

MD C NEWSLETTER
November 2026

Council Chair:	Editor:
PDG Lyle Gustafson	PCC Dennis Stevenson

MD C NEWSLETTER November 2026

VOLUME 2 **ISSUE 2**

Message from: CC Lyle Gustafson

It's October already! The harvests are done, and hopefully things went fairly well, considering all the rain we received throughout the summer.

Don't forget about LCIF! Make your contributions, it will go a long ways for humanitarian services. Alberta has received more grants than we have contributed.

This is also the time of year when we start thinking about and attending our conventions.

The C-2 Convention was held October 23–24 in Cochrane, Alberta. The hall decorations were amazing, and it was clear that a lot of time and hard work went into making everything look so wonderful. A big thank-you to everyone who helped with the setup and the running of the convention. Your time and efforts were greatly appreciated! And we even had a steak dinner, thanks to the Cochrane Lions Club.

Next up is the C-1 Convention, being held November 6–7 at the Edmonton Inn in Edmonton. It's not too late to register, so I encourage everyone who can attend to do so! It is a great opportunity to reconnect with fellow Lions, share ideas, enjoy some fellowship, and celebrate the work we do together.

We also have a special event taking place at the C-1 Convention. Our VCC will be inducted on Friday morning at 9:00 a.m. during the MDC Council Meeting. Please join me in welcoming Kevin Gibbons to the team! We look forward to working together and wish Kevin all the best in this new role.

I will be away from November 18 to December 20, and Kevin Gibbons has graciously agreed to fill in for me during my absence. I appreciate his willingness to step in and help keep things running smoothly.

Looking ahead, the MD C Convention will be held April 9–10 at the Nisku Inn Convention Centre, near the Edmonton International Airport. Please mark your calendars!

I wish everyone a successful convention season and look forward to seeing many of you there!

Council Chair Lyle Gustafson

Lions Pledge (New Version)

Lions Pledge – New Version

I pledge allegiance to my country and to the cause of peace throughout the world.
I believe in the principles of Lionism as contained in the Lions' Code of Ethics and will embody these principles by serving my community and supporting our Global Foundation.
I am proud to be a Lion dedicated to the service of others.

District Governor C-1 Report

District Governor's Report — District C1

Multiple District C Council Meeting — November 6, 2026

The first four months of this Lions year have been extremely busy and productive. A lot of hard work has gone into organizing the 12th District Convention, and I am grateful to everyone who has contributed. We are hoping for a successful and memorable Convention for all our attendees.

Membership Growth and Retention

Membership growth and retention remain major priorities for District C-1, particularly as we enter the final year of Mission 1.5. We are encouraging clubs to recruit new members while also focusing on retaining existing members and strengthening struggling clubs.

One club requiring particular attention is the Bonnyville Lions Club, which has experienced a significant decline in membership and currently has only three members. We are looking at ways to support the club and help rebuild its membership. I have spoken to a couple of people in Bonnyville, and I am exploring how best we can bring them in as Lions. On a positive note, new members are being inducted across clubs. The Lamont Lions Club recently inducted four new members. The Devon Lions Club is also preparing to induct four new members next week, and I am hoping to be part of their induction ceremony.

The focus will continue to be on working closely with Zone Chairs and club leaders to encourage membership growth, improve retention, and support clubs in need.

Leadership Development

We held district leadership training in Millet on July 25, followed by our Cabinet Meeting on July 26. Additional training was held in St. Albert on September 13, and Zone Chair training was organized in Millet on September 29. I was pleased to be one of the facilitators for the zone chair training.

On a personal note, I am also happy to share that I recently completed both the Bachelor's and Master's programs through Lions University. It was a valuable learning experience, and I would encourage other Lions to take advantage of these opportunities. I am now certified under the Gold Certification for the Servant Leadership Certification Program. My pin and certificates were sent out right after the Forum. They did not reach me. Next week, it will be shipped out again from the US. I am now qualified to conduct Servant Leadership Certification in Canada. Angela also completed her Bachelor's through Lions University.

Communication

We have increased our communication with clubs through *The Lions Link*, our District newsletter. We have done our very best to revamp the newsletter to include more articles, club activities, and write-ups from Lions. A huge shout-out to Lion Michael Clulow for his hard work and dedication!

