



MD C NEWSLETTER

August 2026

Council Chair: PDG Lyle Gustafson	Editor: PCC Dennis Stevenson
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MD C NEWSLETTER

August 2026

VOLUME 2

ISSUE 1

Message from: CC Lyle Gustafson

Multiple District C Council Chair – Goals for the Year

Hello Lions and Leos of Multiple District C.

It is an honour to serve as your Council Chair for Multiple District C. I am proud to work alongside Lions from across our Multiple District who continue to give their time, energy, and commitment to making a difference in their communities.

As Council Chair, I believe the main objective of our Council is to bring our districts together, provide leadership and support, and help our clubs succeed. The Council should be a resource for our District Governors and our clubs - not to tell clubs what to do, but to listen, provide guidance, share ideas, and help remove some of the challenges that our clubs face.

Our Priorities

One of our biggest priorities has to be membership.

We need to attract new members, but we also need to retain the Lions we already have. We need to make Lions welcoming, enjoyable, and meaningful. People join Lions because they want to make a difference, and we need to give them opportunities to do exactly that.

We also need to focus on stronger clubs. A strong club is an active club – one that is involved in its community, has meaningful service projects, communicates with its members, and provides fellowship and friendship.

Another important priority is leadership development. We need to encourage Lions to step forward and take on leadership roles. We need to mentor our newer members and give them the tools and confidence to become tomorrow's club and district leaders.

Communication and Cooperation

We also need better communication and cooperation throughout Multiple District C.

There are wonderful projects and successful ideas happening in our clubs and districts. We need to share those successes. What works in one community may work just as well in another.

We should be proud of what our Lions are accomplishing, and we should be telling our communities about it. If people don't know what Lions do, they won't know why they should become a Lion.

Service and LCIF

At the heart of everything we do is service.

Whether it is supporting children and youth, helping seniors, promoting literacy, supporting vision programs, fighting hunger, assisting families, responding to disasters, or simply helping someone in our own community who needs a hand – this is what being a Lion is all about.

And while we serve locally, we must also remember the importance of Lions Clubs International Foundation, LCIF. Supporting LCIF allows us to reach far beyond our individual communities and make a difference across Canada and around the world.



Looking to the Future

Another goal must be to make Lions relevant to the next generation.

We need to find new and creative ways to involve younger people, families, and our communities. We need to be willing to look at new ideas while respecting the traditions and values that have made Lions successful for generations.

Our Council also needs to encourage collaboration between clubs and districts. We don't always have to do things on our own. By working together, sharing resources, and combining our efforts, we can accomplish projects that may be beyond the ability of one club alone.

At the end of the day, the Council is here to support our Lions.

Our success will not be measured by how many meetings we hold or how many reports we complete. It will be measured by the difference Lions make in the lives of the people and communities we serve.

So my challenge to all of us this year is simple:

Let's build stronger clubs.
Let's welcome new members.
Let's keep the Lions we have.
Let's develop new leaders.
Let's communicate and work together.
Let's support LCIF.
And above all, let's continue to serve our communities.

We have an incredible organization, and we have incredible Lions.

If we work together as Multiple District C, support one another, and keep service at the centre of everything we do, I believe we can accomplish great things.

Thank you for the privilege of serving as your Council Chair, and thank you to every Lion for the difference you make each and every day.

Together, we Serve.

Multiple District C
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 C-1 Governor's Report

It has been a busy start to the Lions year. We began with a training session on Saturday, July 25th, in Millet. The next day, July 26th, we held our first District Cabinet Meeting at the Millet Lions Hall, where we discussed our plans and priorities for the year. We also held a Special Cabinet Meeting by Zoom on August 9th to approve the District Convention budget and registration form.

I have been working closely with our Vice District Governors, cabinet officers, Zone Chairs, and committee chairs. We have made a good start, and I appreciate everyone who has stepped forward to take on responsibilities and support the District's work. ‘

Training and Leadership Development

Training is one of my priorities for this year. Following our first training session in Millet, another session is scheduled for September 13th at St. Albert Community Hall. We are also planning a separate Zone Chair Training on September 29th.

