



L10News



March, 2016



Bills Blasts

A big round of applause to all the clubs that added members this year, we are out of transition, now to retain all the members we gained. Please, all secretaries make sure to enter all new members as soon as you can, LCI cannot enter them, each club is responsible for making sure their membership is up to date online. Let's all help the smaller clubs gain some members we have eight clubs under 15 members that we have to help out, give them some ideas, or if you know people in their area tell them to join the club. There is always administrative work to do as we go about serving our communities. Keeping our clubs healthy and strong is every member's job; do not be afraid to step up with ideas that will help your club or district grow.

We have a whole new batch of DGE's out there now, all of the conventions have wrapped up, and by the looks of it the districts will be well represented next year, Good luck Mel, I know you'll defeat all the challenges that come your way next year and surpass all your goals.

As we move forward into our centennial year, let us continue to serve with dignity, harmony, and humanity. I have no doubt that we will surpass the 100,000,000 people served. Does your club plan to do a legacy service project to commemorate the centennial, it does not have to be big and cost a lot, there are ideas online. The four areas of service, Hunger, Environment, Vision, and Youth give us a wide variety of service projects from which to choose. The big kick off for the centennial year for MD5M will be at the Mall Of America, June 3rd 2017. Mark the date on your calendar and make plans to be there, it is going to be a lot of fun.

Our Multiple has many talented people, with connections to many interesting groups, if your club is looking for speakers on just about any subject that would interest your membership, just ask. This is another way to spice up your meetings and have new members learn about Lions and what we do.

We are currently working on starting a club in the Rainy River- Baudette area; if you have relatives in these areas, or friends that you think might want to join Lions give us their names so we can talk with them. There is a meeting planned in Rainy River on March 21st at the Rainy River Legion at 7:00 pm.

From the desk of 1st VDG Mel

**Are we having fun yet?
More next month!**



All of our Lions clubs should have a club 100th anniversary chair appointed and in place. Unfortunately I have not yet received contact information about who that person is from most of the clubs. I would appreciate it if all clubs could let me know via e-mail the contact information for their club chair. Each club should have their own 100th birthday celebration event as well as participating in the District and Multiple events. The Multiple event will be held June 3, 2017 at the Mall of America. Please plan to attend.

Yours in Service

Lion Bob Woodke

Centennial Celebration District 5M-10 Coordinator

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Canadian Diabetes Association

World Health Day 2016 - Beat Diabetes

World Health Day is April 7th and theme is "Beat Diabetes." Although this is late notice, we would like to do something on April 7th to increase awareness about the rise in diabetes and its staggering burden and consequences. If you have an idea for something we can do and are willing to help make it happen, please get in touch.

Diabetes Exp

It's now time to start planning our 2016 Diabetes Expo. We have a tentative speaker, Grant Maltman - Curator of Banting House National Historic Site. We have a tentative date - October 19 or 21. We even have a tentative theme - Banting's 125th Birthday! A BIG CHANGE this year is that we are looking at holding the expo at a community centre or hall. This would require us to set-up tables, clean-up after, and allows us to bring in catered food and refreshments -- hopefully donated! To make this happen we will need an Expo Committee. If you are willing to take on the leadership of positions such as: Front of House, Set-Up/Clean-Up, Kitchen Committee, Technician, please contact me to discuss what each role involves. In addition to great ideas, we need volunteers who will actually take on the responsibility of making sure these areas are taken care of.

An Evening of Legends

We have an exciting event tied in to our Expo this year. On Thursday, October 20 we have booked the Thunder Bay Legends for their first show in some time. It will be a dinner show, tentatively at the Slovak Legion and will feature the President's Buffet, a brief presentation about Canadian Legend Frederick Banting, and then the star studded show featuring the likes of Elvis, Cher, Roy Orbison, Celine Dion and more! We are in the very early planning stages of this event, but what we are looking for right now -- as in yesterday -- if possible, is a "third party" to take on this event. The third party will oversee all aspects of the event and, when it's over, donate the proceeds to the Canadian Diabetes Association. The third party group should have a sizeable, enthusiastic membership that can help to promote the event, sell tickets and provide the manpower on the night of the event. We are making approaches right now, but if you belong to a group that would be eager to take responsibility of this event in support of the Canadian Diabetes Association, please contact me right away -- as in yesterday.

Superior North EMS

We are pleased to inform everyone that Superior North EMS, following the enormous success of their game against the Montreal Canadiens Alumni last year, have committed to playing another fundraising hockey game in support of the Canadian Diabetes Association

this coming November. This time they'll face off against the Thunder Bay Police Service! If you would like to get involved in helping to plan the event in a leadership role, please get in touch. Similarly, if you belong to a group that would be willing to take this event on as your third party event in support of the Association, please get in touch -- as in yesterday.

