financial donations after a **successful golf tournament**.

The first two are **The Moffat Academy pipe band and Kayantics Outdoor Education Provision who received £500 each** to assist them in purchasing much needed equipment. Members of the **Pipe Band and William Austin of Kayantics** are pictured with **Moffat Academy Head Teacher, Kristin Candlish** as well as **John MacColl,**

Carolyn Brown and Ken Humphrey from the Lions Club.

Additionally, **£500 has also gone to the Dumfries Young Curlers** to assist them with their expenses in travelling to compete in the **International Junior Curling Club Bonspiel** in Fussen in Germany against teams from Italy Switzerland and Germany gaining second place against very strong opposition. The Club also welcomed **Andy Irvine Chairman of the local Cash For Kids organisation** following his very interesting talk to the Club members at this months meeting.

Stocks are a great deal of fun and I am sure there are many members who we would love to see in them (just joking) and in Allendale, they have been loving to use them.

During the **Allendale May Fair on Saturday May 3rd**, willing victims were invited to put their heads (and hands) in the stocks to be 'punished' by people they knew. For £1 a **bucketful, wet sponges could be launched at their targets to create pain and pleasure for all involved**. It was a very **popular event for all age groups**, running between 11.30am and 4.30pm. Overall, **£150 for local good causes** was raised all whilst wearing a **brand, new T-shirt for this and future events**.

Allendale Lions



Denby Dale District Lions



Over a **very busy month**, the Lions in Denby Dale have been doing some wonderful work.

They started by doing some **marshalling duties at the local, Yummy Yorkshire dairy farm for a Tractor Run** around the local villages. With over **50 tractors of all shapes and sizes taking part**, the event raised **thousands of pounds** for the **Children's Air Ambulance**. The Lions also made a donation to this worthy cause. **We hear the run was quite a sight to behold.**

After this, the Club held a **Chocolate Tombola stall at a Family Fun Day** at a local cricket Club with much needed funds being raised for the Club. They also raised in excess of **£600 by raffling a number of lovely Easter Hampers** at local businesses. Finally, they were delighted to **present a cheque for £600 to a local Horse Sanctuary** who was celebrating 20 years of rescuing horses and other animals in need. In the photo, you can see rescue horse **Brandy with Lion President Paul, Stacy from the Horse Sanctuary and two Lion Club members both called David!**



Easingwold District Lions have also been busy as they happily took over the **Easingwold Millfield Parkrun** to help guide the runners around the course. As a special treat, they also **brought along a cake stall** (well what else do you have after a run if not a very yummy Lions made cake?) to raise funds for **St Martins Hospice in York** – a cause dear to their hearts. **A truly excellent collection of £226.52 was raised - well done!**



In support of the **80th Anniversary of VE Day**, the Club held a stall to give a **chance for the public to have a chat with them** and find out what Lions do. **Lion John brought along a digital projector** and relayed the live VE day proceedings from London which attracted a good crowd. A successful Jumble Sale went ahead at **Alne Village Hall in April** which was very well attended and we managed to raise the sum of **£417.95**.

Going forward, the Lions are holding a Summer Fayre in the Marketplace on **Sunday 1st June**. The Town Band will be playing alongside other activities with all **proceeds going to their PSA testing project**. Their in demand grant scheme is also open again with sums up to **£500 on offer**.

Elmet Lions



Our friends in Elmet have held another fantastic, **Great Selby Bike Ride**, for the 3rd year running, on Sunday 18th May. This phenomenal event proved to be a great deal of fun as well as a big fundraiser for **Martin House Children's Hospice, British Heart Foundation, Pancreatic Cancer Research and St Leonard's Hospice**.

For those who might not know, the ride starts at **10am** and gives **2 route options, 25 mile and 45 mile** – which both run through the Districts of the Selby area with the last cyclists returning around 3pm.

Marshalls are required at every junction where the cyclists have to turn and **Elmet Lions wants to thank all those** who took on this important role– particularly those from other Lions Clubs – **Castleford and Pontefract, Boroughbridge, Derwent, Garforth, Wetherby** – **Lions helping Lions**. This year for the first time that the Club had the **Ride Of Honour mobile** marshalling the ride to ensure health and safety as there were two other rides taking place on the same day over similar routes!

The Club is proud to announce that that by the day – and on the day – the total raised was **around £3500 with money still coming in. Fab, fun fundraising!**

Upcoming Deadline

Thank you all for your contributions this month. The next deadline is the **22nd June 2025**. I look forward to seeing what your Clubs have been doing so do email me on: [**media@keighleylions.org.uk**](mailto:media@keighleylions.org.uk)

