



Minneapolis, Minnesota

Minneapolis Convention Center October 15, 2011



Saturday, October 15, 201*1*



9 a.m. - 3 p.m.

Minneapolis Convention Center

1301 2nd Ave S ~ Minneapolis MN

9:45am - "Involving Youth in Their Diabetes Care" Christine Ternand, MD - Children's Hospitals and Clinics of Minnesota

10:15am - "The Carbohydrate Controversy - To Eat or Not To Eat!"

Marion Franz, MS, RD CDE - Nutrition Concepts by Franz. Inc.

11:15am - "How to Manage Diabetes In Between Visits With Your Doctor"

Bob Johnson, MD - River Falls Medical Clinic

12:15pm - "Prediabetes is a Family Affair" Marsha Hughes, MS, RD, CDE, LD - HealthEast Care System

1:15pm - "What Does/Should My Insurance/ Medicare Cover if I Have Diabetes or am at Risk for Diabetes?"

Laraine Steel, MS, CNS, BC-ADM, CDE - Hennepin County Medical Center

1:45pm - "Diabetes and the Eye: A Silent Threat" John B. Davies, MD - Minnesota Academy of Ophthalmology

Main Stage Speaker - Insulin Myths and Realities Sponsored by sanofi-aventis

FREE HEALTH SCREENINGS-

While supplies last take advantage of free health screenings. EXPO offers:

- A1C (measure of estimated avg. blood glucose.)
- Blood Pressure
- BMI (Body Mass Index)
- Cholesterol
- Diabetes Risk Assessment
- Eye Screening
- · Foot Screening
- · Hearing Screening provided by: HearPO
- Kidney Disease Screening
- Sleep Apnea Screening
- Walmart/Sam's Club will be offering Flu Shots and Pneumonia Shots*

EVENT HIGHLIGHTS-

- ♦ Bookstore Hundreds of books available for purchase
- ◆Family Fun Zone- Sponsored by Medtronic Diabetes
- ♦ Health Eating Area—Sponsored by Delta Dental
- ◆Free Pedometers in the Active Living Area
- ◆Complete a Healthy Passport in the American Diabetes Association Experience. Upon completion spin the wheel for a healthy living prize.

To Register or for Contact Information: 1-888-DIABETES OR 1-763-593-5333 EXT. 6652 OR mduerr@diabetes.org



I Believe Courage **Commitment Action**

My Club My Family More Ideas for Success

Lion Bill and I feel very blessed in so many areas of life, especially our Lions life. In these first few months we have met many of you and listened as you District Governor shared your stories of courage, Sue Bowman commitment and action in service to the



needs of the less fortunate in your local and world wide communities. It truly is a humbling experience connecting with the dedicated Lions of 5M2.

At this writing, Lion Bill and I are preparing for our Alaskan trip of a life time. The travel agent called to inform us we had been upgraded to a balcony suite, it is huge, it even has a walk in closet. We will be on a 12 day sea and land tour (thanks to an anniversary gift from our children) The final stop is Anchorage where we will attend the USA/Canada Lions Leadership Forum. How grateful we are to represent the wonderful Lions of 5M2, and participate in the seminars.

As you recall, President Tam's theme is "I believe", My Club My Family. What does "My Club My Family" mean to you, is it just some nice sound bite? I believe those words hold the future of our organization. The family structure was the model our Creator established. What are those qualities of family life that we can incorporate in our relationships with our Lion members? First and foremost, is love, we care for each other, we want the best for our Lions family. Respect all members of the family, remember families are like fudge. mostly sweet but a few nuts. As club members of course there will be times that we disagree, but never should we lose respect for one another.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion" The Dalai Lama As Lions we need to respond to both the internal and external needs of others that includes our own Lion family members. Treat new and senior members and their ideas with respect. "You can have anything you want in life, if you will help enough other people get what they want" Zig Ziger

The strength of the Lions organization is in our clubs and all the dedicated and energized members of our clubs. I believe we can strengthen and maintain our membership by really making the effort to treat each other as lovingly as family members. Let's finish up and practice the last five "Lions Family Rules". (If you missed the first 5, check out the September issue of The Grape Vine).

