



MD C NEWSLETTER

September 2025

Council Chair: PDG Christine Lank
Vice Council Chair: PDG Melodie Franko
Editor: PCC Dennis Stevenson

SEPTEMBER 2025 MD C NEWSLETTER

VOLUME 1

ISSUE 2

Message from: CC Christine Lank



We Serve

No matter which side you look at this.
Lions serving who we can, when we can.

Liberty



Loving

Intelligence



Individuals

Our



Offering

Nations





Needed

Safety



Service

**You Are Welcome to Attend
Lions Youth Camp
Annual General Meeting**

**Tuesday, October 21st, 2025
7:00pm via Zoom
Contact: chassell@shaw.ca for link.**

Special Resolution

A Special Resolution will be presented making changes in the LYC Society's By-Laws. Documents will be emailed to registrants.

Directors

New Board members are always appreciated. Contact LYC Chair Dennis Stevenson at pdg37e@sunraybase.ca.

Serving the Youth of our communities.

Week of Service: Mental Health & Well-Being

October 4, 2025 - October 12, 2025

Join our global week of service to support Mental Health and Well-being by planning an impactful service activity in your community. This service week coincides with World Mental Health Day on October 10. Invite others to join, make a difference and promote your service!

MD C Committee Reports

Why Every Lion Should Support the Lions of Canada Fund for LCIF

Lions Clubs International Foundation (LCIF) is the charitable arm of our association, empowering Lions to take on some of the world's greatest challenges. In Canada, the Lions of Canada Fund for LCIF makes it easy for individual Lions to contribute and receive Canadian tax credit receipts. But beyond the paperwork, your personal support makes a difference.

Here are four key reasons why every Lion should consider giving:

1. Local Impact with Global Reach

Every contribution goes further than you think. LCIF funds projects right here in Canada—from disaster relief to youth programs—while also providing life-changing aid around the world. Your gift ensures Lions can respond quickly both at home and abroad.

2. Strengthening Our Communities

When Lions give, we build stronger communities. LCIF supports causes that align with our values—vision, hunger, childhood cancer, environment, and diabetes. A personal donation helps bring more grants into Canadian communities and supports service where it is most needed.

3. Leadership by Example

As Lions, we encourage service and generosity. When individual members contribute, we lead by example, showing our clubs and communities that Lions don't just ask for support—we give it ourselves. This spirit of generosity inspires others to join in.

4. Every Dollar Multiplies

One of LCIF's greatest strengths is its grant-matching model. Individual donations combine with those from Lions worldwide to leverage millions of dollars in large-scale grants. Your gift is never alone—it's multiplied by the collective strength of Lions everywhere. Together, through the Lions of Canada Fund for LCIF, we can ensure Lions are always ready to serve where the need is greatest. Even the **smallest** contribution makes a lasting difference.

Yours in Lionism and Service

PCC Brent Johnson

LCIF Constitutional Area Leader for CA II

MD C Long Range Planning

MD C LONG RANGE PLANNING Report to Council Aug.9, 2025

A discussion with Council Chair Christine indicated that the LRP committee mandate would include participation in planning of the proposed merger of MD C & the Saskatchewan portion of MD 5. I favour the proposal, but I do have many questions regarding same.

Other considerations would be involvement in a Forum bid for the Edmonton area in 2030 and redrawing our MD Constitution & Bylaws. Revamp of the C & B may need to be done twice; once to satisfy our needs in MD C, then again if the proposed merger proceeds.

IPDG Lyle has expressed interest in the committee. There will need to be others, depending upon the direction taken.

Lion Lynne Coulter, PCC Long Range Planning

MD C Historian

MD C Historian Report August 9, 2025 MD C Council Meeting

We are please to announce that the MC C History, The Next Fifty Years 1976-2026 is completed. We sent a copy to PCC Dennis Stevenson to be put on the website for all members to review. We also prepared copies for District C1, District C2, District 37, MD Council, and the PDG Association. We did something special by preparing the history of each District for them to update each year with the following entries:

Lions Clubs International History, Countries and Geographic Area with Lions Clubs, Lions Clubs International Parade of Nations, Multiple District 37 and Multiple District C History, MD 37 District Governors 1926-2026 by dates for the first fifty years, District Governors 1976-Present, MD 37 and MD C Hall of Fame Inductees from 1987-Present, MD C Past International Officers Bios from 1930-Present and LCI Canadian International Presidents Bios for 1924-Present.

Copies of the Multiple District History, The Next Fifty Years 1976--2026 will be handed out at the Council Meeting.

