

Lions Clubs International District C-1 Newsletter

VOLUME 7 NUMBER 07 JANUARY 2022





Diabetes

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Happy New Year!!!!

2022 has kicked off with very frigid temperatures and more snow than we have had for several years. Growing up on the farm east of Edmonton, this was pretty standard for at least 3 to 4 months out of the year. It seems that all deficiencies come out of everything when it is cold. Like everything else, we just keep moving.

As we start to crawl out of this pandemic and resume some sort of normalcy, our motto 'We Serve' is more important than ever. In one local food bank, the December 2021 numbers of recipients have never been seen before in their 37 years of service.

- 1049 Hamper Appointments in December;
- registered 689 *** Children to receive presents for Christmas;
- registered 447 *** Children to receive presents for Christmas;
- distributed 1014 envelopes with grocery store gift cards so families could purchase their holiday food, on behalf of *** Kinettes and *** Kinsmen;
- registered and served 97 households who had never used our food bank before;
- gave out:
 - 1. 3,000 litres of milk
 - 2. 2,800 kgs of meat
 - 3. 2,264 dz eggs
 - 4. Over \$101,000 worth of dried goods in hamper boxes (1109 boxes of nonperishables)!
- worked 1,528 Volunteer hours and 904 Employee hours
- have received an unbelievable amount of food and financial donations! (those are still coming in, so that can be reported on early in the new year).

With the cost of living going up beyond the reach of many families and seniors, they are really relying on the mercy of social assistances such as food banks. Lions worldwide have really supported one of Lions Clubs International's Pillar of Service Hunger.

Thank you to every single Lion's member for your **Service from The Heart**. Without you, we do not have the service. We are making a difference one life at a time.

DG Melodie Franko C1

SIGNIFICANT EVENTS / DATES to REMEMBER

| 2022 | Feb 25-26 | C-2 Convention | Drumheller, AB | |
|------|-------------|----------------------------|----------------|----------------|
| | Mar 05 | C-1 Convention | St. Albert AB | |
| | Mar 26-28 | Advanced Leadership (ALLI) | Calgary, AB | |
| | Jun 24-28 | International Convention | Montreal, PQ | lionsclubs.org |
| | April 29-30 | MDC Convention | Red Deer AB | |
| | Sep 15-17 | USA/Canada Forum | Calgary, AB | lionsforum.org |
| 2023 | Jul 07-11 | International Convention | Boston, Mass | lionsclubs.org |
| | | | | |

Melodie Franko

District Governor 780-919-5355 **EMAIL**

Suzanne Leshchyshyn

Vice District Governor 403-872-2622 **EMAIL**

vacant

2nd Vice District Governor

Next Newsletter Submission Deadline: 28th of current month

Michael Clulow Lions Link Editor 780-263-6674 **EMAIL**

INTERNATIONAL NEWS

View online

And Follow us on:



Celebrate service with Lions from around the world in Montréal.

June 24-28 | Icicon.lionsclubs.org

In 2022, you can unite once again with Lions and Leos in historic, yet modern Montréal, Canada — with stunning architecture and a buzzing art scene — to celebrate all that we've achieved over the last year. Join us as we come together, look back at our experiences and accomplishments from the last year, celebrate the final year of Campaign 100, and much more!

Early Bird registration pricing extended until March 31 Register

now

What makes Lions excited about LCICon?

Even though we all come from different places, different backgrounds, different perspectives and different faiths, we all understand the universal language of service.

And that's what the convention is about. Lion Daniel Marney Elkins, from Bellefonte Lions Club

FOUNDATION NEWSLETTER

THE CLUB DIGEST

A MONTHLY SUMMARY OF THE LASTEST LION NEWS VIEW ON-LINE From LCIF Chairperson Dr. Jung-Yul Choi





As we near the start of a new calendar year, let us embrace 2022 with optimism for a positive global impact through LCIF grants. Just six months remain in our historic campaign and LCIF needs your support to increase our commitment to communities and the service capacity of Lions. News below provides opportunities for you to lead by example with ways to support LCIF, your foundation for service. Also, don't forget to enter LCIF Week Melvin Jones photo contest. Thank you for your dedication to doing and giving!

View online



DONATE TODAY



JAN 2022

SAVE THE DATE

District C1 Global Action Fraining Weekend Saturday January 22, 2022

Saturday January 22, 2022 **Devon Community Hall**

7pm Saturday, February 12, 2022 LIONS WINE AND CHEESE EVENT



of St. John's Cultural Centre For more information visit the event website. Lions Wine and Cheese Event 2022

Tickets are \$65.00 per person

- 1. From bd.ching@shaw.ca / 587-778-0497
- 2. or any member of the club.
- 3. Via: Credit or Debit Card
- 4. Via: Eventbrite Tickets

Proceeds go to support the Edmonton Host Lions Club

. Lion Blair China

February 25-26 2022

DISTRICT C-2 CONVENTION

Morrin and Drumheller Lions Club details to follow

MARCH 04, 2022

70th Charter Anniversary Banquet St. Albert Host Lions Club

see details page 17

MARCH 05 2022

DISTRICT C-1 CONVENTION

St. Albert Lions Clubs Registration form see page 21

Special guest

ALLAN J. HUNT INTERNATIONAL DIRECTOR

Allan J. Hunt, from Chilliwack, British Columbia, Canada was elected to serve as international director of Lions Clubs International at the association's 102nd International Convention, held in Milan, Italy, July 5 through July 9, 2019.