This Lions year, we also launched our District C-1 Facebook page, which we did not have before.
Clubs are continually encouraged to use the District Facebook page to share their activities, events, and service projects, contribute articles and updates to *The Lions Link*, and regularly report their service activities through the Lion Portal. Our goal is to give more opportunities for clubs and individual Lions to share their activities, experiences, and achievements across the District while also improving communication and service reporting.

District Administration

We have established a Finance Review Committee to strengthen financial accountability and transparency. We are also working to improve governance

practices in district operations. The Quarter 1 Financial Review is complete and has been sent to the committee members. MDC Treasurer Lion Jonathan is also on that committee.

District Convention

Our 12th District C-1 Convention is being held on November 6–7, 2026, at the Edmonton Inn & Conference Centre, hosted by the Edmonton Chinese Lions Club. We are honoured to welcome International Director Gary Steele as our International Guest, along with Past International President Dr. Patti Hill , PID Bill Webber, PID Marvin Chambers, PDG September Stokes, DG Team from District C2 and other distinguished guests.

The Convention is also supporting two important community initiatives: a food drive for the Veterans Association Food Bank and a winter jacket drive organized by the Edmonton Malayali Lions Club in partnership with the Samanwaya Cultural Association.

We are particularly pleased to have 17 Leos participating in the Convention. We were able to waive the registration fees for 12 Leos from the Edmonton Aurora Leo Club to encourage their participation. We hope that we can make use of them at the Convention by putting them to work.

Moving Forward

Our priorities remain membership growth and retention, strengthening existing clubs, leadership development, service reporting, and supporting our clubs.

I would like to thank our DG Team, Cabinet members, Zone Chairs, and club leaders for their continued support. I also look forward to working closely with District C-2 and Multiple District C.

Dr. Thomas Varghese

District Governor 2026–2027

Lead with courage and vision.
Include with kindness and respect.
Serve with compassion and commitment.

ROOTED IN SERVICE

District Governor C-2 Report

Danielle Hamelin

C–2 District Governor

Report to Council

November 6, 2026

September 1 – October 31, 2026

Over the past two months, District C2 has demonstrated exceptional energy, creativity, and unity in service. I am pleased to provide the following report outlining key activities, initiatives, and outcomes during this period. C2 Fall Convention – "Summit of Service: The Spirit of Lions" Our Fall Convention, held October 23–24 in Cochrane, was a tremendous success. Lions, Leos, and guests came together in a spirit of service, collaboration, learning, and celebration. Highlights include:

- ID Liz Crooke from Salinas, California, was our distinguished guest.
- 30 Seconds of Service hosted by PIP Dr Patti Hill – clubs were encouraged to share a service project in 30 seconds or less. Dr Patti also introduced the mou with GenWell.
- Canmore Lions Solar Lights for Nepal – The Canmore Lions offered an in-depth presentation of the Solar Lights for Nepal project. The significance of this project lies in its long-term humanitarian impact, its alignment

with Lions' global mission of service, and its role in empowering remote communities through sustainable technology.

- Keynote speakers included Barbara Tolevski from the Calgary Health Foundation and Dr Sarah MacFarlane from The University of Calgary.
- Inspiring Growth Through Meaningful Service – PDG Suzanne Leshchyshyn provided an informative presentation on the benefits of meaningful service.
- Leos CANstruction Activity: Our Leos delivered an outstanding CANstruction project, showcasing youth leadership and teamwork. Their creativity and commitment were inspiring and well-received by all attendees.

- Souvenir Magnets: Custom "Service Through Unity" magnets were distributed as a keepsake for attendees, reinforcing district identity and commemorating the event.

Moose Hide Campaign Awareness:

I shared information and distributed pins to promote the national Moose Hide Campaign, encouraging Lions to stand against violence and support this important national movement. The response was overwhelmingly positive.

- Lion Brian Wong from Calgary Connect received the Justice Brian Stevenon Emerging Leader award.

We welcomed 180 registrants, and together we raised $2,200 for Lions Quest, $1500 raised for LCIF, collected non-perishable food items along with a $100 donation for the Cochrane Food Bank, and contributed $200 to support District C-2 Leos. With 52 clubs represented — 63% of all C2 clubs — the convention showcased the strength of our district and the passion of our members. My heartfelt thanks to every Lion, Leo, volunteer, and presenter who made this event such a success

New Club Announcement

District C2 is proud to celebrate the formation of our newest club, the Lethbridge Filipino Bayanihan Lions Club, chartering with 21 enthusiastic members. This vibrant group embodies the true meaning of *bayanihan*—community unity, mutual support, and shared purpose—and brings fresh energy and cultural richness to our district. Their commitment to service reflects the growing momentum of Lions in southern Alberta and strengthens our goal of expanding our reach through new club development. We are excited to welcome them into the Lions family and look forward to the impact they will make in Lethbridge and beyond.

