



# 5M-2 Lions' News



July, 2023

[www.district5M2lions.com](http://www.district5M2lions.com)



Lion Christy Trutnau  
District Governor

In a few short weeks, I will be attending the 106th Lions International Convention in Boston, where I will be inducted as your new District Governor for the 2023-2024 Lions year! See next months article for the pictures and details of my experience!

Hard to believe over 12 years ago this shy Lion's dream will finally come true. I remember attending a Zone meeting and PID Debra Wasserman said they were looking for people to be District Governors. I went up to PID Debra and told her I was interested but had to wait until my kids graduated high school and for the international convention to be in the United States. It just so happened the next convention in the US was Boston and I have always wanted to go there, so I knew it was meant to be! During that 12 year wait, I gained some great training by attending: RLLI (Regional Lions Leadership Institute), ALLI (Advanced Lions Leadership Institute), Northern Pride Forums, Train the Trainer, USA/Canada Forums, FDI (Facility Development Institute) and the online classes offered through Lions University and LCI. I had a lot of fun leading up to this year!

My DG pin is a butterfly. The butterfly signifies transformation and hope. As many know I lost my son Casey tragically in 2020 and since then butterfly's have been his sign. So, I could not think of anything better as my pin. The butterfly has four

wings with different color on each wing, which represents my four children. My theme this year is "Spread Your Wings" until you spread your wings you will not know how far you can fly!

One of my goals this year is to get Lions outside of their own Lions clubs and experience other Lions Clubs and to take on some leadership roles and/or trainings. If this shy Lion can do it so, can you!

For all the past leadership especially IPDG Kathleen Bleckeberg for your support and guidance to help me prepare for my year as DG. It truly takes a village, and I am very grateful to be a part of the best District of MD5M!!!

I would like to thank my club the Jordanness Lions for their unvarying support, love and understanding. Without them I would not be here today!

I look forward to my new position as your District Governor and working with 1VDG Lisa Kaufmann and 2VDG Shermayne Cross, we will do our best to make this year a successful one for everyone in 5M-2. It is bittersweet to start this year without Lion Gerald, but I know he will be watching over us and eagerly helping us a long the way! Go Team Danger II.

Enjoy your 4th of July!

You can contact me at:  
952-261-8581- phone  
Christy1135@gmail.com

DG Lion Christy Trutnau

## DG Schedule

- July 18- Le Sueur Club Visit
- July 22 - COG meeting
- July 26- Zone Chair Training
- July 30- 5M-2 Cabinet meeting

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# We Serve

## Changing of the Guard



Lion Lisa Kaufmann  
1st Vice District Governor

Summer is here and I recently returned from a getaway to Siesta Key, FL with a dear friend. It is one of my happy places and I did get a little bit of a start on my summer glow.

Summer brings the changing of the "Lions Guard" not only at the International level but also within our

clubs. July 1st will bring a new face to 5M-2 with Lion Shermayne Cross officially being the 2nd VDG. You will have the pleasure of her wit and wisdom starting with this newsletter.

July 1st is when your club will have new officers, while others may have been in the role previously. As I was preparing to conduct club officer installations, I was searching for something creative. I came across a "Leadership Survival Kit" and while I cannot send each leader within 5M-2 a kit, I wanted to share what is in it as food for thought.

### Leadership Survival Kit

- Rubber Bands** to remind us to be flexible.
- Paper Clips** to help you hold things together.
- Eraser** as no mistake is permanent.
- Bubble Gum** to remember the child within is important.
- Crayons** to go out and color the world.
- Smarties** to remind you to be smart and make good decisions.
- Post It Notes** to keep the communication flowing.
- Quotes** to inspire the leader within.
- Snickers Bars** to keep you laughing.
- Pencils** to write down those great ideas.
- Band-Aid** to help problems and hard feelings.
- Stars** to remind you what you are reaching for.



Here are two of my favorite leadership quotes. The first is from Helen Keller who challenged the Lions in 1925 to be "knights of the blind in the crusade against darkness" and "alone we can do so little; together we can do much." As Lions, we do see this when we work together as a team to support our foundations and our communities. Be a leader who encourages your club to work together.