Director Hunt has held offices in a number of community organizations including president and chairperson of the board for his local YMCA as well as president and board chairperson of the Chilliwack & District Seniors Resources Society.

See page 18 for more details

And Featuring

DR. LOUIS HUGO FRANCESCUTTI

Visionary. Educator.

Storyteller. Physician.

Emergency & Preventive Medicine Physician Royal Alexandra Hospital, Edmonton

> **University Professor** University of Alberta

See page 19 for more details

TO: ALL LIONS CLUBS IN DISTRICT C1

Take notice that the Constitution and Bylaws committee of District C1 is recommending the amendment of the District C1 Constitution and Bylaws to bring them into conformity with the International Standard Form of Constitution and Bylaws.

Please keep your eyes on your email inboxes for communication of the report of the committee and the proposed amended District C1 Constitution and Bylaws, November 6, 2021.

Further take notice that at the District C1 convention scheduled for **March 5, 2022**, the following resolutions will be presented by the Constitution and Bylaws committee:

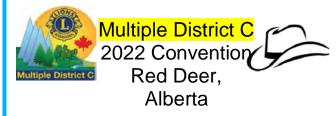
Resolution #1:

BE It Resolved That effective the close of the 2022 District CI convention, the Constitution of District C1 be repealed and replaced with District CI Constitution and Bylaws, November 6, 2021.

Resolution #2:

BE It Resolved That effective the close of the 2022 District CI convention, the Bylaws of the District C1 be repealed and replaced with District CI Constitution and Bylaws, November 6, 2021.

April 29-30, 2022



see details page 14

USA/Canada Lions Leadership Forum 2022 September 15-17 in Calgary

see details page 14



VIEW NEWSLETTERS ON-LINE



READ LIONS QUEST NEWS LETTERS

Make A Donation

LINK TO EDMONTON HOST NEWS LETTER JAN

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LIONS IN ACTION

St. Albert artist reaches world's finals

in the Lions International Peace Poster Contest



Maloney Grade 8 student Karissa de Sousa holds her entry into the Lions Clubs International's Peace Poster Contest. De Sousa's entry is in the running for the contest's grand prize as of Dec. 17, 2021.

KELLY MONTPETIT/Photo

The Gazette learned Dec. 17 that a poster made by Vincent J. Maloney Grade 8 student Karissa de Sousa has advanced to the world's finals of the Lions Clubs International's Peace Poster Contest.

Now in its 34th year, the contest sees students ages 11 to 13 create peace-themed posters to inspire the world through art and creativity, said Claude Carignan, peace poster chair for the St. Albert Host Lions Club, in an email. Clubs from 200 nations and geographic areas participate. This year's theme was "We Are All Connected."

Carignan said the St. Albert club got entries from 16 area school groups this year and picked winners based on originality, artistic expression, and depiction of theme. Winners advanced to the District C-1 contest, which included clubs north of Red Deer, with the winner there advancing to the Multiple District (Alberta) contest.

Carignan said de Sousa's work won at all these levels (earning her various prizes) and was sent to the Lions

International headquarters in Oak Brook, Illinois, for the world's finals. Judges will pick 24 winners in the coming weeks. Twenty-three will get \$500, while the grand prize winner will receive \$5,000 and a trip for two to the United Nations in New York to celebrate Lions Day.

Carignan said de Sousa is one of about 10 St. Albert residents in the last 30 years to make it to internationals.

"To date, we have not had any in the top 13."

Speaking on Dec. 16 before she knew her work had reached the world's finals, de Sousa said she entered this poster contest as part of teacher Kelly Montpetit's art class. She spent most of October's art classes and weekends working on this year's entry.

"When I was thinking about 'we are all connected,' I started thinking of puzzles, because a puzzle can't be completed until all the pieces are put together, de Sousa said, when asked about the inspiration for her work.

The result is an illustration of people from around the world assembling a jigsaw puzzle of Earth, with the pieces depicting various national flags. De Sousa said she chose pencil crayons as her medium as it offered the widest selection of colours.

De Sousa said her work shows how people don't have to be face-to-face to work together for peace.

"COVID has been keeping us physically apart, but you don't have to be physically connected to actually be connected."

Montpetit said de Sousa is a talented artist, writer, runner, and mathematician, whose speed, endurance, and meticulous attention to detail gives her an edge when it comes to art.

"You give her any challenge and she can figure it out."

In an email, Montpetit said de Sousa started to shake with excitement when she told her she had reached the world's finals, and soon had a grin from ear to ear.

"I'm really shocked! I didn't expect to make it this far, honestly!" Montpetit quoted de Sousa as saying.

"I can't wait to tell my parents," de Sousa said.

