



## Governor's Growl

District Governor Mark Osthus

May 2015

I am very pleased to report that a number of our district's clubs have enjoyed new growth as the **Membership Surge** moves forward. The clubs that are making a special effort to "just ask" people to join are discovering that there many people out there who want to become Lions. But we need to ask them; it's that simple.

The **Ask1** program is International President Joe Preston's membership emphasis for his year of office. And it is working quite well in our district. Perhaps your club has met my challenge of bringing in 3 new (or returning) members in the months of March, April and May. If so, congratulations! If not, I want you to know that there is still time. You can make a huge difference for the future of this district by inviting and sponsoring just one new member by June 15.

### Of projects and parties--

One thing that I have observed in my travels to visit Lions Clubs in our district is that all projects are important, no matter how small. Projects bring people together in ways that find us thinking about the needs of others. I have noticed that where there is a healthy balance of projects to parties, clubs are happy and healthy.

We have heard the news of the earthquakes in Nepal. The loss of life and property is staggering. But there are a number of Lions in Nepal who will be working with disaster relief efforts; and there will be aid sent by the Lions Clubs International Foundation to help our sisters and brothers get through it all.

Last summer at the Lions Convention in Toronto, we met seven young women from Nepal who were overcoming difficulties in their own lives by climbing the world's seven tallest mountains. They were very fit and lovely in spirit. I pray for them and their families every time I think about them.

### Of awards and rewards—

There are a lot of **awards** given out in Lions clubs and many deserving people receive them. However, we all receive something more important, the **rewards** that come from knowing life is better because "we serve."

*DG Mark Osthus*



The sun is shining, the birds are singing and the computer screen is still blank. Procrastination is so easy, I can do it without thinking. Actually I can't, you see when I'm putting off doing what I know has to be done, I'm thinking about all the things I could be doing instead. At this time of the year we find it hard to stay focused, we know there's tickets to sell, leg work for projects, reports to file, etc., but there is also a sunny day to be enjoyed with family and friends or just lay on the deck and soak up some sun. When its forty below outside with a thirty mile an hour wind, its easy to find something to write about because going outside doesn't appeal to me. When we joined Lions we didn't do it looking forward to attending meetings and writing reports. We were thinking of all the people we would be helping and all the new friends we would meet and how much fun we would have.

It is up to us to put the fun into everything we do everyday. Its an attitude thing. The clubs that are sucessful, the ones that have no trouble attracting new members are the ones that are able to make the meetings and project work fun, kinda like service with a smile. At your next meeting take a look around does everyone there look like they want to be there, are all the members taking an active part, do they know all about what Lions are all about. If the answer to these questions isn't yes, then somewhere along the line we have failed the new members that we asked to join our club. We go out and ask, get them to join, then forget to orientate them properly and check up on them to make sure all their questions are being answered. When a new member becomes bored or feels his needs as a member aren't being met, he or she may become an ex member. So where do we start, make sure that we tell them not only what we do at the club level but what Lions do all over the world.

Ask their opinion on the things the club does or what new things we could consider. Tell them about the Lions structure, how they can challenge themselves to advance their leadership skills by taking courses, moving up to district level positions. Lions is so much more than service, fundraising and wearing a really cool Purple and Yellow vest. Take time to get to know the new Lion and what part of Lions appealed to them. The most important part is to let them know about our forums and conventions. We tend to take these for granted, that they're just for people interested in moving up the ladder. They are in fact what Lions is all about, meeting people, discovering new ideas, new ways to learn about LCI and new ways to serve in our communities and beyond. We have the US/Canada Forum in September, Mid-Winter Conventions in January or February, Multiple Conventions in late April or early May, and the International Convention late June early July. Get your new members to take advantage of the learning experience and networking available at these events and you will have a lifetime member.

I was going to write another five or ten paragraphs on how much fun Lions can be but the sun is shining and my bike is gathering dust in the garage.

I also understand that these newsletters might not be getting read by everyone and I would hate to think that I'm wasting my time writing these really great arcticles just for Tom and Cordell. So if you took the time to read this drop me an email and let me know.