The second quote "The best executive is the one who has the sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it." - Theodore Roosevelt. As a leader, trust your club or as a committee chair, trust the committee members to complete the tasks they take on. You can offer to help, but if they say, "we've got it", let them run with it. Teddy is Glenn's favorite president, a nod to my Partner in Service as he has (in my unbiased opinion) done a fine job leading the DGs during the 2022-23 Lions year.

CC Glenn and I will soon be off to "Bahston" for the International Lions Convention. We are excited to be there to support DGE Christy and watch as she has her ribbon pulled, officially becoming our leader in 5M-2. It is hard to believe IP Brian's year is coming to an end, as he says "make a great day".

The Veseli area Lions were at the Villages of Lonsdale on 5/17/23 getting their raised gardens ready for their residents summer planting.



## Greetings Fellow Lions



Lion Shermayne Cross  
2nd Vice District Governor

I would like to introduce myself to all of my fellow Lions in 5M2. I am Lion Shermayne Cross; a member of the Faribault Lions Club for 28 years. I was elected 2nd VDGE at the Mid-Winter Convention in February and will become your 2VDG at the International Convention in Boston. I

can hardly wait to join DG Christy Trutnau and 1VDG Lisa Kaufmann as we begin serving as your executive leadership team.

We have dubbed ourselves as "Team Danger II" with lots of emphasis on TEAM....

A little about me, I have served 2 terms as President of the Faribault Lions Club, Vice-President and currently am the Treasurer. I am finishing my second year as Zone Chair of Zone 8 and have had a wonderful time meeting great Lions throughout the Zone. I also am serving as the District's Administrator and will continue that role through June 2024. KidSight is one of my passions and

I've coordinated several screenings around the Faribault area. Lion Bob and I were high school sweethearts and after college we tied the knot. We have 3 grown sons, 5 grandchildren and 7 greats scattered around the world. I worked at Peace Church for 35 years as an Early Childhood Teacher, Director and Administrator. Bob and I also owned the family resort for 35 years before passing it to our youngest son Tim and his wife Danielle.

I attended RLLI last fall and had a wonderful experience learning new Leaderships skills from great Lion teachers. I've also completed the course work for my Bachelors Degree from Lions University.

I will admit I have lots to learn in the next two years before becoming your DG but Lion Christy, Lion Lisa and DG Kathleen are a wealth of knowledge and are always available to answer questions. I look forward to meeting many of you at zone meetings, conventions and other great Lions events around the District.

If you need to contact me, please feel free to email me at: [shermayne.c@live.com](mailto:shermayne.c@live.com) or my cell 507-330-1544.

Be Kind, Help Others, Have Fun, Make a Difference in your Community!!

## Excited To Be Here!



Lion Missy Meidinger  
5M-2 Newsletter Editor

Hello fellow Lions. My name is Lion Missy Meidinger. I am a part of the Watertown Lions Club and have been since 2018. I am excited to be taking on the new position with 5M-2 as the newsletter editor. While I know I have big shoes to fill I am looking forward to the challenge. Thank you Lion Cindy Walters for all

your hard work through the years.

I currently reside in Watertown with my husband Jake Meidinger and we have 3 beautiful daughters together as well as multiple fur babies. I have always had a passion for service and helping my community no matter where I lived at the time. I was a Girl Scout leader for my daughters for 13 years and then started the Watertown Ambassador Program in 2017. Being the program coordinator and working with the Rails to Trails festival committee is what led me to join my Lions club in 2018. I am the new Club Marketing Chairperson for the Watertown Lions Club and look forward to continuing to share what Lions can do to make a difference all around the world.

In my free time I enjoy spending time with my family, getting outdoors, seeing new places, meeting new people and running the Watertown Ambassador program.

I look forward to meeting more of my fellow Lions at events and meetings to come.

I can be reached via the newsletter email address or on my cell phone at 612-205-6195 by text or call.

## 5M-2 Lions' News Newsletter Deadline: 15th of each month...

Submit your club events and Lions  
program articles to:

[5M2newslettereditor@gmail.com](mailto:5M2newslettereditor@gmail.com)

**What are your clubs doing for Service?  
Share the NEWS!!**

**Thank you for all your patience with  
this first newsletter getting out and I  
look forward to hearing more about  
all of our 5M2 Lions Clubs**



# Lions Clubs International FOUNDATION

300 W 22ND STREET • OAK BROOK ILLINOIS 60523-8842 USA • 630.571.5466 • WWW.LCIF.ORG

WE DID IT!!!!

