

NOVEMBER 2017

www.5m2lions.org

UR DREA



5M2 VITAL SIGNS REPORT

Lion Nancy Mathwig District Governor Greetings all – The month of October will soon be history and what a busy month it was! We started off with a very productive Mid-Winter convention meeting and moved into Zone

meetings and club visits. It is such a great experience visiting each of the clubs in District 5M2. I continue to learn so much from the members of your clubs and the service you give to your communities. It was wonderful hearing how several Lions clubs in the Wells area partnered together this past summer to make sure that all students had at least one nutritious meal during the week all summer. I know from my own experience, kids at home alone during the day when Mom and/or Dad are working, do not always "feel like" making the meals that Mom and Dad have left for them. My sister related numerous times that her teenage daughter did not eat while Mom was at work even though food had been prepared and only needed to be warmed in the microwave. They definitely do better when socializing is available, even if only a short time. Hats off to the clubs involved!!

Our fall zone meetings are off to a start and will conclude in November. If your zone meeting has not yet been held, consider attending to hear all the latest on the ever -changing projects we support such as MN Lions Vision Foundation, MN Lions Diabetes Foundation, LCIF, and PID Brian Sheehan's campaign. As we move forward in the next century of Lions service, our challenge is to change with the ever-growing needs of those around us.

Do you have your registration completed for the Mid-Winter convention in Mankato? Or the Multiple convention in Winnipeg in April? Our international guest for the weekend will be 1st Vice President Gudrun from Iceland. Lion Gudrun will be the first female president of LCI when she is elected at the 101st International Convention in Las Vegas.

The International convention in Las Vegas, NV, June 29 – July 3rd, is the place everyone in 5M2 should think about being to show our support for PID Brian Sheehan, who will be on the ballot for 3rd Vice President of Lions Club International. As PDG Mary Ferleman stated at a recent Zone meeting, "this is a big deal, a REALLY BIG DEAL!!!" Although we are the 2nd largest Lions multiple district in North America, MD5M has not had an international president since 1921 - that's 100 YEARS folks! It is definitely past time and we need all of you to consider being in Las Vegas to show your support for PID Brian.

With Mid-Winter convention just around the corner, clubs need to also be thinking about nominating a member for the Hall of Fame award. The purpose of the award is to honor those Lions and Lioness members of character and substance who have demonstrated the highest level of commitment and dedication to the efforts of their club, district and multiple district and the motto of our association "We Serve". DG NANCY CONTINUED ON PAGE 2

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BITS AND PIECES



Lion Diana Kroells 1st Vice District Governor

Now that November is here I cannot help but think of It as a month of Thanksgiving and I think we here in 5M2 can feel especially thankful this year as we were spared the terrible devastation that has occurred in other parts of

the U.S. and the world. We did not

feel the heartache from having our homes destroyed from hurricanes, floods and fires or our lives turned upside down from senseless gunfire. Hopefully your clubs were able to make a donation to LCIF so that they may continue to support those who are suffering. Even the small donations add up.

What an exciting & busy month of October I had as a Lion - Zone meetings, MLVF Board meeting, Donors Recognition Day, 1st VDG training (2 days), Council of Governor's meeting, Cabinet meeting, Anoka Halloween Festival to support the MLVF and a few club visits. I am truly lucky that I can be involved in such a diverse array of activities all for the same cause- to serve. I really enjoyed attending the Zone meetings and hearing all of the club president's talk about of the wonder projects and fund raising activities that their clubs have done over the past few months. The meetings will continue in to November. You can definitely tell that Lions across 5M2 have International President Aggarwal's theme: "We Serve", deep in their hearts. It was nice to hear that many of the clubs have gained some new members already this year. This is definitely a necessity if our organization is going to remain strong and we can continue to meet the needs of our communities and beyond. Every community has a person who is waiting to be asked to join this great organization. Have you asked someone recently? Does your club have a brochure to showcase your activities? This is an excellent way to draw attention to the service projects that you have done. These brochures can be put in local businesses for all to see and take and hopefully spark some interest.

The month of October is the usual month for some intensive training of the 1st & 2nd Vice District Governors. This was my second year of learning about what my duties are now as I continue to support DG Nancy but also what is in store for me next year. By now, all of the 1 VDGs of MD5M have been together quite a few times and we have started to develop a friendship that will be important as we network over the next 18 months, sharing ideas that worked and also some that perhaps did not work. Public speaking, goal setting, time management, technology, & team work are all important topics that relate not only to Lions but other organizations & the workplace. It was a great 2 days of training and attending the Council of Governors meeting is always a great way to stay informed.

Don't forget to be thinking about someone that you can nominate as Zone Lion of the Year. The form is located elsewhere in this newsletter.

DG NANCY CONTINUED FROM PAGE 1

Criteria for the award -

- May be a Lion or Lioness
- Must have been a member in good standing for at least 15 years
- Must be at least 2 years removed from the Council of Governors, if a PDG
- Have qualifications above and beyond the call of duty including social and human endeavors
- Should be of good moral character and
- Should have a good reputation in good standing in his/her community
- If deceased, must have been a member in good standing of a MD5M Lions or Lioness club at the time of his/her death.

There is a nomination fee of \$150.00 for each candidate nominated and must accompany the nomination to the District Governor. <u>All nominations must be</u> received by me no later than 30 days, prior to our <u>Mid-Winter Convention, or no later than January 10,</u> 2018. See the District website and click on "Forms and Awards Applications" for more information and the official application form. Our district has so many deserving members. I'm hoping for several applications that will be voted on during our Mid-Winter. The person chosen at Mid-Winter will be inducted to the MD5M Hall of Fame in Winnipeg at the Multiple Convention on Saturday, April 14, 2018.

As I close, I want to include a quote I received from a past district governor many years ago –

"Coming together is a beginning. Keeping together is progress. Working together is success".

Enjoy our fall weather and keep doing the outstanding service you are accomplishing in 5M2 and beyond!

A NEW JOURNEY



Lion Brian Thies 2nd Vice District Governor Another month has come and gone and soon we will be shoveling our driveways and wishing everyone a Merry Christmas! Where oh where has Summer gone?