Learning Series Training

Finally, as you can see with all the volunteer opportunities listed below, we have a lot of Learning Series presentations happening over the next several months. Demand for diabetes education in the city and region is increasing constantly. We could use a few more Learning Series volunteers. To get there, we have scheduled two training sessions. Both are on Wednesday, March 23. The first training session will be at 1pm. The second will be at 6:30 pm. The location will depend on how many volunteers sign up for the training. If you would like to take training to be a Learning Series Volunteer, please reply to this email and let me know the your preferred training time. This training is for existing Association volunteers who have already completed our volunteer registration process and orientation.

Volunteer Opportunities...if you can help with any of the following, please contact me at your earliest convenience. Thanks,

Tag Day

Westfort Foods,

111 Frederica St. E.



Can Do Canines' Lions Newsletter Submission – March, 2016

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.

One recipient of a Can Do Canines assistance dog is Lion Bill Monson. Bill now has a greater sense of freedom, independence and peace of mind since thanks to Mobility Assist Dog Percy. Read their story below.

BILL MONSON & MOBILITY ASSIST DOG PERCY

Bill Monson of Columbus, Minn. worked as an auto mechanic for 25 years until his back was broken in a terrible accident. Bill worked for five more years and endured four back surgeries until he and his doctors decided he should retire. Bill now uses a wheelchair to get around. He stays active, but there are many times when he needs help.

"I'm not supposed to reach down to pick things up," he says, "and I need support when transferring from my wheelchair to another area."

As a member of the Columbus Lions Club, Bill was familiar with Can Do Canines, so he applied for an assistance dog and was partnered with Mobility Assist Dog Percy, a two-year-old black Labrador retriever. Today Percy helps Bill by picking things up, opening doors and drawers, and taking his socks off.

Bill says, "I drop things a lot and I don't even think about it anymore. Percy will hand it to me and look at me like 'don't reach for it, don't bend over, I got this.'"

One of the best things Percy does is use his nose to close the footrests on Bill's wheelchair. Bending over aggravates Bill's back, so having Percy on hand to help is a big improvement.



Bill continues his involvement with the Columbus Lions and wants to tell his story to other clubs. With Percy at his side, he's an advocate for Can Do Canines, thanking the organization for all they've done for him.

Seventh Annual Minnesota Lions Diabetes Research Update *April 2, 2016*

Hosted by: Minnesota Lions Diabetes Foundation, Inc. and the University of Minnesota Foundation

There are 29.1 million people in the United States living with diabetes. More than 340,000 people in Minnesota have diabetes and that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Research Update to learn from nationally recognized scientists, including Michael Garwood, Ph.D.; Bernhard Hering, M.D.; and Amir Moheet, M.D., who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes.

NEW EVENT FORM AND LOCATION: This year, the Lions Research Update will consist of a reception where guests will have the opportunity to visit discovery stations to learn how our University of Minnesota scientists are making a direct impact here in Minnesota and around the world. Following the reception, guests will be invited to join us for lunch and a program, featuring our trailblazing researchers.

Saturday, April 2, 2016

10:30 a.m. - Reception and Discovery Stations

11:45 a.m. - Lunch

Noon - Program

McNamara Alumni Center

University of Minnesota

200 Oak Street SE

Minneapolis, Minnesota

Faculty Presentation Highlights:

- Dr. Michael Garwood will present, with funding provided by the Lions, the exciting advances in viewing transplanted islets inside the body pre-and post-transplant.
- Dr. Bernhard Hering will show how the islet transplantation method is curing people with type 1 diabetes.
- Dr. Amir Moheet will discuss how long standing diabetes affects the brain and may contribute to cognitive dysfunction, dementia, and/or diminished executive function.

RSVP by Friday, March 18:

Please RSVP online at www.rsvp.umn.edu/Lions

For questions, please contact Olivia at okurtz@umn.edu or 612-626-8537.

A confirmation and parking information will be sent prior to event.



MN Lions Diabetes Foundation Inc.

Option #1: For \$100.00 (\$90.00 is tax deductible).

- 1) Choose name to be honored on any date in our 2017 printed calendar.
- 2) Name also posted on the MN Lions Diabetes Foundation, Inc. web calendar.
- 3) Printed calendar and a Dream Catcher pin will be mailed to address below.

Option #2: For \$200.00 (\$190.00 is tax deductible).

- 1) Receive Option 1 package plus a 50 word message and picture on the Minnesota Lions Diabetes Foundation Inc. Facebook page (on selected date).

