

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](#)



Another busy month has gone by. Hard to believe it's November. No, wait.....looking outside at all the whiteness.....I guess I can believe its November! I know the snow hasn't hit all of our District the same, but please stay safe out on the roads as you perform your Service this month.

The road led IPDG Suzanne and I to Saskatoon, SK last weekend for the 5SKN and 5SKS Convention. It was great to have the fellowship of the many Lions we have met over the years from Saskatchewan. It

was also good to see what happens at another District's Convention, how their program is run, what projects their District and Clubs are involved in. Even bringing home one good idea is well worth the trip. It's the same visiting your neighboring Clubs or Zone Clubs. That one good idea could lead to the next big Service project for YOUR community. Lets get back to the Club visits and fellowship and fun in being a Lion. The District C1 Convention is being held February 23rd & 24th, 2024 in Drayton Valley. Look for the registration form in this newsletter.

My congratulations to the many Clubs celebrating their Charter Anniversaries in October, and thank you for the hospitality extended at the ones I had a chance to attend. Edmonton Mill Woods Breakfast, St. Albert Breakfast and Wetaskiwin Lions Clubs all celebrated recent Charter Anniversaries with a combined total of over 149 years of Service to their communities. It was great to hear about the many Club achievements over the years and see the recognition of many long-serving Lions. If your Club Charter is coming up, please send me the details so we can include it in this newsletter and make sure you invite your neighboring Clubs to celebrate with you.

The Peace Poster District judging will be held at Ecole Fox Run School in Sylvan Lake November 22nd, 2023. A reminder the submission deadline is coming up soon for those Clubs hosting a competition(s). All submissions must be postmarked no later than November 15th, 2023. Please use express mail if possible to make sure the posters make it to the District Governor in time. Any posters postmarked after November 15th will be disqualified. Please send posters to:

District Governor Dave Leshchyshyn
44 Lakeview Crescent
Sylvan Lake, AB T4S 1J7

Continued next page

IN THIS ISSUE page

New Members	2
DG Travels	3
Lions in Action	5
Peace Poster	7
C1 Convention	8
C1 Conv Registration	10
Leadership Training	12
Diabetes Awareness	13
The Difference	14
Save the Date	16
Fundraising	17
In Memoriam	17
Project Maple Leaf	18
Lions Quest	19
Mental Health	22
Grey Cup Party	24

Next Newsletter

Submission Deadline:
25th of current month

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

November is Diabetes Awareness Month. Diabetes is also one of Lions Global Causes. What is your Club doing to promote Diabetes awareness in your community this month? Almost 500 million people around the world suffer from Diabetes. Diabetes is also one of the leading causes of blindness, and Vision is another of Lions Global Causes. See how one Diabetes Service project can help support two of our Global Causes! Talk to your local health professionals, local pharmacy, the Canadian Diabetes Association, Diabetes Research Institute Foundation Canada, etc., and find out how your Club can bring information on Diabetes to your community. Currently, I'm working on having one of the lead researchers on Diabetes do a presentation at Convention in February. More details coming soon.

I've been receiving emails from Lions International that many Clubs in our District are behind in paying their International and District dues. Some will be facing financial suspension by November 15th if payment isn't received. Let's make sure that doesn't happen so your Club can continue your good work in your community. They need you! Please email or call me if you have questions about your Club dues.

Finally, please wear your poppy as we remember those who gave so much so we can enjoy the freedoms we have today. Thank you to all the Clubs who will be laying wreaths at the various Remembrance Day services. Mostly, thank you to all our active military for your Service to our country and around the world.

In Service

DG Dave



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

<https://www.lionsclubs.org/en/resources-for-members/mission-to-grow>

Congratulations to these Clubs and new members making it happen:

Member Name	Lions Club
Kathleen Tennant	Bawlf & District
Luis Chiriboga	Edmonton Host
Kathering Holland	Edmonton Host
Paul Desjardins	Grand Centre
Tristan Makela	Millet & District
Rick Melnyk	Millet & District
David Slipp	Millet & District
Kelly Winkler	Millet & District

WE SERVE

Our Global Causes



Diabetes



Childhood Cancer



Environment



Hunger



Vision



Youth



Humanitarian



Disaster Relief

DG TRAVELS



Presenting a District Certificate of Appreciation to St Albert Breakfast Lions Club President Chis Holmes during the 54th Charter Champaign Breakfast



Presenting a District Certificate of Appreciation to Wetaskiwin Lions Club President Clifford Reed during their 65th Charter Anniversary



Presenting a District Certificate of Appreciation to Edmonton Mill Woods Breakfast Lions Club President, Anthony Canada, during their 30th Charter Anniversary



It was a pleasure inducting new members into the Wabasca Lions Club along with IPDG Suzanne. Congratulations to the new members and sponsors and thanks for your hospitality and generosity.