DGE Bill Michl

[bmichl226@gmail.com](mailto:bmichl226@gmail.com)



### **FROM THE COMPUTER OF THE 2VDG(VDGE)**

Lions are often viewed as leaders; in their communities, in their clubs, in their families and often among their peer groups. Leadership means many things to many people. Membership and leadership are closely related. Active and happy clubs attract new members. Leaders make opportunities for that to happen. Lions Clubs need leaders. Lions clubs need leaders who are willing to share their knowledge, talents, training and passions with fellow Lions and communities that Lions serve.

This past year working with the leadership team, I observed a tremendous leadership pool in District 5M10. I also observed a somewhat reluctant leadership pool. Reluctant because they recognize that if they are too successful, their efforts will be rewarded with increasingly difficult workloads and it becomes harder and harder to say “no”. Time and family constraints generally make this an untenable situation that leads to well qualified leaders leaving the organization before they have a chance to reap the rewards of leadership. This is especially true in small clubs or clubs with younger members. We often refer to this as “burnout”.

Let’s all make sure to guard against “burnout” in our leadership in the District. Retain or Recruit and train leaders, then delegate some of the leadership duties. We all benefit. Your continued leadership in your club and in District 5M10 is greatly appreciated by all. I look forward to another great year!!!

Mel Milender, VDGE



### **PR Power!**

### **Submit an article about your Club’s service to *Youth in Need!***

5M would like to hear more about your service to Youth in Need! All clubs in District 5M10 that complete a Youth in Need Project (new or expanded ongoing project) and write an article about it will be recognized by Multiple District 5M on a quarterly basis. Each article will be published in our 5M10 newsletter, MD5M newsletter and will also be recognized at upcoming Council of Governors meetings. We need one more article to complete the year-long challenge!

If your club completed or will soon complete a youth project/activity, please send the article along with photos to me, Lion Barb Oswell, [oswbarb@gmail.com](mailto:oswbarb@gmail.com) by June 15<sup>th</sup>. I am happy to help write the article and make sure your message is distributed to the appropriate contacts.

***Thank you to the Babbitt Lions Club for your service to youth. Please check out their article included in this newsletter!***

## PR Power for your Club!

If your club doesn't currently have a Public Relations chair or committee, you will benefit by designating a club member(s) to spread the word about your club and tell people about the good work you're doing in your community. The result will benefit club membership, strengthen community connections and initiate valuable partnerships.

### What are the Public Relations Chairperson's responsibilities?

Though PR is every Lion's responsibility, the PR chairperson is in charge of the following:

- Communicating information about your club to the community, including the media.
- Keeping your club aware of PR efforts and results.
- Providing information to International Headquarters about outstanding Lions programs and activities by using the [Submit A Photo](#) feature or [contributing to the Lions Blog](#). (Assistance is available through your District 5M10 PR Chair)

### Getting Started for 2015-2016

- **Set Goals:** Review your club's previous efforts. Evaluate what worked, what didn't and why.
- **Determine the PR Budget for the Year:** Effective public relations programs can be done on a limited budget. Be sure to budget for both ongoing public relations efforts and special events.
- **Plan Ahead:** Planning and timely execution are vital for your public relations efforts.
- **Create a Timeline:** Determine how and when you will promote your club and when you will start publicity for your club's special events. But be flexible- newsworthy activities may come up during the year.
- **Discuss Your Plan:** Meet with your club president and the chairpersons of your club's various events and projects.
- **Be Persistent:** Keeping your club visible in the community isn't something that will happen overnight; it takes time.
- **Keep a Record:** Note to whom and when you sent news releases and who used them. Save articles about your club. Include the publication's name and issue date on the clipping. Record broadcasts of interviews and other radio and television, and share it with your club.
- **Inform Your Club:** Report regularly on your publicity efforts and results at club meetings. Write articles about public relations activities and results for your club newsletter. Explain how your club benefits from good public relations.

~LCI 2015~



## DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

*"Catch the Dream" Life Without Diabetes!*



[www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org) [facebook.com/MinnesotaLionsDiabetesFoundation](https://facebook.com/MinnesotaLionsDiabetesFoundation)

Summer 2015

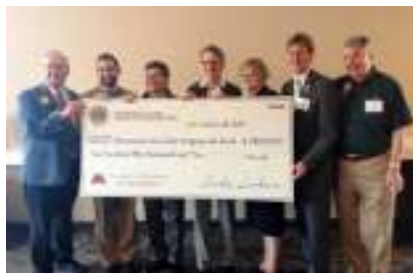
Volume 1:3

### Mission Statement

The Minnesota Lions Diabetes Foundation, Inc. (MLDF) is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.

