

Around The District

News from Lions International District C-2

February 2018



**Milan, Italy is the Place
July 8, 2019 is the Date**

Lion Dr. Patti Hill Campaign Report

Submitted by PID Bill Webber, Lion Patti Hill Campaign Committee, Advisory Chair

Our campaign to place Lion Patti Hill in the president's chair of Lions Clubs International continues to move forward. I know you will agree that this is a marathon and not a sprint to the finish line. Our campaign committee has offered our support and help to PID Brian Sheehan for election in Las Vegas 2018. In turn Lion Brian has expressed his support for Lion Patti in Milan, Italy 2019. With a positive focus on Milan 2019 we invite all Lions and clubs in MDC to consider how you may be involved. Most certainly, those who would enjoy a trip to Europe for July 5-9, 2019 to bring a vote for Patti will be most welcome. Of equal importance we invite every club in the multiple district to be a part of this historic event through a fund-raising club event or a personal financial contribution.

The Lions of MDC and Canada have provided outstanding international leadership through PIP Judge Brian Stevenson for over thirty years. We hope to add to that record of excellence with the election of Lion Dr. Patti Hill.



Lion Dr. Patti Hill as 3rd International Vice President Milan, Italy July 8, 2019.

And An Update . . .

Most of you will have heard that International President Naresh Aggarwal has announced that the International Executive Officers have endorsed the candidacy of Lion Patti for 3rd Vice President at the International Convention in Milan, Italy July 5-9, 2019.

We now await the endorsement of the Int. Board of Directors in April 2018 and the successful election by the delegates at the Milan 2019 convention. Now is the time for every club in MDC to develop a plan of support for your chosen voting

delegates to attend this historic convention and cast your club vote.

Now we have the ultimate goal in sight. Now is the time to recognize our financial commitment. Now is the time to mobilize every member in support of Lion Patti. Every member should be wearing a Patti for VP pin and every club should be planning a campaign fund raiser.

Contact PID Bill Webber, Advisory Chair with any questions.

**For more information and updates go to:
www.lions4patti.wixsite.com/drpattihill**

**March 2018 is Eye Donor Awareness Month.
Go to www.lionsclubs.org for club activity information for this initiative.**



“Feed-A-Steer” Is Back!

The Cheadle Lions club is putting out a call to all District C-2 Lions clubs to participate in their Feed-A-Steer program. The following is a letter received from the Cheadle club regarding this initiative.

“Four years ago our club started our Feed-A-Steer program. We asked local producers and community members to finance a steer. We would pick a steer in October and feed it until May when we would auction it off.

When we started we didn’t know what to do with the money but we knew we needed it to be big. We decided that we would use the proceeds to help start a hospice in our area. Maybe we bit off more than we could chew! We helped to start the Wheatland and Area Hospice Society. We have had 3 years of enormous success

where we have been able to raise \$259,000. This year we hope to raise over \$100,000.

Now we would like to get our District C-2 Lions involved. We have added one extra special steer to our herd. This steer is called the DG Super Steer. We are asking all District C-2 Lions clubs to donate \$500 to help feed this steer to completion.

On Saturday May 12, 2018 at the second annual Wheatland and Area Hospice Society Gala, we will auction the steer to the highest bidder. All profits from the Lions clubs’ donations and auction proceeds will be turned over to District Governor Cathy Anderson for her to donate to the charity or charities of her choice.”

For more information on this project contact the Cheadle Lions club at cheadlefeedasteer@gmail.com



Lions Dale Cockx (on left) and Sonny Warrack (right) – two members that are critical to the success of the Feed-A-Steer project.



In 2018, LCIF will turn 50 years old. To celebrate 50 years of local and global humanitarian service, LCIF has a new anniversary website— LCIF50.org. There you can learn more about the causes LCIF supports and the work Lions are doing all around the world. You can also enter a contest to win a special prize.



www.lionsc2.org



2017 Peace Poster Winners Picked



MDC's Peace Poster winner from District C-1.
Luka Begovic, Grade 8 student
Richard S. Fowler High School
St. Albert

On November 30th, DG Cathy, 1st VDG Tyler, MDC GST Coordinator Lion Diane Bray, and Lion Margaret Brucker met to choose the 1st, 2nd, and 3rd winners of District C-2's peace posters. As always it was a difficult decision with many creative posters to adjudicate.