Lion Rose and I have been busy these past few weeks. Just a few short weeks ago we were in Port-

land, Oregon attending the USA Canada Forum. It was a fun packed few days with impressive speakers and helpful training sessions. We had the opportunity to meet and listen to not only our current Lions President, but also our first and second vice presidents. Next year the forum will be held in Columbus, Ohio only a short drive away (12 hours – that is a light day in any trucker's log book). I would encourage everyone to take the opportunity to attend. It is not only a fun filled opportunity to meet with other fellow Lions but a great chance to develop your leadership skills and become a better Lion.



LIONS HEARING FOUNDATION PDG Marvin Grimm

The board of trustees met in St. Cloud on October 7, 2017. The trustees heard about the

U of M updates and research from Dr. Beven Yueh. Many exciting things are happening with the hearing research. The research grants were approved for the coming year.

Our focus for the parade of Green at the Mid Winter Convention, held in February, at City Center in Mankato, will be to have 100% club participation. If your club has decreased or not given to the Hearing Foundation, please consider giving this year. Also, increasing your clubs donation over previous years. It would be a nice District 5M2 challenge to increase our giving to the Foundation over previous years.

Dates to remember:

Mid Winter Convention, City Center, Mankato, MN, February 9, 10, 11, 2018.

7th Annual D-Feet Walk, MN Landscape Arboretum,-June 2, 2018.

We would like to visit your club. Contact Lion Jeff Williams, flip10581@aol.com or PDG Marvin Grimm, evmargrimm@comcast.net. Just a week later we had the opportunity to attend "Thanksgiving for Vision" held by the Minnesota Lions Vision Foundation. There we were informed on some of the new technology that the University of Minnesota doctors are working on. We also received an update on the New Minnesota Lions Vision Center building which is going to be built on the U of M campus. The Lions recently made the first \$1Million payment toward this building.

LCIF Disaster Relief has awarded hundreds of thousands of dollars to assist with Hurricane Disaster Relief in the United States and Puerto Rico as well as to help with the earthquakes in Mexico. Please remember to keep LCIF in mind when making your plans for donations. They need our funds now more than ever so that they can continue with helping Lions when disaster strikes.

Wishing everyone a safe harvest and hunting season and a wonderful Thanksgiving filled with family, friends and good food.



PDG Mary Ferleman

In 1921, the International President of Lions Clubs International was from Minnesota. In 2021, 100 years later, we plan to again have an International President from Minnesota. In order for that to happen, we need the help of all Lions and clubs in MD5M.

Lion Brian Sheehan of Bird Island has received the endorsement of the Executive Leadership of Lions Clubs International as the candidate for 3rd Vice President. That election will take place at the 2018 International Convention is Las Vegas.

Delegate requirements are different at an International Convention than we are used to at our Mid-Winter and Multiple Conventions. At the International Convention every club is allowed 1 voting delegate and 1 alternate for each 25 members or fraction thereof. For example, a club with 21 members would receive 1 voting delegate and a club with 38 members would have 2 voting delegates, and so on.

Your club is certainly going want to take part in this historic election by making sure that your number of delegates is ready to vote for Lion Brian in Vegas in 2018!! The time to begin planning is NOW! Make sure that you have Lions from your club in attendance in Las Vegas – this is a "once in our lifetime event" that you DO NOT WANT TO MISS!!

Centennial Update

By IPDG Steve Wasserman, 5M2 Centennial Coordinator



Centennial Service Challenge:

Lions served another 6,000,000 people last month, and there is no doubt that we will surpass the 200,000,000 mark before the end of our Centennial Service Challenge in June. As you can see above, 2565 clubs have reported on projects in the area of Diabetes, so that addition to our challenge is definitely getting off the ground.

As Diabetes is a new area of the challenge, and the Worldwide Week of Service for Diabetes is this month, I thought I would highlight the diabetes projects the clubs of 5M2 have reported:

- The *Alden Lions, Faribault Lions, Albert Lea Lakeview Lions,* and *Mankato Sunrise Lions* all reported participating in the Walmart Wellness Days, which included diabetes screenings.
- The *NYA West Carver Lions* hosted Lion Wanda Briemhorst, who gave a presentation about diabetes.
- The *Mankato Sunrise Lions* made a donation to Camp Sweet Life
- The *Veseli Area Lions* sponsored the annual ZJ's 5K Fun Run/Walk, with some of the receipts going to the American Diabetes Association.
- The *Lafayette Lions* and *Minnesota Lake Lions* made donations to the Minnesota Lions Diabetes Foundation
- The *Courtland Lions* and *Ellendale Lions* collected money in the "pink pig" and sent the donation to the Diabetes Foundation.

Don't forget, November 13-19 has been designated

Worldwide Week of Service For Diabetes!

Where There's A Need, There's A Lion!

Centennial Public Relations Contest

	Lions Clubs of MD)5M January 1	1, 2017-Decembe	r 31, 2017	
District	Club		Date	e of Event	
Event					
Place an X over	the area your event qualifies:				
	F	Relieving the HUNGER ng 23 Million Prople	Shering the VISION Serving 21 Million Prople	Consequences VOUTH Teners of Atlant Area	
If your event doe	es not fit one of the above area	s, where would y	you classify it?		
Number of Club	Members	Number of Me	mbers who participat		-
Approximate nui	mber in attendance/number af	fected by this Ev	ent:		
Explanation of E	vent:				
					_
What benefit did	this project have to your comr	nunity?			
How did this eve	nt publicize Lions and our 100	th Anniversary (A	Anniversary must be p	oublicized)?	
				· · · · · · · · · · · · · · · · · · ·	
** Attach only 1	picture page				
Contact person	for this event:				THERE'S A LION
	nave a Lions sign in your town				
Have you refrest	hed your Lions sign- a new on	e or a new decal	for our 100 th ?Ye	s No	

Please submit to your District PR Chair before January 1, 2018. Clubs may enter more than once.



Global Service Team

Lion Debra Wasserman, 5M2 GSTDC

The role of the Global Service Team is to *"champion the service framework of LCI and LCIF and empower Lions and Leos around the world to maximize impactful service, action and growth."* As we consider how our clubs can provide hands on service, we think about the 4 areas of service promoted during our Centennial Service Challenge: Youth, Vision, Hunger and the Environment. I dare say every club serves in at least one and likely more of these four areas. Many clubs have received banner patches in recognition of their service. As Lions moves into its second century of service we are refocusing our efforts on providing even more service to even more people in need.