New Member Growth

We have seen the addition of 53 new members this year, a strong indicator of our growing momentum and the renewed energy within our clubs. These new Lions will bring fresh perspectives, diverse skills, and a shared commitment to service that strengthens our district's capacity and community impact. Their enthusiasm reflects the success of our recruitment efforts and the welcoming culture our clubs continue to foster. We are grateful to every club that contributed to this growth and excited to see the difference these new members will make across C2.

District Training

Our "Shaping Our Future Together" Zoom training series continues to be a valuable and well-received resource for Lions across District C2. Participation has remained strong, and the sessions have provided meaningful opportunities for learning, collaboration, and leadership development. We will be taking a short break over the holiday season and will resume the series in January, with possibly

some new topics and continued focus on strengthening our district through shared knowledge and engagement.

LCIF Grants

District C2 is pleased to recognize two recent LCIF grants that will make a meaningful impact in southern Alberta. The Medicine Hat Regional Hospital has received funding to support important improvements that will enhance patient care and community health services. In addition, the Vulcan Health Authority has been awarded an LCIF grant to advance upgrades at the Vulcan Community Health Centre. These grants reflect the strength of our partnership with LCIF and demonstrate how Lions' global generosity directly benefits local communities here at home. We extend our congratulations and gratitude to the clubs whose dedication helped bring these projects to life. We are currently in the process of applying for an LCIF Vision Grant, which will further expand our district's ability to support critical needs.

MDC Secretary

I have continued reaching out across District C2 in hopes of finding a Lion willing to step into the MDC Secretary role, but despite steady efforts, no one has yet come forward. Given the ongoing need to ensure accurate records and smooth communication, it may be time to consider incorporating technology to support minute-taking at our meetings going forward. This could provide a reliable interim solution while we continue searching for the right Lion to fill the position.

C2 ALERT / Disaster Relief Committee

I am proud to announce the launch of the C2 ALERT / Disaster Relief Committee, a dedicated team focused on strengthening our district's readiness and response capacity during emergencies. This new committee will guide the ongoing development of the ALERT trailer, coordinate trained volunteers, and ensure Lions are prepared to support communities when disasters or urgent service needs arise. By bringing together skilled, committed Lions from across the district, we're building a reliable, compassionate response network that stands ready to serve whenever our neighbours need us most.

DG Transition Package – Personal Project

I have begun developing a DG Transition Package, a collaborative project with C2 PDGs to develop a resource designed to support future District Governors with clear guidance, templates, timelines, and best practices. This initiative aims to strengthen continuity, reduce onboarding gaps, and empower incoming leaders with practical tools for success, with the ultimate goal of making leadership transitions easier and more consistent year after year.

Cabinet Day at CLERC

Our June 19, 2027 Cabinet Day at CLERC is meant to be both productive and meaningful for the members of C2 Cabinet. Cabinet members will have the opportunity to learn more about CLERC's operations, witness the impact of eyeglass recycling firsthand, and deepen their understanding of this vital Lions service. The visit will reinforce our district's commitment to vision support and global humanitarian work. To date, there are 16 members of Cabinet willing to volunteer.

Weeks of Service – Tim's Card Incentive



To encourage visibility and participation during the Weeks of Service (October 8–18), I introduced a fun incentive: Lions or Clubs who posted their service activities on social media were entered into a draw for a Tim Hortons gift card. This initiative boosted engagement, increased online presence, and showcased the incredible service happening across C2. This will continue for the remaining 2 weeks of service.

Sock It to Me Baby/Forward – "Socktober" Campaign
Throughout October, clubs participated enthusiastically in our district- wide Socktober campaign, collecting new socks for local shelters. Clubs were asked to support this campaign by collecting new socks and donating it to a charity of their choice during the month of October. This simple, high-impact project brought comfort to community members in need and strengthened club involvement in seasonal service.

DG Welcome Emails to New Members
Beginning in September of this year, I have implemented a personal initiative to send a welcome email to every new Lion who joins during my term. This gesture is meant to reinforce belonging, encourages early engagement, and supports member retention by ensuring new Lions feel valued from day one. The DG welcome email is a small act that creates a ripple of connection, confidence, and commitment across the entire district.