### Foundation News

At the 2015 University of Minnesota Research Update -- Many "Thank You's" were extended by the U of M Researchers for the generous donations made by Lions through the Minnesota Lions Diabetes Foundation (MLDF). MLDF has been a huge part of enabling these scientists to continue and further their diabetes research at the University of Minnesota.



There are a variety of research projects being conducted at the U of M. Though each scientist has his or her own unique approach, they all share one common goal to Prevent, Optimally Treat, and Ultimately Cure both Type 1 and Type 2 diabetes. Thanks to the Lions, we are helping them to move even closer to achieving those goals.

There are three diabetes research projects the Lions are currently supporting at the University.

- The first, Dr. Brian Fife's immunology work is aimed at **preventing** diabetes.
- The second project, led by Dr. Elizabeth Seaquist is focused on **optimally treating** diabetes.
- The third project, transplanting islets into an encapsulation device, then oxygenating them and imaging the islets, led by Dr. Mike Garwood, is aimed at **curing** diabetes.

Dr. Brian Fife's work:

In Type 1 diabetes, the body's own immune system attack insulin-producing islet cells in the pancreas. Now that scientists have discovered the specific cells in the body that are present when someone has diabetes, Dr. Fife and his team have discovered ways to "find" those cells amongst the millions of cells in one's body. The next step in the process is to learn how to "silence", or stop those cells from attacking the body. Dr. Fife's long term goal is to develop a vaccine that will be given to high-risk individuals that will then prevent them from ever getting diabetes. He was able to comically demonstrate how the immune system works by sharing a video where a person in a car was under attack/threatened by a car thief. The car owner received protection from a wrench wielding monkey hiding in the trunk, who jumped out and attacked the would be car thief. Dr. Fife likened the human immune

system to the “trunk monkey” –always ready to fight off any foreign matter.

The second area of research the Lions support is the work led by Dr. Elizabeth Seaquist.

Dr. Seaquist is heading up a second phase of research to understand the long term effect of both low and high blood sugar on the brain of people with diabetes. She began this study with 25 diabetics and 25 controls in 2008. Seaquist and her team have focused their current investigation on the metabolic changes experienced by people who suffer recurrent hypoglycemia. The research being conducted should help investigators understand the risk of memory loss faced by some people who have diabetes – Type 1 and 2. It is with this understanding Dr. Seaquist and her team look to develop better treatment options.

The third area of research supported by the Lions involves imaging transplanted islet cells that are placed into a small mesh-like pouch known as a bio-artificial pancreas. This device is then implanted into the body. A major challenge in placing islet cells in this tiny device is the need for the islets to have a rich supply of oxygen in order to thrive. Dr. Garwood and his team are diligently working to develop an oxygenator that would push oxygen through the device thereby maintaining the life of the cells while keeping out any cells that might harm them.

Finally, each Lion was able to visit both the imaging center and an immunology lab.

In the imaging center we were able to see the world’s largest animal and human scanning devices. The 10.5 Tesla, whole-body human magnetic resonance imaging magnet is nearly 10 times stronger than most medical MRI

scanners. We also saw the 16.4 Tesla animal magnet. As part of the tour we saw the magnets where Dr. Garwood’s islet imaging work is being conducted (the 16.4 Tesla magnet) and the magnets where Dr. Seaquist studies brain metabolism in people who have diabetes.

In the immunology tour we saw the tools Dr. Fife and his team use to be able to “find” the correct immune attacking cells amongst the millions of cells in our body.

We are in awe of the great world-leading diabetes research taking place at the University of Minnesota. The morning of education affirmed our unwavering commitment to provide the financial resources to help these scientists advance our mutually agreeable goal in preventing, optimally treating, and ultimately curing diabetes.

If you would like more information regarding the research taking place at the University of Minnesota, please visit:

<http://www.diabetes.umn.edu>.