If you can read the numbers below-I know they are kind of small, you will see what our Fabulous District got accomplished. We have surpassed our goal and are at 104% as of June 27, 2023. Your support of the Lions Club International Foundation is apparent by your donations. Did I forget to mention how proud I am of this District? A Huge THANK YOU to all the clubs and members that helped us. Your donations have helped feed the hungry, give shelter to those that were displaced, gave sight to those who could not see, the list goes on and on. Thanks to DG Kathleen for giving me the opportunity to serve as your LCIF Coordinator and I look forward to serving with DGE Christy after the International Convention is over. As some of you may know the outgoing International President becomes the LCIF Chairperson. So, I will expect some sort of "Out of the Box" thinking and shenanigans for the upcoming Lions year.

Stay Tuned..

I would like to give a heartfelt Woo Hoo to all.

PDG Anna Wickenhauser  
LCIF Coordinator  
952-913-1467  
lionannaw@gmail.com

FY 22-23 Fundraising Progress											
Multiple District	District	Lion Leader	Membership	FY22-23 Fundraising Goal	Cumulative Cash Received as of 6/26/2023	Cumulative Total Fundraising	Per Member Average	Gap to FY22-23 Goal	Percent to FY22-23 Goal	Total Fundraising Numbers as of 6/19/2023	Growth over Last Report
	5M 2	PDG Anna Wickenhauser	2,225	\$ 56,738	\$59,065	\$59,065	\$27	(\$2,327)	104%	\$55,055	\$4,010

## Minnesota Lake Lions



Minnesota Lake Lions supported the Hearing Foundations D-FeeTearing Loss Walk on June 3 at the Minnesota Landscape Arboretum.

Coming up on July 12 & 13 Minnesota Lake Festag Days. The Minnesota Lake Lions are serving 1/3# pork burgers and 1919 root beer and til they are gone. A parade starts at 7 pm on Wednesday night.



## ***Dotty's Deep Pressure Therapy Takes the Pressure off Meghan***



People who need help regulating their blood pressure may wear compression gear, such as socks, shirts, and pants. For Meghan—who has a form of postural orthostatic tachycardia syndrome, or POTS—part of her compression ensemble is now an assistance dog.

Meghan was diagnosed a few years ago with hyperadrenergic POTS, which affects heart rate, blood pressure, body temperature, and stress hormone levels. Meghan explains, “It’s like I’m in fight or flight mode all the time.”

But Meghan can’t “fight” or “flight” if she’s unconscious, which was happening quickly and frequently for her. She says, “I can be standing up for about 20 minutes and that’s my max.” Whether it was from being on her feet too long, trying to pick up something on the floor, or leaning after turning in her desk chair just a little too quickly, Meghan often found herself passing out.

That type of involuntary reaction is not ideal for anyone, but it is especially incompatible with Meghan’s lifestyle. “I run a shelter for women and children, and I’m on my feet more than I’m off my feet. So this was a huge blow.”

She tried medications and medical equipment to monitor her vitals, but even going for a short walk meant wearing a blood pressure monitor. Meghan says of those options, “It’s really difficult to do your normal life.”

So when her family doctor suggested an assistance dog, Meghan applied to Can Do Canines and was matched with Dotty, a yellow Lab. Since Meghan resides outside of the Twin Cities Metro area, she spent a week living in Can Do Canines’ client apartment and training with Dotty.

Now, back in their hometown, the pair is continuing their hard work, and Meghan is seeing the results. While Dotty happily retrieves dropped items for Meghan, activates push plates, helps with laundry, and presses an alert button to bring human help to Meghan, one skill, in particular, is having a profound impact—deep pressure therapy.

All 51.4 pounds of Dotty serves as “compression” to keep Meghan from passing out. If Meghan needs to lie down to reduce her heart rate, she instructs Dotty to lie on top of her. Meghan reports that with Dotty’s help, “My heart rate goes down quicker than if I just did it myself and just laid there and put my feet up.” Although the normal human resting heart rate is 60-100 beats per minute, Meghan’s previously ran between 130 and 160. Just within the first couple of months of having Dotty, her average heart rate has already dropped 11 beats per minute. Meghan attests, “It’s made such a huge difference. The doctors have made comments about how fast there has been significant improvement. And it’s not from any medication.”

