

Li ns Link

Lions Clubs International District C-1 Newsletter

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February has been an eventful month for our district, with significant progress made in various initiatives and successful activities organized across the district. We have made strides in encouraging clubs to embrace the Portal, providing valuable training opportunities, and advancing key projects. As we look forward to the Multiple District Convention in April, we remain focused on driving growth and engagement throughout our district.

During February I continued with my club visits, where I had the pleasure of attending several inductions. These visits are an essential part of staying connected with clubs and offering guidance on how they can grow and thrive. I am thrilled with the positive energy and enthusiasm from the clubs and am inspired by the commitment of our members.

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One of our major objectives has been to encourage clubs to get on the Portal, and I am pleased to report that we have seen progress in this area. With the dedicated efforts of the GAT team, many clubs have successfully transitioned onto the Portal, streamlining communication and improving efficiency. This is a step forward in modernizing how we operate and ensuring that our district remains connected and responsive.

This month, we successfully held our second “Just Ask” seminar in Red Deer. These seminars have been a crucial initiative, thanks to a grant given to the Multiple District from LCIF, to keep the seminars affordable. The seminars have helped foster a stronger sense of collaboration and provided valuable insights for members, making them an essential part of our district’s activities.

I am excited to report that we now have a dedicated committee for the District C1 Alert Trailer project. This project is moving forward smoothly, with planning and coordination progressing well. We are confident that this initiative will provide significant benefits to our communities and support our district’s goals of preparedness and community service.

This month, C1 GLT conducted numerous Zoom training sessions for Club Secretaries, Treasurers, Presidents, Club Orientation, and Service Chairs. These sessions have been an excellent opportunity for members to enhance their skills and learn new tools that will contribute to the effectiveness of their roles. We also included C2 District in these sessions, fostering collaboration and knowledge sharing across both districts.

continued next page

Next Newsletter
Submission Deadline:
25th of current month

Michael Clulow
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I also attended the Multiple District Zoom meetings.

In addition, we are planning an in-person training session on March 15th from 1 p.m. to 4 p.m. at the Devon Lions Park Chalet. The session will focus on the Portal and how to conduct Zoom meetings effectively. This will be a hands-on session, and participants are encouraged to bring their laptops.

As we approach the Multiple District Convention on April 11th and 12th, in Medicine Hat, we are excited to continue our work together. I have been actively advertising the event during my visits and encouraging clubs to participate. This will be an important occasion for networking, learning, and further advancing our shared goals.

I look forward to seeing even more progress in the coming months. Thank you to all the members for their continued dedication and support.

Yours in Service,
Lyle Gustafson

District C-1 & C-2 Lions Youth Exchange Program Now Accepting Applications

The District C-2 Lions Youth Exchange Program is pleased to announce that we are now accepting applications for our enriching youth exchange opportunities. This initiative offers a unique chance for young people to experience new cultures, learn languages, and foster global understanding.



District Governor Lion Glenn Garade highlighted the importance of the program: "The Lions Youth Exchange provides an invaluable opportunity for young people to broaden their horizons through international experience. This program not only fosters global peace and understanding, but also develops future leaders who are culturally competent."

How to Apply: Interested participants are encouraged to contact Brad Walls directly at yecc2alberta@outlook.com or reach out to their local Lions Club for more information on how to apply. Early applications are advised as spaces are limited. **Applications are being accepted now until April 15, 2025.**

Brad Walls, the District C-2 Chair, emphasized the transformative nature of the program: "Participating in the Youth Exchange program is a life-altering experience. It equips youth with a broader perspective, helping them forge international friendships and develop skills that serve them for life. We're eager to welcome another group of participants to discover the rich benefits of this program."

Share the News: We urge everyone to spread the word about these opportunities. Share this information with potential candidates, school counselors, and community leaders to ensure as many young people as possible can benefit from this life-changing program.

For more information about the District C-2 Lions Youth Exchange Program or to apply, please contact: Email: yecc2alberta@outlook.com

Join us in shaping the future of our youth and promoting international understanding through this exceptional program.