District Finances and Administration

One area I wanted to address early was our District finances and record-keeping. At our first Cabinet Meeting, we put some processes in place for regular financial reviews, better access to records, and a smoother transition from one District team to the next.

Good financial practices and proper record-keeping are important for the District. My goal is to leave things well organized for the next District team and those who follow.

Communication

The District Directory has been revamped with a fresh look and more useful information. A lot of work has gone into it, and I hope our Lions will find it helpful throughout the year.

We also want to improve the readability and reach of *Lions Link*. I encourage clubs to share *Lions Link* with their members and within their communities. I would also like to see more clubs and Lions sending us their stories, service activities and news. Our clubs are doing many good things in their communities, and we should be sharing those stories. We can learn from one another and perhaps even find opportunities to work together on some projects.

We have also started a new District C-1 Facebook page to share information and increase visibility of the work our clubs are doing.

District Convention

Planning is well underway for our District C-1 Convention on November 6th and 7th in Edmonton. Our Convention Co-Chairs, PDG Henry Lung and Lion Stacey Chan, along with the Edmonton Chinese Lions Club and the Convention Committee, have been working hard

to put everything together. Friday evening will feature a Cultural Night, with performances by different cultural groups. We are also planning sessions where Lions can learn more about the projects and programs happening within our District and beyond.

We are encouraging Leos, potential Leos and potential Lions to attend as well. I hope we will see good representation from clubs across District C-1.

Membership

Membership remains one of our biggest challenges. Our current membership is slightly more than 1,500. We need to bring new members into Lions, but we also need to take care of the Lions we already have. We are exploring opportunities to start new clubs, primarily specialty clubs. Not everyone is looking for the traditional club experience, but many people in our communities want an opportunity to serve.

Growing Lions is important, but keeping our existing Lions involved and engaged is equally important.

Leos and Leo-Lions

I would particularly like to see more young people involved in Lions. Developing Leo Clubs and encouraging young people to participate in service will be an important part of our work this year. We are also encouraging Leos and potential Leos to attend district activities, including our convention. Our young people are the future of Lions. We need to give them opportunities to serve, lead, and bring their own ideas to our organization.

Service

Following our first Cabinet Meeting in Millet, the available members of the District Cabinet visited Camp He Ho Ha. It gave us an opportunity to see the camp, learn more about its work and better understand the difference Lions' support makes.

We are also continuing our support for veterans. During our District Convention in November, we will be collecting non-perishable food items for the Veterans Food Bank of Alberta. Lions attending the Convention are encouraged to bring some items with them. It is a simple way for us to support the men and women who have served our country.

We also continue to promote the work of the Lions of Alberta Foundation and other Lions projects. I am currently working with the Lions of Alberta Foundation to support two bursaries at one of the post-secondary institutions in Edmonton.

University of Alberta Lions Legacy Project

Another initiative that has been taking shape is the University of Alberta Lions Legacy Project.

The Edmonton Chinese Lions Club has committed \$50,000, and the first \$25,000 has already been presented to the University. Following further discussions with the University, the idea of creating a larger Lions legacy through an endowment emerged. The goal is to raise \$250,000 by December 31, 2029. Income from the endowment will support educational programming for schoolchildren, community organizations, and other groups for many years to come.

This is an opportunity for Lions to come together and leave a lasting legacy that will continue to benefit our communities well into the future.

Remembering Lion Bo Hall

Sadly, we also lost Lion Bodil "Bo" Hall on July 31st.

Bo had been a Lion for many years. She served several terms as President of the Edmonton Jasper Place Lions Club and, more recently, served as President of the Edmonton Millwoods Lions Club. I had the opportunity to know Bo through her time with the Edmonton Millwoods Lions Club.

Following her passing, I offered my condolences to her family and friends and also to club members on behalf of District C-1.

Looking Ahead

We have made a good start, but there is much more to do.