*Select one: Option #1
 Option #2

*Name to go on Calendar _____

*Date chosen for name on Calendar _____

* Name and address to send the calendar _____

*Name & address of purchaser-- Name _____

Address _____

Telephone Number _____ email address _____

If you are a Lion-- Club Name _____ District# _____

Send completed registration form and check to: Lion Mark Eyre
 2672 West Vermilion Shores Rd
 Cook, MN 55723

Please make check **Payable to:** MN Lions Diabetes Foundation or
Purchase with Pay Pal on the: MN Lions Diabetes Foundation website mnlionsdiabetes.org
 For option #2: Send jpeg picture and 50 word message to: meps@accessmn.com

***REQUIRED FIELDS**



Minnesota Lions Diabetes Foundation, Inc. Fund **Raising for a Cure**

The Minnesota Lions Diabetes Foundation, Inc. was founded by the Lions Clubs of Minnesota. The Trustees and Club Members are dedicated to improving the quality of life for people with diabetes. This is accomplished by funding research to cure diabetes, providing education and sponsoring preventive health activities.



Help "Feed the Pig" -- We appreciate all donations. – Everything helps!

All donations will be used in accordance to our mission statement.

Thanks for your support, The MN Lions Diabetes Foundation Trustees.

For More Information Contact District 5M-10 Trustees:

Lion Larry Winner at C (218) 260-8110 or lrrywnnr@gmail.com

Lion Mark Eyre at R (218) 666-2758 or meps@accessmn.com

<http://www.mnlionsdiabetes.org/>

"Catch the Dream"
Life Without Diabetes!



Saturday, April 23

1:45-2:45 p.m.

2nd Floor Meeting Room

MD5M Multiple Convention, Mankato

Please join us on this day for a Public Relations/Newsletter Seminar. We will have discussion of your areas, ideas, changes you feel is needed and basically a roundtable visit. If you have items you would like to share, please bring at least 20 copies.

If you have any questions, please do not hesitate to contact me– Cheri. I will be out of state from March 3-15th.

We look forward to meeting you all and matching that name with a face. See you on the 23rd!

Lion Cheri Appel
MD5M Public Relations

Lion Stacy
MD5M Newsletter



Chair
leppa73@means.net

Kleinwachter
Editor skleinwachter@yahoo.com

CLUBS

Dryden Lions Activity Report club # 3125

1. A request for Assistance for an Elderly Lady to stay at Homewood Health Clinic in Guelph was approved. Of the \$7900 requested , Dryden Lions contributed \$1500 from Medical Assistance, \$1000 from General account, with the Trillium Lions contributing \$1500, and the Lions Foundation of Manitoba N/W Ontario matched with \$2000, we were able to assist with a total of \$6000.
2. A heavy duty custom built safety gate was built for an elderly couple. All material and labour was done at no cost to the club. A donation of \$350 was received from the couple in appreciation.
3. Two draws for the 200 club were made.
4. Our Sick and Visitation chairman made 3 visits to sick Lions and brought a floral arrangement for each.

Dryden Trillium Lions Club for February, 2016.

Lion Sharon McGillivray

Secretary

- **Collected \$71 at the February general meeting for the Dryden Food Bank and donated 35 lbs. of ground beef valued at \$100.**
- **Two members delivered Meals on Wheels February 13-14. Eighteen clients were served involving 3 hours of service over two days.**
- **Trillium Lions hosted a Family Day Pancake Breakfast in partnership with the Royal Canadian Legion Ladies Auxilliary as part of the annual Dryden Winter Festival.**
- **Project Pride, a uniquely Canadian Lions program, was presented to 117 Grade 1 children in three elementary schools in Dryden on February 16, one day after National Flag Day. A small Canadian flag and personalized certificate were given to each child in a presentation that included information about who Lions are and what we do.**
- **Several pairs of glasses plus 2 sets of lenses without frames were collected during February.**

East Range Lions

For numerous years the East Range Lions have been helping out at the Pepsi Cup Challenge held at Giants Ridge in Biwabik, MN and this year was no different. Lions were on hand to hand out beverages and food at a feed station set in the woods.

Lion Rick Bradford heads to the feed station where he will hand out beverages and food to the skiers via snowmobile. (pictured to the left)



Lion Stacey Jasperson (pictured on the right) is quick to hand out gel packs to skiers in need.

Lions Cyndi Worshek and Mike Patchin chat while waiting for skiers (pictured below)



The Ignace Lions

The Ignace Lions Club partnered with the Ignace Area Business Association for the Annual Supper and Dance on Saturday February 13, 2016. This event raises funds to support communities food security programs. A total of \$1,150.00 was raised from the two Penny Tables and amounts were donated to Ignace Food Bank \$350, Ignace School - Looney Lunch Program \$250, Ecole Immaculee Conception - Lunch and Breakfast Program \$200, Ignace Nursery School - Healthy Snack Program \$200, and the Emmanuel Anglican United Church - Blessings in a Backpack Program \$150.