Our new Global Service Framework focuses the efforts of Lions and Leos clubs on five service areas with the goal of tripling our humanitarian impact by serving 200 million people per year by 2021. It complements all of the great ways clubs serve locally, and gives Lions and Leos new opportunities to help meet the growing challenges facing humanity. We are now talking about the 5 pillars of service: Vision, Hunger, Environment, Diabetes, and Pediatric Cancer.

Worldwide Week of Service for Diabetes (November 13-19)

Diabetes impacts more than 400 million people, resulting in five million deaths every year. Join Lions around the world for a special Worldwide Week of Service dedicated to stopping this deadly disease in its tracks. This Worldwide Week of Service event is a great opportunity to support our new global service framework, and our goal of serving 200 million people per year by 2021, by supporting those affected by diabetes in your community. See the Diabetes Project Ideas elsewhere in this newsletter for some ways your club can help.

As you read the upcoming newsletters, attend Zone meetings and the Midwinter Convention, watch for ideas to expand your club's and maybe even your personal opportunity to provide hands on service. Here's one I'd like you to seriously consider:

On **Monday, March 26** we (Lions, Lioness, Leos, friends, neighbors, relatives, etc.) will be coming together to pack food at *Feed My Starving Children*. The Lions of MD5M will be packing food at the 3 locations of FMSC: **Chanhassen, Coon Rapids** and **Eagan.** The 5 shift times at each location are: 9:30 AM - 11:30 AM, 12 NOON - 2:00 PM, 2:30 PM - 4:30 PM, 6:00 PM - 7:30 PM, and 8:00 PM - 9:30 PM. With Chanhassen being right here in 5M2, I'd love to see us fill all the shifts there ourselves. That would be 500 volunteers. I know that's a lot, but by starting now, I really think we could do it. Watch for more in the newsletter and via email about this great opportunity.

Stay tuned for more ideas about hands-on service, and specifics about the March 26 Feed My Starving Children event.

CAN DO CANINES



On Thursday, September 14, Can Do Canines certified its 600th assistance dog team. This marks a huge milestone for our organization, and we could not have done it without all of our dedicated supporters. It's because of you that David Finwall was matched with Jewel, a Mobility and Seizure Assist Dog.

Go to the website, https://can-do-canines.org/ to read this and more stories.

The Fetching Ball

Saturday, January 27, 2018

We'll be "Honoring Team Spirit" at this year's Fetching Ball. Join us for a glamorous evening with Master of Ceremonies, KARE 11 Sunrise Meteorologist Sven Sundgaard at the DoubleTree Bloomington. Enjoy inspiring stories, silent and live auctions and delectable dining.

Look for our Fetching Ball website soon!



We had a very successful retreat in Stewartville at the Ironwood Springs Christian Ranch. Thank you for all your donations to make these retreats possible. Also thank you for the patriotic quilts I took down for each veteran.

Let the veterans in your community know that our next retreat will be December 1, 2017 – December 3, 2017 at Inspiration Point in Clitheral, MN. They can go to our website projectnewhope.net for more information and to register.

Let me know when I can come to present to your club about Project New Hope.

Lion Darlene Wondra

507-744-2503

darlene.wondra@earthlink.net

Save the Date



Share the Date

Lions Leadership Forum

November 2-3, 2018

Shooting Star Convention Center Mahnomen MN

36 Informative Seminars

Dynamic and Motivating Guest Speakers

More information to come.

Find us on Facebook

Northern Pride Lions Leadership Forum

Like and Share





The Start of Another Dog Gone Good Century

Lion Lowell and I are excited to chair 5M-2 2018 Mid-Winter Convention along with the Zone 4 Clubs (Courtland, Gibbon, Lafayette, Nicollet, St. Peter, Winthrop). Check out the "Save the Date" flyer, as well as the registration forms for the Convention and the Hotel in this newsletter.

The Tuxedo Band is ready, willing, and able to perform for us on Friday night. Our theme **is "101 Years of Lions: The Start of Another Dog Gone Good Century"**. It is a spinoff of the 101 Dalmatians movie. Costumes for the night can be any dog or animal costume or human costume connected to **any dog** movie. Lassie, Rin Tin Tin, Old Yeller, Lady and the Tramp, etc.

As you know, there were more than just Dalmatians in the movie. There were other breeds of dogs, as well as other animals like Tibs the cat, Captain the horse, and even cows (Queenie, Dutchess, Countess, and Princess), etc. who all helped Perdita and Pongo fight the evils of Cruella de Ville. It was a diverse group that conquered evil, just as the **Lions** are a diverse group that fight Sight Loss, Hearing Loss, Diabetes, Mental and Physical Disabilities, and at the same time work with our Youth.

DG Nancy is lining up some fantastic speakers for our Saturday morning sessions. You want to be present to hear just what the Lions are doing! Saturday noon will find us hearing from our Youth. What more could we ask for than that our Youth are busying helping our world?

Remember to bring a \$15 door prize. It is fun to see what each club brings.

Saturday night, International Director Gwen White from North Carolina will be the guest of honor at the banquet. Hear what she has to say from our International President. And Sunday morning, listen to Jim Johanson and son Thomas tell the family's story of diabetes.

What an inspirational group of people we have for the weekend! Let's sell out the hotel and have a **"Dog Gone Good Time"!**



The 5M-2 Mid Winter Convention is fortunate that Karen & Steve Hovenes will once again pick up <u>eyeglasses</u> and <u>hearing aids</u> at the 2018 Mid-Winter Convention. **Glasses and Hearing Aids are to be at the City Center Hotel by 10:30 a.m. on Saturday, February 10.** Pick up time is Saturday, February 10 at 10:45 a.m. If you bring glasses and hearing aids in after that time, you will have to take them back home and deliver them yourself to the Sauk Rapids Recycling Center. Also note that there are some very specific instructions with the glasses. So be courteous and check the glasses before you bring them to the Convention.