A great afternoon of fellowship and the honour of inducting new members into the Edmonton Korean Lions Club. Congratulations to the new members and sponsors. IPDG Suzanne and I always have a great time.

LIONS IN ACTION

ALBERTA BEACH AND DISTRICT LIONS CLUB

I'm not sure if there was ever a time that the Alberta Beach and District Lions Club has posted an article in the Lions link before. However, I do believe the time has come to promote our small community Lions Club and the activities that the dedicated members are so diligent in making happen.

Our 49th year of charter has been very busy and successful; as we are so thankful to Wabamum Hotel for having us conduct their meat draw every second Saturday throughout the year. This meat draw has helped us tremendously with donations that were needed by different individuals and groups within Alberta Beach and District.

Along with the meat draws, our annual SN'Mo days held every family long weekend in February was a huge success in 2023. As we were looked upon from above with great weather, along with ice and

snow, our 50-50 draw that is part of the Alberta Beach Agricultural society's weekly farmers market was also very successful, with the winner receiving over \$4,000.00. Along with the donations to individuals and groups, a lot of the funds raised are used to supply just over 100 hampers that are provided to people that are meeting with hard times over Christmas.

As you can see, we have been a very busy club with limited members. It becomes somewhat challenging; however, this year we have increased our membership with about six new members and we are so thankful for that; welcome aboard. Also I would like to give all the other "Clubs" out there a heads up that 2024 is our 50th charter year and we are planning a really fun and enjoyable event on May 11, 2024. I don't want to give away too much, but we are hoping that guests will bring their dogs as we hope to have a dog walk in the morning to help raise money for the guide dog program, a guided tour of our historic centre and village in the afternoon, and a sit-down dinner and dance that evening. More information will be provided in January.

Lion Art Brochu

FORT SASKATCHEWAN LIONS CLUB

Fort Saskatchewan Lions with Station Co-Op store held a hotdog, pop & water lunch event to raise funds for the Fort Saskatchewan Hospital Foundation.



The 14 lions members and 3 spouses cooked and served from 11.00 am to 2.00 pm. The outdoor event was a success.

Donations were \$665.00 which the Lions matched, making the total donation \$1,330.00 to the hospital foundation.



The Lions were grateful to all the community their support.

Thanks to all who donated, with Co-Op team for the BBQ and for sharing in food costs.

Lion Rod Linderman



SPRUCE VIEW LIONS CLUB



October 5th, 2023 - Spruce View Lions members continued their commitment to the annual highway cleanup. The original agreement was signed on Feb. 7th, 1999 with the AB Government's Adopt-a-Highway program. Twenty-four years of dedication to a project; definitely nothing to sneeze at.



Thank you to Lions Dawna, Lois, Marianne, Phil, Sandy, Suzanne, and Ted. Special thanks to Andrew Tishauser voluntold by his lovely wife, Dawna. Thanks for coming out. You are all such awesome people! The piece de resistance - hot chocolate, pizza, and fellowship at Tivoli following our contribution.

Lois Burkinshaw



**Lions
International**

Peace Poster Contest 2023-24

District C1 Peace Poster Judging Competition

7:00 pm Wednesday, November 22, 2023

Ecole Fox Run School

2 Falcon Ridge Dr., Sylvan Lake

You are invited to **Dare to Dream.**

A showing of Original Art by Alberta Youth,
inspired to promote peace through art. Come share their
vision of how they depict the 2023-24 theme
of "Dare to Dream" to the world.

Registration is **FREE**

Please **RSVP** indicating your name to: dleshchy2324@shaw.ca

For more information, contact DG Dave at dleshchy2324@shaw.ca

2022-23 Grand Prize Winner
Emma Andreea Paveliuc
13 years old
Romania
'Lead with Compassion'



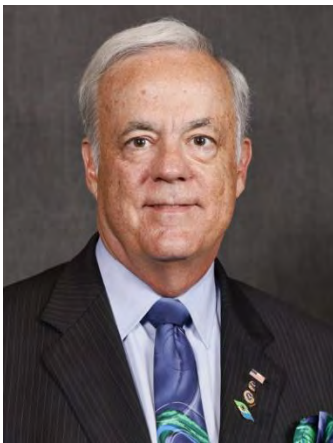
2024 District C1 Convention

February 23-24, 2024

Mackenzie Conference Centre

5737 45 Avenue Drayton Valley, Alberta

Hosted by the Drayton Valley Lions and Pembina Valley Lions



- Come meet our Special Guest – International Director Jay Moughon
- Theme: “**LIONS – WE SERVE WE SHARE**”
- Program details to follow

- Registration Form in this newsletter
- Those who register by Dec 23 will be entered into a special draw.

