



Multiple District C Newsletter

Volume 1, Issue 1

August 2022

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Multiple District C Chairperson Message

My year as Council Chair is just flying by, with COVID now under our belts everyone seems to be slowly getting back to their Clubs new routines of continuing business

MDC long range project USA/Canada Leadership Forum, is coming up in September and even with the COVID restrictions, we all feel that it will be a great success, the seminars will be great and everyone will enjoy seeing old friends and meeting new acquaintances.

2023 Conventions:

C-1 January 27 - 28

C-2 February 3- 4

Registration Forms are coming soon

Multiple District Convention is being held here in Vegreville, April 28 & 29, 2023

We are very proud to announce our confirmed International

Guests: International President Brian Sheehan & his wife Lion Lori (Bird Island, Minnesota)

Please mark your calendars and promote your members to register for this convention

Event Information and Registration Forms will be posted in December

Please keep well & safe

Council Chair Lion Frances Sawiak,
2022-2023 "Together We Can"



Multiple District C Committee Reports From August 28 Meeting

C1 - District Governor Report Lion Suzanne Leshchyshyn MDC Council Meeting August 28, 2022

In early June 2022 I started the last stages of preparation for the roles and responsibilities of District Governor in District C1. It was a privilege to visit the Lions Foundation of Canada Dog Guides School in Oakville Ontario in early June. Then it was off to the final days of DGE training in Montreal in advance of the International Convention.

Since taking the District Governor oath of office on June 28, I have been visiting clubs in the district. I left on a 13-day adventure in mid-July to see the clubs in Northwest Territories and Northeast BC. They were excited to be included as part of the District Governors club visitations. I inducted several members in Northeast BC. I have also attended 50th Charter Anniversaries of two clubs in our district and made presentations on behalf of the district.

The 2022-23 C-1 Cabinet consists largely of a new group of lions who are excited and eager to work with other lions in our district. From the VDG team, zone chairpersons, GAT team, and global cause chairs, they are all eager to work on our district goals and action plans. There are still vacant positions on Cabinet which I will be working on filling in the upcoming months. I continue to deal with many challenges dropped on

my lap. In my many conversations with clubs, they are feeling excited at the direction of cabinet this year.

The District GLT coordinator organized and facilitated a successful Zone Chairperson training on August 13 at the Millet Lions Hall. Five of the six appointed zone chairs took part in the training with the GAT team and DG facilitating, with the 1VDG also present. The first Cabinet Meeting of District C1 was held on August 14, at the Millet Lions Hall. It was a successful meeting with 21 cabinet members and two guests present. A brief overview of the Global Membership Approach process was provided. This process is new to most cabinet members, and included a review of the District C1 goals for 2022-23 (attached). The C1 District budget for 2022-23 and, the C1 2023 Convention budgets were approved, and other business was discussed. Work continues finalizing the District Directory for C1 – the first in many years. Cabinet, clubs and members are all very supportive of this to help with communication, encouraging visitations and re-engaging lions throughout the district.

I have been contacting clubs to schedule DG visitations, as well as discussing outstanding dues, encouraging clubs to start meeting and discussing club budgets and service activities, and also reporting both



membership and service activities is a focus for this year.

The District C1 2023 Convention will be held January 27-28, 2023 at the Norseman Inn in Camrose, jointly hosted by the Bawlf Lions Club and the Camrose Swans & Roses Lions Club. Our guest is International Director Allen Snider of Ontario. More details including registration form will be out in the next 2-4 weeks.

I have been extremely busy with the USA Canada Lions Leadership Forum coming to Calgary Sept 15-17, 2022, hosted by the Multiple District. My Host Committee responsibility is Volunteer Manpower which means I am assigning volunteers to the 15+ committees and for several thousand volunteer/manpower hours from Sept 12 to 17th. Please continue to encourage all clubs and members to volunteer – email volunteerforum2022@shaw.ca.