February 10, 2018 @ 10:45 a.m. pick up time

Will take:

Will not take:

- 1. Broken metal frames 1. Brok
- 2. Sunglasses
- 3. Full eyeglasses in frames
- 1. Broken plastic frames
- 2. Eyeglass cases
- 3. Loose lenses

Lions 5M-2 Mid-Winter Convention February 9th, 10th & 11th, 2018 City Center Hotel - Mankato, Minnesota



REGISTRATION FORM

PLEASE PRINT LEGIBLY - This form will be returned to you if payment is missing or incorrect

Guest #1 Information: Select One () Lion () Lioness () Leo () Spouse/Guest () 1st Time Attendee					
Last Name:	First Name:	E-Mail Address:			
		D			
Address/P.O. Box:	Club Name:	Phone #:			
City:	State & Zip:	Dietary Needs:			
Chy.	State & Zip.	Dictary ficcus.			

G	uest #2 Information: Select One () Li	ion ()Lioness ()Leo ()Spouse/G	uest () 1 st Time Attendee
	Last Name:	First Name:	E-Mail Address:
	Address/P.O. Box:	Club Name:	Phone #:
	City:	State & Zip:	Dietary Needs:

Please include the following to submit your registration:

- Registration Form completed
- Registration fee (see options below)
- Full meal registration payment (see fees on this form) (All convention meals include tax and gratuity)

Make Checks Payable to: Lions 5M2 Mid-Winter Convention

Mail to: Lion Joan Blank 44995 490th Street Nicollet, MN 56074

Cancellation Policy:

Cancellations must be directed to Lion Joan at the above address, by email to <u>lionjoanblank@gmail.com</u>, or by phone to 507-304-5265.

Refunds will be sent following the convention. Refund requests will be honored as such:

•Requests postmarked on or before January 12, 2018 – Full Refund

•Requests postmarked January 13 to February 5, 2018 - 90% Refund

•Requests postmarked after February 5, 2018 - No Refund

****Convention Registration Fee (Per Attendee)****

Early Registration Fee (Post Marked before January 8 th)	\$15.00

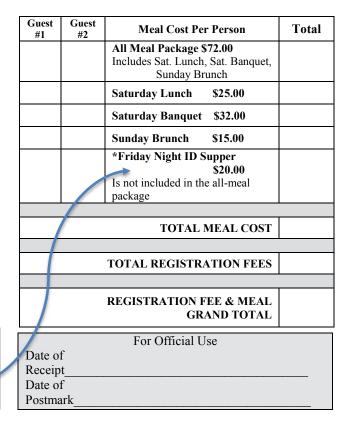
Regular Registration Fee (Post Marked January 8st or later) \$20.00

*Friday Night ID Supper is by invitation only. This is for PDG's, Cabinet Members, Club Presidents and Club Secretaries to come and meet the International Director!

Important Notice

- 1. The registration fee will apply to all attendees, including non-Lions. The only exemptions will be visiting dignitaries and invited guest speakers.
- Name tags will be distributed with your convention registration materials and need to be worn in order to gain admission to all meals, activities and seminars
- 3. Payment for registration fee and all meal costs must be included with your registration form.

****MEAL PACKAGE & TOTAL REGISTRATION****



HOTEL REGISTRATION FORM Please note that your reservations must be received by January 12, 2018 to receive the Lion's Convention discounted rate.	Reservations received after this date will be booked at standard rates.	Arrival Date – Select One Thursday, February 8 Friday, February 9 Saturday, February 10	One King Bed \$362.58 Two Queen Beds \$352.58 King Bed w/ Sofa \$399.85 Poolside w/ Two Beds \$399.85			Cost for One NightOne King Bed\$120.86Two Queen Beds\$120.86King Bed w/ Sofa\$131.95Poolside w/ Two Beds\$131.95Handicap Access Room Required		price. ***All rooms are non-smoking and are ***All rooms are non-smoking and are () equipped with microwaves and refrigerators	L BEWe will confirm your reservation by sending you a postcard with a confirmation number. If you do not receive a postcard, please call the hotel. Please give us three weeks from the date you send in your registration form for processing. If e-mail t stayt stayconfirmation is preferred please include e-mail address.
City center hotel [®]	First Name:	Last Name:	City:Zip Code:	Phone: (*Only send one registration form if sharing a room*	Payment methods: Check <u>\$</u> Money Order <u>\$</u> Credit Card – Circle One	Visa MC Amex Diners Discover	Exp Date:(mm/yy)	IO GUARANTEE ROOM WILL BE HELD: Credit card number is required (credit card authorized upon arrival at hotel) OR Pre-payment by check for one night stay (with remaining balance due at check in)
Lion's Mid-Winter Convention February 9 - 11, 2018	MAIL DIRECTLY TO HOTEL	Reservations will be accepted by mail, fax, or phone. Please complete and return this form to Mankato City Center Hotel with payment information no later than January 12, 2018.	<u>Mail to:</u> Mankato City Center Hotel c/o Lions Mid-Winter Convention 101 East Main Street	Mankato, MN 56001 Phone: 507-345-1234 Fax: 507-345-1248	<pre>***One night reservations will be based on availability.</pre>	CANCELLATION POLICY If you must cancel your reservation, you must do so 24 hours before the date you wish to cancel. **CONTACT THE HOTEL DIRECTLY	10 CANCEL."	Special Requests:	**Special Requests cannot be guaranteed but we will try to accommodate as best we can.** **Poolside rooms will be subject to hearing noise from the Fri. & Sat. evening events, including band music. If this is a concern, it is best not to request poolside.

Viewing Forward

MN Lions Vision Foundation

Did you notice? Heading above is revised! Introducing you to the Vision Foundation's new logo. A stylized eye with a semblance of the Lion logo inside. It has been a long time coming but worth the wait, don't you think? Elsewhere in this newsletter, you will see a bit more information.

Now, continuing down the path of our vision improving legacy. As mentioned last month, this Minnesota legacy began in 1960 with the formation of the Minnesota Lions Eye Bank. The next major advancement occurred in 1968 when the Lions partnered with the University Department of Ophthalmology to form the Children's Eye Clinic. In the upper Midwest, our clinic is a leader in treating children's eye problems. Three pediatric ophthalmologists treat more than 8,000 patients a year. Drooping eyelids, congenital cataracts, glaucoma, tear duct problems, and lazy eye are some of the care issues treated for children. In 2011, Minnesota Lions pledged, and have paid off, a 2.5 million dollar grant which moved this clinic to the Park Plaza Building adjacent to Am-

platz Children's Hospital.