Drayton Valley and Pembina Valley Lions Clubs look forward to hosting you here in Drayton Valley and sharing in fellowship and fun, and sharing in the many ways we serve the communities in our District.

- Questions/Inquiries:
Lion Lorna Luchyk
C1 Convention Chair 2024
Bar-dk@telusplanet.net
1-780-542-5891

2024 DISTRICT C1 AWARDS

Do You Know a Lion (or Community Member) Who Deserves Recognition?

Now is the time to nominate a deserving community member or Lion.

See the following categories:

- MDC Hall of Fame
- District C1 Citizen of Distinction
- Dr. Lynn G. Hall Leadership Award for Outstanding Leadership in Lionism
- District C1 Youth Activities Award

Submission deadline for all awards - **December 27, 2023**

Details and criteria for all [District C1 Awards](#) are listed on the District C1 website homepage at www.lionsc1.org.

Please direct questions and awards submission to:

District C1 Award Committee

Lion Zella Gardiner

Phone: 780-387-4620

Email: Canadian_a@telus.net

PDG Scotty Duff

Phone: 780-724-2029

Email: chalena2@telus.net

District C1 Awards will be presented at the 2024 District C1 Convention

February 23-24, 2024

Drayton Valley Alberta



District C1 Convention

February 23rd and 24th, 2024



Mackenzie Conference Centre
5737 45 Avenue, Drayton Valley

Hosted By the Drayton Valley Lions and Pembina Valley Lions

**Registrant
#1**

Last Name:

First Name:

Name on Badge

Club:

☐ Lion

☐ Leo

☐ Non-Member

**Contact
Information**

Phone:

Email:

Special Dietary Needs:

(Please Specify - diabetic, gluten-free,
vegetarian, allergies)

**Registrant
#2**

Last Name:

First Name:

Name on Badge

Club:

☐ Lion

☐ Leo

☐ Non-Member

**Contact
Information**

Phone:

Email:

Special Dietary Needs:

(Please Specify - diabetic, gluten-free,
vegetarian, allergies)

Hotel Reservations:

Are the responsibility of the attendee(s)/registrant(s) and are NOT INCLUDED in
the Registration fee. Use booking Code: **Lions C1**

Ramada Inn

2051-50 Street
Drayton Valley
780-514-7861
\$139.00 + Tax

Holiday Inn Express Suites

5001 Brougham Drive
Drayton Valley
780-515-9888
\$134.00 + Tax

Service Plus Inns and Suites

5704 Power Centre Boulevard
Drayton Valley
780-542-4348
\$115.00 + Tax

Shuttle Transportation between Hotels and the Mackenzie Centre will be provided free of charge

Convention Sponsored by: Drayton Valley Hospitality and Tourism Authority

Lion/Leo Guest Registration & Full Meal Package: (Includes Friday evening, Saturday Program Lunch & District Governors Banquet)	Payment <u>on/or</u> before: January 26, 2024	#	x	per person	=	\$
	Payment <u>after</u> : January 26, 2024	#	x	per person	=	\$
Convention Registration only - (No meals - Saturday only): (Includes Saturday Programs, no meals, does not include District Governors Banquet)	Payment <u>on/or</u> before: January 26, 2024	#	x	per person	=	\$
Separate Lunch Ticket: (a registrant may purchase a ticket for Lunch if their companion is not registered for the convention)		#	x	per person	=	\$
Separate District Governors Banquet Ticket: (a registrant may purchase a ticket to the District Governors Banquet if their companion is not registered for the convention)		#	x	per person	=	\$
Total Payment:						\$
<p><u>Drayton Valley Lions, Pembina Valley Lions, and DG Dave are asking everyone to participate in a Service Project with us during this year's Convention.</u></p> <p><u>Please bring at least one of each of the following if possible: Socks, Mitts, Toques</u></p>						
<p>Registration & Payment Deadline is February 9th, 2024 (no late registrations will be accepted). Full Payment must accompany this form to be registered for the convention. Official receipts will be issued AFTER the convention.</p>						

Submit Registrations as Follows:

Credit Card <input type="checkbox"/> Visa <input type="checkbox"/> MC	Card #	Postal Code:	Expiry Date:	CVS#:
• Email completed Registration Form to dvplionsc1c@gmail.com				
E-Transfer	• Email completed Registration Form to dvplionsc1c@gmail.com			
	• Send E-Transfer Payment to: dvplionsc1c@gmail.com			
Cheque	• Cheques made payable to: Lions C1 2024 Convention C1 Lions Convention Registration c/o Lions Club of Drayton Valley			
	• Mail completed registration form and payment to (EMAIL PREFERRED): PO Box 5208 Drayton Valley, AB T7A-1R4			
Cancellation Policy: <ul style="list-style-type: none"> • Attempt to transfer registration to another member of your club • Written cancellation request must be received by email no later than midnight February 16, 2024 • No refunds after February 16, 2024 • Refund requests made after the convention are to be made in writing to District Governor Dave Leshchynshyn 				
For questions or inquiries contact Convention Chair Lorna Luchyk bar-dk@telusplanet.net				



Lions Multiple District C Training and Information Schedule November and December 2023 ZOOM Sessions



All Lions in **District C1 & C2** are encouraged to participate in the following:

Lions Orientation – pt 1	Nov 9
Club Secretary Responsibilities	Nov 20
Lions Orientation – pt 2	Dec 6
Club Treasurer Responsibilities	Dec 12

Additional topics coming soon:

Club President/VP Responsibilities	Mission 1.5
Lions Portal	Starting a new club
Responsibilities of Club Board of Directors	Club Branch
Just Ask	...and more

RSVP for all training to your District Coordinator:

District C1

Global Leadership Team
Lion Thomas Varghese
gltlionthomas@gmail.com

District C2

Global Leadership Team
Lion Anne Kennedy
dc2glt@gmail.com

Each session starts at **7 PM Alberta time (MST)**.

All district training sessions above are free of charge and are about one hour in length.

Permanent ZOOM Training link: [Click here](#)

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The online **ZOOM** connection requires the following on your computer, tablet or smart phone: A web browser (such as Edge, Firefox, Chrome, Safari, etc.) to download and install the Zoom application, a microphone and speakers or headset. While a camera is optional, we would like to see your smiling face.  
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Other online training is available at the LCI Lions Learning Center and at
LionsUniversity.org



[Learn more](#)

Diabetes

Lions, with the support of Lions Clubs International Foundation (LCIF), are working to reduce the prevalence of diabetes and improve the lives of those living with diabetes.

[Programs](#) | [LCIF Grants](#) | [Stories](#) | [Facts](#) | [Resources](#) | [Donate](#)

November 14th is
World Diabetes Day.

#WearBlue this November!



Show your support for Diabetes Awareness Month by wearing blue.

Step 1: Pick your platform. Facebook, Instagram, or X (Twitter).

Step 2: Post a photo of yourself wearing blue (or get your family and friends, including pets, involved) and tell us how you're making time for diabetes this November.

Step 3: Include the hashtags, #LetsMakeTime, #WearBlue, and #DiabetesAwarenessMonth and tag @diabetescanada in your post.

Step 4: All posts with these hashtags and @diabetescanada tag will be reshared/retweeted to DC's Instagram/FB stories and X (Twitter) feed.

#LetsMakeTime and #WearBlue to support the 1 in 3 Canadians affected by diabetes.

November is Diabetes Awareness Month

Let's make time this Diabetes Awareness Month to support those with diabetes by educating ourselves and our communities.

[Learn more](#)

**DIABETES
CANADA**



The Difference Campaign – Make a Difference Today

Lions Foundation of Canada Dog Guides (LFCDG) 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.

Established in 1983 by Lions across Canada, LFCDG was the first school in Canada to specialize in training Guide Dogs for people who are blind or visually impaired. Now, LFCDG is the only service dog school in the world with seven distinct Dog Guide programs (Canine Vision, Hearing, Service, Seizure Response, Autism Assistance, Diabetes Alert, and Facility Support).

From breeding to training to matching, each Dog Guide costs approximately \$35,000 yet is provided at no cost to eligible Canadians from coast to coast and includes a lifetime of follow-up services. LFCDG relies on donations from Lions Clubs, members of the public, and corporations to provide these special matches and does not receive any government funding.

Time to Grow to Meet Demand

With one in five Canadians 15 years of age and up living with one or more disabilities, more Canadians are seeking the services of a specialized Dog Guide. To meet the demand, LFCDG is building a state-of-the-art, purpose-built Dog Guide training school.

Right now, the current facility is not accessible to all clients, the 28 guest rooms are scattered around the building, and there are an insufficient number of classrooms and training areas for each program with uncomfortable learning environments.

What's more, the training spaces are inadequate for Dog Guides to experience situations as a working dog, the kennels and veterinary clinic are at maximum capacity, and the play area is inadequate for Dog Guides.