May marks the observance of Mental Health Awareness Month, a significant initiative established in 1949. This month serves as a pivotal time to tackle the obstacles encountered by countless individuals grappling with mental health disorders.

What is Mental Health?

Mental health is vital for overall well-being, encompassing psychological and emotional wellness. While distinct from mental illness, its absence can contribute to both mental and physical ailments. Optimal mental health enables individuals to navigate life's challenges while enjoying its pleasures. 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

it's **ok**
not to
be **ok**

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.

Mental Health Month

Mental Health Week - May 6th - 12th

- <https://cmha.ca/mental-health-week/>

National Child & Youth Mental Health Day - May 7th

- <https://may7icare.ca/>



BPD AWARENESS

May is also the month for Borderline Personality Disorder Awareness. Borderline personality disorder (BPD) is a serious, long-lasting and complex mental health problem. People with BPD have difficulty regulating or handling their emotions or controlling their impulses. They are highly sensitive to what is going on around them and can react with intense emotions to small changes in their environment. Many things can cause BPD such as a person's genetic inheritance, biology and environmental experiences.

<https://sashbear.org/about-bpd/>





Make Your Service Activities Magnets for New Members

One of the most important reasons to recruit new members is to increase the impact of your club's service. More members means more volunteers are available to serve and more diversity of your club's knowledge and skills. Try these ideas to make your club more attractive before, during and after serving your community.

Before serving

- **Create social interest.** Post photos of the current situation and describe what you will achieve. Share volunteer photos with quotes on why they serve.
- **Involve traditional media.** Ask the local press to promote your activity. Invite them to attend so they can share a good news story.
- **Include your community.** Ask local businesses to post flyers about your activity. Request a notice on electronic event calendars. Invite community leaders to speak.
- **Leverage personal networks.** Ask your club members to talk about your activity with their friends, family and neighbors. Invite them to join you in service.

While serving

- **Raise your banner.** Place signs so everyone sees the name of your club when they see Lions and Leos acting in your community.
- **Show your pride.** Request every volunteer wear a Lion or Leo shirt, vest or hat. Branded items, like stickers or pins, are great for guests and giveaways.
- **Prepare for interest.** Bring information about Lions International and your club. Designate a club member to speak to prospective members.
- **Make a record.** Take photos of your club in action. Ask individuals how they feel about your activity. Request permission to use their quote and photo or invite them to make a short video.

After serving

- **Leave a marker.** A plaque or sign will continue to promote your club long after your service is complete.
- **Share the joy.** Post quotes from club members, the people who benefited and community leaders.
- **Publish the details.** Announce the number of people served and any funds raised or donated, along with anything else counted, like items recycled or trees planted.
- **Invite to serve.** Thank everyone who participated and invite them to continue to serve with your club.



JUST ASK! TRAINING SESSION IN RED DEER

The *Just Ask!* training session, jointly organized by District C-1 and District C-2, took place at the Moose Lodge in Red Deer on Sunday, February 23rd, 2025.



This valuable training provided Club Officers and aspiring leaders with essential tools and strategies to recruit new members and effectively manage club growth. Dedicated Lions came together, eager to strengthen their membership and leadership skills.



A heartfelt thank you goes to the Red Deer Lions Club for their warm hospitality and for providing lunch and snacks. Your hard work and dedication did not go unnoticed!

The session featured an engaging agenda covering key aspects of the Global Membership Approach and Membership Growth Events.



The faculty for the training included Lions Walter Calahasian (GMT District C-1), Anne Kennedy (GMT District C-2), PCC Brent Johnson (MDC GMT), Andrea Stevenson, and Raquel Garalde, all of whom delivered insightful and engaging presentations. Participants actively engaged, asked thoughtful questions, and reaffirmed their commitment to *Mission 1.5*. Additionally, Dr. Thomas Varghese, SVDG District C-1 and LCIP, served as the evaluator for two new FDI graduates as part of their certification process.



The training received strong support from leadership, with the DG Team from C-1 (DG Lyle, FVDG Ted, SVDG Thomas, and SVDG-E Zella) and District Governor Glenn Garalde from C-2 in attendance. Their presence underscored the importance of collaboration and continuous learning within the Lions community.