The result was as follows:

- 1st place: Yuk Leung, Calgary Chinatown Lions club
- 2nd place: Agnes Kim, Calgary Korean Lions club
- 3rd place: Kyla Pili, Calgary Heritage Lions club

The 1st place poster was then sent to MDC. It was judged with District C-2's winning poster with District C-1's poster being successful. This winner was sent to Lions Clubs International headquarters who will announce the international winner early in February 2018.



District C-2's Peace Poster winners.
1st, 2nd, 3rd from the left.

The theme of the 2018-2019 Peace Poster Contest is "Kindness Matters". Contest kits are available from January to October 2018. Clubs can order their kit by calling 1-800-710-7822 or online at www.lionsclubs.org (search peace poster).

For additional information contact
Margaret Brucker
mabrucker@shaw.ca

CLERC Needs Our Help!



Wanted: Glasses of All Sorts!

Due to processing elevated numbers of eyeglasses (900,000 pairs to 92 countries in the last 2 years), CLERC's supply is in need of an infusion of more glasses. We are asking all District C-1 and C-2 Lions clubs to collect and ship all the glasses that they might have. Information is on the CLERC website (www.clerc.ca) on how to ship the glasses via Day & Ross Transport. We would also like clubs to provide us with your pick-up locations, contact names, address and telephone/email of where your drop off boxes are located. We are building an eyeglass drop-off data base.

Contact: Lion James Lee, CLERC Chair
jamio@telus.net



Annual Interclub a Great Success!

On Monday, January 8th, 2018 the Champion Lions club held their annual interclub. There was a large turnout from clubs including Lethbridge Host Lions, Lethbridge West Lethbridge, Milo, Blackie, Okotoks, Vulcan, Foothills, Lomond, and Claresholm. A tasty steak dinner was provided with just about everyone winning a prize or gift.

Zoom into the picture and you will find DG Cathy standing behind the red chair, 2nd VDG Brent and his wife Lucy are to the right, and seated in the chair are Foothills Lions president Sharon Schielke (left) and Lion Diane Bray.



Redcliff Lions present a cheque for \$500 to the local Santa Claus Fund. SCF Executive Director Deanna Doerkson accepts the cheque from Lions Phil Monteth and Bob Wickens. This year the Santa Claus Fund assisted about 500 families and dispensed \$45,000 in food vouchers.



The Calgary Sarcee Lions club celebrated Diabetes Day with speaker Scott McRae from Diabetes Canada.

In picture from left—Lion Yves Duclos (CSLC project director), Brian Teichroeb (Nat. Diabetes Trust), Scott McRae (Regional Director Diabetes Canada), Carolyn Higgins (Territory Manager Nat. Diabetes Trust), Lion Ghassan Aslo (Treasurer CSLC). In front— Lion Violet Duclos (CSLC President).



MDC Lions Cavalcade BBQ Coming!

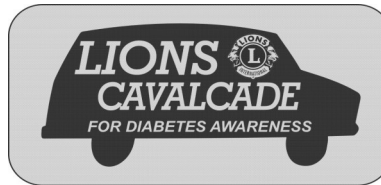
Millet, Alberta will be the location of the 2018 Lions Cavalcade for Diabetes Awareness event. And June 1-3 are the dates.

The weekend will include a silent auction, presentations by Diabetes Canada, a parade, speeches and BBQ supper.

The Diabetes Awareness committee is looking for clubs in MDC to host future cavalcade events for 2020 and beyond. If your club is interested, contact Lion Dennis Stevenson.

The committee is also accepting and encouraging donations from all MDC clubs to the Lions Cavalcade specifically for the Traveling Diabetes Re-

source Program (TDRP). In addition to educational sessions, school presentations, and information displays, the TDRP also funds new and replacement vans being used by the Canadian Diabetes Association.



Each year the Per Capita Donation Award is awarded to the club in each district with the largest per capita donation to the Lions Cavalcade. These awards are presented at the District or MDC conventions.

For more information on the Lions Cavalcade Contact Lion Dennis Stevenson at pdg37e@sunraybase.ca



Deadline for regular registration LCI's 101st Convention is March 31st, 2018



PDG Don Edy (left) presents CLERC Chair James Lee with a donation of \$2,000 from the Chestermere Lions club.

The donation is to help with the cost of replacing the top unit of the Lensmeters. All ten need replacing at a cost of \$2,000 per Lensmeter. To donate to CLERC, contact James Lee at jamio@telus.net.





Lions Leaving Lasting Legacies

Socks, Socks, and More Toasty Toes.