### **Duluth Lions Club Supports the ADA in “STEP OUT WALK to Stop Diabetes”**

Saturday, March 28<sup>th</sup>, in Duluth’s own Miller Hill Mall, the ADA held their annual Duluth fundraiser. The Walk has been at the Miller Hill Mall since 2004. Over 300 participants registered for the Walk and raised over \$50,000 (with money still coming in). Duluth Lions Club had their own team which raised over \$700 for the Walk and supported the event with a \$1,500 donation.

The event started with our National Anthem performed by The Sterling Strings from Duluth



East High School. This was followed by Duluth East High School Cheerleaders “cheering on” the start of the Walk. The first lap was started by 2015 Walk Ambassador, Britta Koski. Along the Walk course there was live music provided by Duluth East High School Jazz Band, Two Bridges String Quintet, Suzuki Music Students, and a duet called “Me & Paul”. Great fun was had by all.

Also along the walk were a “Kids Zone” with face painting, coloring and crazy hair plus individual massages and vendor/wellness expo displays.



The Duluth Lions Club had a booth promoting our Club and our community involvement. Team photos were taken by John D’Auria. Door prizes and

\$1.00 prize drawing were available with donations from many local individuals and businesses. Healthy snacks were available before, during and after the Walk. The Walk was visited by a local clown, Tiki from Edgewater, Roary from Duluth Lions Club and UMD’s mascot Champ.

The event closed at 10:30am with announcements from event DJ’s from KDWZ 102.5 radio.

*“Every 12 seconds someone is diagnosed with diabetes”.*

## Mark Your Calendars ----

Minneapolis Tour de Cure - May 5, 2015  
 ADA Expo in Minneapolis – October 10, 2015  
 World Diabetes Day – November 14, 2015  
 U of M Research Update – March 26, 2016

## Camps Full of Adventure -

The purpose of Camp Needlepoint is to provide a fun and safe camping experience for children living with diabetes. It gives kids the opportunity to meet other kids just like them as well as help them gain confidence and independence in managing their diabetes. Camp Needlepoint is located at YMCA Camp St. Croix, south of Hudson, WI on a wooded bluff along the St. Croix River. <http://www.diabetes.org/in-my-community/diabetes-camp/camps/needlepoint-1.html>



Camp Sioux is held at Park River Bible Camp in Park River, North Dakota. Facilities include: a 24 hour health center, dining hall, crafts barn, pool, nature trails, basketball and 4-square courts, soccer fields, archery range, high ropes course and a gaga pit.



(If you don't know what a gaga pit is you'll just have to come to camp and find out!) - See more at:

<http://www.diabetes.org/in-my-community/diabetes-camp/camps/sioux-1.html>

Camp Sweet Life Adventures is located at Kiwanis Camp Patterson near Madison, MN. It provided youth with Type 1 diabetes opportunities to connect with other kids with T1D, learn how to take better care of themselves, and have loads of fun in a carefree summer camp environment. [www.camppatterson.org](http://www.camppatterson.org)

## Take Care of yourself

Find time to enjoy this MN Season while incorporating more movement into your days. Try something new - Walk, Swim, Garden, Dance, Play Ball, Bike, Fish, etc. Have Fun!



## Lions Clubs International

### DISTRICT 5M10

Northeastern Minnesota,  
Northwestern Ontario



### **Babbitt Minnesota Lions Club Serving Youth through an Annual Vision Screening Program**

The Lions Eye Health Program (LEHP) is a community-based education program empowering Lions to promote healthy vision and raise awareness of the causes of preventable vision loss. In response to this worthy program and recognizing the need to promote healthy vision for youth in their community, the Babbitt Lions Club has incorporated a children's eye health and safety initiative into their schools through an annual vision screening.

Every fall, shortly after the start of school, the Northeast Range School nurses contact the Babbitt Lions Club for assistance in the vision screening of students. This has been an ongoing and expanding program for a number of years.

Club members meet at the school cafeteria and help set up the vision charts and mark off the required distance. Students are brought in by grade. This year, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> grade students were tested. Records of each student were filled out and returned to the nurse's office. Each student's record is screened by the nurse and additional testing is done if needed.