DG Coffee & Counsel Initiative
To strengthen communication and provide timely support, I have proposed the launch of DG Coffee & Counsel — brief 15-minute check-ins where both C1 and C2 DGs can seek advice from advisors on specific matters. This initiative aims to foster collaboration, improve decision-making, and maintain open lines of communication throughout the year.

Closing Remarks
District C2 continues to demonstrate exceptional unity, creativity, and dedication to service. I am grateful for the commitment of our clubs, leaders, and members, and I look forward to building on this momentum as we move into the next quarter of our Lions year.

Respectfully submitted, Danielle Hamelin
C2 District Governor

2026-2027

District C-2 1st VDG Report

Lion Gerald Gaede
39 First Street NE
Medicine Hat, AB. T1A 5J9
Cell 403-548-4583

Vice District Governor's Report for Council, November 2026

Took an active role with the 2026 District C2 Convention planning committee
Celebrated the 95th and 40th Charter Events for Lethbridge Host and Lethbridge West Lions respectively Official Club visitations to Okotoks Lions, Calgary Filipino Club and Vulcan Lions Club and Caresland Lions Club.

Celebrated a cheque presentation including an LCIF matching grant by the Vulcan Lions Club and district Lions to the Vulcan Hospital for a therapy whirlpool tub.
Inducted two new members into the Vulcan Lions Club and three new members in the Irvine and District Lions Club.
Distributed district directories to four zone chairs and several clubs personally
Ordered and received the "OWL" as requested by Council

Yours in Lionism,
Lion Gerald Gaede
Vice District Governor, C2

District C-2 2nd VDG Report

2nd Vice District Governor Report to Council November 6th, 2026

Over the past several months the DG team assisting with the organization of the Cochrane District C 2 Convention. We all have contributed.

A group of Lions have been involved with creating an Anti-Harassment/Anti-Bullying policy.

We have also distributed the 2026-2027 District Directories to either the Zone chairs or the Clubs directly.

As part of my VDG responsibilities, I have visited several clubs in the district. As of November 6th, I will have visited 8 Clubs on my list of Visitations. One item of note, several of the clubs do activities with or involving youth at middle or high schools. I have suggested to them that they consider starting a Leo club in their community. Part of the focus of my visit is to determine the visibility of the club through service projects that impact their communities. All clubs to date have several activities that have an impact in their community.

Cheers
Lion Bill Stecewicz
2nd Vice District Governor
District C 2

MD C Global Action Team Reports

MD C GLT Report to Council

MDC GLT Report to Council
November 6th, 2026

Good day, Council,
It has been a busy fall for me so far.
I have done officer training with the C1 GLT chairperson and VDG training in Cochrane, with PCC Lynne Coulter assisting.
The Regional Lions leadership training will take place in Red Deer, AB, March 12-14th at the Baymont Inn. Application forms are on the website as a fill-in document.
The application is included with this report.
I am working on a mini-submit to be held at MDC this spring. Information will be distributed as we move forward.

Submitted By
PCC Betty Ann Robson

Multiple District C Committee Reports

MD C LRP Report to C-1 Council

MD C Long Range Planning Report to Council Nov.6, 2026

During the August, 2026 Council meeting held in Calgary, your committee suggested to Council that they consider the creation of a Multiple District C Marketing Coordinator. What is the status of that suggestion?

During the DGE/VDG training session held prior to the District C-2 Convention in Cochrane, there were three(3) suggestions involving MD C Rules of Audit for consideration by Council:

*Raise the travel allowance from $0.50/km. to $0.55/km.,

*Include “Out of Country” travel & medical insurance fees for Council members required to attend LCICon and/or the USA/Canada Lions Leadership Forum when these events occur outside of Canada.

*Include entry fees or visa charges where and when applicable for Council members .

R. Lynne Coulter, PCC

MD C Diabetes Chairperson Report & MD C Lions Cavalcade for Diabetes

MD C Diabetes Chair and
MD C Lions Cavalcade for Diabetes
Report to MD C Council Meeting
November 6, 2026

My report this time will be an appeal message from Diabetes Canada to Lions clubs of Alberta as well as a reminder that November is Diabetes Awareness Month and November 14, 2026 is World Diabetes Day. We encourage clubs to do something during November to promote diabetes awareness in your communities, such as holding a Tag day event to raise funds for Diabetes Canada and promote diabetes awareness. Contact Diabetes Canada to get a kit; the information is in an earlier email that was sent out to clubs.