It was the initiative of Lion Peter Wallis of the Calgary Heritage Lions club.

Reading the February 2017 issue of the Lions Magazine, Lion Peter came across an article on a project of the Valleyview Overlanders Lions club in Kamloops BC. The Kamloops club started a new sock drive and distributes the collected socks through community organizations.

Lion Peter took the project idea to his club which heartily got behind the idea. They decided that January and February would be the best time to start the collection—after the Christmas festivities.

The Kamloops Lions club had kicked-off their sock drive at one of the Kamloops Blazers games. So the Calgary Hitman organization was approached and agreed to have the Heritage club kick-off their collection program at their game at the Saddledome on January 5, 2018.

Thus the “Toasty Toes” Sock Collection Program

was born.

Donation drop off locations were established at a number of A&W locations. The socks go to the Calgary Drop-In Centre and the Calgary Women’s Shelter.

The program runs from January 5—February 28, 2018. As of January 23, the program has collected 1,519 pairs of socks and the club is expecting to exceed their goal of 2,500 pairs collected.



Lions Peter Wallis (left) and Bob Weller (right) delivering 996 pairs of socks to Solange Dunn (centre) of the Calgary Drop-in Centre.

From Winter Cold to Summer Picnics

Nanton Lions have taken over the lease for the Nanton campground and have been very busy getting things ready for the many who will enjoy the facility. Lions are starting with repairing picnic tables and cleaning up the campground. The club will be improving the area for enjoyment of community members as well as the many tourists who use the site.

Shown in the pictures from left to right are Lions Barry Montgomery (Blackie Club), Dustin Southgate, and Dirk deGraaf.





Just A Little Bit More During the Christmas Season

Veterans and Seniors Not Forgotten



Each December the Cochrane Lioness Lions club puts together Christmas bags for veterans and seniors in the area. The club has been doing this for the past four years.

In 2017 the bags went to the residents of the local Bethany Care Centre along with “fidget blankets” made by one of the club members for the dementia patients.

This past season, the Christmas bags went to veterans and seniors at the Big Hill Lodge. Ninety-five bags were handed out which contained useful daily items and treats along with handmade cards made by club members’ children. The local Legion gives a donation to buy items for these bags and some local stores donate calendars and magazines.

Another of the club’s December community projects is the Festival of Trees. Businesses and groups can rent a tree for the month and decorate it. This project is in its 5th year and money raised goes to academic awards for students.



Christmas Park Lights Up Strathmore



The Strathmore Lions were at it again lighting up their Christmas Park for the 10th year in a row.

The Strathmore Lions Celebration of Lights Christmas Park provided over 3,000 people with not only a light display but also Santa’s cabin and horse-drawn wagon rides to name a few. Members of the club not only helped to put the display together but also provided burgers and hot dogs with the proceeds going to the park. Theo the Lion (James Higgins of the Medicine Hat Lions club) was there to assist. The Strathmore club is a name sponsor of the event.

Carstairs & District Lions club

delivered Christmas hampers to 89 adults and 59 children using gift cards as well as toys and gifts. Recipients were interviewed regarding their needs and appropriate gifts. All were delivered by club members within 4 hours. Recipients were happy and thankful!



Just A Little Bit More During the Christmas Season

“The True Meaning of Christmas”



The Lethbridge Host Lions club decided that instead of having their usual Christmas club supper they would spend an evening at the Lethbridge Food Bank and help them pack Christmas hampers for the needy. Fifteen Lions packed over 180 Christmas hampers as well as giving the Food Bank a cheque for \$300. “It was a great evening of merriment” said club secretary Lion Steve Clark. “The Food Bank gave us a tour and explained the huge number of people who need assistance. In addition, the Food Bank supplies lunches for needy students at many Lethbridge

schools. It felt good to experience the true meaning of Christmas.”

No Crib For A Bed

On Monday, December 11th, 2017, the Calgary North Hill Lions Club held their annual Christmas inter-club at the Lions Village in Calgary. It was attended by representatives from eight Lions clubs including Woodcreek, Cochrane, Mountainview, Chestermere, Chinatown, Camrose Swans & Roses, NE Eye Opener, Sudbury Teachers and, of course, North Hill.

Not only did the attendees enjoy a festive turkey dinner (prepared and served by the Calgary Lions club) but also were entertained by the Calgary Boys Choir singing an assortment of Christmas melodies.