Children's Eye Clinic: another step forward in our advancement of vision care in the upper Midwest. We have always met the challenge to be Knights of the Blind. And we will again. All this leading up to our newest plan. Our university will be home of LIONS EYE INSTITUTE. Twenty one million dollars over twenty years. As months go by, we will continue to walk through the history of our relationship. We will develop a deeper appreciation of the critical service we, as Minnesota Lions, provide to sight saving measures. And, of course, we will roll out plans for financing to meet the increasing needs. We are Lions, we can do!

For over half a century, Minnesota Lions have been a partner critical to the great reputation of the University's Department of Ophthalmology. We want to continue our legacy. MLVF has a wonderful site, www.mnlionsvisionfoundation.org, to visit. Lots of good info. You may even want to invite your Facebook friends to "like" our site.

Together, "WE SERVE" continues. Remember that Lions Diana and Mary are your Vision Foundation reps willing to visit your clubs – dianakroells@ gmail.com or maryspille@gmail.com.

DG NANCY'S November Travels

- Nov 1 Waseca Lions Club
- Nov 1 Zone 2 Fall meeting Carver
- Nov 2 local Lions meeting
- Nov 5 Mid Winter convention meeting
- Nov 6 Zone 7 Fall meeting Lake Crystal
- Nov 7 Presentation Waconia Marching Band
- Nov 7 Zone 8 Fall meeting New Richland
- Nov 8 MN Lake Lions Club
- Nov 9 Zone 4 Fall meeting Winthrop
- Nov 13 Meet with convention hotel
- Nov 13 Victoria Lions Club
- Nov 16 New Auburn Lions Club
- Nov 17-19 5M13 convention Winkler MB
- Nov 27 Waterville Lions Club
- Nov 30 Zone 1 Fall meeting Winsted



Liberty Day

Liberty Day is used to raise awareness among students across the nation about the Declaration of Independence and the Constitution of the United States of America.

Liberty Day Program is a Lionsaffiliated program is the United States with the objective of providing nonpartisan information to students about our rights and responsibilities as defined by the Constitution of the United States. In District 5M2, Liberty Day is a part of our Youth Activities. Several clubs have promoted the Liberty Day program via assemblies with their school districts. Often clubs unite with other community organizations to prepare a program including flag presentation, speakers, music, and so forth.

Programs are tailored to the needs and grade levels of each community. Printed Constitutions/Amendments are given to all students. These booklets are available from the district chairpersons.

For more information and presentations, contact Lion Denny Hewitt (507) 232-3394 dth Lion David Sebesta (320) 587-5690 day

Liberty Bap

 (507) 232-3394
 dthewitt@hickorytech.net

 (320) 587-5690
 dave_sebesta@hotmail.com

Designed by Lion Laura Maki 201

NOVEMBER 13-19: WORLDWIDE WEEK OF SERVICE TO HALT DIABETES

NOVEMBER 14: WORLD DIABETES DAY – DIABETES OVERVIEW

Diabetes contributes to more than 5 million deaths a year, making it the eighth-leading cause of death in the world. And the numbers are rising. Lions and Leos are confronting this global health emergency by raising awareness of diabetes through Strides events, expanding access to care through screening and treatment programs, and improving quality of life through diabetes camps and community recreational programs. We believe we can help prevent and control this global epidemic by uniting Lions and Leos around this cause.



LEARN

- Work with a healthcare professional to organize an educational talk about diabetes, pre-diabetes, prevention and management at your club or district meeting.
- Facilitate a discussion about diabetes to encourage club members to share their personal connections to the disease.
- Visit/explore the website of your national diabetes association and other organizations to learn more about diabetes.
- Share a low glycemic index snack at your club meeting and ask a nutritionist or diabetes educator to teach club members and their families about interpreting food labels.
- Sign-up for MyLION and learn how Lions and Leos are getting involved in diabetes service.
- Download an app that educates and encourages healthy lifestyle choices. Invite club members to participate in a healthy lifestyles related challenge.

ACT // BEGINNER

- Donate a diabetes magazine subscription or diabetes-related books to your local library.
- Invite a role model with diabetes to a local school to talk about healthy lifestyle choices.
- Sponsor a child to attend a diabetes camp and/or supply a camp with needed supplies.
- Post monthly notices on your club or district website and social media accounts, sharing available community resources for people with or at risk of diabetes.
- Write about healthy lifestyle choices in your community or school newspaper.
- Organize a Strides: Lions for Diabetes Awareness event in your community.
- Develop a list of patient resources and services and distribute them to Lions and the public.

ACT // INTERMEDIATE

- Partner with healthcare professionals to organize a screening for diabetes, diabetic retinopathy and diabetic foot.
- Promote diabetes prevention through social media campaigns or radio announcements.
- Volunteer for a day at a diabetes camp. Visit www.diabetescamps. org to find a camp near you.
- Sponsor a healthy cooking demonstration for people with diabetes and pre-diabetes.
- Organize a weekly walking club at your place of work and share a healthy snack afterwards.
- Bring fresh fruits or vegetables to an elementary school classroom to encourage children to try a variety of healthy foods.
- Collaborate with a healthcare professional to organize a physical activity and promote exercise.
- Donate needed exercise equipment to a community center or school.

ACT // ADVANCED

- Organize a community support group for people diagnosed with diabetes and their families.
- Work with a healthcare professional to organize a mentorship program, pairing a younger person with diabetes with an older mentor.
- Organize a school or community vegetable garden to encourage healthy eating.
- Establish a fitness room or ongoing fitness classes at a community center or school.
- Sponsor a training program for community healthcare workers to learn about screening, community support programs and prevention of diabetes complications.