My focus this year is to strengthen our clubs and help them grow. I want to bring in new members, encourage new leaders, involve more young people, and keep our District connected. I also want to make sure we communicate well, manage our finances responsibly, and continue doing what Lions do best— serving our communities.

Our theme for this year is:

LEAD. INCLUDE. SERVE.

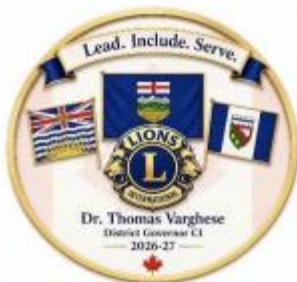
Building Stronger Lions, Stronger Clubs, Stronger Communities.

Thomas Varghese

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
C2 District Governor
MD C Council Report

August 19, 2026

As we move into August, I want to begin with a heartfelt thank you. Since becoming District Governor, I have been moved by the encouragement, kindness, and support from Lions across *both* Districts. This positivity reminds me every day why I am proud to be a Lion. At the International Convention in Hong Kong, International President Mark Lyon introduced his theme, *Rooted in Service*, which aligns beautifully with our district theme, *Service Through Unity*. Together, they remind us that service is our foundation and unity is how we achieve it best.

This year, I encourage every club to look beyond familiar projects and seek new opportunities to serve, partner, and make an impact. I also ask each Lion to invite one person to experience Lionism— one conversation can bring new energy, new ideas, and new hands ready to serve. My role as District Governor is to inspire bold service, support our clubs, strengthen leadership, and build meaningful connections, and I know I cannot do this alone. The C2 District Governor team is united and stronger than it has been in years, working together to face every challenge and lead our district with purpose and confidence. Together, with the dedication of Lions across our district, anything is possible.

August Cabinet Meeting

District C2 kicked off the 2026–2027 Lions year with an energizing Cabinet Meeting on July 18th at Lions Village in Calgary, filled with optimism, purpose, and the shared commitment that defines our district. PID Marvin Chambers set a dignified tone as he installed the cabinet, and members quickly moved into productive discussions on the budget, LCIF grant applications, and updates from the



GAT Team, Zone Chairs, and District Committees. A highlight was PID Marvin presenting the President's Medal from International President A.P. Singh to PDG Kevin Gibbons, recognizing his outstanding service. With this strong start, District C-2 begins the year confident, united, and ready for meaningful service and growth.

2026-2027 District C2 Goals & Priorities

The District C2 Goals and Priorities for 2026–2027 were shaped through thoughtful planning and a clear vision for strengthening our district. Developed collaboratively by the C2 District leadership team, these goals reflect our shared commitment to growth, service, and unity. Our district is in recovery mode, and rebuilding trust and friendships at every level is essential to moving forward. With everyone's engagement, we can continue building a stronger, more connected District C2.

Our membership and new-club development goals were refined at the Mission 1.5 Summit in Toronto, where District and Multiple District GAT teams worked together to establish sustainable and measurable priorities. This collective effort—supported by the District Governor Team, GAT, and Zone Chairs—ensured that our goals align with community needs and the spirit of Lionism. *These priorities belong to the entire district, and every leader and Lion is empowered to champion them and support their success.*

Membership Development

During my term as District Governor (July 1, 2026–June 30, 2027), I commit to supporting MISSION 1.5 by working with our leadership team to achieve key membership targets: chartering two new clubs, welcoming 84 new members, and reaching a net growth of +26 in District C2. Our membership growth and positive experience plan focuses on targeted recruitment, stronger onboarding, district-wide engagement, and meaningful social opportunities, including preparation for Worldwide Induction Day in April 2027. Together, these strategies will help us build a vibrant, connected, and resilient district where Lions feel welcomed, valued, supported, and inspired to serve.



New Club Development

Our New Club Development goal reflects District C2's commitment to expanding our reach and strengthening Lions service by establishing two new clubs by June 2027. This focused, collaborative plan brings together the DG Team, Zone Chairs, and GMT to

identify promising communities, recruit and train Guiding Lions as needed, and host community information sessions that build interest and support for new club formation.