International winners of the poster contest will be notified on or before Feb. 1. Copies of the 16 St. Albert posters, including de Sousa's, will be on display at the Arden Theatre until Dec. 30, after which they will be moved to the St. Albert Public Library for January. Visit www.lionsclubs.org/en/start-our-approach/youth/peace-poster#contest for details.

Kevin Ma Reporter St. Albert Gazette

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BUSBY & DISTRICT LIONS CLUB SCHOLARSHIP PRESENTATION



Our scholarship presentation by Lion Fran Madell given to recipients Kaleb Stitsen and Rees Victoor. Kaleb attended St. Mary's High School in Westlock and he is enrolled in Meat Cutting & Marketing. Rees attended R.F. Staples High school and she is pursuing a career as a veterinary. Our scholarships were matched by the Lions Legacy Scholarship Fund.

Terry Brenneis, Treasurer Busby & District Lions Club



TUMBLER RIDGE LIONS CLUB



Lion Glenn Miller, Ronke Solomon, Lion Grace Walsh

In December the Tumbler Ridge Lions presented \$1500.00 to Ronke Solomon of the Tumbler Ridge Food Bank

Lion Frank Walsh - President

BLINDMAN VALLEY LIONS CLUB

After a quiet fall, our club enjoyed a very busy December. We posted on social media an inquiry from Mrs Claus asking if "Your children would like to receive a letter from Mrs Claus?" We had a terrific response to this and as a result 48 letters went out. The parents responded how much this was enjoyed by their little ones. It was a heartwarming exchange that helps our club to keep its connection with our community.



Next we decorated one of the vintage buildings at our treasured Paskapoo Park in Rimbey. We were requested by the park managers to assist them in their Festival of Lights event. We handed out gift packages, candy canes and worked in the food booth making hot dogs and hot chocolate. The weather was perfect with a nice layer of fresh snow from the day before and a very warm evening the night of the event. It was well attended and we enjoyed helping out.



We put together a coloring contest for Bentley's Curbside Santa event complete with crayons and coloring pages. Those that wanted to, sent their completed artwork to our email address where we compiled a substantial collection. Our judges had a difficult task in choosing the winners. Once decided they were contacted and could collect our gift/prize at the Bentley town office.



We participated in very successful foodbank collection with the Evergreen Co-op in Rimbey.

Thanks to the very generous members of this wonderful community we were able to donate 899.70 pounds of items for the Rimbey foodbank Christmas hamper program. We also had members Stephan and Jeanet Van Oostrom donate a turkey for a draw that donors to the collection could enter. With turkeys being in such a short supply this year it was a great gesture. The lady who won the turkey was very excited. " I've never won anything." She said. " I just wanted to donate something to the foodbank and I was grateful that the Blindman Valley Lions club had set up a collection for it. When the member suggested that I enter the draw I never expected that I would win!".



Lastley, Members Don and Audreyann, Dave and Suzanne dropped off cookies, oranges, candy canes, Christmas cards and most importantly Appreciation to our seniors homes and hospitals staff and residents. They made certain that all who care for our community members know how much we value and appreciate them. That our seniors know how much we care for them as well. It was very well received at all locations.

We also want to extend a very Merry Christmas to our neighboring clubs in district C-1. Have a happy, healthy and hopefully busy New Year.

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DG MELODIE TRAVELS TO PIGEON LAKE CLUB

Induction of new members into the Pigeon Lake Lions Club on Sunday, December 12th.

Lion Michelle Zandl



From L to R: Lion Keith Mountjoy, Lion Michelle Zandl, Zone Chair, Lion Lyle Gustafston, DG Melodie Franko

Welcome Lion Michelle!!

Lion Rene Zankl



From L to R: Lion Keith Mountjoy, Lion Rene Zankl, Zone Chair, Lion Lyle Gustafson, DG Melodie Franko Welcome Lion Rene!!!

Lion Wayne Fossen



From L to R: Lion Mike Wollin, Lion Wayne Fossen, Zone Chair, Lion Lyle Gustafson, DG Melodie Franko

Welcome Lion Wayne!!!!

DG Melodie Franko



In Memoriam



It is with heavy hearts the family of Jayne Hawley from Sturgeon County, AB announces her passing on December 12, 2021.

Jayne is survived by her husband, Moses; two

daughters: Chantal and Jennifer; three grandchildren: Keegan, Isabelle and Andrew; two siblings: Lee-Ann and Robert (Heidi); as well as numerous nieces, nephews, other relatives and friends.

She was predeceased by her mother, Patricia.

Anyone who so wishes may make a memorial donation directly to Humane Society of Canada, 13620-163 St. NW, Edmonton, AB T5V 0B2.

Send condolences to www.psfh.ca

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Did you know that Lions who are actively engaged in Service are happier than Lions who are not serving?

Did you know that <u>Happier People live</u> longer?

Moral of the Story: <u>Let's get busy serving</u> <u>our communities!</u>

But How? How do we serve during restrictions and a pandemic?

While our clubs have had local restrictions to our in-person gatherings, our communities continue to need us. Some of our neighbours need us desperately!

New Year Challenge:

Step 1: Make a plan to serve, to make a difference in your community. You have options:

- a) Serve as a club, or
- b) Serve as an individual.

Whichever you do, please serve safely.