Those Lions who attended were also asked to support the No Crib For A Bed program by bringing clothing, diapers, bedding etc. suitable for an infant. The items filled two cribs and they were presented to guest Chris Jost who runs the program through NeighbourLink Calgary. Also as guests were Karen Murray and Joelle Mar of “Inn from the Cold”. CNHLC supports this organization through annual donations to various programs.



Hats off to Lion Blaine Robinson and the North Hill Lions club who worked so diligently to produce such a successful event.



MDC Convention

May 4th and 5th, 2018
Leduc, Alberta

Registration form can be found on C-2’s website:

www.lionsc2.org



Just A Little Bit More During the Christmas Season

Santa, Mrs. Claus and Snowflake Made All the Difference



December 2nd was the day the Calgary South-ridge Lions club hosted their annual Christmas Party for disadvantaged children from Ogden and surrounding communities. The club funds the party from their Grey Cup raffle and, as usual,

received great support from community members who bought all available tickets.

The club works with Ogden House Seniors who provide their hall for the party and with the South East Calgary Community Resource Centre who provide a list of local children they feel would benefit from some holiday cheer. Club members bought presents for the children and held a gift-wrapping social prior to the party. Over seventy children and their families were invited to join club members at the Ogden 50+ Centre.

Candy canes were given to everyone when they checked in and, once all had arrived, lunch was served. A magician entertained the audience after the meal and got the children ready for the arrival of Santa and Mrs. Claus. Snowflake the Elf called up children to receive their gifts and to sit on Santa's lap. Each child was given a goody bag when they left the hall.

A great time was enjoyed by the children, their families, and the Lions members. "Our club enjoys this yearly opportunity to bring cheer to families who might otherwise face a bleak Christmas" explained Lion Jack Busst.



Lions Bill Busst and club president Malcolm MacLeod preparing for the lunch.



Snowflake the Elf (aka Lions Pat and Jack Busst's granddaughter Paige) ready to hand out candy canes to the guests. She also led the children in Christmas Carols and gave each child a goody bag prepared by Lion Marlene Phillips as they left the gathering.



Calgary Woodcreek Lions Club would like to thank . . .

all those who contributed in making the Lions Centennial Gala, held on December 2 at the Bella Concert Hall, a huge success.

Proceeds from this inaugural fundraising event go to STARS and Hull Services.



Just A Little Bit More During the Christmas Season

Continuing a Thirty-Three Year Old Tradition

“Thirty-three years ago, a local baker named Henry Sonnenberg started sponsoring a Christmas dinner for those people and families in Olds who couldn’t afford a traditional Christmas meal themselves or had no one to go to and were by themselves.

For most of those years, our Lions club assisted him with this event. Two years ago, he became too ill to put the dinner on by himself so the Olds Lions club and the Olds Legion joined together and did the work for him. This spring Henry died and it was left to our two organizations to continue the tradition he started.

On December 24th, 2017 our club, in conjunction with the Olds Legion, prepared for the Henry Sonnenberg Memorial Christmas Dinner by setting up tables and peeling potatoes and other vegetables.

On December 25th many of our club members as

well as Legion volunteers and others from our community gave up their own Christmas and spend most of the day serving others. By the time the day was over we had fed 246 people throughout our community. We took dinners to those who wanted to stay at home and drove others to and from the event.

We had one table for gifts of food for people to take home with them and by the end of the day most of it was gone. We had gathered presents for the children who came and although there weren’t many, those who did attend went home with very big smiles on their faces.

It is our commitment to our community that our two organizations will continue to serve them for as long as our members are able.”

Submitted by Lion Alan Taylor
Secretary, Olds Lions Club



FOOTHILLS LIONS CLUB

"WE SERVE"

Invites all Lions to their Annual Interclub

Tuesday, March 20th, 2018

Turner Valley Legion, 121 Sunset Blvd. East

Tickets are \$25 which include dinner, tickets for door prize and draw board.

Doors open at 5:30 pm Dinner at 6:30 pm

Reply to Lion Garry Raab at graab@telus.net

Or call 403-933-7913

Before Friday March 16th





What's Coming Up . . .