The day's activities began with registration and a welcome coffee, followed by introductions and housekeeping led by GMT Lion Anne Kennedy. Lions Raquel Garalde and Andrea Stevenson then presented on the Global Membership Approach,

with a short coffee break in between sessions. After lunch, the focus shifted to Membership Growth Events, followed by a Q&A session. PCC Brent Johnson, and GMT Lion Walter Calahasian discussed District Goals, and the training concluded with closing remarks from Anne Kennedy, along with an additional opportunity for participants to ask further questions about Lionism.



The *Just Ask!* training reinforced the importance of strong leadership, effective recruitment strategies, and club sustainability. With the dedication and enthusiasm shared by all in attendance, the Lions' ability to serve our communities continues to grow.

Great job, everyone!

Please Note: For those who missed this session, there will be more opportunities to attend similar sessions in the future. Stay tuned for notifications!



Upcoming Free Webinar

Are you interested in learning more about Lions Quest Social Emotional Learning Programs? Or do you know someone who is?

Join us virtually on March 10, 2025 at 2 pm EDT to learn how Lions Quest can make a difference in your school or community program.



[Register Now](#)

Lions Quest Training Workshops for Educators & Others

(Delivered Virtually via Zoom)

Includes Resources for 1 Grade level

Self-Directed Learning

2 hour Interactive Session

Follow Up Support

Feb 25/March 25 (closed)

March 7 (closed)

April 4, 1-3 pm EDT (virtual)

April 30, 4-6 pm EDT (virtual)

Cost: \$350

(funding may be available from your local Lions Club)

[Visit our Website](#)

[Program Overview](#)
[Workshop Flyer](#)

[Register Now](#)

There is limited seating so register now while space is still available!

#SELday

March 3, 2025

Join the movement to showcase, promote, advocate, and support social emotional learning. Lions Quest is proud to be an official supporter of this global initiative.

Here are a few free tools you can use to celebrate Social Emotional Learning:

[SEL Shout Out Greeting Cards](#)

[Compliment Cards](#)

[Affirmation Cards](#)

[Gr JK/SK - Find Connections](#)

[Gr 1-2 - Create an Interconnected Tree Collage](#)

[Gr 3-5 - Create an Interconnected Tree Collage](#)

[Gr 6-8 - Discover Connections to Others](#)

[Sign up for updates.](#)

Above table adapted from Lions Quest Canada email - *the editor*



MISSION 1.5 is the drive to reach 1.5 million Lions International members worldwide, so we can better meet the growing needs of our communities and serve more people than ever before.

Lions and Leos can leverage any service activity to raise the visibility of their clubs and attract potential new members. A new resource, [Make Your Service Activities Magnets for New Members](#), provides ideas to:

- Gain the interest of potential new members through social and traditional media.
- Include community leaders and personal networks in service, which can lead to recruitment opportunities.
- Ensure the public knows about club service, so they know who to contact when looking to get involved.
- Follow up with everyone who participates in service and invite them to continue serving with your club.

Thank you for supporting our great association through service with your club and district. If you have any questions about club growth through service, contact us by email at serviceactivities@lionsclubs.org.

Yours in Service,

The Service Activities Division Team

Increase your Club's Success by Engaging your District Leaders

Every Lions Club is a great asset within its community, providing direct service and hours of volunteer assistance. Lions Clubs often provide financial support for worthy causes such as recreational facilities, health and education centers, and youth groups. In addition, Lions clubs frequently impact the lives of individuals, providing support for Youth Exchange Students, individuals having financial challenges, or living with sensory loss.

District Leaders are here to support Lions Clubs. Invite your district chairpersons to speak at your club meetings and use their expertise as a resource. Our District Governor [DG], Vice District Governors [VDGs], and Zone Chairpersons [ZCs] have volunteered their time, have taken current training, and stand ready to serve as valuable resources for all clubs.

How do I access a DG, VDG or ZC? Invite the District leaders to visit you for a club meeting and ensure that they have time to discuss district and international programs and resources, and to answer your questions.