Step 2: Select a service activity that meets your community needs and restrictions. Here are a few Ideas that you can adopt to <u>SERVE SAFELY</u>:

January Service Challenge: Hunger:

- Donate hygiene supplies to a food bank or shelter
- Make an appointment and donate blood
- Start garden food plant seedlings for spring ... it will eventually come to Canada!
- Drop off notes or call your neighbours or email friends to tell them you will do a drive-by food drive at the end of the month

Step 3: Report your Service to your Lions Club Secretary or Global Service Chairperson. Follow-up and thank your fellow Lion for making sure your service is reported on MyLion.

Saviez-vous que les Lions qui sont activement engagés dans le service sont plus heureux que les Lions qui ne servent pas ?

Saviez-vous que <u>les gens plus heureux</u> <u>vivent plus longtemps ?</u>
Morale de l'histoire : <u>occupons-nous à</u>

servir nos communautés!

Mais comment? Comment servons-nous pendant les restrictions et une pandémie?

Bien que nos clubs aient eu des restrictions locales à nos rencontres en personne, nos communautés continuent d'avoir besoin de

nous. Certains de nos voisins ont désespérément besoin de nous !

Défi du Nouvel An:

Étape 1 : Élaborez un plan pour servir, pour faire une différence dans votre communauté. Vous avez des options :

- a) Servir en tant que club, ou
- b) Servir en tant qu'individu.

Quoi que vous fassiez, servez prudemment.

Étape 2: Sélectionnez une activité de service qui répond aux besoins et aux restrictions de votre communauté. Voici quelques idées que vous pouvez adopter pour <u>SERVIR EN TOUTE SÉCURITÉ</u>: Janvier Défi du service: La faim:

- > Faire un don de produits d'hygiène à une banque alimentaire ou à un refuge
- > Prenez rendez-vous et faites un don de sang
- Commencez les semis de plantes annuelles du jardin pour le printemps... il finira par arriver au Canada!
- Déposez des notes ou appelez vos voisins ou envoyez un courriel à vos amis pour leur dire que vous ferez une collecte de nourriture au volant à la fin du mois

Étape 3: Signalez vos activités de service à votre secrétaire du club Lions ou président de service mondial. Faites un suivi et remerciez votre collègue Lion pour vous assurer que votre activité de service est signalée sur MyLion.





Now that you are feeling invigorated, let's plan ahead:

February Service Activity Ideas: Childhood Cancer

| Work with a local restaurant to provide a |
|------------------------------------------------|
| take-out meal to a family whose child is in |
| treatment - they have enough to worry about |
| already. |
| Drop off a casserole or meal for a family as |
| above. |
| Call a grandparent who is worried about a |
| child in treatment and just be a listening ear |
| for them. They may have worries they don't |
| discuss with family for fear of burdening the |

- family further.

 Reach out to your friends and family and set a fundraising goal for a donation to LCIF in support of children's cancer services.
- □ Donate Plasma at the Canadian Blood Services - children with leukaemia need plasma as well as blood on a regular basis.

Remember: Report your Service to your Lions Club Secretary or Global Service Chairperson.

March Service Activity Ideas: Community Service

- → Meet in person or online with your local town or city coordinators to plan an environmental project for April
- → Contact the Schools to see if any children in need are running low on crayons or other supplies at this time in the year
- → Mentor a new Lion who has joined you in serving and living longer!

Remember: Report your Service to your Lions Club Secretary or Global Service Chairperson. As a bonus, post all your service on the local town FaceBook page, and on the Lions of Canada FB page, too!

Serving Happily, Living Longer, VP Dr. Patti Hill Maintenant que vous vous sentez revigoré, planifions à l'avance :

Idées d'activités de service de février : Cancer infantile

| ☐ Travaillez avec un restaurant local pour offrir un repas à emporter à une famille dont l'enfant est en traitement - ils ont déjà assez de soucis. |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Déposez une casserole ou un repas pour une famille comme ci-dessus. |
| Appelez un grand-parent qui s'inquiète pour un enfant en traitement et soyez simplement à son écoute. Ils peuvent avoir des inquiétudes dont ils ne discutent pas avec la famille de peur de surcharger davantage la famille. |
| ☐ Contactez vos amis et votre famille et fixez-vous un objectif de collecte de fonds pour un don à la LCIF pour soutenir les services de lutte contre le cancer chez les enfants. |
| Faites un don de plasma à la Société canadienne du sang - les enfants atteints de leucémie ont régulièrement besoin de plasma et |

N'oubliez pas : signalez vos activités de service à votre secrétaire de club Lions ou président de service mondial.

Idées d'activités de service de Mars : Service communautaire

de sang.

- → Rencontrez en personne ou en ligne avec les coordonnateurs de votre ville ou de votre village pour planifier un projet environnemental pour avril
- → Contactez les écoles pour voir si des enfants dans le besoin manquent de crayons ou d'autres fournitures à cette période de l'année
- → Parrainé un nouveau Lion qui s'est joint à vous pour servir et vivre plus longtemps!

N'oubliez pas: signalez vos activités de service à votre secrétaire de club Lions ou président de service mondial.