Rule #6 Maintain a positive mental attitude no matter what the circumstances.

Rule #7 Act with initiative and courage as if it all depends

Rule #8 Do everything with enthusiasm- it is contagious. (Our MD5M poster child for enthusiasm is ID Brian Scheehan)

Rule #9 Whatever You want, give it awayrecognition,

respect, commitment etc.(see above) Rule# 10 Do not lose faith NEVER GIVE UP!

Have a wonderful fall, Lion Bill and I will be seeing you, our Lions family, at the Zone meetings. As always, if you have questions or concerns give DG "Momma" Sue" a call!

District Governor Sue Bowman Governor's Travels

October

- 3 5 Mid-Winter Convention Meeting
 - Carver Lions Club Visit
- 6 Lake Crystal Club Visit
- 10 Kiester Club Visit
- 14 Travels to Mahnomen
- 15 Counsel of Governor Meeting / Mahnomen
- 90th Anniversary Northfield and Faribault Lions Clubs 16
- 17-21 Wisconsin Dells family get away
 22 Lions Leo Leadership Conference / Hudson, WI
 24 5M2 Cabinet Meeting St. Peter
- 25 Albert Lea LakeView Lions Club Visit
- 26 Zone 5 Meeting / Henderson
- Zone 8 Meeting / Waterville 27
- 29 Thanksgiving for Vision / Earl Brown Center, St. Paul

November

- Zone 4 Meeting / Winthrop
- 3 Zone 2 Meeting / Victoria
- 7 Mid-Winter Convention Meeting
- 9 Zone 9 Meeting / MN Lake
- 10 Zone 7 Meeting Amboy host in Lake Crystal
- Zone 3 Meeting / Prior Lake 14
- 17 Silver Lake Lions Club Visit
- 21 Ellendale Lions Club Visit
- 22 Mayer-Watertown Dandylions Club Visit
- 28 Waterville Lions Club Visit
- Zone 1 Meeting / Hutchinson

EXPLORE LIONS PRIDE 93rd MD5M Multiple Convention April 27-29, 2012 Hinckley, Minnesota



Hosted by District 5M-8, Princeton, Minnesota Lions. We are moving forward to "Exploring Lions Pride...

Hear us roar!"

We have secured the Grand Casino Hinckley for great Multiple Convention. We KNOW you want to join this exploration! Check out the registration information on the 5M Multiple website. Soon information will be available on the 5M-8 website.

A Lion's View

Ron Dahlke First Vice District Governor



Joan's Thoughts

Joan Blank Second Vice District Governor



As I write this article, one Region Meeting has been held with good representation of the Clubs in those Regions. Attendees have been "meeting and greeting" the Cabinet Chairpersons, scheduling Club visits, and picking up program information to take back to their Clubs. Equally important is the networking and the sharing of information with members of other Clubs. Thanks to all who were able to attend their Region Meeting and who did schedule Cabinet Chairpersons to visit their Clubs in the coming months. If you missed the opportunity at the Region Meeting to schedule a Club visit, make a call or send an e-mail to arrange Club Visits with several Cabinet Chairpersons.

Just another reminder, the 2011 Lions WriteOff Project has been announced by Project Chair Lion Jim Spille. This is a relatively easy project to participate in. If your Club has not participated in the past, contact Lion Jim at 952-467-2137 home, 952-913-3776 cell, or jimspille@embarqmail.com to get more information. Your local Club would be responsible to select a winning essay and to provide a local award to that person, whose essay would then be entered in the Zone Contest. The WriteOff Project is a really great opportunity to network with our youth and your local High School. NOTE: If more than one Club is represented in your local High School, each Club can select a winner from the completed essays and have it move on to the Zone Competition. Many Clubs are already participating in this manner due to the consolidation in school districts.

Also, don't forget the Peace Poster Contest which is another great way to interact with local schools and youth. This year's contest theme is "Children Know Peace". If your Club has not sponsored a Peace Poster Contest in the past, please consider doing so this year. Contact program cochairs Lion Sheila Stahler at 952-440-6920, or Lion Janet Knakmus at 507-726-2210 for more information.

