

Li ns Link

Lions Clubs International District C-1 Newsletter



Dave Leshchyshyn

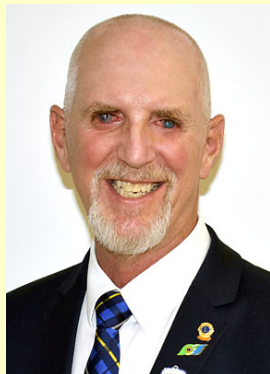
District Governor
403-872-0115 [EMAIL](#)

Lyle Gustafson

Vice District Governor
780-719-5336 [EMAIL](#)

Ted Mikkelsen

2nd Vice District Governor
403-728-3353 [EMAIL](#)



This has been an unbelievable summer to say the least. We've had plenty of great weather to enjoy the outdoors with our family and friends. We've had the tragedy of wildfires and floods affecting so many in our north. We've had tornados and windstorms that have reeked havoc in our south. But through it all, Lions have been there in the community enjoying and helping in the good times and assisting, supporting, providing and aiding in the bad times. Thank you so much Lions for all your Service throughout our District C-1. Each and every one of you are making a difference, you are

Changing The World!

I'm so happy to report that our District has received an LCIF Grant for Ukrainian Refugee English Language Support. In partnership with District C-1 Lions and St. Albert Newcomers Centre, the grant will be used to furnish and equip a second teaching room for instructors and adult learners to use for English as a Second Language instruction. This will help these professionals learn English to help acquire employment or upgrade their education. St. Albert has close to 500 Ukrainian families settle in the city and surrounding area so the need was great. Such a great example of working together to do what's right. The District will also be working with other communities that have high numbers of Ukrainian refugees to see if additional help is needed or can be offered.

As you've heard already, but just a reminder, the new Lion Portal will be launching in the near future. This will be the new reporting system for MyLCI and MyLion. Powered by Salesforce, this will be a much more user friendly reporting system where everything is linked together and easier to navigate. It will make reporting your Clubs Service activities and volunteer hours soooooo much easier. Watch for more information on the LCI webpage or at upcoming training opportunities.

With school about to start for another year, this is a great time to promote the Lions Peace Poster contest to your local schools or youth groups. The contest is open to students who will be 11, 12 or 13 years of age on November 15, 2023. Eligible birth dates are November 16, 2009 through November 15, 2012. We have so many rural Clubs who have never been involved in the Peace Poster contest, yet I believe there is so much untapped artistic talent among our youth in small communities just waiting for an opportunity like this to show their talent. The District has pre-purchased some Peace Poster kits but only a few remain. Email me at dleshchy2324@shaw.ca to secure your kit. Go to lionsclubs.org/peaceposter for more information.

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Next Newsletter

Submission Deadline:
25th of current month

Michael Clulow

Lions Link Editor
780-263-6674 [EMAIL](#)

If your school or youth group has blind or visually impaired individuals, they could take part in the Peace Essay Contest. This year's theme is "Dare To Dream". How exciting it will be to see or hear what our children's dreams of peace are!

The dues are due! Please watch your Club or treasurer in-box for the July 1 – December 31st District/Multiple District dues invoice. Our District Treasurer has emailed out the invoices so you should notice them soon. International dues have been posted in your MyLCI account since early July 2023. Club Treasurers and Presidents have access to this. Thank you for looking after this matter in a timely manner.

Harvest is underway throughout our District. Wave to the hardworking farmers as you pass and let them know how much you appreciate their efforts to put food on our tables. Maybe your Club could get together and surprise some hardworking farm family with a coffee break or dinner in the field. Just a suggestion! And relax behind that big piece of equipment on the road. You'll have an opportunity to pass sooner or later! Stay safe and Serve well.

Lion Dave Leshchyshyn, District Governor C-1 2023-24

DG TRAVELS



It was a casual coffee meeting with members of the Boyle Lions Club, along with PDG Suzanne and Zone Chair Lion Phil Dube. It was an honour to present a 25 year and 10 year Chevron to deserving Lions.