In addition, if a student needs to see an eye doctor and the parents cannot afford the visit, a request can be made to the Babbitt Lions Club for help. Over 100 students were tested. This effort fulfills an important and vital objective of the Lions Eye Health Program: Establish a community activity that increases awareness of eye health to youth through group vision screenings.

The Babbitt Lions Club looks forward to providing vision screenings for years to come.



Pictured are Lions Ami Keene, Lorraine Jaeger, Linda Blauert, Polly Kruger and Marilyn Kapsch.



## Can Do Canines' Lions Newsletter Submission – May, 2015

Thanks to the support of Lions Clubs across 5M, Can Do Canines continues to train specially trained for people with disabilities and provide them to those in need, free of charge.

Below is the follow-up story of a graduate, Chad Wilson, who was partnered with a Can Do Canines assistance dog in 2012. Thank you again for your continued support of our organization!

### A BRIGHTER WORLD BECAUSE OF YOU

Chad Wilson & Mobility Assist Dog Porter

“Porter is one of the best things to ever happen to me. What he brings to me, in addition to physical support, is joy and companionship.”

When Chad Wilson shares this over the phone about Mobility Assist Dog Porter, you can hear the smile on his face. A large dog, weighing in at 75 pounds, Porter has an ample personality to match. Chad describes him as a “funny guy” with a love for squeaky toys. Chad says Porter shakes his whole body and jumps around like a “bucking bronco” when he’s excited.

Chad’s mother Sandy says, “Porter is, most importantly, Chad’s companion. He’s always there for Chad, and it’s clear that for Porter, Chad is number one. If you could see the way they interact, you would have no doubt.”

Chad was born with muscular dystrophy, a condition which causes progressive weakness and loss of muscle mass. He was diagnosed at age four, and received his first electric wheelchair when he was 14 years old. Sandy says that the wheelchair has sometimes been a barrier, but that Porter serves as an “ice breaker,” encouraging people to approach and engage socially with the two of them.

“Because of my disease, I get progressively weaker, and certain things become more difficult for me. I always try to find a way around these difficulties, which is where Porter comes in.”

Chad’s main concerns are falling and the loss of his ability to bend over and pick things up when he’s dropped them. He has worked hard to stay as independent as possible in his daily life, and that continues to be his primary goal.

“Porter is a great help in making that possible.” Chad says.

Porter acts as a brace for Chad when he falls, and retrieves any items he may drop. He’s also been trained to get the emergency phone in case Chad needs some “non-canine” assistance,

To sum up their partnership, Chad says, “Having Porter is having peace of mind, knowing I can go out into the world and not have to worry about the things I can’t do on my own. Porter allows me to have independence. Without Can Do Canines, I wouldn’t have Porter, and in turn, my world would be a little less bright.”



**Chad Wilson and Porter**



# CLUBS



## EMO AND DISTRICT LIONS

The Emo and District Lions Club recently held a BBQ to celebrate our club reaching 55 members. On hand were our Lion friends from International Falls Lions, Voyageur Lions and the Fort Frances Lions plus a number of our new members. Rumor has it that there are 6 other people who have joined since then.



Pictured is Lion Rhonda Lilley of the Emo and District Lions Club, dropping off food items collected for the Emo Food Bank. Proceeds and food items were collected at the recent concert hosted by the Emo and District Lions Club and Country Blend of Baldur, Manitoba. Thank you to everyone who donated to our cause.

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## Dryden Lions & Dryden Trillium Lions

Dryden Lions have been quite busy with several things in the recent past. We have financed and built another wheelchair ramp. The Club currently, with Dryden Trillium Lions has begun our annual raffle of truck / boat package. We are reviewing High School Bursary applicants and have collected 551 pair of eyeglasses for recycle. Our number remains at 33 members but have a membership night approaching. Elections are completed with many younger members taking on executive positions in the new year. We look forward to a positive and successful end to this Lions year.