En prime, publiez toutes vos activités de service sur la page Facebook de la ville locale, ainsi que sur la page FB des Lions du Canada!

Servir avec bonheur, vivre plus longtemps VP Dr. Patti Hill



District Awards

LCIF Donations Award - LCIF Coordinator, IPDG Prince Baweja

To be awarded to the club that donated the greatest per capita donations to L.C.I.F., for the Lions year July 1 to June 30. Information will be obtained from quarterly reports from International to the current District Governor.

District C-1 Convention Attendance Award

To be awarded to the club that had the largest percentage of their membership in attendance at the District C1 Convention. It will be the responsibility of the Convention Host Club to forward this information to the District Awards Chairperson before the end of November. This award will be presented at the subsequent District C-1 Convention.

PDG Robert J. (Bob) Gibb Club Membership Growth Award – Lion Vi Gibb To be awarded at the District C-1 Convention to the Lions club with the largest net increase in members per Lion's year. A trophy will be presented to the winning club by Lion Vi Gibb and said trophy shall be held by that winning club until the next District C-1 Convention. The information as to what club had the largest net increase in membership will be obtained from the District Governor.

District C-1 Youth Activities Award – Submission deadline – January 31st The District Governor will make the decision on the club that is to be presented with the award based upon the following criteria. To be eligible for this award, a Club must have done at least six of the following in the Lions year:

- 1. Participated in Lions Youth Exchange through their club member or members personally hosting a youth exchange student;
- 2. Provided a financial contribution to the District C-1 Youth Exchange Program or the Multiple District C Youth Exchange Program;
- 3. Sponsored youth(s) to travel on a Lions Youth Exchange or attend a Lions Youth Camp;
- 4. Participated in or financially supported Lions Quest Canada;
- 5. Participated in or financially supported at least two local youth organizations such as Scouts, Girl Guides, minor hockey, minor ball, minor soccer or other organized and recognized non-profit youth groups;
- 6. Provided financial support to the District C-1-and District 306A1 Sri Lanka Foster Child Program;
- 7. Made a financial contribution to Camp He Ho Ha;
- 8. Made a financial contribution to Camp Tamarack;
- 9. Sponsored a new LEO club in their community;
- 10. Provided funds to purchase equipment for children who have special medical needs:

JAN 2022

- 11. Participated in the Peace Poster Contest;
- 12. Participated and/or financially supported Project Pride.

DR. LYNN G. HALL LEADERSHIP AWARD FOR OUTSTANDING LEADERSHIP IN LIONISM – Submission deadline – January 31st

This award was established in 1997 in recognition of the outstanding Leadership qualities as were displayed by the late Lion Dr. Lynn G. Hall. Lion Lynn was a member of various clubs for over 50 years and also served as District Governor 1952-53 and 1975-76. Always quick to step forward, no matter what the project, he was a leader by example. He was an active participant in many a fundraiser and a great Lion. Lion Lynn exemplified what Lions is all about. His professional life including teaching, school superintendent, school inspector, provincial director of school administration as well as serving as Mayor of Lac La Biche and Councillor of Wainwright.

AWARD CRITERIA

- 1. A Lions member in good standing with a Lions club for a minimum of 10 years,
- 2. A Lion who has demonstrated continuous leadership for a minimum of three (3) years,
- 3. A Lion whose leadership may be at the community, club, district or international level or a combination thereof.

APPLICATION CRITERIA

- 1. Application may be made by a Lions member in good standing within District C-1;
- 2. A letter is to be written which includes the following:
- Name of award applied for
- Name of the Lion
- Name of the club
- When the Lion became a member
- Commitment to Lions based on the above criteria
- Biography of applicant, (marital status, family, interests, etc.)

MULTIPLE DISTRICT C HALL OF FAME - Submission deadline - January 31st

This is a multiple district award; nominations must be sent to the district for a vote at the district convention.

Any Lion, Lioness, Lions Club, Lioness Club, or Zone may nominate a candidate from District C1 to the Multiple District C Hall of Fame.

- 1. There is **not** a nomination fee;
- 2. There may be a maximum of one (1) candidate per district inducted into the Hall of Fame each year;
- 3. The Awards Chairperson must receive nominations at least thirty (30) days prior to the District's Annual Convention. Each individual district will hold an election to determine the successful candidate:
- 4. The award may be presented to either a Lion or Lioness, and only one recipient per district may be elected annually;
- 5. The award may be presented posthumously;
- 6. Each candidate must have fifteen (15) years of service and be two years removed from Council (if they have served as a member of the Council of Governors);
- 7. Each candidate should have qualifications above and beyond the call of duty including social and human endeavours. The candidate should be of good moral character and have a good reputation in their community;
- 8. All sponsors will use the standard form, no others will be accepted;
- 9. The sponsors will ensure the candidate, or representative will be in attendance at the Multiple District Convention;
- 10. All successful candidates will be inducted to the Hall of Fame at the next Multiple District Convention;
- 11. A brief biography of each inductee shall be announced to the delegates attending the annual Multiple District Convention, and published in the subsequent Multiple District Newsletter.
- 12. The application for this award may be found on the Multiple District website:

Microsoft Word - MDC Hall of Fame Application v1.docx (e-district.org)

For further information, or to send submissions, please contact

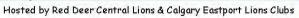
District C1 Awards Chair:

Lion Darcy Knoll 780-483-6989 drknoll5388@shaw.ca

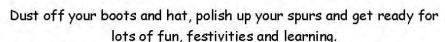


Lions Multiple District C Convention

Mosey on Down to Where the West is Fun



Red Deer, Alberta April 29th & 30th, 2022



Can't let the cat out of the bag any more than that right now, suffice to say an International Guest, 3rd International Vice President Fabricio Oliviera from Brazil will be joining us. Come on down so we can show VP Fabricio our western hospitality and a good 'ol time! See ya'll there.