Total population: 322 000 000 Income group: High

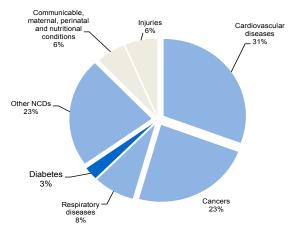
United States Of America

Mortality

Number of diabetes deaths

	males	females
ages 30–69	16 600	10 600
ages 70+	20 400	23 400

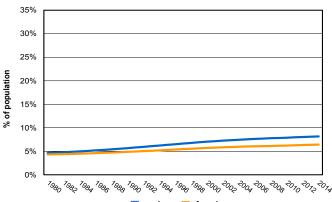
Proportional mortality (% of total deaths, all ages)



Number of deaths attributable to high blood glucose

	males	females
ages 30–69	39 600	19 900
ages 70+	63 200	64 800

Trends in age-standardized prevalence of diabetes



🗖 males 📕 females

Prevalence of diabetes and related risk factors

	males	females	total
Diabetes	9.8%	8.3%	9.1%
Overweight	74.1%	65.3%	69.6%
Obesity	33.7%	36.3%	35.0%
Physical inactivity	27.6%	42.1%	35.0%

National response to diabetes

Policies, guidelines and monitoring

Operational policy/strategy/action plan for diabetes	Yes
Operational policy/strategy/action plan to reduce overweight and obesity	Yes
Operational policy/strategy/action plan to reduce physical inactivity	Yes
Evidence-based national diabetes guidelines/protocols/standards	DK
Standard criteria for referral of patients from primary care to higher level of care	Not available
Diabetes registry	No
Recent national risk factor survey in which blood glucose was measured	Yes

Availability of medicines, basic technologies and procedures in the public health sector

Medicines in primary care facilities			
Insulin	•		
Metformin	•		
Sulphonylurea	•		
Procedures			
Retinal photocoagulation	•		
Renal replacement therapy by dialysis	•		
Renal replacement therapy by transplantation			

Basic technologies in primary care facilities		
Blood glucose measurement		
Oral glucose tolerance test	•	
HbA1c test	•	
Dilated fundus examination	•	
Foot vibration perception by tuning fork	٠	
Foot vascular status by Doppler	•	
Urine strips for glucose and ketone measurement		

DK = country responded "don't know"

○ = not generally available ● = generally available

World Health Organization – Diabetes country profiles, 2016.

2017 MD5M Leo Leadership Conference

By Lion Anna Wickenhauser

The Leo Conference was October 13-15 at Camp Friendship in Annandale MN. There were 69 Leos in attendance and 10 Leo Advisors/Chaperones. 5M2 had a total of 6 Advisors and 11 Watertown Leos, 6 Cologne Leos and 9 from the newly chartered Shakopee Leos. A brief overview of the weekend: We had 2 service projects. Anyrefugee.org where the Leos make postcards to be sent to refugees and they sorted approximately 3000 pairs of eyeglasses in under an hour. AMAZING! We also had presentations by the Ronald McDonald House, Youth Exchange, and Pin Traders.

We had a lively game of Kahoot! We did a Photo Contest, an LCI Scavenger Hunt, and they participat-

ed in the TEAM QUEST. They had some down time where they played in the Gaga Ball Pit and when the rain occurred they played in the Gym or played games with fellow Leos in DeGross Hall. So to sum up the weekend we ate well, had TONS of leadership training in a non-seminar fashion and got little sleep...

I would like to give a special shout out to our District who has been a great supporter of the Leos and to the following clubs for sponsoring us in our first ever t-shirt sponsorship: District 5M2, Cologne Lions, Hamburg Lions and the Shakopee Lions.

We made a video of the weekend and LIKE our Facebook pages MD5M Leos and 5M2 Leos to see more of the weekend.



Above: 5M2 Leos and Chaperones Below: 2017 Leo Leadership Conference Attendees



Fearless Leo Chaperones Bottom L-R Lion Anna & Don Wickenhauser, Lion Casey Pauly Top L-R Lion John Schuele, Lion Paula Stephens, Lion Matt Mulcathy





EACH MONTH A DIFFERENT

"ENVIRONMENTAL FEATURE" WILL APPEAR IN THE NEWSLETTER TO HELP CLUBS EXPAND IDEAS FOR POSSIBLE ENVIRONMENTALLY FOCUSED VOLUNTEER OPTIONS/AREAS OF FOCUS.

Do IT GREEN! MINNESOTA:

HTTPS://DOITGREEN.ORG/

The purpose of Do It Green! Minnesota is to educate Minnesotans about green and sustainable living and promote building healthy, local communities through educational articles on <u>www.doitgreen.org</u>, community education, and Green Gifts Fair events where visitors, vendors, and local businesses are educated about reducing waste over the holidays while buying local. Do It Green! Minnesota is an all-volunteer organization that works with local volunteers and authors to spread the word on living sustainably.

12TH ANNUAL GREEN GIFTS FAIR

Saturday, November 18, 2017, 10am – 5 pm Midtown Global Market, Minneapolis, MN 55407 \$1 Donation/person accepted at the door HIGHLIGHTS FROM THIS <u>YEAR'S EVENT</u>:

-send a postcard in support of New Americans in the community

- -educational passport stations with prizes
- -make your own non-toxic cleaner
- -learn how to make your front yeard more neighbor-friendly
- -eco-friendly gift wrapping, gift tags, and reusable bags education
- -learn about low waste holiday party planning

WHAT YOU CAN DO:

SHOP: shop 80+ eco-friendly vendors for holiday gifts

LEARN: complete a passport stating learning opportunities completed at the event that can win you prizes!

VOLUNTEER: volunteers receive a recycled t-shirt and eco-friendly appreciation gift! Contact <u>crystal@doitgreen.org</u> if interested!

PROMOTE: invite friends and family!



Calling all Lions!

Join in on the Lions Environmental Photo Contest!

We are looking for photos from all 5M2 clubs (one photo per club) to compete in the 2017-2018 Environmental Photo Contest! The top 3 photos win a prize and recognition at MidWinter. The top photo then moves on for the chance to compete in the 5M MultiDistrict!

The Lions Environmental Photo Contest provides a way for Lions to portray, through an original photo, their pride and commitment to improving, protecting and preserving the environment. Photos should focus on the following themes:

Animal Life Landscape (urban or natural) Plant Life Weather Phenomenon

This year an important improvement to the process is being made: option of EMAIL SUBMISSIONS! Email submissions can be sent to <u>lions5m2photocontest@gmail.com</u>

Submission emails will need to include the signed submission form. One way to attach this signed form is by printing and signing the form, either scanning or taking a picture of the completed form, and then attaching that image/document along with your photo in the email.

Each club is allowed only one photo submission, so please communicate with your club before submitting. Photo submissions, either by print or email, need to be submitted by December 31, 2017.