## Babbitt Lions

The Babbitt Lions have built more than forty ramps in our community. The club also has a portable ramp which can be for temporary use. Recently this ramp was installed at the home of a disabled 9-year old child. A permanent ramp will be built later by another organization. Marilyn Kapsch, secretary

## Dryden Trillium Lions

### Dryden Trillium Lions Club April 2015 Activity Report – Club # 53070

1. Our club hosted the Patricia Gardens Birthday Party (Minimal Care Home) on March 31<sup>st</sup> to celebrate 4 Birthdays. 24 residents attended the celebration and 3 Lions members baked a pistachio dessert to acknowledge St. Patrick's Day. Four (4) members led everyone in a sing-song, accompanied by a piano, served coffee and tea with the dessert and everyone had a wonderful opportunity for fellowship.
2. 2 members delivered Meals on Wheels on April 11<sup>th</sup> & 12<sup>th</sup> to 11 clients.
3. Our club provided medical assistance for a young client towards the purchase of eyeglasses of \$ 108.00.
4. Dryden Food Bank – our club collected \$ 105.00 from its membership at our April 16<sup>th</sup> General Meeting.
5. Reading Action Program (RAP) – Story Time & Crafts at the Dryden Public Library. Two (2) members participated on April 16<sup>th</sup> and one member on April 23<sup>rd</sup> & 30<sup>th</sup> with 31 children in attendance in total.
6. MD5M10 Spring Membership Surge & Region 1, Zone 4 PR Funding Project - Our club held a membership drive at the Dryden Home & Trade Show on April 24<sup>th</sup> & 25<sup>th</sup>. We rented a booth and displayed pictures and information on our club: our service projects, funds donated in the community etc. For those interested in joining our Lions Club, we will follow up on a personal level. We held a Bake Sale and also sold sandwiches, pop and water to help defray the cost of the booth rental. The club members provided baking for the Bake Sale and also made a different variety of sandwiches. We had a scavenger hunt for the children!! They were to find 5 pictures of a Lion displayed around the arena and then they were eligible to enter a draw for a basket full of goodies, including a stuffed Lion. Our Membership Committee spearheaded this event and did a marvelous job!!! 14 Members participated in this event for a total of 86 hours and we made a profit of \$ 161.94 from our Bake and Sandwich Sale.

Dryden Trillium Lions enthusiastically met the challenge of District 5M-10's PR Project by creating and staffing a display booth at the Dryden Home Show in conjunction with the radio campaign designed to reach affiliate stations in our region. Along with our club banner and photos of activities, four messages were presented in our display: 1) Who We Are 2) What We Do 3) What We Give and 4) Will You Join Us? Lions' colours and friendly faces drew people in to talk with us. Additional incentives to stop were a bake table and sale of sandwiches and drinks that also helped defray costs. A lucky little girl was the winner of a scavenger hunt and went away with a stuffed lion and basket of chocolate. Several promising contacts were made that we will be following up on. Stay tuned!!

May will be a busy month for our club with members assisting at the Canadian Blood Services spring blood clinic and Canadian National Institute for the Blind Spring Health Care Forum, delivering Meals on Wheels, participating in a community spring clean-up and organizing the annual Purina Walk for Guide Dogs.



L to R: Trillium Lions Susan Schultz, Leslee Lappage and Margarida Atkins with little Isabelle (foreground), winner of the scavenger hunt.



## Duluth Lions Club

### Fantastic Kickoff for Duluth Lions Pancake Day 2015! Duluth's Original, Biggest and Best!

The KickOff to our 58th Annual Duluth Lions Pancake Day (May 7th) was held Tuesday, March 3rd. Since then, Club members have been busy selling tickets, promoting the event, working with sponsors, preparing for the set up and organizing all of the volunteers needed that day. Pancake Day is our major fundraising event of the year. Proceeds help fund programs for the Sight and Hearing impaired, Diabetes, and Youth needs. In addition, we support community organizations, helping them move one step closer to fulfilling their missions. But we don't just serve pancakes! Throughout the day we offer diabetes risk assessments, vision screenings, collect used eyeglasses and hearing aids, as well as promote our Club and Lions Clubs International to potential members. Last year the Duluth Lions Club served over 9,300 people. Did you know that 2,580 lbs of flour, 1,180 lbs of sausage and 700 gallons of coffee are used on Pancake Day?

Wow!

Our energy is high as we work to surpass that number in 2015! Check out the fun we had last year in the following pictures!



### Duluth Lions Club Volunteers at *Empty Bowl* - Duluth's Premiere Charitable Arts and Hunger Event!



Volunteering at *Empty Bowl 2015*, the Duluth Lions Club helped raise money for the Second Harvest Food Bank by preparing the bread and serving soup. This year a total of \$56,728.00 was raised. That equals 283,000 meals for people here in the Northland.

