



► HEALTH MINISTER LAUNCHES "MESSAGE IN A BOTTLE"

Malahide Lions Club

District 105I Chartered 1973

"We Serve"



► CHRISTMAS FOOD APPEAL TO RAISE FUNDS FOR LOCAL NEEDY CASES



Keeping in touch

THE 3RD EDITION OF AN OCCASIONAL BULLETIN TO KEEP OUR VALUED PAST MEMBERS AND FRIENDS UP TO DATE WITH WHAT'S HAPPENING IN MALAHIDE LIONS CLUB

Dear past members and friends

We have been busy over past few months continuing in the tradition of fundraising and service activities for which the Club has a proud history. Included in this edition are items on our recent activities and the causes which we support. Of particular note is the successful launch off the "Message in a Bottle" project to put life-saving bottles with medical and other details in the hands of emergency services. Also, our involvement in supporting financially the excellent **Stress Control** course run by Dr. Mark Harrold continues. Read on and enjoy.

And a very happy and peaceful Christmas to all our friends.

Willie Rooney, President 2012/2013

Health Minister launches Message in a Bottle

Minister for Health James Reilly TD recently launched our Message In a Bottle campaign in the Grand Hotel.

The Message in a Bottle scheme, which is free to all who need it, is aimed at the more vulnerable people in our community. As a minimum it will save the emergency services valuable time identifying someone in difficulty and will quickly provide his or her emergency contacts.

Users are asked to complete a simple personal information form (with the help of a family member or carer, if necessary), and place this in a readily identifiable white container bearing a green cross. This is then placed in their fridge where it can easily be found in the event of an emergency, as indicated by green cross stickers placed on the inside of the front and back doors and on the fridge door.

Some causes recently helped by Malahide Lions:

St. Francis Hospice; St Michael's House; Stress Awareness; Sight First; Diabetes Testing, Living with Arthritis, Light of Maasai Project Kenya; Laura Lynn Foundation and Childrens' Sunshine Home; Local and Third World causes

Huge demand for stress course

We continued our financial support for Dr. Mark Harrold's Stress Control course which has now run its 3rd series of 6-weekly self-help lectures in the Grand Hotel. Almost 600 people participated over the 3 series an indication of how necessary this type of course is in these challenging times.



stresscontrol

Face your fears; be more active; watch what you drink



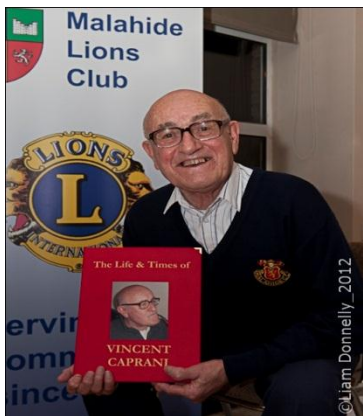
CHRISTMAS FOOD APPEAL

One of our flagship projects, our **Christmas Food Appeal** will be held from 13th to 15th December 2012. Over the past seven years we have collected in excess of €52,000 for local needy cases. On average we have about sixty helpers to fill our rosters over four days. These include many friends and volunteers from the Active Retirement Group. The success of this project is due to the generosity of the people of Malahide who year in year out are tremendous supporters of the club. Through confidential contacts in the area the club is able to identify those in need who may not otherwise come to the notice of other charitable agencies. Look out for us around the village ... and please give as generously as you can!





Tribute to a North Dublin legend..!



Malahide's resident writer, poet, artist and historian Vinnie Caprani and the book of his life at the tribute night in Malahide Tennis Club.

On Saturday 3rd Nov, the local community, supported by Malahide Lions Club, paid tribute to one of their own, the writer, artist and historian Vincent Caprani.

The evening of the surprise celebration centred on the proverbial Red Book of 'This Is Your Life' fame, and took place in the Malahide Tennis & Croquet Club.

Paul Douglas, Vice President of Malahide Lions, delivered the opening address and introduced Seamus Dooley, Secretary of NUJ, as master of ceremonies, narrator and interviewer.

Among the many guests who

paid tribute to Vinnie's life and career were Senator David Norris, writer Ulick O'Connor and trade unionist Des Geraghty who with friends provided the traditional Irish music entertainment.

Many messages of good will and best wishes were received from some whom Vinnie befriended in his journey of life, including a very special message of support and friendship from President, Michael D Higgins.

The **Living Well with Arthritis** course is a programme of non-medical interventions, designed to complement the medical treatment of arthritis with simple but effective techniques. This award-winning workshop has been proven around the world to be an important part of the prescription of effective arthritis treatment by decreasing pain, reducing reliance on health professionals and medication and improving the overall sense of wellbeing. You can learn how to manage your condition and make a big difference to your quality of life. Malahide Lions, in conjunction **Arthritis Ireland**, were delighted to run this 6 week course in the Grand Hotel and plan to run it again soon.

Lion Frank Higgins recognised with the Melvin Jones Fellowship Award.

At the President's handover on 3rd July, this globally recognised award, the most senior award in Lionism, was presented only for the fourth time in the Club's history to charter member Frank Higgins for his "enthusiasm, commitment and unselfish devotion to helping others in need, his creativity and attention to detail, his achievement with so many different and diverse activities, all the time leading from the front providing motivation and inspiration".

A typically modest Frank was for the first time in his life quite speechless!

A surprised Frank Higgins being presented with the Melvin Jones Fellowship award



Malahide Festival Photo Competition

Malahide Lions Club together with Malahide Camera Club and the Malahide Chamber of Commerce organised a photographic competition in association with the Malahide Festival 2012.

Participants were asked to submit photographs that capture something special about Malahide on the Festival days of 28th and 29th July.

The prize-giving ceremony took place in Fowler's Pub recently. Here is one of the shortlisted entries, a photo of the funfair.



Malahide Lions Club: 'Website of the Year 2012'

awarded at Lions Ireland 105-I Annual Convention, Kilkenny, March 2012

www.malahidelions.com

Forthcoming Events and causes helped:

Sponsorship of Stress Control programme

St Michael's House

Steam Train Outing

Tennis Tournament

Message in a Bottle campaign

Golf Classic

Classic & Vintage Car Show

Christmas Appeal

Spectacles collection

Diabetes testing

Hill Walk

Table Quiz

Club contacts:
Willie Rooney, President.
Jimmy Brett, Hon Sec.



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