Please note at the 10th International Convention held in San Francisco in 1926, District Governor from District 15 recommended that Montana be separated from Wyoming and that Montana be designated the 37 District. The recommendation was approved, and Julius J. Wurthener of Great Falls was appointed by the International Board of Directors to serve as District Governor. At the end of this Lionistic year, District 37 will be celebrating their 100th years anniversary.

Report submitted by

PDG Eric Buttle and PDG Dan Claypool MD C Historians

MD C LOAF

<http://www.e-district.org/sites/albertafoundation/>

Lions of Alberta Foundation

Empowering Service. Enriching Lives. Building Resilience.

Mission Statement

The Lions of Alberta Foundation supports and strengthens communities across Alberta by funding fellowships, scholarships, bursaries, and disaster preparedness initiatives.

We empower local Lions clubs to lead impactful service projects that foster education, resilience, and compassion, reflecting the enduring values of Lions Clubs International.

The Foundation offers many different scholarships, bursaries, and fellowships that clubs can participate in to help their communities grow and help the less fortunate.

The Foundation will be highlighting several of these each month in the district and multiple district newsletters.

This month, we will be focusing on the Lions of Alberta Foundation Sight Fund.

Lions clubs are always being called upon to assist needy individuals within their communities. Some items are costly and may strain the club finances. This is where the “Sight Fund” the Foundation comes into play. Clubs applications describe the need, who is needing the help, the cost of equipment, treatment or whatever is required. We assess the need and will indicate what we can do. This will always be in a way of contribution to a maximum of Twenty-five (25%) percent as an outright contribution. The recipient must be an Alberta resident.

Additional information and application forms are available to download from the website

<http://e-district.org/userfiles/806/file/sight%20fund.pdf>

Charitable Organization No. 88688 5193 RR0001

Submitted by: PCC Betty Ann Robson, LOAF Chairperson

<http://www.e-district.org/sites/albertafoundation/>

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This month, we will be focusing on the Lions Project Maple Leaf

LIONS PROJECT MAPLE LEAF

History of Lions Foundation of Canada Dog Guides

In the early 1980's Lions Clubs across Canada sought to develop a national project to reflect their service to Canadians with visual impairments. The result was Lions Foundation of Canada and its founding program, Canine Vision Canada, established in 1985. Today, as Lions Foundation of Canada Dog Guides, we train and match Dog Guides in 7 distinct programs: Canine Vision, Hearing, Service, Seizure Response, Autism Assistance, Diabetes Alert, and Facility Support.

Lions of Alberta Foundation endorsed Lions Project Maple Leaf and assumed management and operation of “Lions Project Maple Leaf” (formerly known as “Lions Project Pride”) in support of the Lions Foundation of Canada Dog Guides programs at the 2030 AGM.

Day-to-day activities will be coordinated by PCC Lynne Coulter, with reimbursement of shipping, printing of certificates, and postage to be paid from the sale of flag proceeds. The coordinator is to be non-voting and ineligible to hold LOAF office (to avoid conflicts of interest).

The net proceeds will be held in reserve for the purchase of future flag inventory and donations to Lions Foundation of Canada Dog Guide programs. Application forms and a sample of the certificate can be found on the Lions of Alberta Foundation website.

[Lions of Alberta Foundation - Lions e-District Houses](#)

<http://edistrict.org/userfiles/806/filedistrict.org/userfiles/806/file/Project%20Maple%20Leaf%20form.pdf>

Submitted by:, CC Betty Ann Robson, LOAF Chairperson

MDC DIABETES

MD C DIABETES Chair Report

Alan Balson

Toxicity of sugar and

Food Order in eating your meals really does help reduce the Glycemic Index.

Research suggests excessive sugar intake may contribute to type 2 diabetes risk through weight gain and insulin resistance.

The American Diabetes Association recommends minimizing added sugars, with no specific daily limit, but general guidelines suggest less than 10% of daily calories.

It seems likely that eating vegetables and protein before carbohydrates can lower post-meal blood sugar, reducing glycemic impact. The evidence leans toward eating slowly and starting meals with low-glycemic foods to manage blood sugar effectively.

Understanding Sugar and Its Impact

Excessive sugar, especially added sugars in processed foods, can increase the risk of type 2 diabetes by promoting weight gain and insulin resistance.

For people with diabetes, high sugar intake can worsen blood sugar control and lead to complications like kidney damage.

The ADA advises minimizing added sugars, and the American Heart Association suggests limiting added sugars to 25 grams per day for women and 37.5 grams for men.