**CLERC Report
James Lee, CLERC Chair
MDC Council Meeting August 28,
2022**

On Thu, Jul 21, 2022 at 2:34 PM James Lee <jamio@telus.net> wrote:
This quarter CLERC shipped 10,000 pairs of eyeglasses to Sri Lanka and 350 pairs to Ethiopia. Not huge numbers, but eyeglass outreaches tend to be held in the winter months when it is cold in Canada and volunteers like to travel to the warm climes.

CLERC is very pleased to welcome Lion Carol Hassell and Lion Bill Busst to the board of directors. We are blessed

to have them join this Lions of Canada initiative.

CLERC is hosting two summer work parties. The July 23 date has been booked by the Westwind's Lions Club. The August 20th date is still available. If we don't hear any requests from clubs to fill it, I will phone a Club or two and get it booked.

CLERC has moved the 52' trailer into town from Lion Bob Airth's (Okotoks Lions) farm where it was being stored for the last several years and moved it into a secured storage next to our 40' Sea Can in Canada. The volume of eyeglasses sent to us from across Canada coupled with the amount of packaging (boxes, drop off boxes etc.) that CLERC requires to ship eyeglasses necessitated this decision by the board. Cut down on travel time and fuel expenses as well.

CLERC recently donated loose eyeglass lens to local artists Caitlin Brown and Wayne Garrett for a stunning optical art collaboration with a group out of Beijing entitled Between us and an Ocean. Not only did this wonderful couple actually read glasses and learn how our process works but they also donated \$1500. The links to the fabulous photo display of this exhibit will be on display on the CLERC FB page and our website as well. This is the second time that we have donated loose lens for art projects in other countries. It was a pleasure working with this couple.

A new Eyeglass Work Party schedule will be forthcoming as we will determine the dates at our next board meeting. Our Wednesday eyeglass processing continues throughout the summer and we once again we at CLERC give



gratitude for the Lions that commit their time in helping others around the world.

In Lionism

MD C Long Range Planning; 2022-23

Initial Report

The committee has not yet held a meeting. CC Frances has agreed that the 4 VDGs will serve as the other committee members. VDG Kevin has access to ZOOM and will act as host. The committee also will determine our focus area with Council's approval. Our first meeting will follow the Forum. During the past two years we covered Communications & Technology(2021-22), and Leadership Development, Membership Development, Participation Rate(2020-21). We studied these areas using a GAP Analysis, & a S.W.O.T. Analysis in order to provide Action Plans for the MD, C-1 & C-2. I anticipate holding three(3) meetings and presentation of a final report in advance of the May Council meeting. Respectfully submitted, Lion R. Lynne Coulter, PCC, Chair, Long Range Planning

Lions Of Alberta Foundation Report to MDC Council August 28, 2022

LOAF has been involved in several sessions in trying to assist the Lions Youth camp society. The latest taking place Wednesday August 24th, 2022. The annual AGM has been set for Sunday October 16th, 2022, at 9:30 am in Sylvan Lake, Alberta.

LOAF chairperson is Lion Betty Ann Robson.

Report submitted on her behalf.

Lion Tyler Bray, LOAF Vice Chairperson

Lions Foundation of Canada Dog Guides

Lion Dave Leshchyshyn, 1VDG C-1 MD C & C-1 LFCDG Co-ordinator

Lions Foundation of Canada Dog Guides (LFCDG) has returned to near normal operation after Covid, but faces the challenge of a long list of matches waiting for a Dog Guide. With special assistance training offered for sight, hearing, diabetic alert, seizure response, autism assistance, service and facility support, the list is ever growing. After spending time at the training and breeding facilities in Oakville and Breslau, Ontario this past June, I witnessed the dire need for a new and much larger facility to train these Dog Guides so more people with medical or physical disabilities can be helped right across Canada.

I was in contact with the C-2 LFCDG Co-ordinator in regards to an article for the upcoming newsletter. She suggested I go ahead and provide the information to the newsletter editor. I have since sent an article to both C-1 and C-2 newsletter editors for the upcoming September issues. Information in the article will touch on the upcoming Capital Campaign, sale of puppy calendars, my visit to the training facility, and the Judge Brian Stevenson Fellowship.