Meghan no longer needs to worry about fainting if she has to wait in line at a store. She states, “Dotty lays on top of my feet while we’re waiting. She’s getting all the blood back up to my heart. She literally will get between the cart and where my feet are and just plant herself right on my feet. Then we’ll move, and she knows if we stop again that she’s going to lay on my feet again.”

Meghan is also now able to attend her high school son’s hockey games again. She says, “I haven’t been able to [see my son play hockey] in almost a year.”

That same son is often gone for hockey tournaments, and Meghan’s husband goes out of town for work. Dotty now offers Meghan assurance that when her family is away, she’s not alone if a scary health situation occurs. “She is just a huge safety feeling for me,” says Meghan.

It’s no wonder Meghan is determined to pay it forward in some way “and have someone else benefit like I am.” She concludes, “I feel very grateful for all the people that worked with her. It’s a blessing to have her.”

Thank you to all those who made this partnership possible:

Whelping Home — Jan McQuillan

Great Start Home — Cardwell Family

Puppy Raiser — Federal Medical Center - Rochester

Special Thanks — Frank Barger, Casey & Ryan O’Connell

Name-A-Puppy Donor — Ann Smetana



Our Mission:  
Connecting, empowering and transforming kids with Type 1 Diabetes.

April 10, 2023

Type 1 Diabetes is the 7th leading cause of death (American Diabetes Association Statistic). Would you be willing to support a youth program that's mission is to connect, empower, and transform kids with Type 1 Diabetes.

Our camp is held the first week of August. Location of Camp is Camp Courage (just south of St. Cloud and near Maple Lake). This year we will bring 100 kids together for one week of camp to network, educate, and empower (and to have a lot of fun and take home with them new memories and connections to help them deal with their Type 1 Diabetes). Plus our Camp Sweet Life programs help parents by giving their child a normal camp experience (under 24/7 medical supervision) and giving parents a well-deserved break for the week while their child attends Camp Sweet Life!

Would you be willing to be a Cabin Sponsor for Camp 2023?

**Camp Sweet Life is a 501c3 non-profit and your donation is tax-deductible.**

We appreciate your consideration to be a Cabin Sponsor - \$150 donation. See attached for details on 2023 Sponsor a Cabin!

Cordially,

Rene' Maes Jr.  
Camp Sweet Life Camp Director  
507-995-6910 cell  
Rene.maes@campsweetlife.org



Our Mission:  
Connecting, empowering and transforming kids with Type 1 Diabetes.

# 2023 Sponsor a Camp Cabin: \$150

Our mission is to connect, empower, and transform kids with Type 1 Diabetes that attend Camp. We hold camp once a year. One of our goals is to keep the cost of camp down!

Would you consider being a Camp Cabin Sponsor? \$150 donation

Camp 2023 July 30 – Aug 03 at Camp Courage (by Maple Lake, MN)

Day Campers: Ages 5, 6, 7                      Overnight Campers: Ages 8 and up  
Counselor In Trainings (CIT's) – age 16/17    Counselors – Age 18 and up

Camp 2019: 120 overnight campers, 10 day campers, staff - 76 Medical, Counselors & volunteers

Camp 2021 (one day experience due to Covid) – 150 participants, Staff of 10!

Camp 2022 (happy to be back!) – 90 Overnight Campers and a Staff of 50!

Would you make a simple \$150 dollar donation and be a cabin sponsor. Our goal is 25 cabin Sponsors. Your donation is tax deductible (we are a 501c3 non-profit)!

**YOUR DONATION WILL BE MATCHED BY LCIF GRANT DIA22720 / 5M2**

Make out check to Camp Sweet Life and mail to address below with this form. Or pay by venmo or credit card - contact Rene' Maes Jr. to pay via venmo or credit card. Thanks!