MISSION 1.5

Mission 1.5, is to increase Lions membership to 1.5 million around the world.

Congratulations to these Clubs and new members making it happen

Member Name	Lions Club
Bodil Hall	Edmonton Millwoods
Patrick Curry	Grand Centre
Ferrao Ferrao	Grand Centre
Sara Robichaud	Grand Centre
Dearn Ervin	Leduc
Nancy Mykytiuk	Pembina Valley & District
Marianne Westergaard	Spruce View & District
Margie Riley	Sylvan Lake & District
Danielle Dufresne	Thorsby & District
Rick Raymond	Thorsby & District
Birgit Friedenstab	Thorsby & District
Marty St.Gelais	Thorsby & District
Kathy Burke	Tumbler Ridge

Are you ready for the Lion Portal

Go to: <https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates>

- **Preview the Lion Portal**
 - **Member View**
 - **Club Officer View**
 - **Regional Officer View**
- **Update your Lion Account Information**

The International Association of Lions Clubs Constitution and By-Laws

Following the close of the Lions Clubs International Convention and International Board of Directors Meeting in Boston, Massachusetts, USA, the following updates took effect.

Standard Club Constitution and Bylaws – Revised July 11, 2023

By-Laws

Article I – Membership

Section 1.

(h) Discounted Member: A member of this club who pays discounted dues as a result of their family membership status, student status or participation in any other discounted membership program offered by the association who desires to retain membership in this club and meets the qualifications for discounted dues. The membership status shall be verified by the board of directors of this club. A Discounted Member shall be eligible to hold office in district or international meetings, but shall pay such dues as the local club may charge, which dues shall include district and international dues. This membership category shall not be included in the club delegate formula calculation. [Above section effective **January 1, 2024**]

International Constitution and Bylaws – Revised July 11, 2023

This is in effect for all Lions Clubs

Article XII – Fees and Dues

Section 2. Membership Dues

(a) Semi-annual membership dues of twenty-three dollars (US\$23.00) denominated in U.S. dollars shall be levied on each club member based upon the membership of each club as shown by its membership report of June and December and shall be paid by each club to the international office as shall be determined by the International Board of Directors, except as provided in subsections (b) and (c) herein. [Above section effective **July 1, 2023**]

(a) Semi-annual membership dues of twenty-four dollars (US\$24.00) denominated in U.S. dollars shall be levied on each club member based upon the membership of each club as shown by its membership report of June and December and shall be paid by each club to the international office as shall be determined by the International Board of Directors, except as provided in subsections (b) and (c) herein. [Above section effective **July 1, 2024**]

(a) Semi-annual membership dues of twenty-five dollars (US\$25.00) denominated in U.S. dollars shall be levied on each club member based upon the membership of each club as shown by its membership report of June and December and shall be paid by each club to the international office as shall be determined by the International Board of Directors, except as provided in subsections (b) and (c) herein. [Above section effective **July 1, 2025**]

Standard District Constitution and Bylaws – Revised July 11, 2023

Constitution; Article VI – Officers and District Cabinet

Section 2. District Cabinet

Revised.... District Global Action Team members and LCIF district coordinator may be voting members of district cabinet.

By-Laws; Article III – Duties of District Officers/Cabinet

Revised... Section 1. District Governor; Section 2. First Vice District Governor; Section 3. Second Vice District Governor; Section 5. GST District Coordinator; Section 6. GMT District Coordinator; Section 7. GLT District Coordinator; Section 10 LCIF District Coordinator; Section 13. Zone Chairperson

***District C-1 Constitution and By-Laws state:
Amendments: Section 2. AUTOMATIC UPDATE. When amendments to the International Constitution and By-Laws are passed at the International Convention, any amendments that would have an effect on this District Constitution and By-Laws shall automatically be updated in this district constitution and by-laws at the close of the convention.***

For more information go

to: <https://www.lionsclubs.org/en/resources-for-members/resource-center/legal-resources>

LIONS IN ACTION

TUMBLER RIDGE LIONS CLUB

In July of this year, two needy members of our Community (Debbie Golhoff and Mary Gale) were presented with electric wheelchairs, by The Lions Club of Tumbler Ridge.