Best Order to Eat a Meal

Eating vegetables and protein before carbohydrates can help reduce blood sugar spikes, as research shows this order slows digestion and lowers the glycemic impact

Start with non-starchy veggies and protein, then consume carbs, and eat slowly to manage blood sugar effectively.

Comprehensive Analysis on Sugar Toxicity and Meal Order for Diabetes Management.

The toxicity of sugar and the optimal order for eating meals to reduce the glycemic index.

As the Diabetes Chairperson, addressing the impact of sugar and meal composition is crucial for educating communities on diabetes prevention and management.

Given the global rise in type 2 diabetes, understanding dietary influences is vital.

The comment "all carbs turn to sugar" highlights a common misconception: while all carbohydrates are broken down into glucose, their impact on blood sugar varies based on type, amount, and consumption order

Toxicity of Sugar and Health Implications.

Sugar, particularly added sugars found in processed foods and beverages, has been linked to several health risks, especially in the context of diabetes.

The evidence suggests the following Mechanisms of Toxicity:

Excessive sugar intake can lead to weight gain, a major risk factor for type 2 diabetes.

The primary indicator is that high consumption of added sugars, such as sucrose and high fructose corn syrup, is associated with insulin resistance. This occurs when cells become less responsive to insulin, leading to elevated blood sugar levels.

For individuals with diabetes, uncontrolled sugar intake can exacerbate hyperglycemia, increasing risks of kidney damage, nerve damage, and cardiovascular disease.

The relationship between Added Sugars Consumption and Chronic Disease Risk Factors.

Current Understanding - some studies suggested a correlation between sugar availability and diabetes risk, systematic reviews and meta-analyses, including those cited in Nutrition Therapy Recommendations for the Management of Adults With Diabetes, indicate that minimizing added sugars is crucial for managing diabetes, with evidence showing a 26% increased risk of type 2 diabetes for adults with prediabetes consuming at least one serving of SSB (Sugar Sweetened Beverages like Pepsi or Coke) daily.

Nutrition Therapy for Adults with Diabetes or Prediabetes:

A Consensus Report, Diabetes Care, (American Diabetes Association).

The ADA does not specify a numerical limit for daily sugar intake but emphasizes minimizing added sugars within healthful eating patterns. This is reflected in their Nutrition Consensus Report, which recommends meal patterns like Mediterranean and DASH, both of which reduce sweets and sugar-containing beverages. For example, the Mediterranean diet rarely includes concentrated sugars or honey, while the DASH diet reduces sugar-sweetened beverages.

Diabetes Nutrition & Wellness. (American Diabetes Association).

General Guidelines: While the ADA focuses on minimization, other organizations provide numerical targets. The World Health Organization (WHO) recommends less than 10% of daily calories from added sugars, translating to about 50 grams for a 2000-calorie diet.

How Much Sugar Is Allowed for People with Diabetes?

I mention this again....

The American Heart Association (AHA) suggests even stricter limits, with 25 grams (6 teaspoons) for women and 36 grams (9 teaspoons) for men daily.

How Much Sugar Is Too Much? (American Heart Association).

Practical Implications: For public health advocacy, focus on reducing added sugars by choosing whole foods like fruits (natural sugars with fiber) over processed snacks. This aligns with the ADA's emphasis on individualized nutrition therapy, as seen in Dietary and Nutritional Guidelines for People with Diabetes (PMC Nutrition), which recommends avoiding refined grains and ultra-processed foods.

Best Order to Eat a Meal:

Reducing Glycemic Index

The glycemic index (GI) ranks foods based on how quickly they raise blood sugar levels, with low-GI foods (under 55) causing slower rises compared to high-GI foods (Low-glycemic foods: Best options and dietary tips). The order of eating can modulate this response, particularly for individuals with diabetes, as supported by recent research.

Research Findings: Studies, including those from Japan, demonstrate that eating vegetables and protein before simple carbohydrates significantly lowers post-meal blood glucose and insulin levels.

For instance, when participants ate white rice last, their blood glucose levels were measurably lower over two hours post-meal compared to eating rice first. This is detailed in culinary strategies to manage glycemic response in people with type 2 diabetes: A narrative review – (PMC Nutrition), which discusses how culinary strategies, including meal order, can reduce glycemic response.

Mechanism: The mechanism involves the digestive process. Complex carbohydrates, high in fiber (e.g., vegetables, whole grains), create a gel matrix that slows glucose absorption in the small intestine. Proteins and fats further moderate digestion speed, reducing the rapid absorption of glucose from simple carbs like white bread or rice when eaten last. (8 principles of low-glycemic eating - Harvard Health). This aligns with the understanding that "all carbs turn to sugar," but highlights that the rate of conversion matters, influenced by meal composition and order.