I look forward to my role as MD C LFCDG Co-ordinator and keeping Clubs and members informed of how their support of the program will continue to help Canadians with physical or medical challenges with the aid of a Dog Guide.

**Report to MD C Council
Future project for Fort MacMurray
August 28, 2022**

Dear MD C Council,
As many of you know, MD C had applied for a MCAT grant for the horrific fires in Ft. MacMurray. The MCAT grant is now closed, and all expenditures and monies account for.

There were other Lion's donations and public donations which were original sent to LOAF and have since been transferred over to our MD C. This money was intended for projects for the people of Ft. MacMurray.

Our MD C current has \$25,000.00, held in reserve, which was the monies turned over to us from LOAF.

I have been contacted by the Parks people from the Municipality of Wood Buffalo, seeking our support for a community project currently under way in Ft. MacMurray. Please read the enclosed message and attached photos.

Hi Tyler and Frances,

Hope your summer is treating you well so far.

Parks is currently in process of building an 18-hole Disc Golf course on the North side of town in the Stonecreek

community and was looking to see if MD C Lions would be interested in contributing donation funding to this project rather than towards Lions Park which was previously discussed.

The clearing for the course has been completed and Park is in the process of tendering the construction for the course elements (baskets, concrete tee pads, course signage, and landscaping/grading activities). The course will be a free amenity for the community to use and Disc golf has been gaining a lot of traction in our community.

If this is something the MD C Lions is interested in and would like to discuss further, please let me know and I can set up a meeting to provide more details. I have attached the preliminary concept to give you a better idea of the project.

Regards,

Lindsey Pearson
Landscape Project Coordinator
Parks, Public Works

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Fort McMurray | ᓄᓐᑕᓐᓴᓐᓴᓐ | Nistawâyâw |
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It is my recommendation that the MD C council further pursue this potential partnership with the municipality of Wood Buffalo to develop a new Disc golf site for the use of their community. Respectively submitted,
PCC Tyler Bray



**2022 USA/Canada Leadership Forum
August 28, 2022
Report to MD C Council**

The USA/Canada Lion's Leadership forum planning committee and our MDC Host Committee have been hard at work at bringing an exciting and entertaining program to this year's forum.

We have four motivating speakers lined up during our meal periods. Come listen to our Lions International President, Lion Brian Sheehan, as he will be speaking at the Luncheon on Saturday afternoon.

There will be 83 sessions throughout the three days, bringing educational material, training, and Lion development opportunities.

Lions Pin trading will be on full display as well as the Lions Forum Store where you can find all items pertaining to Lions. Looking for clothing, hats, scarves, ties, books, flags, this is the place to be.

On Thursday morning, September 15th, starting at 11:00 am will be the Forum Strides Walk. This will be a short one Km walk to raise funds for Diabetes.

The proceeds will be going to the Jean Nelson Diabetes camp for children here in Alberta.

On Saturday there will be a Lions Service project with proceeds going to the many Mustard Seed locations in Alberta. We are looking for donations of personal hygiene products, clean socks, hats, mitts, blankets, coats.

Anything to help the homeless people in Alberta. If you or your club have items to donate, please contact Lion Tim Beer

at foothillsliontim@gmail.com or 403-975-5474.

We are still in need of Volunteers. You do not need to be registered for the forum. If you can help please contact Host chairperson, Tyler Bray at liontyler14@gmail.com or 403-990-3715 ©.

The forum web page is www.lionsforum.org and the host web page is

www.2022lionsleadershipforum.com

Submitted by,
Lion PCC Tyler Bray
Host Chairperson

**MDC WEBSITE REPORT
August 28, 2022
MD C Council,**

The MD C website is up to date as of the date of this report with the exception of the Council Photo gallery as I am still waiting on pictures from some council members and also, I hope to get a group photo of the council on August 28, 2022.