Who Pays for the DG, VDG, or ZC visit? LCI and the District provide a fund to help defray the costs of a DG/VDGs travel to visit clubs. The District allocates a budget to help offset the ZC's costs. However, all of the leaders are volunteers, and so it is customary for a Lions Club to a) cover the cost of the visitor's meal if this is a meeting at which a meal is served, and b) make a donation to a service cause in honour of the DG/VDG's visit. Clubs are NOT expected to cover any other expenses of the visitor unless it is the club's tradition to do so.

Why host District guests? An important benefit of being a Lion is the opportunity to learn more and develop leadership skills. Our District Leaders have been educated about all the resources and opportunities available and have volunteered to share that information with club members. Expect your District Leaders to be a valued-added resource by helping your club to be successful.

NEW MEMBER ORIENTATION LINKS



Do you need help with the orientation of new club members?

Or a quick refresher for current members?

Click the image on the left



to view/download a PowerPoint presentation overview of Lions Clubs International.



Click the image on the left



to view/download a PowerPoint presentation overview of Lions District C-1.

This presentation can easily be customized by adding the goals, activities, services, expectations, etc. specific to your club.

It's also a quick refresher for current club members.

NOTICE TO ALL CLUBS IN MD C

Council has been advised that some Clubs are improperly using public funds in violation of the policies of Lions Clubs International.

Some of this misuse may have arisen because of advice received from Alberta Gaming that permits deductions from the proceeds of casinos. Lions Clubs International's policies permits "the only deductions that may be made from the activity account are the direct operating expenses of the fundraising activity."

In our Lions Clubs Standard Club Constitution and By-Laws, Article XI - Club Funds, Sections 1 and 2 Clubs are required to return all funds raised from the public to public use, including money accumulated from invested public funds.

As Lions, where contrary advice is offered to Lions and Lions Clubs, the policies of Lions Clubs International must and do prevail. Otherwise, our reputation as community servants will be lost. Dues and expenses to attend conventions must only come from our Clubs' Administration Accounts.

In addition, the first twelve words in the last paragraph in our Lions International Purposes is clear:

"To encourage service-minded people to serve their community without personal financial reward....."

Please ensure that your Club's fundraising activities comply with this policy of Lions Clubs International.

Thank you.

PDG Lion Michelle Harris
Council Chairperson
Multiple District C
Lions Clubs International

Lion Lyle Gustafson
District Governor, C-1
Multiple District C
Lions Clubs International

Lion Glenn Garalde
District Governor, C-2
Multiple District C
Lions Clubs International



Feel the magic in Orlando

Get registered for *the* Lion event of the year. Then get ready to experience everything convention has to offer in a city that's truly a magical travel destination.

[Register](#) ▶

**Spring is coming - j ave you seen these?
Click on the links below.**

**LIONS AND LEOS ARE WORKING TO PROTECT THE ENVIRONMENT
TO CREATE HEALTHIER COMMUNITIES AND A MORE SUSTAINABLE WORLD.**

[Environmental Advocacy, Awareness and Education: md_KUJqc5B77f912y45.jpg.pdf](#)

[Recycling and Waste Management: md_A0K0C5wANQN11iNz.jpg.pdf](#)

[Tree Planting and Tree Care: md_MsTvmWuXLJ71cwPJ.jpg.pdf](#)

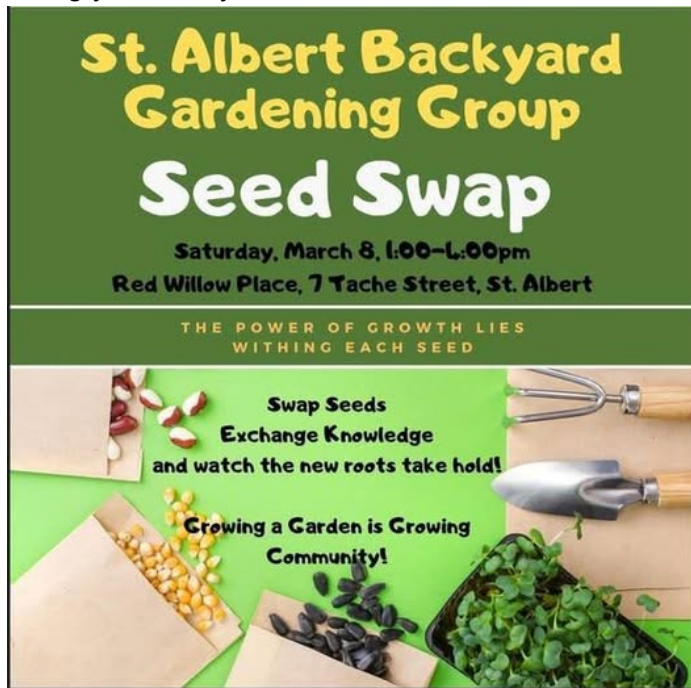
[Clean Water and Sanitation: md_wPvf36Q7sJS81cbZ.jpg.pdf](#)