Practical Recommendations:

To reduce the glycemic index, start meals with non-starchy vegetables (e.g., broccoli, spinach) and protein (e.g., chicken, fish, tofu), then consume simple carbohydrates. Eating slowly is also beneficial, as rushing through meals increases blood glucose and insulin levels, as noted in the UCLA Health article. This strategy can be integrated into meal planning, such as beginning with a salad, followed by a protein-rich main course, and ending with a small portion of rice or bread.

Additional Strategies: The ADA's Nutrition Consensus Report supports meal patterns that emphasize low-GI foods, such as the low-carbohydrate diet, which limits carbohydrate-containing foods to 20–50 grams of non-fiber carbohydrate per day, minimizing added sugars and refined grains. Combining these with meal order strategies can enhance glycemic control.

Public Health Relevance: **For Lions International, promoting this eating order can empower communities to manage diabetes, especially given the 39 million Americans with type 2 diabetes,** as mentioned in the UCLA Health article. This approach is practical, cost-effective, and aligns with the organization's mission to improve community health.

Comparative Analysis: Meal Patterns and Sugar Minimization.

To illustrate the ADA's recommendations, here is a table summarizing various meal patterns and their approach to sugar and added sugars:

Meal Pattern Details on Sugar/Added Sugars.

Mediterranean-style

Concentrated sugars or honey rarely used, focuses on whole foods.

Vegetarian or vegan

Implies minimal added sugars, emphasizing plant-based, fiber-rich foods.

Low-fat

No specific mention of sugars, focuses on lean proteins and low-fat dairy.

Very low-fat

High in fiber-rich foods, minimal added sugars implied.

Low-carbohydrate

Limits quality carbohydrates, minimizing added sugars and refined grains.

Very low-carbohydrate

Limits to 20–50 g non-fiber carbohydrate daily, minimizing added sugars.

DASH (Dietary approach to stop Hypertension)

Reduced sweets and sugar-containing beverages, may also reduce sodium.

Conclusion and Recommendations for Advocacy.

Integrating these findings into community education is essential.

Emphasize minimizing added sugars by choosing whole foods and reducing SSBs, supported by ADA guidelines.

Advocate for meal order strategies—starting with vegetables and protein, ending with carbs, and eating slowly—to reduce glycemic impact, backed by research from Eating in certain order helps control blood glucose. (UCLA Health).

These strategies are practical, evidence-based, and align with Lions International's mission to enhance public health, particularly for the 39 million Americans affected by type 2 diabetes. This comprehensive approach ensures a robust foundation for understanding, addressing both the **toxicity of sugar** and meal order to reduce glycemic index, with a focus on community impact and diabetes management.

Thank you, Lion Alan Balson

Key Citations

1. Daily Sugar Intake: How Many Grams You Should Eat Per Day. Diabetes - Symptoms and causes - Mayo Clinic.
2. Relationship between Added Sugars Consumption and Chronic Disease Risk Factors: Current Understanding – PMC Nutrition
3. Therapy Recommendations for the Management of Adults with Diabetes | Diabetes Care | American Diabetes Association
4. Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report | Diabetes Care | American Diabetes Association
5. Diabetes Nutrition & Wellness | American Diabetes Association
How Much Sugar Is Allowed for People with Diabetes?
How Much Sugar Is Too Much?
6. American Heart Association Dietary and Nutritional Guidelines for People with Diabetes – 7.PMC Nutrition Low-glycemic foods: Best options and dietary tips.
8. Eating in certain order helps control blood glucose | UCLA Health.
9. Culinary strategies to manage glycemic response in people with type 2 diabetes:
10. A narrative review – PMC 8 principles of low-glycemic eating - Harvard Health.
11. Added Sugars | American Heart Association2025.
12. ADA Diabetes Standards of Medical Care Clinical Guideline Summary - Guideline Central.
13. Food Order Has Significant Impact on Glucose and Insulin Levels | Weill Cornell Medicine.
14. Eating in certain order helps control blood glucose | UCLA Health





NOTICE of ANNUAL GENERAL MEETING

October 18 , 2025, at 10:00 am

NOTICE CHANGE OF VENUE

Sylvan Lake Lions Hall, 5119 50A Ave, Sylvan Lake

Lunch will be served, \$10 per person

**Please notify PCC Betty Ann Robson by
September 26th , if you are attending for lunch
numbers and
allergies
to [lionbettyann100@gmail](mailto:lionbettyann100@gmail.com)**

LOAF is the Foundation of our Alberta Lions Clubs and supports:

Bill Webber Fellowship

Dr. Patti Hill Fellowship

Lions Legacy Scholarship

STARS/Dr. Greg Powell Fellowship

Dr. Jack Dobush Fellowship

Disaster Relief Fund

LOAF Sight Fund

Lions Project Maple Leaf

The issuance of tax receipts

Sight Bursaries for blind students attending college or university

YOU are invited to Attend the AGM:

To help direct the future of our Foundation.