Multiple District C





USA/Canada Lions Leadership Forum 2022 September 15-17 in Calgary

Join your fellow Lions for 3 days of exciting speakers & special events!



- 🌞 Strides Walk for Diabetes
- Collecting clothing for the Mustard Seed
- Sponsoring Jean Nelson Children's Diabetic Camp
- Keynote speaker Catrina La May Doan, Canadian Olympian

Here is your chance to VOLUNTEER!

Hundreds of Lions are needed. You can choose from many jobs as well as the hours you would like.

What better way To Serve! Go to the website below

for more information.



For information on the Forum as well as Registering and Volunteering go to: www.2022lionsleadershipforum.com



7th Annual DISTRICT C-2 CONVENTION REGISTRATION

Badlands Community Centre, Drumheller, AB February 25-26, 2022



Hosted by the Morrin and Drumheller Lions Club

| 1. NAMELast | | | | NAME ON BADGE: | | |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| Last | | First New | First | | | |
| Lion Lioness Leo _ | Non-Member | Member | Conventio | Club: | | |
| Highest District or MD Position he | d: | | | _Are you in office now? Yes No | | |
| 2. NAME | | | | NAME ON BADGE: | | |
| Last | | First New | First | | | |
| Lion Lioness Leo _ | Non-Member_ | | | Club: | | |
| Highest District or MD Position he | d: | | | Are you in office now? Yes No | | |
| | | | | | | |
| Contact Phone # | | | E-mail Addres | 58 | | |
| 1. Registration & Full Meal Package: | Payment on | or before Februa | ary 1, 2022 # | x \$120.00 per person: = \$ | | |
| (includes Saturday Lunch, DG Banquet) | Paym | nent after Februa | ary 1, 2022 # | # x \$140.00 per person: = \$ | | |
| | | | | | | |
| 2. Registration & Saturday Lunch: | Payment or | or before Febru | ary 15, 2022 | x \$60.00 per person: = \$ | | |
| 3. Separate DG Banquet Ticket: (a registered delegate may purchase an extra DG | Ranguat tickat | | 4 | tx \$40.00 per person: = \$ | | |
| if their companion is not a registered delegate) | Danquet ticket | | # | χ φτυ.ου μει μει soin. | | |
| B | V50 NO | | | TOTAL PAYMENT: \$ | | |
| Do you have any Special Dietary Requests? (Please specifiy conditions such as diabetic, and a | | ow:) | | | | |
| | | | ALL DI | ELEGATES, SPEAKERS, & GUESTS MUST | | |
| | | | BE FU | JLLY VACINATED AGAINST COVID VIRUS | | |
| IMPORTANT: Delegate (Voter) Cer | - | | | PLEASE CONFIRM | | |
| at 10:00am, Saturday. If you aren' | t certified, you can't | vote | | | | |
| <u>Method of Payment:</u> E-Transfer: | E-mail: cheadlelionstreas | surer@gmail.con | n "weserve" | | | |
| | | 00 | | | | |
| Credit Card:(Visa/MC) | Card# | | | Expiry Date: CVS #: | | |
| (visame) | | | | , in the second of the second | | |
| Cheque: | Cheque: Please make Cheques payable to the "District C-2 Lions" | | | | | |
| FULL PAYMENT must accompany this form | to qualify as a registered o | lelegate. Officia | al receipts wil | ll be issued via e-mail only. | | |
| Send Completed Registration to: | | | Hotel | Reservations are NOT INCLUDED with the | | |
| _ | | | Reg. fe | e and are the responsibility of the delegate. | | |
| Lion Brian Grier | Telephone: 403- | 686-7470 | | | | |
| 5332 La Salle Cres SW | F !!. | -1 | ., | Quality Hotel | | |
| Calgary, AB T3E 5Y5 | E-mail: bgrier@nu | cieus.com | | 00 - 6th Avenue SE, Drumheller, Al Direct line: 1-403-856-4444 | | |
| 132 313 | | | | Special Room Rate Deadline is February 12, 2022 | | |
| Note: No potential refunds after February 15, 2022 | | | | 1 Queen Room: \$89.00 per Night plus taxes | | |
| | | | | 2 Queen/1 King Room: \$99.00 per Night plus taxes | | |
| Registration Desk Opens Feb 25th | h at 4pm & Feb 26th | at 8am | | 3 | | |
| Registration form updated: September 18, 2021 | | | ı | Reference "Lions Club" when making reservation | | |

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CENTRE FOR MENTAL HEALTH AND ADDICTIONS

Mental health care is now accessible, affordable counselling services are available.