LIONS IN ACTION

ST. ALBERT HOST LIONS CLUB

Lions; if you are in and around St. Albert on Saturday, March 8, 2025 from 1-4 pm, stop by the St. Albert Host Lions table at the 'St. Albert Backyard Garden Seed Swap'
Location: Red Willow Place
(St. Albert Seniors Centre) 7 Tache St.
(north side of Lions Park parking lot).
Bring your family and friends.



THIS SPACE IS
RESERVED FOR

**YOUR
CLUB**

Activities

GRANDE PRAIRIE LIONS CLUB



1st Vice President of Grande Prairie Lions Club presenting PCC Betty Ann Robson with a LCI Life Membership.

GRANDE PRAIRIE LIONS CLUB



The Grande Prairie Lions Club presented the Gordon Prusky Award to 1st VP Brian Barnes and PCC Betty Ann Robson.

SAVE THE DATE

Emerging Lions Leadership Institute

March 20-23, 2025

Red Deer Alberta

[Click to view REGISTRATION ONLINE](#)

MDC CONVENTION

April 11-12, 2025

Medicine Hat Alberta

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[Click to view REGISTRATION ONLINE](#)

Fort Saskatchewan

75th Charter Anniversary

Saturday, May 3rd, 2025

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July 13 - 17, 2025

Orlando, Florida

CLICK

USA/Canada Lions Leadership Forum

September 18-20, 2025

Atlantic City, New Jersey

CLICK



MISSION 1.5

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>

FUNDRAISING

Pembina Valley & District Lions Club

Pancake Breakfast
March 8, 2025



SEE POSTER PAGE **20**



Club Treasurers

Please send payment for member dues and LCI supplies to:

The International Association of Lions Clubs

P.O. Box 2425 Station A

Toronto, Ontario M5W 2K6



**Get yourself registered,
come to the MD C Convention
&
“Make A Difference!”**

Register NOW for the upcoming Convention in Medicine Hat.

Location: Medicine Hat Exhibition and Stampede - Auditorium in the Cypress Centre

Date: April 11 and 12, 2025

Cost: \$155 per delegate **prior to March 14th, 2025**

\$65 extra banquet ticket

Click [here](#) to fill out a registration form, then email it to us at cmh732@gmail.com

Click [here](#) for hotel information - book your hotel too!

If you have NOT booked your hotel room you have a very short time left to do so. The rates we have negotiated will expire very soon.

Townplace Inn and Suites - February 25, 2025 - EXPIRED

Holiday Inn Express - March 6, 2025

Home Inn - March 10, 2025

Days Inn - March 11, 2025

Comfort Inn - March 14, 2025

Are you interested in participating in one of several planned social activities? If so, please email us right away at lcmh732@gmail.com to register. The number of participants for each activity is limited so it will be **first-come, first-served!**

Friday, April 11, 2025:

9 hole golf tournament (weather permitting - will be indoor virtual if the weather is inclement).

- Cost is \$20 per person (remainder subsidized)
- Venue is Paradise Valley Golf Course.
- Maximum of 24 golfers.
- Own transportation required - map to be provided.