To ensure the financial's of the Foundation are approved
by the Board and transparent to all Clubs of the Foundation, and
to learn how your club can benefit from the activities of the Foundation.

**Every Lions Club in Multiple District C has 1 vote/club at the AGM
providing they are in good standing with LCI, the District, and MDC.**

Every Lions member of the Clubs in Alberta is invited
to attend and can be nominated as a Director.

If you are interested, please get in touch with Vice Chairperson
Lion Carey Hamelin at hamelin.carey@gmail.com .

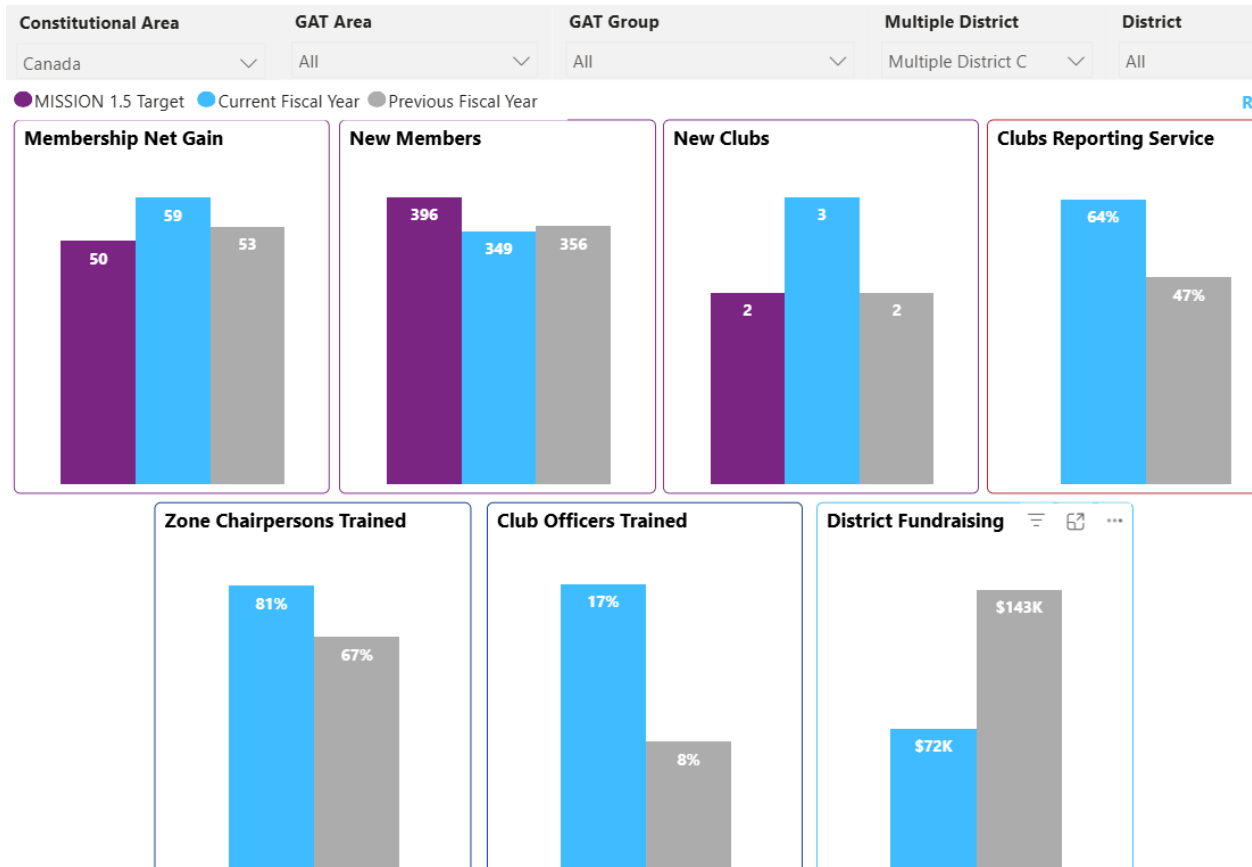
YOU must attend the meeting in person to be nominated as a Director .