Leadership Development

Leadership development is essential to creating knowledgeable servant-leaders who inspire positive member experiences and strengthen our clubs. During the first quarter of my term, I commit to working with our team to promote and facilitate training for club officers and zone chairpersons, ensuring 90% of Zone Chairs complete their training and at least 40% of club presidents, secretaries, and treasurers attend officer training. Our GLT coordinator will report all completed training through the Manage Training feature in Learn, supported by practical training schedules, LCIF learning opportunities, and ongoing new member orientations offered every 2–3 months



Service Activities

To increase the impact and visibility of service in District C2 during my term, I commit to working with our team to strengthen global service engagement—focusing on Hunger, Youth, and Humanitarian causes—and to ensure that at least 65% of Lions and Leos report their service. This includes improving reporting in the portal, promoting timely planning and documentation through our GST coordinator, encouraging project sharing in the district newsletter, and to inspire greater participation through hashtags, incentives, photo sharing, and social media engagement. We will also encourage clubs to support all global causes, with particular emphasis on hunger, youth, and humanitarian needs in response to growing community challenges.

Lions Club International Foundation

Increasing awareness of the impact of giving to LCIF during member orientation strengthens individual commitment and inspires greater support. During my term, I commit to working with our team to help LCIF reach its fundraising goals by encouraging a 10% increase in individual donations and club participation, requesting each club to appoint an LCIF chair, making a personal donation of \$500, and inviting 20 cabinet members to contribute at any level. I also commit to earning an LCIF Presidential Award for Goal Achievement by striving to meet our district's fundraising target.

With fresh energy and a shared commitment to Service Through Unity, I am excited for all District C2 will accomplish together this year.

Respectfully submitted,

Danielle Hamelin

C2 District Governor

2026-2027



District C-2 1st VDG Report

Lion Gerald Gaede
First Vice District Governor, C2

August 29, 2026

Wow, where has the summer gone? It has been a busy one for this Lion. Congratulations go out to immediate past Zone Chair Lion Bob Booth and Lion Nancy Crowley from the Community View Lions Club. They spearheaded an LCIF grant program to obtain sixteen new hospital beds for the Medicine Hat Hospital Mental Health wing and two specialty chairs for the cataract department. Their club, along with the Irvine and District Lions Club, Redcliff Lions, and the Lions Club of Medicine Hat, donated \$67,000. Their committee applied for a matching grant from LCIF, thus doubling the donation to \$134,000! Well done, Lions! This donation was well publicized thanks in part to the Hospital Health Foundation. An open house and news conference was well attended.

My partner in service, Susan and I attended the International Convention in Hong Kong in July. Approximately 17,000 Lions were registered from around the world. Upon our return, I continued updating the C2 district directory and turned it over to District Governor Danielle Hamelin for editing. It is now at the printers.

The DG Team has been active with a series of zoom meetings, planning the year ahead. A series of zoom meetings to plan the district fall convention have taken place, that I have been involved in. This time has afforded me in making many notes for planning the fall convention of 2027.

The Youth Camp committee continued work throughout the summer, meeting via zoom. They invited me to be part of this group, mostly as an advisor.

Locally, the end of July saw me taking two shifts cooking burgers over a very hot grill the last week in July. Special Olympics was held in Medicine Hat earlier this month. A group of Lions participated in a program known as Opening Eyes where they assisted professionals administering eye exams to the athletes. This was a huge success with over 400 athletes obtaining eye exams. Thank you to those that took part.

On a sad note, the secretary of the Standard Lions Club, Lion Ed Christiansen passed away. I attended his memorial service last month and conveyed the sympathies from our district. In closing, I look forward to continuing my travels, meeting with many Lions and Clubs, learning about their service projects.

Yours in Lionism,

Lion Gerry Gaede
1st Vice District Governor, C2

District C-2 2nd VDG Report

District C2
2nd VDG Report
August 29, 2026

The District Governor has provided the DG Team with a list of clubs to visit throughout this Lionistic year. As 2nd VDG I will be visiting my assigned clubs and presenting the vision of the International President as well as those of the District Governor and team which includes:

Membership Development MISSION 1.5

New Club Development

Leadership Development

Service Activity Impact and

Lions Clubs International Foundation

To date no visits have been conducted and I expect to begin visiting clubs in September. My plan is to visit as many clubs as possible in 2026.