Hello Lions of Alberta,

I have been asked to forward the following fundraising message from Diabetes Canada regarding year-end support.
For those of you who have already donated to Diabetes Canada or the MD C Lions Cavalcade for Diabetes, we thank you for your donations.
For those who haven't made a donation to support Diabetes Canada's work in awareness, research, and D-Camp Jean Nelson, now is the time to consider donating to Diabetes Canada as well as LCI Global cause of diabetes awareness.
Again thanks to all who have already donated, and thanks in advance for any and all donations we will receive.
Dennis Stevenson, MD C Lions Cavalcade for Diabetes / MD C Diabetes Chairperson

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An End-of-Year Appeal to Alberta Lions Clubs - Serving Alberta Children Living with Diabetes

Dear Lions,

As 2026 draws to a close, Diabetes Canada faces a growing need to ensure Albertans impacted by diabetes continue to receive the support, resources, and life-changing experiences they depend on. With more than 587,000 Albertans living with diabetes and an estimated 28% of Albertans living with diabetes or prediabetes, the demand for our programs has never been greater

For generations, Lions Clubs have strengthened communities through compassion, generosity, and service. As we approach the end of 2026, we invite Lions across Alberta to help ensure that children and families affected by diabetes have access to the support they need during one of the most challenging public health issues facing our province.

Today, diabetes impacts hundreds of thousands of Albertans and is projected to continue growing at an alarming rate. Diabetes contributes to 40% of heart attacks, 30% of strokes, 50% of kidney failure requiring dialysis, and 70% of non-traumatic lower-limb amputations. The disease costs Alberta's health care system an estimated $556 million annually.

At Diabetes Canada, we work every day to help people live well with diabetes through advocacy, education, research, community support programs, and our nationally recognized D-Camps. Through these programs, children and families gain the confidence, knowledge, and support network needed to navigate life with diabetes.

The Life-Changing Impact of D-Camps
For a child living with type 1 diabetes, camp is more than just a week away from home. D-Camps provide a safe, medically supervised environment where children learn diabetes self-management skills, build confidence, develop leadership abilities, and form lifelong friendships with peers who understand their daily experiences.
For many campers, D-Camp is the first time they meet another child living with diabetes. Families often tell us that camp transforms not only their child's confidence but their entire family's outlook on life with diabetes.

As participation continues to grow, so does our need for community support to ensure no child is turned away because of financial barriers.

Our End-of-Year Need
As we close out 2026, we are asking Alberta Lions Clubs to consider a special year-end gift in support of Diabetes Canada, D-Camps and

our programs serving Alberta children and families.

Your support could:

- Help subsidize camp experiences for children living with type 1 diabetes
- Support trained medical staff and diabetes educators at camp
- Provide education and support resources for Alberta families
- Ensure children gain the confidence and independence needed to manage their condition successfully

Whether your club contributes $500, $1,000, $2,500, $5,000, or more, every gift helps change the trajectory of a young person's life.

The Lions' long-standing commitment to supporting children, health initiatives, and community well-being aligns perfectly with Diabetes Canada's mission. Together, we can ensure that Alberta children living with diabetes have the opportunity to thrive, build resilience, and realize that they are never alone in their journey.
As the year comes to a close, we hope you will consider making Diabetes Canada one of your year-end charitable priorities.
Thank you for your continued service to communities across Alberta and for considering this opportunity to create a lasting impact in the lives of children and families living with diabetes.
With gratitude,

Nicole

Nicole Holder–Dulson (she/her)

Executive Director, Community Fundraising and Events

Diabetes Canada
1000-170 University Ave,
Toronto, ON M5H 3B3

MD C Lions Cavalcade is still receiving donations which we pass on to Diabetes Canada to support D-Camp Jean Nelson, Research or Awareness as the donating club choses to support, thanks to all those who have donated to date and to those who may donate before the end of 2026.

PCC Dennis Stevenson, Chairperson

MD C Information and Technology Chairperson

MD C Website and Newsletter Report

MD C IT Chair (Website, Newsletter)
Report to Council November 6, 2026

Website
The MD C Lions website has been reviewed and updated as of October 2, 2026.
As I had mentioned in previous reports, I was part of the pilot project at LCI to help them develop E-Clubhouse 2.0, which is now in production. I am waiting for them to let me know when I can start developing a MD C website using E-Clubhouse 2.0.
When clubs start using E-Clubhouse 2.0 it will be free until June 30, 2027, after which they will be charging an annual fee of $100.00.
I recently received an email from LCI and they advised me that, as a thank-you for my participation in the pilot they will be providing me with a free site until June 30, 2029.