Accompanying them was Club President Lion Bob Rimes.

Frank Walsh

DEVON LIONS CLUB

At the Devon Town Council Meeting on Monday, August 21, 2023, the Devon Lions Club presented the Town of Devon with a cheque for \$100,000.00 to be used for the arena twinning project.



from left to right in the back row, Coun. Brian Bowles, Coun. Tanya Hugh, Lion Dan Nonay, Lions District C-1 First Vice District Governor Lyle Gustafson, Lion Gord Seller, Devon Lions Club President Michael Hennig, Lion Robin Bittorf, and Lion Dale McCormick. Kneeling in the front row L-R are Coun. Ben Gronberg, Mayor Jeff Craddock, Coun. Gurk Dhanoa and Coun. Mike Hanly.

In making the presentation, Lions President Michael Henning, outlined how 3 years ago, the Town of Devon approached the Devon Lions Club to see if they would be interested in supporting a project to improve the recreation center. When first approached, the Devon Lions Club had just completed a Legacy Project which was erecting the electronic sign along Superior Street to advise the public of various events taking place in Devon. The club had been trying to find another Legacy Project to work on, so the new recreation center fit in very well.

The Devon Lions Club was very interested in supporting the project and pledged \$100,000 at that time. Although the initial project had considered adding an indoor pool, the project now consists of expanding the existing recreation center and adding a second ice surface.

The Devon Lions Club was very proud to be able to present the amount pledged to the Town of Devon in support of this important project. Mayor Jeff Craddock accepted the donation on behalf of the Town of Devon.

Robin Bittorf



Sponsor A Peace Poster Contest in Your Community

Hosting a Peace Poster and Essay Contest in your area is a great opportunity to connect local kids with a global initiative!

Purchase your kit today for this year's contest, Dare to Dream, and encourage children in your community to share their dreams for the future.

District C-1 orders kits to make the cost of kits to clubs more affordable to the individual clubs. District C-1 clubs can order their Peace Poster Kits by contacting [DG Dave Leshchyshyn](#).



Lions of Canada
Lions du Canada

LIONS OF CANADA E-NEWS 2022

[Dr. Patti Hill newsletter](#)



LIONS FOUNDATION OF CANADA
DOGGUIDES

<https://www.dogguides.com/>



I'm so glad our International President, Dr. Patti Hill chose CHANGING THE WORLD as her theme this year, because that's exactly what Lions are doing when you support Lions Foundation of Canada Dog Guides. You're changing the world of someone with a medical or physical disability through the donation of a highly trained dog guide. More independence, more companionship, more reassurance, more hope. You make it happen with your personal or Club donations to Lions Foundation of Canada Dog Guides, and our clients can't thank you enough for that. Great job, great Service Lions!

The Difference Campaign, to raise funds to build a new Dog Guide training centre, has seen incredible generosity from Lions Clubs across Canada. So far, Lions have donated \$2.7 million of the \$4.5 million dollar goal for Lions Clubs. We're almost there and your Club could still make a difference. With the new Lions year upon us, and many Clubs returning to Service after the summer break, LFCDG hopes you'll have the Difference Campaign on your donation list this year. Donations can be done on-line at thedifference@dogguides.com, or by sending your cheques to Lions Foundation of Canada Dog Guides, 152 Wilson Street, Oakville ON L6K 0G6. Make sure you check out the videos of the latest Dog Guide Graduation and hear the clients tell their stories of hope and happiness. Have a tissue or two handy.....you'll need them. YouTube, Lions Foundation of Canada Dog Guides.