Cheers

Lion Bill Stecewicz, 2nd VDG, District C2

MD C Global Action Team Reports

MD C GLT Report to Council

MDC GLT Goals for 2026-2027

1. Coordinate with the Council Chair for MDC GAT team training.
2. When possible, coordinate Zoom training sessions with the District GLT Coordinators.
3. Assist where needed in in-person training schools.
4. Encourage the Zone Chairpersons to seek out candidates for FDI training and RLLI training.
5. Provide the DG team, GAT team, and Zone Chairpersons with a timely list of training opportunities to convey to Club Officers and others during club visits.
6. Organize a Regional Lions Leadership Institute, March 2027

Betty Ann Robson
MDC GLT Coordinator

Multiple District C Committee Reports

Multiple District C Centennial Committee Report

MDC Centennial Committee Report to Council

August 29, 2026

The MDC Centennial Committee continues to move forward with planning for the celebration of **100 years of Lions service in Alberta in 2029.**

At our most recent committee meeting, we reviewed the progress of two survey initiatives that will help guide the direction of Centennial planning.

Lions and Leos Survey

The first survey will be distributed to **Lions and Leos throughout Multiple District C.** We anticipate distributing the survey in mid-September, with results available for review by approximately mid-October.

The purpose of this survey is to gather ideas and determine the level of interest among our members in various Centennial activities. It will also provide clubs with an opportunity to identify projects and activities in which they may wish to participate.

Survey results will be sortable geographically, allowing information relevant to areas such as Calgary, Edmonton, and other regions of the Multiple District to be shared with clubs in those areas.

Alberta Community Survey

The committee is also developing a second survey directed toward **non-Lions and community leaders throughout Alberta**.

Our intention is to work with the **Association of Alberta Municipalities** to distribute this survey to municipalities across the province. This will provide Lions with input from outside our organization and serve as a small community needs assessment as we consider potential Centennial service initiatives.

A formal letter requesting assistance with distribution has been drafted. The letter will be placed on official letterhead, signed by the Committee Chair, and forwarded to the Association.

We are still determining whether there will be a cost associated with distributing the survey. If necessary, other avenues of distribution may also be considered.

Council has previously approved a minimal budget for the use of **SurveyMonkey** to conduct these surveys.

Centennial Vision

The committee continues to believe that our Centennial should be much more than **one celebration or one event**.

Our objective is to create opportunities that will keep **Lions visible throughout Alberta for 12 continuous months**, celebrating both our history and, more importantly, the service Lions continue to provide to their communities.

This could include a combination of:

- Club and community celebrations;
- Province-wide or regional service projects;
- Recognition of significant club anniversaries;
- Public awareness initiatives; and
- Activities developed from the needs identified through our surveys.

We are already aware of important Centennial-year milestones. The **Calgary Lions Club has confirmed a June 1 celebration date**, while the **Edmonton Host Lions Club's charter anniversary is June 14**, with details of its celebration still to be determined.

The committee also confirmed that individual Lions Clubs do **not** require Council approval to undertake their own Centennial projects or celebrations. Council oversight would apply to proposals being developed or presented on behalf of the MDC Centennial Committee.

Looking Ahead

Our target is to have the survey information analyzed and potential Centennial initiatives developed sufficiently to begin presenting opportunities to Lions Clubs by **May 2027**.

This will provide approximately two years for clubs, districts, and the Multiple District to plan and implement Centennial activities.

We anticipate providing Council with a more comprehensive update in conjunction with the **April 2027 Convention**, following analysis of the survey results and further development of potential projects.

The committee's next meeting is tentatively scheduled for **September 21, 2026, via Google Meet**.

The Centennial Committee appreciates Council's continued support as we work toward making the **2029 Centennial a year-long celebration of 100 years of Lions service in Alberta** while laying the foundation for our next century of service.