Nanton Leo Club Food'n' a Flick

Nanton Community Centre March 17, 2018

Contact Sandy at 403-652-6133

Foothills Lions Club Interclub

Turner Valley Legion March 20, 2018

Contact: Lion Garry Raab
graab@telus.net

Olds Lions Club Charter Night/Interclub

Olds, Alberta April 28, 2018

www.oldsionsclub.com

Multiple District C Convention

Leduc, Alberta May 4-5, 2018

www.e-district.org/sites/md37

Emerging Lions Leadership Institute (ELLI)

Fredericton, New Brunswick May 5-7, 2018

www.members.lionsclubs.org

Claresholm Lions Club Charter Celebration

Claresholm, Alberta May 12, 2018

Contact: Lion Bert Franssens
claresholmlions@gmail.com

District C-2 Steer Auction

Cheadle, Alberta May 12, 2018

Contact: cheadlefeedasteer@gmail.com

Lions Cavalcade Campout, Parade & BBQ

Millet, Alberta June 1-3, 2018

Contact: Lion Dennis Stevenson
pdg37e@sunraybase.ca

Lions Clubs International 2018 Convention

Las Vegas, Nevada June 29-July 3, 2018

www.lcicon.lionsclubs.org

Beiseker Classic Golf Tournament

Beiseker, Alberta August 9, 2018

Contact: Lion Bob Ursu at bobursui@gmail.com

USA/Canada Forum

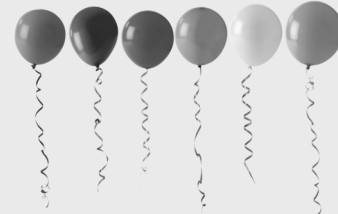
Columbus, Ohio Sept. 20-22, 2018

www.members.lionsforum.org

District C-2 Convention

Calgary, Alberta October 19-20, 2018

Contact: Sharon Schielke
lionsharon55@gmail.com



Claresholm Lions Club Is Celebrating!

On January 10th, 2018, the Claresholm Lions Club will be 50 years old.

And to celebrate these 50 years of service, the club will have a special Charter Nite on **Saturday, May 12th, 2018.**

All Lions are invited to join club members and PIP Lion Judge Brian Stevenson for an evening of good food and enthusiastic company. Details will be circulated to club presidents and secretaries as well as on the district website.

Come and join all lions in celebrating service not only in our own communities but throughout the world.

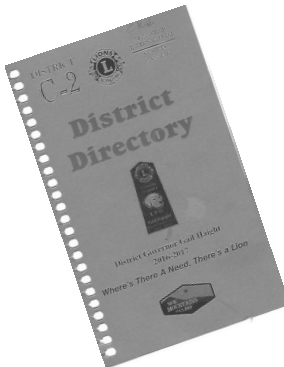
Free Advertising For Your Club!

To have your club event listed in the newsletter and on the district website, send all the information and a flyer (if available and in PDF format) to:

Lion Carol Hassell
newsletter editor/webmaster
chassell@shaw.ca



District Directories Coming Back in Hard Copy



1st Vice District Governor Tyler Bray has announced that for the 2018–2019 Lionistic year the District Directory will be available in both electronic and print forms. Clubs will be able to order the hard copy directories at \$5 per copy or use the electronic copy which will be on the district website—www.lionsc2.org.

April 15th, 2018 is the date to remember. All forms must be submitted to Lion Tyler by this date. These forms can be found on the district’s website home page. Forms include information for the directory club listing, advertisement forms, and order forms.

Thought of advertising in the Directory? It is a great way to promote your club events. Cost of advertisements is \$55 for business card size, \$80 for half page and \$100 for full page ad. What a deal!

www.lionsc2.org is the district website where you will find all the necessary forms which you can print, fill in and send to Lion Tyler.

If you require additional information or have questions, email liontyler14@gmail.com.



Hey Lions! It is that time of year.

Don't want to walk?
Then how about a
motorcycle ride?

Yes. Motorcycles ride through the
countryside in spring!

OR

Not that adventurous? Then how
about Bowling for Dog Guides?

For information on motorcycles rides or
bowling, call Jessica Penny
1-800-768-3030 ext. 226

Email: jpenny@dogguides.com

Think about hosting a Pet
Valu Walk for Dog Guides.

To get started, call Marilyn DeFazio at
1-800-768-3030 ext. 231

Or email her at
mdefazio@dogguides.com

The Lions Foundation of Canada
will supply your club with
an organizer’s manual, posters,
sign-up sheets and everything
you will need to get you started
for all these projects.

For assistance, give Lion Catherine Heberle a call.
LFC Chair (Dog Guides) for District C-2
Catherine.heberle@shaw.ca or 403-487-2494



Time to Participate in District C-2's Youth Exchange Program!



How Can Lions Participate?