Our District was once again well represented by many Clubs who organized a PetValu Walk for Dog Guides this spring. Thank you for all your hard work and dedication to raising much needed funds to continue the Dog Guide program. This year's goal across Canada was \$1.4 million dollars. So far, \$1.2 million has been raised with a few more walks still happening this fall. This would be a great project for your Club to plan for next year. Challenge a neighboring Club or a neighboring Zone. Have a theme, dress up for the event, make your walk noticeable in the community. It might even lead to a new member or two! www.walkfordogguides.com

This is the time to start thinking about how your Club could recognize a member, or community member, for all their hard work helping your Club. Why not honor them with a Judge Brian Stevenson Diamond Fellowship? This is among the highest recognitions awarded in Lions. The recipient will receive a JBSD Fellowship certificate, lapel pin and beautiful silver medallion with synthetic diamond. Each Diamond Fellowship is \$1000 and the proceeds will go to The Difference Campaign building fund. Recognize those who make a difference in your Club and community. For more information, go to www.dogguides.com and click on Memberships and Fellowships.

In Service
Lion Dave Leshchysyn
District Governor C-1 2023-24
The Difference Campaign Ambassador, Alberta
Dleshchy2324@shaw.ca

Lions Foundation of Canada Dog Guides' mission is to empower Canadians with disabilities to navigate their world with confidence and independence by providing Dog Guides at no cost to them and supporting each pair in their journey together.

MENTAL Wellness CORNER

MDC Mental Wellness Chairperson

Lion Andrea Stevenson
andreakj@shaw.ca

Mental Health Help Line

1-877-303-2642

The C2 Mental Wellness Chair:

Regina Holdenried
regina.holdenried@mycpn.ca
587-917-6199

Addictions Help Line

1-866-332-2322

To all of our readers, Hello and Welcome to the Mental Health Newsletter. We are excited to introduce to you a remarkable individual. Her journey ties together mental health advocacy, engineering knowledge and community services. Please meet Regina Holdenried, our new Mental and Health Wellness Chair for the Lions District C2.

Recognized for her impact, Regina received the Golden Beaker Award in 2016 for her exceptional contributions. Her dedication to community service shines through her involvement with organizations like Beakerhead and The Sharing Place, and now Lions International. Her dedication to mental health earned her the Lions Club International President's Certificate of Appreciation.

After receiving a Bachelor of Science in Electronics Engineering Technology, Regina began working in the oil and gas sector as an Instrumentation and Controls Engineering Design Specialist. Amid her accomplishments, she noticed that job stress and constant industry changes were impacting the wellbeing of her colleagues. This continuous strain of feast or famine opened her eyes, and led her to shift her focus towards mental health awareness and work-life balance advocacy.

Her passion led her down a path of mental health activism where she co-founded The Canadian Psychologists Network and the Centre for Mental Health and Addictions (The Centre) in Calgary, AB, with an aim to improve mental health services. Regina has always put an emphasis on effective communication, excellent client service, and teamwork. She believes personal growth and unity are imperative for leadership roles in order to empower clients to succeed. We are excited to see how her passion, education, and resilience helps to empower Lions and their Mental Health world-wide.

What is Mental Health?

Mental health is the state of ones psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness. Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges. This can be positively or negatively influenced by:

- **the type of community you live in**
 - is it a supportive and trusting community?
- **Your relationships with others**
 - family, work, school, friends
- **Physical Health**
 - Chronic illness. substance abuse
- **Life Experiences**
 - Death, job loss, other family situations

How can you take care of your mental health?

Take care of your mental health in the same way you would take care of your physical health. It takes practice, patience and support. You can maintain or improve your mental health by following the advice below.