In contrast, the new school will be fully accessible to all clients and provide many improvements, including a classroom and specific training areas for each program. For Dog Guides, the larger and improved kennel space will provide indoor and outdoor spaces to learn, play, and relax which will increase their well-being to set them up for success in their training.

These improvements will create a more conducive learning environment and provide the best experience possible while creating better outcomes.

The Difference Campaign

To make our dream a reality, LFCDG has launched The Difference Campaign, a once-in-a-lifetime opportunity to help friends and neighbours in need by ensuring they can access the support of our loving, loyal, and highly skilled Dog Guides.

LFCDG has already secured \$39 million towards our \$50 million goal. The sale of the current training school and administration office provides \$25M to the building cost. We could not have come this far without the support of many Lions clubs across the country, who have raised \$2.7 million towards the collective Lions Club's goal of \$4.5 million. We are so grateful for your generosity.

Your support will help create many more special partnerships, like Anthony with Gambit, who is experiencing safety and increased independence.



"Our Autism Assistance Dog Guide, Gambit arrived at exactly the right time for my son. Gambit makes sure Anthony is safe when we go out grocery shopping and when we're walking outside. Anthony is now able to stay by our side and does not run away. I do not worry and stress any more when we are out in public."

Maria Zambonnelli, mom to Anthony with Dog Guide Gambit

We invite you to join, if you haven't already, by making a special one-time gift or pledge to The Difference Campaign. Please visit www.dogguides.com or call 905-842-2891 ext. 0 or 1 (800) 768-3030 ext. 0.

If you'd like to learn more, one of our dedicated Lions Committee members in Ontario would be delighted to make a presentation during an upcoming club meeting. To arrange a presentation please email thedifference@dogguides.com or call (905) 842-2891 ext. 218 or 1 (800) 768-3030, ext. 218.

Thank you Lions for being champions of Lions Foundation of Canada Dog Guides and its future.

"Currently, we operate from our Oakville facility, an elementary school that was retrofitted in the late '80s. Although the current structure has served us well, it's time for us to build our new home to help more people, train more dogs, and be accessible to everyone we serve. The Difference Campaign is our most significant campaign in the organization's history. It is not just a building but an investment in potential. Together, we can continue to make a difference in the future of Canadians living with disabilities."

Beverley Crandell, CEO of LFCDG



Rendering is for illustrative purposes and subject to change.

SAVE THE DATE

District C-1 Convention

Feb 23 - 24, 2024

Drayton Valley

Hosted by Drayton Valley Lions Club
and Pembina Valley Lions Club

Information: see **pages 8-11**

District C-2 Convention

February 9/10, 2024

Medicine Hat

Information to follow

ALBERTA BEACH AND DISTRICT

LIONS CLUB

50th charter anniversary

May 11, 2024

Information to follow

Lions International Convention 2024 Melbourne

The Lions International Convention is happening June 21-25, 2024. Celebrate service with your fellow Lions and Leos in one of the most unique and exciting travel destinations in the world beautiful Melbourne, Australia!

Register now

<https://lionscon.lionsclubs.org/registration-information/individual-registration/>



USA/Canada Lions Leadership Forum -
Louisville, Kentucky September 5 - 7, 2024

www.lionsforum.org

Save
The Date

MD C CONVENTION
APRIL 26-27 2024 LETHBRIDGE, AB

SPECIAL GUEST:
INTERNATIONAL PRESIDENT DR. PATTI HILL

Convention Chair:
Lion Pauline Cooper: lionpauline@gmail.com

MORE INFORMATION TO FOLLOW



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




Lions of Canada
Lions du Canada

LIONS OF CANADA

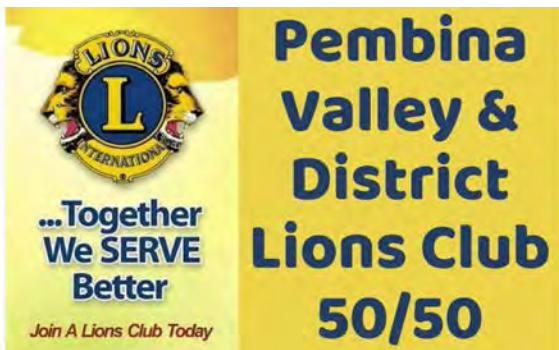
ANNOUNCEMENT

Lions of Alberta Foundation is proud to announce "Lions Project Maple Leaf" (formerly known as Lions Project Pride). For acquiring Canada flags and certificates, the cost & procedure has not changed. Just use the new order form, attach your cheque made payable to: Lions of Alberta Foundation, and mail to; Lion Lynne Coulter, 11305-103 St., Grande Prairie, AB T8V 2Y6. Please discard or recycle old order forms and certificates.

see page 18

Lion Lynne Coulter, PCC
780-532-3027
Ldcgp@telusplanet.net

FUNDRAISING



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

\$780!