MDC Council,

Mission 1.5 Update for CAII – MDC

Below is an Insight snapshot as of today May 12th regarding MDC results for 2024-2025. The colours signify Mission 1.5 (purple) Actual (light blue), and Last Years' final results (grey).

Congratulations MDC on reaching some the District Goals. The MD exceeded the goals for Net Membership, New Clubs, Service Actual at 88% vs Goal of 72%, and Zone Chair Training Actual at 110% vs Goal of 81%. The other two areas are Club Officer Actual at 11% vs Goal of 77%, and LCIF Actual at 71% vs Goal.

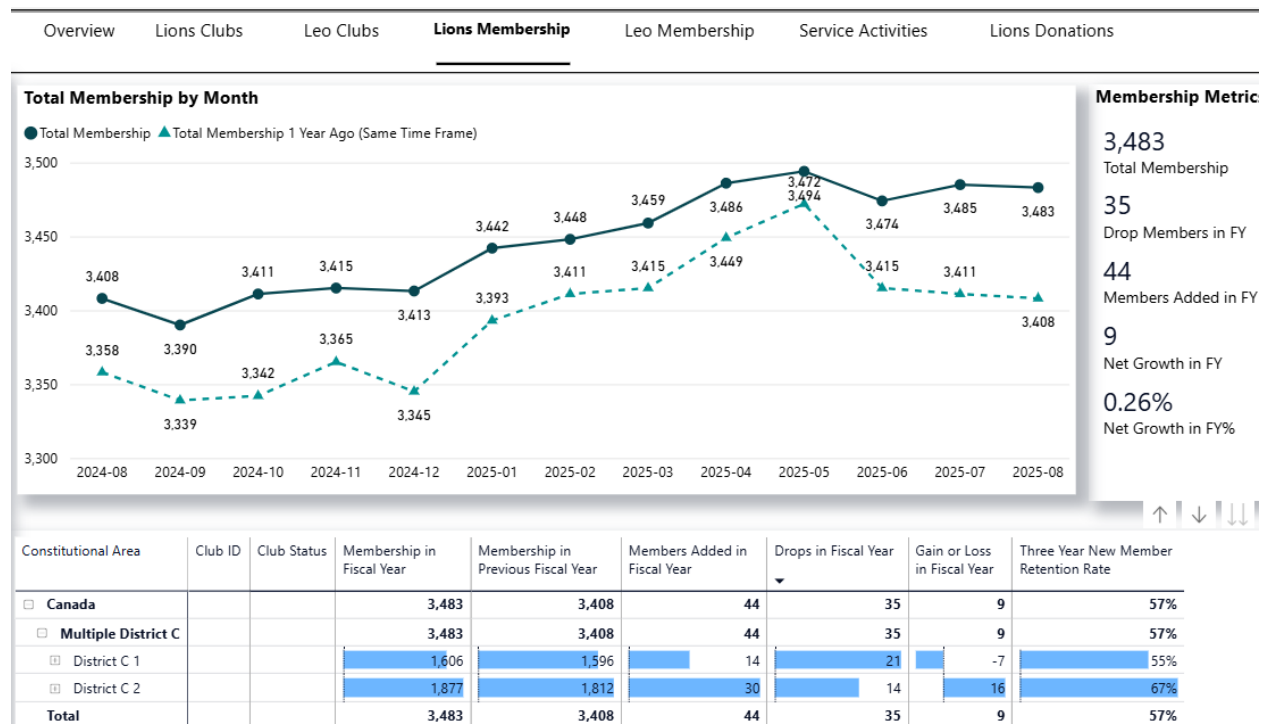


In regard to Leadership for Club Officers, this only looks at actual training recorded in Learn which is either Virtual or Actual. It does not include any courses taken in the Learn Module.

There have been a number of changes that have occurred since last report. For Club Officer Ebooks, there was a notification that the ebooks were going to be combined into one book called the Club Officer Guide. When I last looked at the Club resources some position have the new resource while the President/Vice President still list the old resource. This could change at the new resource.

There is an Faculty Development Institute offered in October in Denver and the Application deadline has passed. Currently the Lions Certified Instructors Program is being revamped and we should receive an announcement about it at some future date. FDI will be revamped next year and there could be a change for Certified Guiding Lion.

There is a report the Council can look at in regarding membership increases and drops. It can be found in Insight Dashboard under membership. Once you indicate your Constitutional and Multiple District it will show what has occurred over the last 12 months. Year to date the MD has 41 drops and 35 new Members for a Net of 9.