Newsletter
The first edition of the MDC Newsletter can be found on the MDC Website, and the next edition will be out after the Council meeting on November 6, 2026.

PCC Dennis Stevenson, MD C IT Chair (Website, Newsletter)

Lions Quest Report

MD C Lions Quest Canada Chairperson Report
Prepared by Holly Bandelow
November 2026

Communications

District C2 Lions Quest Chair Savi Yaworsky has stepped down from her position. I will be assuming the responsibilities of this role on an interim basis until a replacement has been appointed.

District C2 Lions Clubs have been contacted via email and encouraged to support Lions Quest Canada in recognition of the upcoming Weeks of Service for Youth, taking place February 13–21, 2027.

Step Up with Kindness Campaign

Lions Quest Canada is currently running its national **Step Up with Kindness Campaign**, encouraging Lions and non-Lions across Canada to come together in support of youth. The campaign launched on September 1, 2026, and runs until Giving Tuesday, December 1, 2026.

Lions, clubs, and community members are encouraged to participate by registering individually, organizing or joining a team, sponsoring a participant, or sharing the campaign on social media to help raise awareness and support for Lions Quest Canada.

Register or support the campaign here:
https://www.canadahelps.org/en/charities/lions-quest-canada/p2p/2026StepUp/

Every act of kindness makes a difference in supporting Canadian youth!

Lions Quest Chair Retreat
I attended the Lions Quest Chairs Retreat, September 25–27, 2026, in Toronto, Ontario. The retreat provided valuable training, resources, and guidance to support me in my new role.

Looking Ahead
Looking ahead, my goal is to continue encouraging clubs throughout District C2 to actively support Lions Quest Canada and its initiatives, while also aiding and collaborating with District C1 Lions Quest Chair Carole in any capacity where support may be needed.
I will attend bimonthly meetings for Lions Quest Chairs next one is November 5, 2026.

Lions Foundation of Alberta

Lions of Alberta Foundation

PO Box 65069 RPO North Hill

Report to MDC Council Meeting, November 6, 2026

The Lions of Alberta Foundation Board of Directors have approved several new policies. Process and reporting templates are being developed to comply with the policies.

The Community Betterment Program (formerly called charitable projects and tax-deductible receipts) has been revised to build on the reason the Foundation was created – to work with Lions Clubs on projects to benefit their community.

The Lions of Alberta Foundation has been working with several clubs developing new partnerships and projects that will benefit their communities. It will be exciting to share these later.

The Foundation will be refining criteria for various programs going forward to ensure compliance with necessary reporting requirements.

Promotion of the Bill Webber Fellowship for Sight is a priority. With a 'new' coordinator in place, all Alberta Lions Clubs can now submit their fellowship applications to the Foundation address

and be assured their fellowship application will be processed.
The Foundation has developed new partnerships for the Sight Bursary Program which provides $1000 bursaries to sight impaired Alberta students attending their 1st or 2nd term at an Alberta post-secondary institution.

In Mid-August 2026, the Lions of Alberta Foundation circulated a "Call to Action for British Columbia Fires" to all Alberta Lions Clubs. Donations will be accepted by the Foundation until December 31, 2026, with funds being sent to our contacts at District 19I in BC.

Communication and promotion of the many programs of the Lions of Alberta Foundation continues.

In Service,
Lion Suzanne Leshchyshyn, PDG
Chairperson,
Lions of Alberta Foundation

MDC Policy Manual Review

MD C Policy Manual Review Report to Council Nov. 6, 2026

The committee has reviewed/amended/corrected as deemed necessary, approximately 1/3 of the current document. Amending procedure was approved during the Council meeting of August, 2026 held in Calgary.
This amended version was submitted to CC Lyle by email on Oct. 5 for review and comments by Council.