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

In Memoriam

Alan Walter Manship



Born November 19, 1935 at Turtleford, Saskatchewan, Mr. Alan Walter Manship passed away at the Red Deer Hospice, Red Deer, Alberta on Monday, October 16, 2023 at the age of 87 years.

Alan was an active member of the Spruce View community where he resided. He was dedicated to the King of Kings Lutheran Church in Dickson, Alberta and a member of the Spruce View Lions Club. Alan was a devoted father, husband, grandfather, and great-grandfather. He loved visits from family and friends, and he loved to travel. Alan enjoyed sports; especially hockey, Canadian football and baseball.

He is lovingly remembered by his partner of four years, Anne Lise Pedersen, Buster the dog, his daughters, Sandy (Calvin) Haugen and Alanna Manship, his son, Timothy Manship, his stepdaughters, Sharon (Bruce) Marshall, Kathy (Morgen) Berg and Donna (Doug) Tubb and his stepson, Byron (Judy) Olson. Alan will also be deeply missed by his many grandchildren, great grandchildren, nieces, nephews, his sister, Lillian (Edward) Neale and so many friends. He is predeceased by his wife, Marlene Manship, his parents, Walter and Maria Manship, and his brothers, Robert and Alfred Manship.

The family would like to send a special thank you to the Doctors and staff of the Innisfail Health Centre and Red Deer Hospice Society for the care given to Alan.



Lions Project Maple Leaf



A project of Lions of Alberta Foundation

Order Form

Lions Project Maple Leaf

Contact Name: _____

Club Name: _____ District: _____

Address: _____

City: _____ Prov: _____ Postal code: _____

Telephone: _____ Email: _____

_____ Number of flags/certificates x \$2.50 = \$ _____

OPTIONAL- Club name imprinted on certificates add \$50.00 = \$ _____

Certificate language ☐ English ☐ French

Please make cheques payable to Lions of Alberta Foundation

Please mail form and cheques to:

Lion Lynne Coulter

11305-103 Street

Grande Prairie, AB T8V 2Y6

For further information contact Lynne Coulter, PCC Ldcgp@telusplanet.net 780-532-3027





PO Box 2947, Station Main
St. Mary's, ON N4X 1A6

800-265-2680
www.lionsquest.ca

October 2023

My Fellow Lions/Leos:

We need your support!

According to the Mental Health Commission of Canada and the Canadian Centre on Substance Use and Addiction, the pandemic has had a greater impact on young people living in Canada than other age group. Only 1 in 4 youth report excellent or very good mental health and 17% have contemplated suicide. Substance use has increased with 37% reporting increased alcohol use and 45% reporting increased cannabis use.

The need for Lions Quest programs has never been greater. We recognize last few years were difficult. In the 2022-23 Lions year, just 17% of the Canadian clubs contributed. We can do better, we need to do better, our young people deserve better.

Every donation from \$25 to \$5,000 is appreciated and makes a difference. The power of the Lions family joining together to invest in our young people is what counts and we are confident we will reach our goal this year. In most municipalities, funds raised from gaming/lotteries/bingo can be donated to Lions Quest Canada as we are a charitable organization.

We also need you to share our information with educators in your network. Ask them if they have heard about Lions Quest Social Emotional Learning programs and direct them to our website for more information.

To learn more about our work, we invite all Lions and Leos to attend the "Lions Quest 101" webinar on Thursday November 2 from 2-3 pm EDT – register at <https://attendee.gotowebinar.com/register/6024265324780574301> or through our website.

We would like to hear from you – please have someone in your club complete this very [brief survey](#) so that we know how we can better serve you.

It's often said that "it takes a village to raise a child" – our role at Lions Quest Canada is to help raise the "village". Thank you in advance for your thoughtful consideration of our request to support this award-winning initiative, one of Lions Clubs International's signature youth programs.

Thank you for your consideration!

Michael Stanford, Chair
Board of Directors

(Please note our new mailing address!)

Proudly supported by the Lions of Canada





Proudly supported by
the Lions of Canada



Lions Quest Canada

The Centre for Positive Youth Development

To Do List

- Donate to Lions Quest Canada
- Honour someone with a Lions Quest Fellowship
- Include Lions Quest Canada in your club budget annually
- Invite members to join the Q-bear Fan Club
- Purchase Child ID Kits to hand out in your community
- Include a speaker about Lions Quest at a club meeting
- Host/sponsor a Lions Quest workshop for your school or community
- Share information about Lions Quest with people who may be interested in our work
- Visit our website at www.lionsquest.ca and sign up for the newsletter

Contact Us

www.lionsquest.ca

800-265-2680
qbear@lionsquest.ca

PO Box 27016
Dundas McLaren RPO
Cambridge, ON N1R 8H1

We believe in 5 things all kids need:

- Strong positive relationships with people who care about them
- Safe and caring places to live, learn, and play
- Opportunities to provide service to others, learn and try new things
- Healthy habits
- Hope for the future

What are we working on right now?