If you have any questions, please contact me at your earliest convenience.

Gail Haight, PDG
CAII Global Action Team Area Leader – Group D

NOVEMBER IS DIABETES AWARENES MONTH

Dear Lions,

As we approach Diabetes Awareness Month this November, we're excited to invite your clubs to participate in our annual Tag Day initiative.

Tag Day is a great opportunity to raise awareness, engage communities, and support those affected by diabetes. It's a simple yet impactful way for Lions Clubs to spark conversations about diabetes and show support for ongoing research, education, and care.

How Your Clubs Can Get Involved:

Choose a date in November that works best for your club; select high-traffic locations such as malls, transit stations, or community centers.

Engage volunteers to distribute tags and share key messages about diabetes and share your impact.

We'll provide Tag Day materials (tags, posters, and diabetes information materials)

Together, we can make a meaningful difference in the lives of those living with diabetes.

Please encourage your clubs to take part and let us know how we can support their efforts.

Please see the following poster for information about getting your Tag Days kit.



IN SUPPORT OF
DIABETES
CANADA

JOIN US FOR TAG DAY

November is **Diabetes Awareness Month**, and it's the perfect time to make a powerful impact by joining us for Tag Day. This initiative calls on community champions to immerse themselves in raising awareness and funds to support those living with diabetes.

What is Tag Day?

Tag Day is a community outreach event where service clubs come together to fundraise for Diabetes Canada. The goal is to support education, support services, advocacy, and diabetes research. By participating, you can show your support in a tangible way and contribute to the fight against diabetes.

How to Participate

Schedule a Date: Find a suitable date for your club and gather 4-6 volunteers during November.

Choose a Location: Pick a busy spot in your community where you can hold your Tag Day event for 4-6 hours.

Engage the Community: In exchange for donations, provide community members with key information about diabetes, a bookmark, and/or a sticker.

Please Contact:
Franca Lattanzio
franca.lattanzio@diabetes.ca
604 732 2313
to get your TAG DAY KIT!



Lions Cavalcade of Alberta, Northeast BC & Northwest Territories
20-4410 52 Ave
Wetaskiwin AB T9A 3L9

September 9, 2025

Re: Acknowledgment Donation Letter

Dear Lions,

We, at Diabetes Canada, along with the 1 in 3 Canadians affected by diabetes or prediabetes, express our deepest appreciation for your generous donation of \$20,000 towards Camp Jean Nelson, Alberta, that we received on September 2, 2025. Your contribution plays a crucial role in advancing our mission to improve the lives of individuals living with diabetes across Canada.

D-Camps is more than just a place to have fun, it provides a safe and supportive environment for children living with type 1 diabetes, where campers can build lifelong friendships, gain confidence in managing their diabetes, and feel empowered. Your support directly contributes to making these unforgettable experiences possible for so many children and youths in your communities, ensuring they can enjoy camp to its fullest without financial barriers.

Your support plays a crucial role in the success of our programs, offering respite and empowerment to those affected by this chronic condition, it is a beacon of hope for many individuals and families who navigate the daily challenges posed by this condition.

Once again, we thank you on behalf of all those at Diabetes Canada and the millions living with diabetes in Canada for your kind-hearted support.

Sincerely,

A handwritten signature in black ink that reads "Emem Essien".

Emem Essien
Service Clubs & Volunteer Support Officer
Phone: (416) 408-7141
Email: emem.essien@diabetes.ca

Lions District C1 Convention

Baymont by Wyndham

4311 49 Avenue, Red Deer, Alberta

Friday, November 21, 2025

Officer Training & Certified Guiding Lion Course

Membership (Just Ask) Training

Friday Evening

Opening Ceremony & Flag Ceremony

Candidate Speeches

Evening Hospitality Room

Saturday, November 22, 2025

Voting & Silent Auction -Proceeds to Lions Quest & Bridge Healing
Presentations, Service Project, Speed Learning -Forum Style
Questions -International Director Debbie Dawson

Saturday Evening

Governor's Banquet & Address by ID Debbie Dawson

Entertainment by Cayla Brooke in Hospitality Room

See registration form for details

Join us for Fellowship, Inspiration, and Lions Spirit



2025
 District C-1 Convention Registration
 Baymont by Wyndham
 4311 49 Avenue
 Red Deer, Alberta, T4N 5Y7
 November 21 & 22, 2025

1: NAME: _____ NAME ON BADGE: _____
 (Last) (First)

Lion: Leo-Lion: Leo: Non-Member: 1st Convention: Official Title: _____
 Club: _____ District: _____