Yours in Lionism,
Dennis Stevenson, PCC
MD C Webmaster

**MDC NEWSLETTER REPORT
August 28, 2022
MD C Council,**

We will continue the theme from last Lions year and publish the newsletter after each council meeting to get all the



reports out to the Lions clubs in the MD C as well as any other news items available at the publishing date.

Yours in Lionism,
Dennis Stevenson, PCC, MD C
Newsletter Editor

**MDC LIIONS CAVALCADE REPORT
MD C Council,**

Host club chairperson Lion Ted Mikkelsen welcomed all on behalf of the host club Spruceview and District and went over what was planned for the rest of the weekend. Chairperson Dennis reminded all that the Parade of Green was scheduled at 3 PM Saturday.

Lion Vi reported that we no longer have pins to sell and the merchandise we had with us this weekend will continue to be sold at conventions until it is all gone and then we will only have a display board to promote the Diabetes programs we support.

Chairperson Dennis spoke on the direction we will be going in the future which would be to encourage clubs to make donations to Lions Cavalcade and identify the area they would like to have their donation go to, Research, Awareness or Diabetic Camp. He also said we will provide information on each of these areas for club's benefit, either by email or on our website.

A question came up as to where the next Lions Cavalcade would be held, and the answer was that we had no firm commitment at this time and once we do the date and location will be published.

This year we sponsored part of the Peer Connect online awareness information session, as well we sponsored 2 girls

and 2 boys to attend Camp Jean Nelson.

We will continue to search out areas to use the funds we have received as donation to further the support of Diabetes Awareness, Research and Diabetic Camp support in Alberta.

Yours in Lionism,
Dennis Stevenson
MD C Lions Cavalcade for Diabetes
Chairperson

**MDC GLT REPORT
MD C Council,**

Thank you for the opportunity to be a member of the MD C GAT team as the GLT Coordinator.

It has been 3 years since we last held a Regional Lions Leadership Institute in MD C and I would like to propose that we hold one in March 2023.

The deadline to apply for a LCI grant of \$4,500.00 USD is the end of Oct 2022 and if council approves, I will submit the application in September.

We also should hold 1VDG and 2VDG training in Oct 2022, the cut-off for the grant money for this training is September 30, 2022.

I will work with and support the District GLT Coordinators to ensure that we provide as much training as possible within MD C during this Lionistic year.

District GLT Coordinator Reports:

District C-1, Lion Thomas Varghese
Done:

Zone Chair Training Aug 13 at Lions
House Millet, AB

Planning:



New member orientation, Club Officers training, and a virtual Zone Chair Training.
We haven't decided on the dates yet.

District C-2, Lion Anne Kennedy

Done:
Completed two sessions of Zone Training. One in Fort Macleod and the other at Cheadle. Seven Zone Chairs trained. Another 5 Zone Chairs have taken it several times previously.
Planning:
Planned Training

Guiding Lion – November – in the South and North
Applying for Grant for Zone Chair Training expenses
Orientation Modules – Clubs can download from the District Website
Leos - working with Leo Coordinator to plan and implement some modules for the general members.
Training School - Strathmore in April - looking for another location in the South
Yours in Lionism, Dennis Stevenson, PCC,, MD C GLT Coordinator

District C1 Goals for the 2022-2023 Lions year

For the 2022-2023 District Goals, the Executive Officers ask that you and your district team develop specific target numbers and action plans for the following association goals:

Service

- By the end of the 2022-2023 fiscal year, our district will increase the percentage of clubs reporting service (meet or exceed last years' service reporting numbers).
 - o Our team will ensure that 50 % of clubs in our district report service.

Membership

- By the end of the 2022-2023 fiscal year, our district will achieve a positive membership growth (meet or exceed last year's membership numbers).
 - o Our team will charter 1 new club with 20 charter members.
 - o Our district will induct 100__ new members into existing clubs.
 - o Our district will not surpass 50__ dropped members.