### Information on Your Cabin Sign:

This Cabin is Sponsored by: \_\_\_\_\_  
(company logo, business card (up to three lines). Or be anonymous

Your contact information: Name: \_\_\_\_\_

Address to send receipt: \_\_\_\_\_

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

Questions: Contact    Rene' Maes Jr. 507-995-6910    Rene.Maes@campsweetlife.org

### Waconia Lions May Events



**Document Shredding**

**Ditch Cleanup**



**Sold Concessions at Waconia Rodeo**



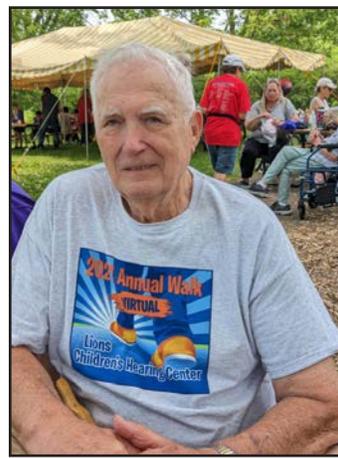
### Carver Lions Had A Busy May

On May 20th, we teamed up with the Carver Fire Department for our annual Bike Rodeo. The Lions provided bike helmets to over 20 community members at no cost. Volunteers from A Better Society in Chanhassen provided free bike tune ups to all, as well as bikes to those who requested them. During the rodeo kids could ride their bikes in the obstacle course, learn about CPR and look at the fire trucks.

After the event we got a close up look of the extraction

equipment (jaws of life) our club donated to the fire department last year. Thanks to Lion Tim for helping to organize this event.

June 3rd was the Minnesota Lions Hearing Foundation Annual walk to D-Feet Hearing Loss. Carver Lion Marv was the chairperson for this year's walk at the MN Landscape Arboretum. This will be his sixth and final year as trustee of the foundation. The Carver Lions provided the hot dogs for this year's event.



### Lafayette Area Lions hold benefit for baby

The Lafayette Area Lions partnered with the Lafayette Ambulance squad to hold a benefit for the family of baby Levi Compton, son of Eli and Brittany Compton, Friday, June 23. The evening included a hot dog and brat meal, a silent auction, and a raffle.

The silent auction raised \$1,472 and the raffle raised \$3,000 for the family. Five lucky winners received prizes from the cash raffle—three \$500 prizes and two \$250 prizes. The Comptons will also receive the proceeds from the free will offering.

Eleven-month-old Levi Compton was born with several medical conditions and has already had two surgeries. When Brittany and Eli Compton were anticipating his birth last July, they learned that their unborn child had fluid on the brain.

When he was born, doctors discovered that he had two thumbs on each hand. A few months later, they realized that he had been born with the sutures in his skull fused. One surgery removed the extra thumbs, while a second opened the fused sutures. Future MRIs will be needed to determine if a head shunt will be needed to drain the excess fluid on Levi's brain.



Dad Eli Compton holding baby Levi.



The Compton family is pictured with Lions and ambulance members. Grandma Terry Fox is holding Levi, with mom Brittany next to her. Dad Eli is holding older brother Jacoby in the back, with Eli's dad Al Fox next to him.



The Compton family prepared a beautiful display, explaining Levi's condition.



Jacoby Compton, older brother of baby Levi, drew the winning raffle tickets at the benefit. Also pictured are, from left: Lions Mark Dick and Mark Halter, Levi's dad Eli Compton, and Lion Joe Maidl who announced the winners.

### Prior Lake Lions

#communityvibes#priorlakelionsclubofdistrict5m2  
Let's get these beds built, for the kids!

WHY, YES, WE DID!!!

THANK YOU to all of the community partnerships who attended this great 3 day event initiated by Rotary Club of Prior Lake.

During our 3 hr shift on Saturday 05.20.2023 the following Prior Lake Lions Club Of District 5M-2 members rolled up their sleeves & worked at: sanding, drilling, staining, creating... and then finished slightly dusty (sanding is hard work) however fulfilled with joy that 142 beds were built during our shift for Sleep In Heavenly Peace a nonprofit that provides beds and bedding for children in need.

Lions:  
Kelly N. (and son Connor), Mike S., Jeff C., Lori K., Chelsea P., Eileen H., Rosemary F., Loretta K., Harry K.

Each of us in this world has, hopes, worries, fears and DREAMS, rest assured...

More sleep/dreams is definitely coming atcha, to the new recipients in Scott, Carver, Dakota Counties of this bed build, that took place at Northern Tool & Equipment World Headquarters

#WeServe#werollupoursleeves#forthekids#dreams#thankyou#sleepinheavenlypeace

<https://fb.watch/kNblhfkRYT/>

Memo: even the Killdeer Bird built a bed and laid 5 eggs, nearby, so very focused and stayed true to it's dreams...