Respectfully submitted,

Kevin Gibbons, Chair
MDC Centennial Committee

MD C LRP Report to C-1 Council

MD C Long Range Planning Report to Council Aug.29, 2026

Your committee would like some direction from Council regarding areas of interest or concern.

We seem to have the bases covered with plans & goals for the GAT.

The proposed merger with Districts SK N & SK S is, for now, a non-starter, as previously reported.

It is often said, "We are the world's best kept secret."

Should we consider using some of our reserve resources to unlock that secret? i.e. engaging a marketing specialist...

Lynne Coulter, PCC
Chair, LRP

MD C Diabetes Chairperson Report

MD C Lions Cavalcade for Diabetes

**MD C Diabetes Chairperson and
MD C Lions Cavalcade for Diabetes
report to Council on August 29, 2026**

MD C Lions Cavalcade for Diabetes committee is still accepting donations to support Diabetes Camp Jean Nelson in Alberta, as well as Research and Awareness projects that Diabetes Canada is running in MD C.

Donations can be sent to

PCC Frances Sawiak, Box 27, Bluffton, AB, T0C 0M0

Go to the Diabetes Canada website for further information:

www.diabetes.ca

Mark on your club calendar that November is Diabetes Awareness month and plan an activity to raise awareness of Diabetes, check Diabetes Canada website for ideas.

Feel free to contact me if you have any questions.

MD C Diabetes chairperson has permission from Lion Alan Balson, District C-2 Diabetes Chairperson, to present the following article that he prepared. Thank you, Lion Alan.

Understanding A1C and Your Daily Blood Glucose

Lions Clubs International - District C2 Diabetes Awareness

What is A1C?

A 1C (HbA1c) is a blood test that shows your average blood sugar level over the past 2–3 months. It measures how much sugar has stuck to hemoglobin in your red blood cells.

What are daily blood glucose readings?

These are the numbers you check with your meter or CGM at different times (fasting, before/after meals, bedtime). They are snapshots that help with daily decisions on food, activity, and medication.

How do they compare?

Your A1C converts to an Estimated Average Glucose (eAG) in the same units as your daily readings. This helps see if your day-to-day numbers match your longer-term control.

A1C (%)	Estimated Average Glucose (eAG) mmol/L
6.0	7.0
6.5	7.8
7.0	8.6
7.5	9.4
8.0	10.2
8.5	10.9
9.0	11.8

Key Takeaways

- If your daily average readings are close to the eAG for your target A1C, your control is good.
- A1C shows the big picture over months; daily readings help with immediate adjustments.
- Common target: A1C <7.0% (~8.6 mmol/L average), but talk to your doctor for your personal goal, especially at age 70.

Tip for Better Control

Eat vegetables and protein first, stay active, take meds as prescribed, and manage stress. Track patterns and review them with your healthcare team.

Prepared by Alan E. W. Balson, Diabetes Chairperson, District C2 Lions International

Again, I would like to remind everyone that November is Diabetes Awareness Month, so I encourage clubs to plan an event, such as a blood test for diabetes, in conjunction with your local pharmacy that has a diabetic nurse on staff, and to distribute information about diabetes awareness.

MD C Information and Technology Chairperson

MD C Website and Newsletter Report

MD C IT Chairperson Report to Council August 29, 2026

MD C Website

The current website is up to date and is monitored and reviewed on a regular basis.

The pilot of e-Clubhouse 2.0 at LCI has been approved and should be live for Lions to use in August 2026.

At some point in the future, we will be transitioning from the current site to the one on LCI.

MD C Newsletter

The MD C Newsletter will be published after each council meeting. .
If there are any changes to this, it will be announced in the newsletter.

Lions Quest Report



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

Introduction/Welcome Email

Sent an introduction/welcome email to District C1 Lions Quest Chair Carole Henson and District C2 Lions Quest Chair Savi Yaworsky to establish connections and support collaboration between districts.