Those interested and with questions can inquire for further details to Lion Evelyn Grimm and Lion Kate Pattison at lions5m2photocontest@gmail.com

All photos must be submitted with the following form:



2017-2018 DISTRICT 5M2 PHOTO ENTRY FORM All submissions due by December 31, 2017

DISTRICT_____ CITY OF CLUB_____ STATE

NAME OF LION PHOTOGRAPHER

LIONS CLUB OF PHOTOGRAPHER

EMAIL ADDRESS OF PHOTOGRAPHER

Please enter this photo into the following category (select only one):

□ Animal Life

□ Landscape (urban or natural)

□ Plant Life

□ Weather Phenomenon

Please note: Only one photo will be accepted from each Lions Club in the 5M2 district *photos must be original photos, unaltered and without people in the images*

CERTIFICATION

I hereby certify this photo as the official entry from my individual club. By signing below I certify the photo is an original, unaltered photograph taken by myself and I grant permission for the Lions Environmental Photo Contest to use my attached photo for submission to further judging and any other showings and uses.

Club President (please print)

Club Secretary (please print) _____

Photographer's signature ______

8"x10" printed submissions must be mailed to the following by December 31, 2017: **Lion Kate Pattison** 506 W 10th St Mankato, MN 56001

Photos may also be submitted via email to

lions5m2photocontest@gmail.com

Email submissions will need to include attached signed submission form along with photo





2018

District 5M2 Zone Lion of the Year

Zone Lion of the Year is a project unique to District 5M2. It gives the District the opportunity to give well deserved recognition to one Lion in each Zone who

exemplifies our Centennial motto "Where There's a Need, There's a Lion" .

Each club is asked to nominate a Lion who is <u>**not**</u> a major officer in the club, but has earned the respect of his/her peers & community.

The Zone Lion of the Year will be presented during the 2018 Spring Zone meetings. The club president or person designated by the president is asked to complete this application and return it to 1st Vice District Governor Diana Kroells by February 15th, 2018.

Send to: 1st Vice District Governor Diana Kroells

17891 158th St, Hamburg, MN 55339

Please write a brief description of the nominee's service including such items as years of Lions service, involvement in club activities and involvement in the community. Attach a separate sheet or use the back of this form to complete this information. The club president must sign this form.

Nominee	 	
Club:	 	
Zone:	 	
Club President	 	

Signature

LIONS' CLUBS NEWS AND ACTIVITIES JORDANESS LIONS



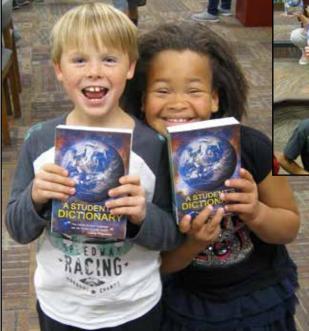
Jordaness Lion Andrea Oldenburg (left) and friend Kelsey along with the Oldenburg dogs Moose and Kenai participated in the Annual Can Do Woofaroo on September 16th. Our club is proud supporters of this project and Lion Andrea leads the charge with her passion to help.



The Jordaness club is a proud supporter of Jordan Elementary School's "Food for Friends" program. This program was initiated to ensure that students have adequate nutrition when they are away from school on weekends. Each Friday, over 50 backpacks filled with healthy food, such as granola bars, canned soup and loaves of bread are sent home with qualifying students. The Jordaness club supports this worthy cause by providing new backpacks each year, and by providing a monetary donation for the purchase of food. In the photo, Jordaness members present a check to JES Principal, Melissa Barnett.



Each year, the Jordaness Lions support literacy by taking part in the Dictionary Project. This year, the club delivered 161 dictionaries to third grade students in 3 Jordan schools.



PRIOR LAKE LIONS



The Prior Lake Lions were among over 200 businesses, community organizations and nonprofits from the Prior Lake and Savage area to have a booth at the yearly fall community fest at the Prior Lake High School on sept. 18th

In the picture working the table is current president Lion Terry Groves and Lion Katy Groves as the Lion spent time greeting the children.



The Plato Lions hosted Oktoberfest on September 30th at King Pin Pub in Plato. About 150 people came to enjoy a German meal of Brats, Hot Dogs, Sauerkraut, German Potato Salad, Apple Crisp Dessert and German music. All proceeds were designated for MN Lions Vision and Hearing Foundation, Can Do Canines, and Diabetes Foundation.





Prior lake Lions provided 2 days of Kidsight screening at New Horizon Daycare in Prior Lake on Aug. 9th and 10th, 72 children were tested in the 2 days

Lions members in the picture are from left to right Lion Mary Broderick, Kelly Norris, Loraine Berg, Loretta Klenke, Harry Klenke, missing from photo is Lion Char Beerling.

On October 3rd Prior Lake Lions Screened 40 children at the Little Lakers Montessori daycare in Prior Lake

Pictured from left to right, Lions Harry Klenke, Bonnie Grapper, Char Beerling, Loretta Klenke.



CHANHASSEN LIONS





Chanhassen has completed its Centennial Service Legacy projects by making a couple donations to the City of Chanhassen.

- Phase 1 was the installation of a Lions Drinking Fountain at Lake Ann Park (*Right*)
- Phase 2 was the installation of 5 park benches at Bandimere Park (Above: Pictured from left to right are Lions: Steve Cannon, Dave Hess, Glenn Kaufmann, Dan Mertes, Kevin O'Neill, Denny Fisher. Present but not pictured is club president Mark Page.)

The fountain was installed in July. The park bench project was recently completed. Both are in City of Chanhassen parks, and both installations were coordinated with the City Park and Rec Department and paid for 100% by our Lions Club.



Lion Jack Webster presented Lion Larry Meskan with an award entitled: "A Tribute to the "Ancient One" A Leader, A Mentor, An Inspiration, A Lion.

New club officers--front row Lion Kevin Plante (Lion Tamer), Lion Marlys Meskan (Board of Directors), Lion Dr. Marilyn Waldschmidt (Board of Directors),--second row: Lion Dan Guarrero (Second Vice President), Lion Troy Wet-

WATERVILLE LIONS



zel (President), Lion Kim Brown (Secretary), Lion Chrissy Christenson (Gambling Chairperson and Board of Directors), --third row: Lion John Scholljegerdes (Past President), Lion Duane Fischer (Treasurer),

Missing from the photo were Lion Don Novack (First Vice President) and Lion Margie Jacobson (Membership Chairperson), Lion Todd Schwartz (Board of Directors) and Lion Arne Leen (Tail Twister).