Introducing (or re-introducing) our programs to educators – Social & Emotional Learning is being talked, and the importance has significantly increased as students return to classrooms after the pandemic. We need to promote our program as an effective, proven resource that not only helps to reduce negative behaviours like bullying and substance abuse – but also promotes positive behaviours like healthier relationships with peers/family and community service learning. With suicide as the leading cause of death for teens, it's critical to support mental well-being.

Expanding the program to communities – Our program & approach has many applications outside of the school setting – including juvenile justice, youth groups, and with families. We say it "takes a village to raise a child" – you are a villager – your club is part of the village.

How can you help?

Spread the Word! – You have family, friends, neighbours who are educators or may be interested in our work. Simply mention Lions Quest to them and ask them to check it out. It's very clear that our growth is dependent on word of mouth and personal relationships. You don't need to be the experts, just the catalyst.

Lions Quest Fellowships – For **\$500**, you can honour someone with a Lions Quest Fellowship. The application is available on our website at www.lionsquest.ca. Our goal is to award 50 Fellowships this year.

Q-Bear Fan Club – For **\$100**, you can join the Q-Bear Fan Club. Personal donations are eligible for a charitable tax receipt. As we launch this new initiative, our goal is to have 50 Q-Bear Fans this year.

All Other Donations – We welcome donations of any amount. Dedicate all or a portion of fundraising event proceeds to Lions Quest Canada. Use your funds from bingo/gaming events (as allowed by your municipality). Include Lions Quest Canada in your annual budget. Our goal is \$135,000 from the Lions Family of Canada this year – we can do it!

OUR APPROACH

Evidence-based Instructional Resources

High Quality Training

Service Learning

School Climate

Engaging Parents/Caregivers as Partners

Involving Community



WHAT CAN YOUR CLUB DO...

For Students...

- ✓ Establish and sponsor Leo clubs
- ✓ Provide classroom materials with club name
- ✓ Sponsor peace poster competition
- ✓ Support service-learning projects
- ✓ Set up community collection jars for service projects
- ✓ Recognize young people & use their names

For Schools...

- ✓ Visit schools and Lions Quest classes
- ✓ Attend parent meetings
- ✓ Participate on school climate committee
- ✓ Participate in joint fundraising activities
- ✓ Attend staff meetings
- ✓ Provide funding for teachers to attend Lions Quest workshops
- ✓ Establish an eye-glass collection box for the school
- ✓ Provide the school with a certificate of participation
- ✓ Support the "meet the teacher" night

For Educators...

- ✓ Host annual gathering or refresher
- ✓ Invite teachers to your club meetings
- ✓ Reward the Lions Quest teachers with pins, certificates and/or plaques
- ✓ Assist with service-learning projects
- ✓ Have a hospitality room at your convention and invite teachers

For Parents/Caregivers...

- ✓ Provide the hall or refreshments for family meetings
- ✓ Host the family meetings
- ✓ Publish meeting dates in your bulletin
- ✓ Invite parents to your club meetings
- ✓ Sponsor a parents/families day
- ✓ Join the Home & School/PTA/ School Council
- ✓ Provide childcare during the family meetings

For Your Club...

- ✓ Involve students in your service projects
- ✓ Invite teachers & parents to join your club
- ✓ Form and sponsor Leo clubs
- ✓ Send your Lions bulletin to your school(s)
- ✓ Establish a Lions Quest contact person for your club
- ✓ Do shared activities with the schools

For Your Community...

- ✓ Host a community workshop
- ✓ Provide public notices of Lions Quest activity & projects
- ✓ Sponsor Lions Quest barbecue
- ✓ Use the media to generate positive publicity
- ✓ Have trained teachers and students present the program at other clubs and schools
- ✓ Provide end of year recognition awards for schools, teachers, youth leaders, coaches, students, families, etc.

MENTAL Wellness CORNER youth

In Canada, 3 in 4 children cannot access mental health care when needed due to unavailability or lack of public health insurance coverage. As a result, children's mental health is often left untreated, leading to emergency department visits and hospitalizations. Mental health conditions account for almost 25% of hospitalizations for children and youth aged 5 to 24 in 2020, and suicide was the leading cause of death for 10-19-year-olds in 2018.