#communityvibes#priorlakelionsclubofdistrict5m2

Sunday 6/11/23 the annual cutting of the 'boat wrapping' took place alongside a smorgasbord of shared potluck dishes brought in by all who attended, 24 various sized wraps from 18 foot- 26 foot were cut down to manageable pieces, that were then weighed, bagged and dropped off at our partnering collection site, Cub of Savage MN

Total pounds yielded was 268...  
It takes, 500lbs of recycled flexible plastics to = one humble piece of street furniture.

#buildabench

Thank-you Lions Mike & Mary for hosting  
Thank you Lions that were in attendance:  
Char, Chelsea, Darren, Harry, Kelly (Connor), Kris, Jeff, Linda, Lindsey, Loretta, Lori, Mary, Mike, Patty, Rachel (Aaron), Rosemary

#potluck#Lions#WeServe



### Hamburg Lions

PDG Mary Spille installed our new officers for the 2023-2024 Lions year.



Hamburg Lions present a \$1000 donation to the Emanuel Extended Care Program



Hamburg Lions present Dilly Bars to the employees of Wm Mueller & Sons for the "Dilly" of a job they did plowing snow for the City last winter.



Hamburg Lions present Dilly Bars to the staff at Security Bank of the "Dilly" of a job they do serving the community of Hamburg & donating to our club.



Hamburg Lions present a Dilly Bar to the agent of Hamburg Insurance Agency for the "Dilly" of a job he does.



### Lonsdale Lions

Lonsdale Lions President Alan Fitterer accepting the Lonsdale "Good Neighbor" Program \$527.25 check from West Central Sanitation's Mike Rhodes for January-March 2023. The partnership between our Lonsdale Mackenthun's - where the cardboard bins are located, West Central Sanitation, the City of Lonsdale, and non-profits in the Lonsdale area is very strong. The Lonsdale Lions thank our community members for all the cardboard and paper they brought to the bins during those 3 months! Keep on reusing, donating, & recycling! The Lions will, in turn, use these dollars in our Lonsdale community to support youth programs!





**Plato Lions**



**27<sup>th</sup> Annual**

**2023 Golf Tournament**

**18 Hole – 4 Person Scramble**

**August 7<sup>th</sup>, 2023**

**Noon Registration; 1 p.m. Start**

If you are not able to golf, please consider  
Tournament Sponsorship at \$25 or more.  
Proceeds will be used for AEDs (Automated  
External Defibrillators) in our Community.

*Thank you from the Plato Lions Club*

**Glencoe Country Club**

\$75 Non-Member (per 4-man team) entry fee includes golf cart and meal.

**Prizes Awarded**

**Contact Lions at 320-310-5056 for Registration Form  
or the Glencoe Country Club.**

**33<sup>rd</sup> Annual**



**Chanhassen**

**Lions Golf Scramble**

**DEER RUN**  
GOLF CLUB

**Monday, August 7, 2023**

[Deer Run Golf Club Victoria, MN](#)

Registration starts at 11:30 Shotgun start at 1:00

Registration: [https://live.givebuttr.com/c/Lions\\_2023\\_Golf](https://live.givebuttr.com/c/Lions_2023_Golf)



or QR code:

- \$150 per player for golf, cart, range, and dinner
- Two \$10,000 Hole in One Prizes
- Mixed and Ladies Teams encouraged
- Prizes for Longest Drive Closest to the Pin, and Longest Putt
- Free Wood or Hybrid Club to all players
- Dinner at 5:30

**The Next Can Do Canines Open House is on a  
Weeknight!**

Can Do Canines invites you to attend an open house on Tuesday, August 8, from 6-8 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota). Potential volunteers, clients, or anyone who might be interested in supporting the organization are invited to attend to learn how an assistance dog changes the life of a person with a disability.

Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer puppy raiser, talk with volunteer staff members, pose questions to client services coordinators about the application process, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes and childhood autism. The assistance dog demonstrations will be held at 6:15, 6:55, and 7:35, and the puppy raiser will speak at 6:15, 6:35, and 7:15.

There is no pre-registration for this event, though attendees will be asked to share some contact information when arriving.

More information about Can Do Canines is at [www.candocanines.org](http://www.candocanines.org).