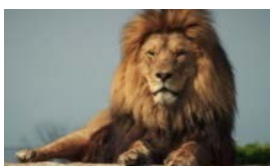
- Know and accept that life can be challenging.
- Know and accept your strengths and weaknesses.
- Set realistic goals for yourself.
- Accept yourself and others. This is the basis of self-esteem.
- Learn to recognize and understand that you and others have both positive and negative feelings.
- Create a sense of meaning in your life by learning and trying new activities, like starting a hobby.
- Create healthy, trusting relationships with people who accept and support you.

SAVE THE DATE

Saturday, September 30, 2023
The Millwoods Breakfast Lions Club
is celebrating **30** years of service
see page 11 for details



[FORUM WEB SITE](#)
[CLICK TO REGISTER ON-LINE;](#)



Sunday October 15, 2023
St. Albert Breakfast Lions Club
Champagne Brunch
celebrating **54** years of service
see page 12 for details

District C-1 Convention

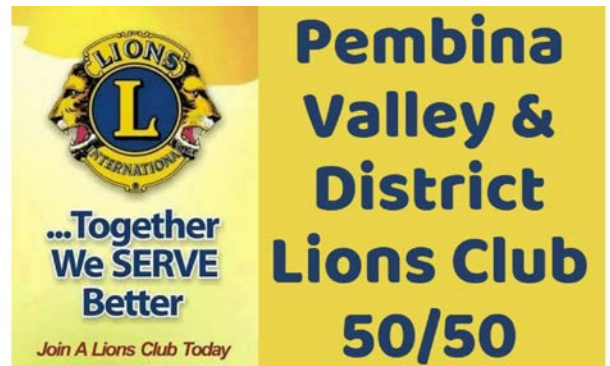
Feb 23 - 24, 2024

Drayton Valley

Hosted by Drayton Valley Lions Club and
Pembina Valley Lions Club

Information to follow

FUNDRAISING



Thanks for your support!
Our 50/50 Jackpot's now more than

\$760!

WINNER GETS HALF

Help us grow our Jackpot by
sharing the draw with your family & friends.
Again, thank you for your support

CLICK HERE TO BUY TICKETS

CLOSES Dec 30, 2023

MANAGED THROUGH
rafflebox

This space reserved for
YOUR
club fundraiser project

Please forward details
to the editor at
jmclulow@shaw.ca

husband Hank through mutual friends, and they married in 1981. They had a happy marriage cut short by Hank's unexpected passing in 2019. Sharon loved sunshine, aqua size, black coffee, ice cream, Coke Zero, connecting with her students, shopping/bargain hunting – but nothing as much as her grandsons. Teaching kindergarten was Sharon's passion, which she demonstrated for 35 years.

She fought breast cancer courageously in 1994, 1999, 2017, and 2022-2023. She is survived by children Gavin (Julia) and Elaine, grandsons Sydney and Gilbert, and sisters Arlene (Nigel) and Valerie (Jeff). She is predeceased by parents Michael and Olga and sister Janice. She will be remembered for her infectious smile, unique singing voice, endearingly forgetful nature, her Tilley hat, her kitchen mishaps, and her enthusiasm and positive attitude. Sharon was endlessly giving of her time, whether with the Lions Club, Riverbend United Church, volunteering, or giving her undivided attention to children.

A Memorial Service was held Saturday, August 12 at 11 a.m. at Riverbend United Church 14907-45 Ave NW, Edmonton, AB,

Memorial donations may be directed to the Lions Foundation of Canada Dog Guides or to the charity of one's choice.

Lions Foundation of Canada Dog Guides

This obituary is protected by copyright by Park Memorial Funeral Home. Proudly Serving the Communities of Edmonton, Lamont, Smoky Lake, Mayerthorpe, Whitecourt, Vegreville and all surrounding areas.