R. Lynne Coulter, PCC
Betty Ann Robson, PCC

MDC Mental Health and Wellness Report

MULTIPLE DISTRICT C

MENTAL HEALTH AND WELLNESS CHAIR
REPORT TO MDC COUNCIL
November 2026
Submitted by PDG Leslie Cunningham
MDC Mental Health and Wellness Chair

LIONS SHINE A LIGHT ON MENTAL HEALTH

As Lions, our commitment to service includes recognizing the importance of mental health and well-being in our communities and within our own membership. Mental health affects individuals of every age and background. Through education, compassionate conversation, practical support and advocacy, Lions can help shine a light on challenges too often hidden by stigma.

LIONS SHINE A LIGHT ON MENTAL HEALTH — VIDEO RESOURCE

I encourage Lions and clubs throughout Multiple District C to watch and discuss the YouTube video "Lions Shine a Light on Mental Health." It offers a useful starting point for conversations about mental health awareness, compassion and reducing stigma. Clubs may consider sharing the video at meetings or community awareness events, then discussing how the message relates to our C.A.R.E. approach and to caring for ourselves and one another.
The World Health Organization reported that the global prevalence of anxiety and depression increased by approximately 25% during the first year of the COVID-19 pandemic. WHO also estimates that one in seven adolescents aged 10 –19 experiences a mental disorder, and that approximately 14% of adults aged 60 and older live with a mental disorder. These figures remind us that mental health is a concern across generations, and that awareness must be followed by meaningful action.

OUR C.A.R.E. APPROACH

- Compassion — Meet people affected by mental illness, addiction or personal hardship with dignity, empathy and without judgment.
- Awareness — Encourage open conversations, share reliable information and recognize warning signs and available supports.

- Resiliency — Help individuals, families, caregivers and fellow Lions find the resources and connections that support recovery and coping.
- Empowerment — Equip Lions with knowledge, practical tools and confidence to support community wellness and seek help when needed.

MENTAL HEALTH, ADDICTIONS AND NALOXONE EDUCATION

My commitment to mental health and addictions awareness continues from my year as District Governor into my role with Multiple District C. At an early club visit this Lionistic year, I distributed 15 naloxone (Narcan) kits and facilitated a lively discussion about the effects of addiction on families and communities. This engagement demonstrated both the need for information and the willingness of Lions to participate.
Naloxone can temporarily reverse an opioid overdose and can save lives when used promptly alongside emergency response. I encourage clubs to consider awareness sessions, practical training through qualified providers and appropriate access to kits. We must also recognize that addiction can affect people from all walks of life. Our language and actions should reduce stigma rather than deepen it.

CARING FOR THE WHOLE PERSON AND FAMILY

In collaboration with Dr. Rose Geonson, District C -2 Health and Wellness Chair, I hope to continue emphasizing that physical and mental health are closely connected. Serious illness, medical procedures, chronic conditions and caregiving responsibilities can affect the emotional well-being of patients and families alike. I also look forward to working with Lion Saritha Mathew, District C-1 Health and Wellness Chair, to share ideas and opportunities across our Multiple District.
Preliminary planning has begun for a Health and Wellness Fair/Workshop in Calgary, tentatively targeted for March 2027. This event could help connect Lions and community members with credible health, mental health, addictions and social-service resources.

PROGRESS SINCE SEPTEMBER 2026

Since September, I have held numerous discussions with Dr. Rose Geonzon, District C-2 Mental Health and Wellness Chair, in person, by telephone and by email as we continue planning our proposed Health and Wellness workshop. These conversations are ongoing as we develop the event and explore how best to meet community needs.
I have also met with a government appointee who is interested in working with Lions to present a series of smaller mental health and wellness events in Alberta towns. The intention is that these events would be supported through provincial grants, subject to the necessary funding arrangements and approvals. This offers an opportunity to bring education and resources closer to smaller communities.
In addition, I have continued meeting with Lions to discuss addiction, reduce stigma and teach the use of naloxone (Narcan) kits. These practical conversations help Lions recognize an opioid overdose, understand the importance of calling emergency services and learn how naloxone can save a life.

THE WELL-BEING OF LIONS: SERVICE AND SELF-CARE

Doing good can also help us feel good. Volunteering may foster connection, purpose, satisfaction and lower perceived stress. Positive feelings associated with helping others are sometimes discussed in terms of the brain's reward systems, including dopamine, although the effects vary from person to person. Service is meaningful, but it should not come at the expense of our own health. The WHO reports 57% of volunteers are women.
As Lions, we should regularly reflect on our personal growth and goals. If we have not set goals, perhaps now is the time to establish a few realistic ones. We need to prioritize, manage our time and recognize that it is sometimes healthy and necessary to say "no." Rest and boundaries help us sustain the service we value.