Lions Quest Chair Chat

Attended the Lions Quest Chair chat via Zoom on June 3, 2026, providing an opportunity for outgoing and incoming Lions Quest Chairs to connect, share information, and support a smooth transition. These meetings will continue every 2-3 months to maintain communication and collaboration.

Lions Quest Chair Retreat

Registered to attend the Lions Quest Chairs Retreat, **September 25–27, 2026**, in Toronto, Ontario. This retreat will provide valuable training, resources, and guidance to support me in my new role. Following the retreat, I will be better equipped to establish informed, realistic, and achievable Lions Quest goals for the Multiple District for the 2026–2027 Lionistic year.

Looking Ahead

I look forward to continuing to build connections, strengthen communication, and expand awareness of Lions Quest throughout the Multiple District. As I gain additional training and experience in this new role, I am excited to work collaboratively with District Chairs, Lions leaders, and clubs to identify opportunities, set achievable goals, and support the continued growth and success of Lions Quest in our communities.

Lions Foundation Of Alberta



Lions of Alberta Foundation

PO Box 65069 RPO North Hill Calgary AB T2N4T6

Report to MDC Council Meeting, August 29, 2026

The Lions of Alberta Foundation Board of Directors has resumed its meetings after a short summer break. Much work continued even when no meetings were held.

The Board of Directors has discussed and agreed, after completing a SWOT analysis, goal setting, and strategic planning sessions, that the Lions of Alberta Foundation would NO longer be referred to by an acronym, but by our full name – Lions of Alberta Foundation. We encourage members of the MDC Council to take note of this change.

Several Board members are involved in policy development. Drafts are being reviewed by the Board and will be finalized and approved at our next meeting. Additional policies will be put in place soon.

The Lions Legacy Scholarship Program and the Sight Bursary Program are being reviewed and revised to meet the needs of those we serve. Program details will be circulated to all Alberta Lions Clubs.

The Community Betterment Program (formerly called charitable projects and tax-deductible receipts) has been reviewed and revised to build on the reason the Foundation was created – to work with clubs who work on projects to benefit their community. Program policy and application detail will soon be available. We look forward to working with many more clubs in the future.

The Foundation has appointed two new coordinators. Welcome and congratulations to

- Lion Glenn DeBoer – Bill Webber Fellowship Coordinator
- Lion Jeque Aldon – Lion Legacy Scholarship Co-Coordinator, along with PID Bill Webber, who will mentor her in this new role.

We are pleased to have been able to successfully file the remaining overdue reports from last year since receiving the financials in March 2026.

The Lions of Alberta Foundation has circulated an email to all Lions Clubs and members in Alberta about a “Call to Action for British Columbia Fires.” Donations will be accepted by the Foundation and will be coordinated and sent to District 19I in BC.

District C2 has applied for an LCIF Vision Grant. Matching funds will be collected at the Foundation.

Contributions to the Bill Webber Fellowship will also support this initiative for specialized equipment for the Rockyview General Hospital Eye Clinic.

We will continue to communicate and promote what the Lions of Alberta Foundation is, and its role as a charitable organization in working with the 160+ Lions Clubs in Alberta, and how clubs can work with the Foundation’s programs of the Foundation. We are excited to share the Foundation with many more Lions and clubs in the next few months.

Yours in Service,

Lion Suzanne Leshchyshyn, PDG
Chairperson, Lions of Alberta Foundation

MDC Mental Health and Wellness Report

Planning Report to MDC Council

August 29, 2026

Submitted by: PDG Leslie Cunningham

MDC Mental Health and Wellness Chair

The new Lionistic year has begun, and I approach my role as Mental Health and Wellness Chair for Multiple District C with great excitement, hope, and enthusiasm for what we can accomplish together. Our work has already begun. I was recently invited to attend a Lions Club meeting where I distributed 15 naloxone (Narcan) kits and led a discussion on mental health and addictions. The participation was excellent, and the conversation demonstrated just how deeply these issues touch our communities. Our discussion focused on the prevalence of addiction and the reality that it is not simply a problem affecting someone else. Addiction can begin within our own families, workplaces, neighbourhoods, and communities, and ultimately it has become a worldwide concern. Open discussion, education, compassion, and a willingness to reduce stigma are important first steps toward making a difference.