LIONS CLUBS PARTNER IN DIABETES WALK

Members of the Lafayette Area Lions Club partnered with Lions from New Ulm to host the third annual Strides New Ulm Diabetes Walk Saturday, September 30. The one- and two-mile walk began at the Civic Center on the Brown County Fairgrounds in New Ulm and continued on the sidewalks around the grounds.

Teams and individuals walked to raise money for the Minnesota Lions Diabetes Foundation in its efforts to find a cure for the disease. About 40 walkers took part, including groups from area businesses, local Lions Clubs, individuals and families.

The joint effort by the New Ulm and Lafayette Lions was a unique venture across district lines in that the New Ulm Club is in District 5M3 and the Lafayette Club is in District 5M2.

After raising nearly \$17,000 for research efforts of the Minnesota Lions Diabetes Foundation in the first two events, this year's walk raised more than \$8,000. The Lafayette Area Lions and the New Ulm Lions Clubs kick-started the fundraising efforts, with each presenting a \$1,000 check.

A number of businesses supported the walk in various ways. Drs. Akre and Clark, Allina Health/ New Ulm Medical Center, Citizens Bank, and Furth-Meile Insurance sponsored T-shirts for the walkers. Medtronic hosted an information table and Hy-Vee Foods donated bananas and granola bars for the walkers.

The Wise family of New Ulm and Lafayette was instrumental in bringing the event to New Ulm. For more than a decade, the family participated in the ADA (American Diabetes Association) Walk in Mankato. Bob Wise, vice president of Citizens Bank, Lafayette, has Type 2 diabetes while his son Matt and daughter Randi (Wise) Blackstad have Type 1. With community support, the family partnered with the Lions to begin the New Ulm walk to take strides to defeat diabetes.

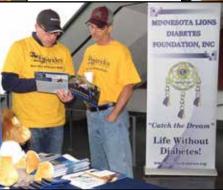


(Left) Participants in the third Strides New Ulm Diabetes Walk walked the sidewalks around the Brown County Fairgrounds Saturday morning September 30. The route is ideal in that there are no street crossings and no crossing guards were needed. The 40 walkers – along with donations from area businesses and individuals – raised about \$8,000 for the Minnesota Lions Diabetes Foundation as it works to find a cure.



(Above) While the walkers were out on their route, event organizers paused to chat. From left: New Ulm Lions Mickey Witt and Bonnie Schirlinger, Lafayette Lion Joe Maidl, and New Ulm Lion Bob Schirlinger.

(Below) Medtronics representative Adam Zorn, left, shared exciting breakthroughs possible in the fight against diabetes to Lafayette Lion Bob Wise.





(Above) Lafayette walkers Traci Abrahamson, Jill Wise, and Dianne Kuester showed off the Strides T-shirts before the walk.

CANNON VALLEY LIONS

Gordon is at it again. African Library Project is looking for books. We need books for beginners and elementary (our elementary is there elementary to HS). Some for older school age would work too. If you have any books you would like to donate please contact me (Doug Pops Larson "Facebook") via a message and I will give you my contact information or call me at 952-356-6922. We can arrange for pickup of these books or you can deliver them. We need these books by Thanksgiving so we can get them to Gordon for shipment.

If you are willing also willing to help in shipping of these books to Africa this would be appreciated. Checks can be made out to "Northfield Cannon Vallev Lion" memo African Library Project. Again these can be sent to me (Doug Pops Larson "Facebook") message me and I will give you my address or call me at 952-356-6922.

In 2016 Gordon received an award "Northfield Cannon Valley Lions Win 2016 Compassion in Action Award" for his work. They listed that he had sent 11,000 books, well actually it is over 13,000 books.

Let's help Gordon do it again. He is 89 with a passion.

Extra ! Extra! See all about us -MINNESOTA LIONS VISION FOUNDATION

Good to know: Minnesota Lions Vision Foundation is a 501c3 organization. Because of our long and fruitful history, we are often commonly known as "Lions Eye Bank". Time to retire that name, please. The Minnesota Lions Eye Bank is one part of MLVF. As Lions and our clubs send in funds, it is critical to write checks payable to Minnesota Lions Vision Foundation. You are serving the Eye Bank, Children's Hearing Center, MAC Center, Research Department, and more. Just a reminder as you plan Parade of Green and continual donations.



VICTORIA LIONS

The Victoria Lions Club has reached an all time high number of 111 members.

The Lions Foundation of Victoria (a 501c3) a joint membership with the Victoria Lions Club has laid the foundation for a new year around facility located in Victoria's Lions Park. The facility is expected to ready for use by summer 2018. The facility will house Lions meeting and events like our annual spring fling. In addition it will be available for community and familv events.

We will be hosting our 3rd Annual spaghetti Dinner on November 10 at St. Victoria Church from 4:30 -7:30. Please join us for another delicious dinner.

WACONIA LIONS



The Waconia Lions are planning a Memorial Trip to Washington DC which will be provided without cost to Korean & Vietnam Veterans who currently live in Carver County OR were a resident of Carver County during the time of their service.

The trip will include transportation from Waconia to MSP airport, flight to Washington DC, ground transportation while in DC, all meals, flight home, and transportation back to Waconia for a special welcome home ceremony.

Our Veterans have given so much in service to their country, we ask for your support in giving back to them through this special event.

616

BY MAIL Checks should be made payable to the Waconia Lions Veterans Fund and should be sent to Waconia Lions Club C/O Veterans Memorial Trip Committee PO Box 21 Waconia, MN 55387

IN PERSON at the following area businesses:

Hometown Bank, Everson's Hardware, UFC Farm Supply, Mocha Monkey, Mackenthun's Fine Foods, Chumly's, Waconia VFW

For more information visit www.waconialionsclub.org/veterans-memorial-trip



Sponsored By The Waconia Lions Club 狐

5M2 LIONS' NEWS





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NOVEMBER 2017

5M2 LIONS' NEWS





Please join DG Nancy Mathwig in celebrating the next 100 years of Lionism

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Friday Night Dress as your favorite dog character and enjoy a variety of music genre by the Tuxedo Band

Saturday wear Lion attire

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Check the 5M-2 web-page, monthly newsletter, or email lionjoanblank@gmail .com for convention and hotel reservation forms

Hosted by Zone 4 Clubs

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