Leadership

- By the end of the first quarter of the 2022-2023 fiscal year, our district will hold training for club officers and zone chairpersons. The district GLT coordinator will report each training using the manage training feature in Learn.
 - o Our team will ensure 65 % of zone chairpersons attend zone chairperson training.
 - o Our district will confirm 35 % of club officers (president, secretary, and treasurer) attend club officer training.



LCIF

- By the end of the 2022-2023 fiscal year, our district will support Lions Clubs International Foundation (LCIF) in its endeavor to achieve its fundraising goal.
 - o Our team will ensure that individual participation in our district increases by 10 % and club participation in our district increases by 10 %.
 - o Our team will ensure that 1 club in my district achieve 100 %-member participation. o I will work to achieve a level LCIF Chairperson's Medal.
 - o I will make a personal donation of \$ 500 to LCIF and I will ask 15 members of my district cabinet to make a personal donation to LCIF.

District C1 Action Plans 2022-2023

Service

- 50% of clubs in the District C1 will report service activities using on MyLion in the 2022-2023 Lions year.

Membership

- The district will be rejuvenated with three new clubs (Charter and Branch) with at least 30 new members by the end of April 2023.
- 80% of clubs in the district will end the 2022-23 Lions year with an increased membership of one over 2021-22 Lions year.

Leadership

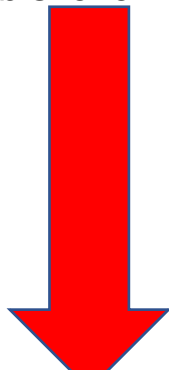
- 35% of Club Presidents, Secretaries, Treasurers, Club Service Chairs and Club Membership Chairs will participate in district-led training by November 15, 2022.
- 35% of the Club Officers in the district will complete the Club Officer Training Courses on the Lions Learning Center by October 1, 2022.

LCIF

- By the end of the 2022-2023 Lions year, our district will increase the number of individual donations to LCIF by 10%.

Message from the MD C Web Master

There has been a number of things added to the MD C website recently one of which is the Mental Wellness Corner page (see poster attached below) check out the web site for new stuff and to view this newsletter.



MENTAL Wellness CORNER



Past International Director Allan Hunt (Chilliwack, BC) continues to share his concern over our emotional well-being. He worries that the Covid pandemic has made many people more vulnerable and says we need to ask, actually ask, how people are doing and to listen – really listen – to their answers.

What is Mental Health?

Mental health is the state of one's psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness. Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges. This can be positively or negatively influenced by:

- **life experiences, such as:**
 - family situation
 - the death of a loved one
 - financial and employment status
- **relationships with others, such as your:**
 - friends
 - family members
 - co-workers
 - schoolmates
- **work or school environment**
- **physical health, such as problems caused by:**
 - long-term illness
 - problematic substance use
- **the type of community you live in**
 - is it a supportive and trusting community or one where everyone keeps to themselves?



How can you take care of your mental health?

Take care of your mental health in the same way you would take care of your physical health. It takes practice, patience and support. You can maintain or improve your mental health by following the advice below.

- Know and accept that life can be challenging.
- Know and accept your strengths and weaknesses.
- Set realistic goals for yourself.
- Accept yourself and others. This is the basis of self-esteem.
- Learn to recognize and understand that you and others have both positive and negative feelings.
- Create a sense of meaning in your life by learning and trying new activities, like starting a hobby.
- Create healthy, trusting relationships with people who accept and support you.

Building a supportive community is an important way to improve mental health. Making meaningful connections with your family, friends, peers, colleagues and other members of your community can help you feel safe and secure, like you belong and free to express your thoughts and feelings.

You can help create a healthy and safe environment where you live, learn, work and play by:

- knowing and accepting that everyone has difficulties in their lives
- taking part in local events and getting to know your neighbours
- finding ways to get involved and giving back to your community
- supporting and including people of different ages and backgrounds in your community

MD Chairperson

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