All You Need to do is JUST ASK

In Memoriam

In Memory of
Sharon Lee Hoekstra

Sharon Hoekstra (nee: Skuba) died peacefully August 1, 2023 in Edmonton. She was born the first of four girls in Smoky Lake, Alberta. Sharon graduated from high school in Wainwright before the whole family moved to Edmonton as she started her B.Ed. at the University of Alberta. She went on to attain her M.Ed. in just one quick year to be able to go on a teaching exchange to Hull, United Kingdom. Sharon met





26th Annual Drayton Valley Lions Club



Santas Anonymous TOY RUN



*All Toys and Money
Collected Goes to
Drayton Valley
Santas
Anonymous*

September 16, 2023

9:30 am: Registration at DV CO-OP Gas Bar
3810 - 62nd Street Drayton Valley
\$10 Registration Fee

11:00 am: Poker Run
BBQ & Prizes to follow

CONTACT

John 780-621-7570
or 780-542-5891
Trevor 780-514-9209

**Open to All Riders
and Spectators**

Posters Donated by  **Frogbelly**
PRINTING & PROMOTIONS

**Toys,
Food Bank
and Money
Donations
Welcomed!**



Please join The **Millwoods Breakfast Lions Club**

is celebrating **30** years of service

Saturday, September 30, 2023

Leefield Community League 7910 – 36 Avenue, Edmonton

Roast Beef Dinner catered by Buttercup Bistro

\$40 per person

Doors open 6:00pm



Cash Bar 6:00pm Drinks \$5 each



Dinner at 7:00

Guest Speaker Nadine Kereliuk

Zebra Child Protection Centre

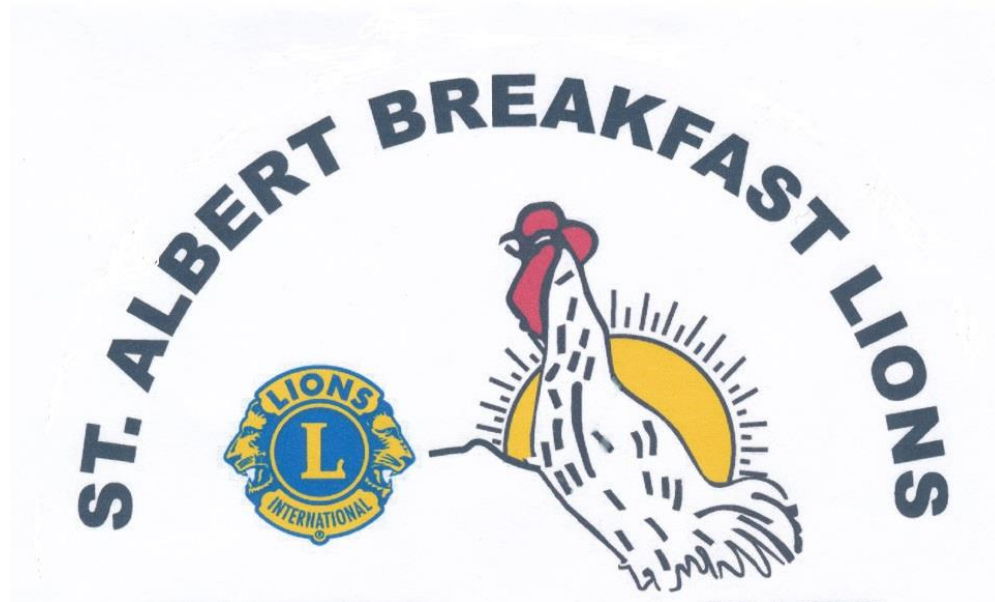


Live Entertainment featuring Bob Donaldson



Please RSVP to Joan at nanajoan1942@gmail.com by September 16, 2023

Dress Business Casual



54th Anniversary

Champagne Brunch

Sunday Oct. 15th at the St. Albert Inn

- Event begins at 10.00 am. Doors will Open 9:30
- Our Special Guest C1 DG Dave Leshchyshyn
- Price \$30.00 per person
- please join us in celebrating our 54 years of service

Please **RSVP**

Email SABLions@shaw.ca

Phone 780-718-1411 Lion Tom