Second Harvest Northern Lakes Food Bank provides food for more than 4.2 million meals annually to people in need throughout NE Minnesota and NW Wisconsin. Each year *Empty Bowl* raises money through a silent auction and by selling handcrafted bowls created by area professional artists, school children and community members. . Participants choose a handcrafted bowl and dine on delicious soup, bread and a beverage – all for a worthwhile cause. Duluth Lions Club volunteers had a great time helping out!





## A REAL LIONS ROAR

To Lion Bob Cedergren, Pancake Day Chair, and the Pancake Day Committee who are working very hard, getting ready for the big day!

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### Lion Bob Marchant

It is with great sadness that we announce the passing of PDG Lion Bob Marchant on May 8th, 2015 at Lake of the Woods Hospital, Kenora, Ontario, Canada. Lion Bob was in his 81st year and family, friends and Lions were most important throughout his life. Lion Bob joined 12 other Districts within MD5M as District Governor in 1997-98. The relationships Lion Bob and Lion Lillian shared throughout their term of office was a very special highlight in their lives, and made many happy memories of that time.

Lion Bob joined the Kenora Lions Club in 1976, serving in various offices, including president 1981-82; served on District 5M10 cabinet with several District Governors and was very happy to serve on the Board of Directors of the Lions Foundation of Canada 2001-2004, a program he gave his full support to; working at the local newspaper for many years he enjoyed being editor/publisher of the District Newsletter and gave him the opportunity to work more closely with each District Governor and the Lions clubs of 5M10; and received recognition at the Mid Winter Convention earlier this year, which regrettably were unable to attend. Lion Bob was made a Life Member of the Kenora Lions Club in 2002; received a Brian Stevenson Fellowship in 1998; and is a Melvin Jones Fellow; and was very honoured to be named to the Lions Hall of Fame in 2013.

A celebration of life will take place on Thursday, May 14th, 2015 at 2:00 p.m. at the Alcock Funeral Chapel, in Keewatin, Ontario.





## Vermilion Bay Lions Club

We're happy to announce that we received a grant in the amount of \$22,750 from the Federal Government of Canada through the New Horizons for Seniors Program. This grant is going to go towards technology improvements to our hall that will include some state of the art audio/visual equipment including an interactive short throw projector with a 90" whiteboard, a new sound system, computer and office equipment that will enable us to keep all of our valuable information in one place as well as internet and WIFI.

Kenora MP Greg Rickford was present at a dinner at our hall on March 17<sup>th</sup> to make the announcement. The following article was taken from the March 25<sup>th</sup> edition of The Dryden Observer. You can also view the video of the presentation by visiting our website at [www.vermilionbaylions.org](http://www.vermilionbaylions.org).

The Vermilion Bay Lions Club held a benefit cribbage tournament and dinner on April 18<sup>th</sup>. It was a huge success. The crib tournament had 23 teams and crib went on all day. Close to 100 people came out for dinner. Proceeds of the benefit went to a needy local family.

Our annual senior's dinner was held at the Lions hall on Sunday, May 3, 2015 and was open to all senior's 65 and over who live in Vermilion Bay, Quibell, Macintosh, Red Lake Road, Waldhof, Eagle River, Minnitaki (Machin). This event is free for all seniors and is always a huge success. This year, we saw a record number of seniors in attendance. We had 128 seniors in attendance and sent 11 take-out dinners to those that were unable to attend.

906 Machin Air Cadets are very busy as usual in this spring. The Cadet Annual review will be held on May 28. As well as an aviation/military based Winnipeg trip.

Our highway cleanup will be held May 23 – 10:00-2:00 all volunteers are welcome. We will be meeting at the Eagle Lake Lookout Park on Highway 17.

We will also be participating in the annual Purina Walk for Dog Guides event on May 31<sup>st</sup>.