How Can We Help?

Everyone, including children and youth, can benefit from the principles of recovery. It's crucial for young people to cultivate resilience and strive for optimal mental health, and it starts with you! Youth get their knowledge from those around them, they are like little sponges that absorb the world surrounding them. If we start by creating a hopeful, empowering, and self-determined life for them, then mental health recovery is right around the corner.

Here are some ways you can help!

- **Contact Based Education:** Many people with mental health issues experience stigma and one way to break it is through education. Recognizing mental health symptoms is essential for everyone. It is particularly crucial for front-line workers like teachers, coaches, and community workers who are often the first people that young people approach for help.
- **Community Support:** It is important to foster mentally healthy environment for youth. Some way to encourage good mental health and fight stigma are:
 - Have strong leaders and managers willing to make change happen and to play their part in stopping bullying and harassment.
 - implement training and education
 - encourage positive work-life balance
 - support recovery for youth living with mental health issues



What Can YOUTH do?

The first step in mental health recovery is wanting to get better. Once you realize that you are in control of your own mental health recovery, you can start getting the help you need. We understand that not every youth has a safe adult they can turn to in times of crisis, so we want to help by promoting self-advocacy. Working on self-advocacy and starting to use your voice is one way you can support your development and resiliency into adulthood. Here are a few resources you can access as youth on your own:

Kids Help Phone:

- This line is a 24/7 help line for youth experiencing mental health struggles
1-800-668-6868 or text 686868

Luna Child and Youth Advocacy Center

Distress Center:

- 403-266-HELP (4357)

The Summit

- 587-534-7200

Improving mental health is a collective responsibility that involves not just therapists and clinics but also individuals in their daily environments such as homes, schools, and workplaces. Here at the Lions, we view young people as a powerful force, and we are committed to serving them as beneficiaries, partners, and leaders in service to sustain our impact for the next century.



Recognizing mental health is important but so is taking action towards seeking help and getting better. Here is a list of Mental Health Resources for Youth ages 12-17

RESOURCES

Youth Outpatient Counselling

1005 17 Street NW, Calgary

Phone: 403-297-4664 or 403-943-1500 (Access Mental Health) Tollfree 24 hour help line 1-866-332-2322

Community Assessment Consultation Service - Child and Adolescent Addiction and Mental Health

1820 Richmond Road SW, Calgary

Phone: 403-955-8347

Child and Adolescent Addiction Mental Health and Psychiatry Program Community Clinics

1820 Richmond Road SW, Calgary

Phone: 403-955-8589, 403-943-1500

Acute at Home - Child and Adolescent Mental Health

1620 29 street NW, Calgary

Phone: 403-297-2792 (main office)

Child and Adolescent Addiction Mental Health and Psychiatry Program Community Clinics

1620 29 street NW, Calgary

Phone: 403-943-1500 Ext. 1

Child and Adolescent Mental Health Inpatient Services

1403 29 street NW, Calgary

Phone: 403-944-8298 Unit 23 for Adolescents 13 to 17 years, 403-944-1282 Unit 26

Exceptional Needs Program Service - Child and Adolescent Mental Health

805 37 street NW, Calgary

Phone: 403-943-1500 (Access Mental Health)

Children's Day Treatment Program

20 Oki Drive NW, Calgary

Phone: 403-943-1500 Ext. 1 (Access Mental Health)

Child and Adolescent Mental Health Walk-In Service

1015 17 Street NW, Calgary

Phone: 587-534-7200

Day Hospital - Youth

1015 17 Street NW, Calgary

Phone: 587-534-7300

Youth Recovery Program

1005 17 Street NW, Calgary

Phone: 403-297-4664

Crisis Team, Child and Adolescent

12803 116 Ave NW, Edmonton

Phone: 780-644-4591

Addiction and Mental Health - Child and Adolescent Mental Health Walk-In Service

9499 137 Ave, Edmonton

Phone: 780-342-2700

30 Sir Winston Churchill Ave, St. Albert

Phone: 780-342-1410

HULL SERVICES

Bridging the Gap

Children's Village School

William Roper Hull School

Mental Health and Addictions

Navigator

Hull Services has long had a reputation for providing leading edge child, youth, and family mental health services. We work with children, youth, and families who have experienced significant challenges. Hull offers them an opportunity to seek well-being and happiness, with a focus on mental health.



COME JOIN US!

Sunday, November 19th



- Supper & Snacks - \$10 at the Door
- Bring cash for drinks & spirits
- Location: Millet Lions Hall (doors open at 2:30pm)
- Contact Lions member for pull tickets (\$2ea)