1 COLLABORATION WITH DISTRICT CHAIRS

I am very pleased to be working closely with Dr. Rose Geonzon, District C-2 Health and Wellness Chair. We have already begun discussions and preliminary planning for a Health and Wellness Fair/Workshop in Calgary, tentatively planned for March 2027.

I also look forward to meeting, planning, and working collaboratively with Lion Saritha Mathew, District C-1 Chair, so that our efforts can become truly Multiple District initiatives wherever possible.

By sharing ideas, resources, speakers, programs, and successful projects between C-1 and C-2, I believe we can strengthen the impact Lions can have in the areas of mental health, addictions, wellness, education, and community support.

2 MENTAL HEALTH IS PART OF TOTAL HEALTH

As a medical doctor, Dr. Rose brings an especially important perspective to our planning. We want to emphasize that mental health cannot be separated from physical health.

A serious illness, chronic medical condition, diagnosis, hospitalization, surgery, or other medical procedure affects much more than the patient's physical well-being. It can also have a profound effect on the patient's emotional and mental health.

At the same time, the impact is often felt by the entire family. Spouses, children, caregivers, and other loved ones may experience fear, anxiety, stress, exhaustion, financial concerns, and uncertainty.

For this reason, health and wellness initiatives should consider the whole person and the whole family.

3 ADVOCACY AND COMMUNITY RESOURCES

An important goal for the coming year will be to encourage Lions to become more aware of the resources available within their own communities.

People facing mental health concerns, addictions, serious illness, caregiving responsibilities, or other challenges often do not know where to turn for assistance. Lions can help by becoming better informed about local resources and by helping to connect individuals and families with appropriate professional services.

- Mental health and addiction services
- Social workers and social service agencies
- Community health organizations
- Family and caregiver support programs
- Crisis and counselling resources
- Harm-reduction and naloxone education
- Seniors' services
- Youth mental health resources
- Community wellness programs

Our role is not to replace trained medical or social-service professionals, but we can become informed advocates, help reduce stigma, share reliable information, and connect people with appropriate resources.

4 PLANS FOR THE YEAR AHEAD

During this Lionistic year, I hope to:

- Continue providing education and discussion opportunities on mental health and addictions.
- Continue promoting naloxone awareness and training and making kits available where appropriate.
- Work closely with the C-1 and C-2 Health and Wellness Chairs.
- Develop the proposed March Health and Wellness Fair/Workshop in Calgary.
- Encourage clubs throughout Multiple District C to include mental health and wellness within their service activities.
- Promote awareness of the connection between physical health, mental health, family wellness, and caregiver wellness.
- Encourage Lions to identify and develop relationships with mental health, medical, social-service, and community organizations in their own areas.
- Share useful resources, successful programs, and ideas between districts and clubs.
- Continue working to reduce the stigma that too often prevents people from asking for help.

5 LOOKING FORWARD

This is an area in which Lions can make a very meaningful difference.

We may not always know who is struggling. The person needing support may be a family member, friend, fellow Lion, neighbour, young person, senior, caregiver, or someone we meet only once.

By increasing awareness, education, compassion, advocacy, and access to resources, we can help create healthier and more supportive communities.

I look forward to working with our Council, our District Chairs, our clubs, and Lions throughout Multiple District C during the year ahead.

Together, we can help make mental health and wellness part of the conversation, reduce stigma, connect people with resources, and perhaps even save lives.

PDG Leslie Cunningham
MDC Mental Health and Wellness Chair



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

**Tuesday, October 20th, 2026
7:00pm via Zoom**

Contact: chassell@shaw.ca for link.

Hear how the Lions Youth Camp is providing a safe and inspiring space for the Youth of our communities.
All Lions & non-Lions of MD C are welcome.

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

Serving the Youth of our communities.

For further information about the Lions Youth Camp Annual General Meeting, please contact Lion Carol Hassell at chassell@shaw.ca

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