*Submitted by Lion Shirley Koroniak, President, Vermilion Bay Lions Club*

*Keep up to date with the happenings at the Vermilion Bay Lions Club by visiting us online at [www.vermilionbaylions.org](http://www.vermilionbaylions.org)*



# V-Bay Lions Club receives funding for seniors project

## By Dryden Observer Staff

Last week, Kenora MP Greg Rickford announced support for the Vermilion Bay Lions Club through the New Horizons for Seniors Program, on behalf of the Hon. Alice Wong, Minister of State for Seniors.

The \$22,750 investment will go towards the “Enriching the Lives of Seniors” project, which will provide access to computer technology and upgraded media equipment, in order to host seminars, training and workshops in the future.

“The Vermilion Bay Lions Hall is the only facili-

ty of its kind in Vermilion Bay and this funding will help bring in some, much needed, state of the art audiovisual and computer equipment,” said Shirley Koroniak, President, Vermilion Bay Lions Club. “Positive changes, such as this, are made possible with the support of government and we’re excited to be the recipient of the New Horizons Grant for Seniors.”

Through the New Horizons for Seniors Program, the Federal Government has invested over \$700,000 for 30 projects in the Kenora riding since 2009.

In Economic Action Plan 2014, the Federal Government increased funding for

this program by \$5 million per year, totaling \$50 million for the program annually.

“The New Horizons for Seniors Program has been a vital program for organizations in the Kenora riding,” said Greg Rickford, MP-Kenora. “It has helped support everything from the bricks-and-mortar projects in upgrades and additions to seniors centres to supporting programs and services in areas like computer training, history projects and events. Our government is committed to ensuring that seniors maintain a good quality of life and continue to be active members of their communities.”





**Lions District 5M10 2016 Midwinter Convention  
January 15, 16, 17, 2016  
Fortune Bay Resort and Casino  
1430 Bois Forte Road Tower, Mn. 55790**

**REGISTRATION FORM**

Name \_\_\_\_\_  
(Please circle all that apply: Lion Lioness Leo Spouse First Timer)

Name \_\_\_\_\_  
(Please circle all that apply: Lion Lioness Leo Spouse First Timer)

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Hospitality Book** (Includes all convention meals); Please indicate the number of Hospitality Books required.

Early Bird -- Prior to December 15, 2015 \_\_\_\_\_ @ \$99.00 US \_\_\_\_\_  
After December 15, 2015 \_\_\_\_\_ @ \$125.00 US \_\_\_\_\_

**OR** Indicate your individual meal preferences:

Friday Night mixer	_____ @ \$23.00 US \$ _____	Special Dietary Requests
Saturday Breakfast	_____ @ \$17.00 US\$ _____	_____
Saturday Lunch	_____ @ \$23.00 US\$ _____	_____
Governor's Banquet	_____ @ \$44.00 US\$ _____	_____
Sunday Brunch	_____ @ \$27.00 US\$ _____	

**Total Amount Enclosed** US \$ \_\_\_\_\_

Make Checks Payable to **Cook Lions Club** Mail with completed registration form to:

**Cook Lions Club P.O. Box 502 Cook, Mn. 55723**

**Hotel Accommodations:** Convention rates for January 15th and 16th are \$89.00 plus tax. Lodging reservations should be made directly with Fortune Bay: 800-992-7529. Arrive early or stay late. Fortune Bay is offering a special rate of \$62.00/night plus tax 4 days prior to or 4 days after the convention dates.

Questions or comments? Contact Lion Mark Eyre, meps@accessmn.com 218-666-2758

2016  
DISTRICT 5M10  
MIDWINTER CONVENTION



**ROAR ON THE SHORE**  
JANUARY 15, 16 & 17, 2016



**HOSTED BY COOK LIONS CLUB**  
at



Toll-Free: 800-992-7529 1430 Bois Forte Road, Tower, MN 55790 [fortunebay.com](http://fortunebay.com)

**On the shores of Lake Vermilion  
where the lake is deep and frozen  
Stands amidst the forest there  
the 2016 Mid-Winter Lion's lair.**

**There inside this Lion's den  
will gather the Lions of 5M10.  
Lions old and Lions new will  
share some tales of what we do.  
How we SERVE and how we PLAY  
make plans to **ROAR** with us - today!**

**"Roar on the Shore"**

**5M10 Mid-Winter Convention 2016**

**January 15, 16, 17, 2016**

**Fortune Bay Casino and Resort**