Don't continue to allow mental health challenges to control your life. Contact us today to enquire about affordable mental health services.

MODALITIES: EMDR Therapy Cognitive Behaviour Therapy Dialectical Behaviour Therapy Solutions Focused Therapy

We offer counseling and therapy for:

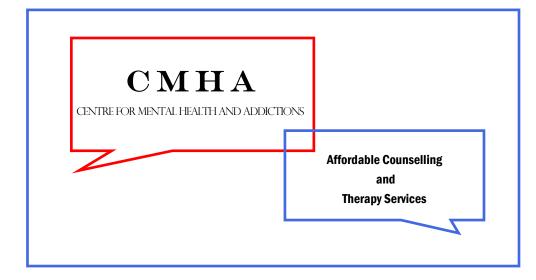
- Child
- Adolescents
- Adults
- Couples

Our trained clinicians can help you resolve the trauma and anxiety that can follow after a vehicle collision. Seeking the help of a mental health therapist can be beneficial in processing and coping with post traumatic stress symptoms of a car accident.

You are not alone. We can help figure out the process of finding the right treatment for you. Contact us today and we can guide you on the path towards healing.

Counselling can help with:

- Decreasing anxiety symptoms
- Decreasing depressive symptoms
- Reduction in post traumatic stress symptoms
- Reduction in anger and behavioral outbursts
- Reduction of suicidal ideation
- Reduction in substance misuse
- Reducing conflict in relationship and family settings
- Supported emotional exploration
- Improvements in communication skills
- Improving interpersonal relationships
- Improved quality of life



A mental illness is a wide range of mental health conditions and disorders that affect your mood, thinking, and behavior. It can make you miserable and can cause problems in your daily life, such as at school, or work, or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy.

If you or your loved one have any signs or symptoms of a mental illness, we can help. Call us at 1.800.704.9033 or email us at info@thecentres.ca

Most mental illnesses don't improve on their own, and if untreated, may get worse over time and cause serious problems.

Credit: Mayo Clinic - https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968)

| SIZE OF FAMILY | TOTAL INCOME (LINE 15000) | | | | | |
|-------------------|---------------------------|-------------|-------------|--------------|-------------------|--|
| | BAND A | BAND B | BAND C | BAND D | BAND E | |
| 1 | \$26,620.00 | \$36,620.00 | \$46,620.00 | \$56,620.00 | OVER \$56,620.00 | |
| 2 | \$33,141.00 | \$43,141.00 | \$53,141.00 | \$63,141.00 | OVER \$63,141.00 | |
| 3 | \$40,743.00 | \$50,743.00 | \$60,743.00 | \$70,743.00 | OVER \$70,743.00 | |
| 4 | \$49,467.00 | \$59,467.00 | \$69,467.00 | \$79,467.00 | OVER \$79,467.00 | |
| 5 | \$56,105.00 | \$66,105.00 | \$76,105.00 | \$86,105.00 | OVER \$86,105.00 | |
| 6 | \$63,276.00 | \$73,276.00 | \$83,276.00 | \$93,276.00 | OVER \$93,276.00 | |
| 7 OR MORE | \$70,449.00 | \$80,449.00 | \$90,449.00 | \$100,449.00 | OVER \$100,449.00 | |

SESSION FEE: FREE \$10.00 \$20.00 \$50.00 \$100.00



You are cordially invited to attend the St. Albert Host Lions Club

70th Charter Anniversary Banquet

Friday March 4, 2022

Cash Bar - 5:30PM | Dinner - 6:30PM

St. Albert Inn | 156 St. Albert Trail | Cost: \$50 Each

GUEST SPEAKER: PIP JUDGE BRIAN STEVENSON FOR TICKETS: SEE DISTRICT C1 CONVENTION REGISTRATION FORM

Time to get our Pride back again and share fun & fellowship.





District C-1 Convention In-person is coming. Make tracks to join us on Mar. 5/22 in St. Albert.

Convention theme will be "Service from the Heart"

Our Guest will be our own Canadian International Director Allan Hunt

Registration on District website: https://lionsc1.org/ Hope to see all of you again.

C-1 CONVENTION GUEST

ALLAN J. HUNT INTERNATIONAL DIRECTOR

Allan J. Hunt, from Chilliwack, British Columbia, Canada was elected to serve as international director of Lions Clubs International at the association's 102nd International Convention, held in Milan, Italy, July 5 through July 9, 2019.

Director Hunt is retired after 34 years working with NAV CANADA. He was part of the team that saw NAV CANADA through a transition from government entity to not-for-profit corporation in 1996. During his career he was a manager at various levels of the Canadian air navigation system, at one point managing two air traffic control towers—one of them being the tallest in the world.

A member of the Chilliwack Mount Cheam Lions Club since 1988, he first became a Lion in 1979 as part of the Sandspit Lions Club. He has held a number of offices within the association including multiple district council chairperson, GLT constitutional area leader, LCIF Constitutional Area Co-Chairperson and every club level office with the exception of Tail Twister. Director Hunt has also presented and moderated at several USA/Canada Lions Leadership forums.