Sponsor a local youth to attend the 26th annual Lions Leadership Camp. The Leadership Camp is a project of the North Hill Lions Club.

The 26th Annual Lions Leadership Camp will take place this year from July 29th to August 3rd, 2018. The camp mission is "Creating an International Community and Developing Leadership Skills". We are looking for up to 26 Alberta students to attend this year's camp. This camp is highly structured with daily seminars and classes in leadership skill development. Topics include, but not limited to, effective communication, goal setting, team leadership and motivation, conflict resolution and self esteem.

Host one of the 22 inbound Youth Exchange Students from around the world.

This year students are coming from Austria, Belgium, Brazil, Finland, France, Germany, Holland, Hungary, Indonesia, Italy, Japan, Mexico, Mongolia, Slovakia, Turkey and USA. Hosting is needed for 2 weeks prior to camp and 1 week after camp. Hosting a youth exchange student is very rewarding and creates international friendships that last a lifetime and make a lasting memory for those who participate.

Sponsor a local youth to participate in an international camp.

Sponsor a local youth to travel internationally to one of the many Lions Youth Exchange Camps and family hosting around the world. For details on the outbound program please contact Lion Bruce Bishop.

Visit the website www.watertonleadershipcamp.ca for additional information and application forms. Or District C-2's website at www.lionsc2.org (go to "projects" tab).

Contact: Lion Tony Prettegiani at tonyp@prettteg.com

We Are The Knights of the Blind

Submitted by MDC GST Coordinator
Lion Diane Bray

"Lions are changing the world one community at a time by addressing needs at home and around the globe. We are 1.4 million men and women who believe that kindness matters. And when we work together, we can achieve bigger goals. As you might know, one of LCIF initiative this year is vision.

Has your Lions club thought of purchasing a vision screening machine? They run around \$8,000 and can be purchased in the United States. LOAF will reimburse your club a quarter of the cost if you apply to them. If you are interested please email me (dianebray5@gmail.com) and I can give you all the information you may need to purchase a vision

screening machine in your community and the form you need from LOAF.

A vision screening is performed to identify possible vision problems. Lions partner with eye care professionals to carry out joint screening events. CLERC is also in need of glasses so please drop off your recycled glasses in any drop-off boxes you have in your communities.

Lions are called the Knights of the Blind, said Helen Keller, so please join us in the fight against blindness and do all that we can to support this vision initiative in our communities and around the world."





We welcome those Lions who joined us in December and January.



Blackie Lions Club

Eric Egeland

Calgary MRU Lions Club

Ruth Aguilar Ventura

Calgary Properties Lions Club

Robert Wells

Calgary Woodcreek Lions Club

Ron Galloway

Cardston Lions Club

David L. Anderson

Zenith L. Gaynor

Carstairs & District Lions Club

Lyle D. Harnock

Claresholm Lions Club

James Coupland

Cluny Lions Club

John McArthur

Cochrane Lioness Lions Club

Nicole L. Londry

Karlene S. Myers

Cowley Lions Club

Janet E. Findlater

Heather A. Henderson

Barb J. Schramm

Medicine Hat CV Lions Club

Shantel Ottenbreit

Okotoks Lions Club

Douglas R. Lafont

Collin E. Nelles

Picture Butte & District Lions Club

Patrick R. Bauhuis

Rosebud Lions Club

Vincent Anderson

Kenna Ricard

Taber Lions Club

Bailey Rolfe

... and honour those who left us.



Beiseker Lions Club

Allan G. Neumeyer

Calgary Eastport Lions Club

Russell H. Williams

Calgary Southridge Lions Club

Eric Miles

Irricana Lions Club

Pete Santucci

Medicine Hat Lions Club

William S. Coffey

Redcliff Lions Club

Victor Lutz

Strathmore Lions Club

Ronald Hilton

Do you know ?

The vernal (spring) equinox falls on Tuesday, March 20th, 2018. This is when the length of both day and night are nearly equal. At 10:15 am on this day the sun shines directly on the equator.

The vernal equinox marks the astronomical end to winter and the beginning of spring. The astronomical spring will run until the summer solstice which is on June 21st, 2018.

The meteorological spring (based on temperature) runs from March 1st to May 31st.

However, both camps agree on how to determine when Easter falls. It is the first Sunday after the first full moon after the spring equinox! Whew!



Newsletter Editor: Lion Carol Hassell
Calgary Mountainview Lions Club
chassell@shaw.ca