Time - To be determined - approximately 1:00 to 1:30 pm

Sunshine Trolley Tour (guided tour of Medicine Hat)

No cost

- Meeting place is the parking lot at the Medicine Hat Exhibition and Stampede Cypress Centre
- Maximum of 26 participants
- Time - to be determined - approximately 1:00 to 1:30 pm

John's Butterfly House tour

No cost

- Venue is John's Butterfly House at Windmill Garden Centre
- Maximum of 20 participants
- Own transportation required - map to be provided.
- Time - to be determined - approximately 1:00 to 1:30 pm

We have a draft of the program!

Friday, April 11, 2025

- Social activities in the afternoon: we are planning a 9-hole golf tournament, a visit to John's Butterfly House, and a City of Medicine Hat Sunshine Trolley tour. We are finalizing the details on these and an upcoming email will have more information.
- Registration at the Cypress Centre at the Medicine Hat Exhibition and Stampede runs from 11:00 am to 7:00 pm
- Friday - dinner on your own.
- The auditorium will open at 6:00 pm on Friday, April 11.
- Opening ceremonies starting at 7:00 pm on Friday, April 11.
- Entertainment - Crescent Heights High School drama program
- Silent auction - Please bring an item (or two) for the silent auction. The proceeds will be donated to the Lions Foundation of Canada Dog Guide School Building Program!
- 50/50 draw: tickets will be \$2 each and the proceeds will be going to the Medicine Hat Women's Shelter Society Building Fund!

Saturday, April 12, 2025

- Breakfast on your own
- Registration at the Cypress Centre at the Medicine Hat Exhibition and Stampede runs from 7:00 am to 9:00 am.
- Presentations in both the Auditorium and Fireside Rooms - these will include: Leos, The Mustard Seed, PCC Gordon Ziegler - Ah Hah! A personal look at moments of clarity in Lions and life, Prairie Gleaners and REDI Enterprises
- Buffet style Lunch and keynote speaker - HALO Air Ambulance
- Service Sessions in the afternoon. Food Drive 2025, hygiene packs (Leos planned!), PlusOptix, CLERC, Mustard Seed, plus Health Aware - do you know the difference?
- Bear pit/question and answer session

Banquet - Saturday, April 12, 2025

- Auditorium opens at 6:00 pm for the Banquet festivities
- **Our speaker is AP Singh - 1st International Vice President**

How you can help with service:

Would you consider sponsoring Lions service by donating either \$250 or \$500? This will help us really make an impact with our service! Please email us at lcmh732@gmail.com if you have questions or wish to help out!

1. Bring some *non-perishable food items* - these will be sorted, packaged and distributed to our local food banks.
Most needed items: peanut butter, tomato sauce, canned proteins, canned beans, pasta, canned fruit and vegetables, cereal, rice, powdered milk, soups and granola bars
2. Bring *travel size hygiene items* - our Leos are planning on your assistance to bring, sort and package the items for distribution to our local shelters
Items needed: toothbrushes, toothpaste, combs, brushes, hand sanitizer, band aids, razors, shaving foam, sanitary pads.
3. Bring *used eyeglasses and sunglasses (no cases please!)* for CLERC
4. Gently used shoes for Soles for Souls
5. Most importantly, come prepared to spend some time doing service!



Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)



Pembina Valley & District Lions Club

Invites you to attend a
Pancake Breakfast
Saturday March 8, 2025
9:00AM to Noon
Entwistle Community Hall



Adults \$10.00
12 & Under \$5.00

50/50 Available From
Any Lions Member
or at Evansburg Family clothing
Proceeds to Medical Expenses
For Paisley Bunning
an Autistic Girl for Treatment
for her condition

Lions Club of Fort Saskatchewan

Fort Saskatchewan Lions cordially invite you and your guest to join us for this prestigious night as we celebrate our 75th Charter Anniversary into the Association of Lions Clubs International.

Charter Night

Date ~ Saturday, May 3rd 2025

Time ~ 5:00pm for social, and Dinner at 6:30pm

Venue ~ Pioneer House

10102-100 Ave Fort Saskatchewan, AB.

Cost \$50.00pp

*R.S.V.P. ~ **By Friday, April 25th 2025***

Lion Derwin Bartlett

Phone ~ 902-989-3805

E-mail ~ mytyke@yahoo.com

We look forward to seeing you