KINDNESS MATTERS

We often speak of kindness as a Lions value; we must also practise it in everyday interactions. Before speaking or acting, we can ask ourselves: How might my words affect this person? What consequences could follow? Have I considered the experiences they bring with them and where they may be emotionally today? We cannot

always see another person's grief, anxiety, exhaustion or private struggles.
Kindness, respect and thoughtful communication can make our clubs stronger, safer and more welcoming. Our own behaviour is one of the most immediate ways we can promote mental wellness.

PRIORITIES FOR THE MONTHS AHEAD

- Continue mental health and addictions discussions with Lions clubs and encourage stigma-free education.
- Promote naloxone awareness, training and access through appropriate community partners.
- Collaborate with C-1 and C-2 Health and Wellness Chairs on shared resources and activities.
- Advance planning for the proposed March 2027 Calgary Health and Wellness Fair/Workshop.
- Encourage clubs to identify local mental health, caregiver and social-service resources for referral.
- Invite Lions to reflect on personal well-being, boundaries, time management and acts of kindness.

CLOSING

Lions shine a light on mental health not only through organized projects, but also through the compassion we show, the words we choose and the example we set. When we care for ourselves, for one another and for those in our communities, we strengthen our ability to serve. Let us continue to lead with C.A.R.E. — Compassion, Awareness, Resiliency and Empowerment — and remember that kindness matters.

Respectfully submitted,
PDG Leslie Cunningham
MDC Mental Health and Wellness Chair

MD C Leo Chair Report

Multiple District Leo Chairperson July 1, 2026, to June 30, 2027

My goal in this position is to learn "what it takes to start a Leo Club" and perhaps be able to come up with a guide (if it doesn't already exist) for clubs looking to sponsor a Leo Club.

I also want to familiarize myself with how the youth exchange program works and promote it within our club.
I feel that networking with existing Leo clubs and their members to determine their successes and hardships (if any) incurred during their start-up and growth is important. This would help me be able to assist/advise current and new Leo clubs.
In the past, during my travels, I ran into a Leo club in Panama City, Panama. They were hosting a camp for underprivileged youth, and we met them at a park/zoo. What a lovely bunch. We spoke with many of the kids and their leader, who were thrilled about meeting fellow Lions from Canada. They gifted us shirts from their club. I wanted to give them a donation, but they politely refused. I would love to do more intentional visits to Leo clubs here and abroad if I am able to.

Diane Ruediger

MD C Convention Registration and Regional Lions Leadership Institute applications are on the MD C website. Use the following link to view the application forms on MD C Website

MD C Convention Registration

MD C RLLI Registration

Season's Greetings to ALL from the Editor

Lions International

LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.

MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people die by suicide every year** (World Health Organization).



People who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at **higher risk of developing a mental health condition** (World Health Organization).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated **23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases** (World Health Organization).



On average, **2% of health budgets go to mental health** (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide – the majority of them women, young people and the elderly (United Nations).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).

Lions International

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MENTAL HEALTH AND WELL-BEING

Service Ideas

lionsclubs.org/mental-health



Promote education, awareness and advocacy resources and tools from reputable organizations such as the **World Health Organization** and **World Federation for Mental Health**.



Explore the **World Health Organization's mental health and well-being stigma reduction resources** and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our **Lions Advocacy Toolkit** to get started.



Explore ways to increase access to vital mental health screening services in your community among underserved groups by contacting and utilizing mental health professionals, psychologists and psychiatric physicians in your networks. Connect with local stakeholders such as schools, hospitals and community leaders to collaborate on shared goals.



Find your region or country's suicide prevention hotline using the **International Association for Suicide Prevention's international suicide crisis hotline search feature** and promote the hotline at awareness events and on social media.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a **World Mental Health Day** social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag #WorldMentalHealthDay.



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Host a walk or event in partnership with a local mental health organization to raise mental health and well-being awareness utilizing the World Health Organization's **mental well-being resources and depression infographics**.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.



Support **Lions Quest** social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a **Lions Quest Promotional Grant** or **Lions Quest Community Partnership Grant**.



Use resources from the **International Association for Suicide Prevention** to highlight **World Suicide Prevention Day** in your community.



Provide assistance to mental health agencies and treatment centers by hosting fundraisers, providing publicity on social media and collecting needed supplies.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by **watching this video** about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.

EN 9/24