2: NAME: _____ NAME ON BADGE: _____
 (Last) (First)

Lion: Leo-Lion: Leo: Non-Member: 1st Convention: Official Title: _____
 Club: _____ District: _____

Contact Phone # _____ Email Address: _____

Please advise of any special dietary request: Vegetarian: Diabetic: Food Allergy: _____

1. Convention Registration

Payment on or before October 15, 2025 # _____ X \$150.00 per person = \$ _____
 Payment after October 15, 2025 # _____ X \$170.00 per person = \$ _____

2. Leo Convention Registration # _____ X \$100.00 per person = \$ _____

3. Additional meal tickets available for purchase by registered delegates:
 Convention Banquet Ticket: # _____ X \$ 60.00 per person = \$ _____
 (Dress: Smart business attire) Whites for PDGs

Total Due: \$ _____

CANCELLATION POLICY: Full refund if received in writing by the Registration Committee at least 30 days prior to the convention:
 Refund may be granted with less than 30 days' notice by written application to the Registration Committee

Method of Payment: (All money in Canadian Funds)

E-transfer to: lionsc1convention2025@gmail.com

E-transfer preferred

Credit Card (Visa or MasterCard): Card # _____ Expiry Date: ____ / ____ CVV# _____

Name on card _____ Postal Code _____

Cheque Amount: \$ _____ (payable to Spruce View & District Lions Club)

FULL PAYMENT must accompany this form to be registered.

**Email or Mail
 completed registration
 form to:**

**Lion Phil Burkinshaw
 4260 Twp Rd 354
 Red Deer County
 T4G0L7
 Email: lphi.phil@gmail.com**

Hotel Information:

Baymont by Wyndham
 4311 49 Avenue
 Red Deer, Alberta T4N5Y7
 Phone 403 346 8841
 Email- gm@baymont.ca

Note: 100 Rooms have been reserved at \$109.99 Plus Tax
 (Including a Hot Breakfast) **Booking Code: 122125LIO**

Booking deadline for the preferred rate is October 1st, 2025

**Deadline for cancellation of booking is 72 Hours prior to
 check-in**

The District C2 Convention Registration Form for our upcoming event is now available, when



November 14-15, 2025, where



Strathmore Civic Centre - 120 Brent Blvd, Strathmore, AB



Entertainment: Popovich Productions



Looking forward to a fantastic convention!



DISTRICT C-2 CONVENTION REGISTRATION
 Strathmore Civic Centre, 120 Brent Blvd. Strathmore, AB
 November 14 – 15, 2025



First Name _____ Last Name _____

Name On Badge _____ Lion Type _____

First Name _____ Last Name _____

Name On Badge _____ Lion Type _____

Club _____ **(Choose Type) Lion, DG, PDG, PIP, PID, VDG, Leo)**

Email _____ Phone # _____

Registration & Full Meal Package (Lions) Payment on or before Sept 30, 2025 # _____ \$125.00/person _____

Payment after Sept 30, 2025 # _____ \$150.00/person _____

Registration & Full Meal Package (Leos) Payment on or before Sept 30, 2025 # _____ \$60.00/person _____

Payment after Sept 30, 2025 # _____ \$85.00/person _____

Saturday Lunch Only Payment on or before Sept 30, 2025 # _____ \$15.00/person _____

Payment after Sept 30, 2025 # _____ \$20.00/person _____

Separate DG Banquet Ticket # _____ \$60.00/person _____

Saturday Program Only (No meals) # _____ \$50.00/person _____

Total _____

Do you have any Special Dietary Request? YES NO
 Please specify conditions a such as diabetic, & allergies such as gluten etc.)

Method of Payment Cash Cheque VISA MasterCard E-Transfer

Name on Card _____

Number _____ Expiry _____ / _____ CCV _____

FULL PAYMENT must accompany this form to be accepted as a registered delegate.

Make Cheques payable to:
 District C 2 Convention

Email registration to:
 Holly Bandelow: districtc2lions@gmail.com
 E-Transfer: districtc2lions@gmail.com



Mail to: C2 Convention
 3016-23 St. Coaldale, AB, T1M 0B5

Hotel Reservations are NOT INCLUDED with the registration fee they are responsibility of delegate.

Days Inn-by Wyndham 400 Ranch Market PH: 403-934-1134
 Cost per room per night \$142.00

Travel Lodge by Wyndham 350 Ridge Road PH: 403-901-0000
 Cost per room per night \$130.00.

Westlake Inn-450 Westlake Road PH: 403-934-1808;
 Cost per room per night \$98.10