In recognition of his service, Director Hunt has received several International President's Awards, an International President's Leadership Award and the Life Membership Award.

Always one to prioritize fellowship and community service, Director Hunt has held offices in a number of community organizations including president and chairperson of the board for his local YMCA as well as president and board chairperson of the Chilliwack & District Seniors Resources Society.

Director Hunt is a Progressive Melvin Jones Fellow and his wife, Sonja M. Hunt, is a Melvin Jones Fellow. Their daughter, Kristen, and son-in-law, Chad, are also Lions and proud parents to the Hunt's granddaughter, Ella.

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C-1 CONVENTION

Featuring

Dr. Louis Hugo Francescutti

Visionary. Educator. Storyteller. Physician.

An emergency and preventive medicine physician, a university professor, an international speaker, Past-President of the Canadian Medical Association, and Past-President of the Royal College of Physicians and Surgeons of Canada, Dr. Francescutti has spent nearly three decades advocating one message: Live Smart. Reputed as one of Canada's leading medical visionaries and regarded internationally for his 'down to earth' and 'bold' methodologies, Lou is not intimidated by political correctness, nor is he afraid to tell it like it is. "People need to hear what the real issues are--no sugar coating. We live in a world that is far too complex and unforgiving. People need to learn that they are in control of their future and fortune--both in terms of health and happiness".

Emergency & Preventive Medicine Physician Royal Alexandra Hospital, Edmonton

> University Professor University of Alberta

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NOMINATIONS NOW OPEN



C-1 Nomination Committee of **Joan Lubbers** (Stony Plain Lions), **Les Hall** (St. Albert Host Lions) and **Paul Benson** (St. Albert Breakfast Lions), are **accepting nominations for the following**:



- District Governor
- 2nd VDG
- Vice Council Chair
- Hall of fame

Please send your nominations or questions to SABLions@Shaw.ca or

Mail to:

Lion Paul Benson

PO Box 125

St. Albert, AB

T8N 1XB

All Nominations have to be received no later than October 6th 2021.

STILL OPEN

District C-1 Convention Registration - Saturday March 5, 2022 and/or St. Albert Host Lions Club 70th Charter Anniversary - Friday March 4, 2022

St. Albert Inn 156 St. Albert Trail St. Albert, Alberta T8N 0P5

| <u>Provincial Restriction Exempt</u> | tion Program w | <u>vill be strictly en</u> | <u>iforced. QR vaccine record</u> | <u>! mandatory</u> |
|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------------|--------------------------------------------------|--------------------|
| L: NAME: | | , | NAME ON BADGE: | , |
| (Last) | (F | First) | | |
| Lion: Leo: | Non Member: | 1st Convention: | Official Title: | |
| Club: | | District: | | |
| Please advise of any special dietary red | quest: Vegetarian: | Diabetic: | Food Allergy : | |
| 2: NAME: | | | NAME ON BADGE: | |
| (Last) | (F Non Member: | First) | | |
| Lion: Leo: | Non Member. | 1st Convention: | Official Title: | |
| Club: | | District: | | |
| Please advise of any special dietary rec | quest: Vegetarian: | Diabetic: | Food Allergy : | |
| 3: Contact Phone # | Emai | l Address | | |
| | or before February : | | #x \$100.00 per person = \$_ | |
| Payment afte | er February 1, 2022 | ; | #x \$130.00 per person = \$_ | |
| 2. Additional meal tickets ava | - | | | |
| Ticket for Satu | • | | #X \$20.00 per person = \$ | |
| | urday DG Banquet: business attire or V | | #X \$45.00 per person = \$ _ | |
| 3 Convention Registration On | ly (No Meals) | # | x \$50.00 per person = \$ _ | |
| 4. Ticket(s) for Friday Evening Cash bar 5:30 pm - Dinner | | | # X '\$50.00 per person = \$ _ rian Stevenson | |
| CANCELLATION POLICY: | | | | |
| Full refund if notice of cancellation is at least 30 days prior to convention. written application to the registration | Late cancellation no | tice may be consider | ed by until payment is received by | ved in full |
| Method of Payment: (All money in Cana | adian funds) | | | |
| A: Interac e-Transfer (Preferred | Method) (email to | stalbertlions@shaw. | ca) | |
| B: Cheque (make payable to St. | Albert Host Lions C | lub) | Total Due: | |
| C: Credit Card - request an ema | il invoice (will be p | rocessed via SQUAR | E) | |
| mail completed registration form to: | - | | o For more information call: | |
| stalbertlions@shaw.ca | P.O. Box 7 | Host Lions Club 77082 Stn. Main , AB T8N 6C1 | Claude Carignan 780-47 or Leo Bruseker 780-90 | |
| Convention Hotel | | | | |
| St. Albert Inn | | 0 (plus tax) per nigh | | |
| 156 St. Albert Trail | | 5 (plus tax) per nigh | t or Lions until Feb 1, 2022 | |
| St. Albert, AB T8N 0P5 | | | · | |
| PHONE 800-450-8612 | Book ea | rly to avoid disappo | intment | |
| CLICK TO RESERVATION DESK | | | | |