For Sale - the Ignace Lions Club has for sale a candy floss machine. It has been fully repaired asking \$500.00 call Lion Pierre DeKeyser at 807-934-6767 for more details.



The Ignace Lions 50/50 Winner!

The Ignace Lions Club 50/50 Prize winner.

The lucky winner of \$975.00 was Tracey Cline drawn on February 10, 2016 at 6:00 pm.

She is pictured with Lions' President Pierre DeKeyser.

Thank you to everyone who purchased tickets.

The money raised goes to support the Ignace Lions Club community project.

Thank You

The Lions Eye Bank, Lions Foundation and Lions Hearing appreciate your generosity demonstrated at your Mid-Winter Convention.

Your support and confidence allows us to continue and enhance all of our programs, meeting the needs of so many people facing hardship.

It is only by working together with one goal in mind that we are able to achieve this recognition.

Please do not hesitate to call with any questions and or ideas. We look forward to working with you.

With heartfelt appreciation

Bemidji First City Lions

News from the Bemidji First City Lions Club!

Greetings Fellow Lions,

Bemidji First Lions Club may be small but we have been busy! Club members voted unanimously to donate \$500 toward the purchase of a hearing device for a profoundly deaf six-year old in Bemidji. The Bemidji Lions Club matched our Club's donation and this young person will benefit from the generosity of the members of both clubs.

President Milender presented the idea of "Grief Bags" for elementary age children in our community as the Signature Project for the Club. The Club unanimously supported the Project.

The Club has created a volunteer form to track the hours that our club members give back to the community. The Club continues to increase membership and will welcome two new members at the upcoming March meeting.

We were all sad at the news that fellow Lion Georgia Hirt passed away in early February. Our Club unanimously donated \$50 to Minnesota Diabetes Foundation in her memory. She will be greatly missed!

Lion Kay Murphy

Red Lake District Lions Club - events February 2016



February 12 to 15 2016 marked the first Red Lake Winter Carnival. Events included the Howey Bay Pond Hockey Cup, snow sculpture, snowmobile derby, dogsled rides, cross country skiing and more plus social and entertainment events. Red Lake Lions were involved with providing a concession serving hot soup, hot dogs and hot chocolate in a tent on the ice of Howey Bay Saturday afternoon noon to 3PM and Sunday from 10 AM to 3 PM. As well as the concession we were involved with a seniors' afternoon out for bridge cribbage and other card games at the Red lake Recreation Centre Sunday afternoon 3 to 6. Almost all members of the club except those out of town for winter vacation were involved. We feed in excess of 300 people Sunday and probably around 80 on Saturday.

Emo and District Lions

February was a busy month for the members of the Emo and District Lions as we continued to add to our membership numbers. We have officially passed the one hundred mark. We have begun proceedings to establish a Branch Club in Rainy River with the potential of having over 30 new members, which will hold its organizational meeting on March 21.

On April 7th, club members will be attending the Spring Fling hosted by the Bemidji Lions. At that time we will officially pass on Melvin the Traveling Lion. The Bemidji club then will have a specific amount of time to visit another club and send Melvin on his journey for the coming year.

Another upcoming event is a new one for our club. Each year we have been holding a Farmers Night to thank the farmers of the district for another year of hard work and service to our district. This year the event will be called The Farmers Fling and will include a pig-roast and dance. Any Lions within driving distance are welcome to attend. More information will follow as the committee works on the final details.

And finally we would like to report on the progress of our grocery raffle, called "The Lions Share". For only \$10 anyone who purchases a ticket, has a chance to win groceries for the year, \$100 a week for 52 weeks. Second place will receive coupons for \$500 worth of groceries and third place will receive one for \$100. A minimum of \$500 will be donated to our local food bank. The remainder will go to Lions projects in the area.



THE LION'S SHARE GROCERY RAFFLE
 DRAW TAKES PLACE DURING SPRING FEVER DAYS!
 COUPONS REDEEMABLE AT CLOVERLEAF FAMILY FOODS
 1ST PRIZE: \$5200.00 IN GROCERY COUPONS!!
 2ND PRIZE: \$500.00 IN GROCERY COUPONS
 3RD PRIZE: \$100.00 GROCERY COUPON
\$10 TICKETS!
 A MINIMUM DONATION OF \$500 WILL BE MADE TO THE EMO FOOD BANK
 ALL OTHER PROCEEDS GO TO EMO AND DISTRICT LIONS CLUB AND WILL BE USED TO SERVE OUR LOCAL COMMUNITIES



SURROUND YOURSELF WITH

THOSE ON THE SAME MISSION AS YOU