The following e-mail message was received from International President Wing Kun Tam on September 12th:

My Fellow Lions,

"Just two short months ago, I stood on a stage in Seattle, Washington as your new International President, and I asked you to believe in yourselves - to believe in our mission of service to others, and to believe that together we could accomplish anything we set out to accomplish. That included planting 1 million trees. I told you if we can plant a million trees, it will reinforce the limitless potential we all know we have to make a difference as Lions."

"Lions - I am proud to announce that in just the first 60 days, we have surpassed our ambitious goal of planting 1 million trees. As of September 7th, the Lions of the world have planted over 1.3 million trees!!"

Let's not stop there. I know many Clubs in 5M-2 are still making plans to plant trees in their communities this fall and

Lions' Roots

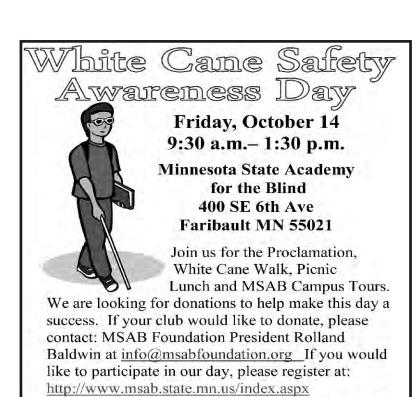
Have you ever had the opportunity to see the magnificent giant sequoias or Coastal redwoods in California? These massive trees can reach 280 feet tall and 23 feet across and can weigh nearly 2 million pounds. Some live to be 3000 years old. The Coastal redwoods are the tallest living organisms on our planet. But what are really more fascinating are the root systems these trees develop. One would assume that due to the height of sequoias and redwoods, the roots would grow deep into the ground to support their height and weight. The opposite is true. Within the first two years of growth, the root system begins to branch out more and more thickly. There is no taproot. Eventually the roots of the larger trees laterally reach out 100 to 150 feet and begin to intertwine with the roots of other sequoias. This co-dependency allows these trees to be stabilized and flourish, even during major storms.

The Lions Clubs of 5M2 are much like the Redwood forests. Most clubs have started out small, but then begin to set roots and begin to grow in their membership. The members learn they need to lean on each other in order to accomplish specific service projects. As 5M2 lion members we strive to work together with all the clubs in our zone, region and district for the good of each local club and the district and to support all the organizations 5M2 endorses. Our roots begin to spread out farther and farther. We become stronger as a service organization when we know we have help and support from each other. With Zone meetings upon us, we have the perfect opportunity to interact with other clubs, to spread our roots and to grow in Lionism. Many clubs have set good roots because they are soon celebrating 30, 45 and 90 years of service. How far reaching are the roots of your club? Fact: The tallest, widest and longest living sequoia is called the "General Sherman".

next spring. Lion Jean and I just planted 4 trees two weeks ago. Let's keep this project going even though IP Tam's initial goal has been met! Trees planted as of 9/15/11 = 1,854,176 Wow!!!!

The best time to plant a tree was 20 years ago. The next best time is now. / Chinese Proverb

Remember--Your Club's Activities Do Make a Difference in your Community, in our Country and in our World! Thanks for all that YOU do!



Governor Sue's Contest

"White Cane Equals Independence"

2011-2012 Winning Clubs will be awarded the Governor's Personal

Banner Patch

All the fol	llowing are	required:
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☐ Peace Poster

☐ Youth Exchange host family

☐ Sponsored Liberty Day program

□Other community based youth activity

☐ Sponsored Quest in the school

☐ Write Off

All the following are required:
☐ Club has a net gain in membership or sponsored a new club
□Club is current on dues
□Club has reported activities and membership on LCI
WMMR web sight
Club representation at:
☐ Region Meeting
☐ Fall Zone Meeting
☐ Spring Zone Meetings
☐ Mid-Winter Convention
At least five of the following are required:
□Club submitted district newsletter article: club news / project /
Proud Lion
☐ Club has conducted Community Service Needs Assessment
(MK9AEN)
□Club has conducted a written exit survey for any/all dropped
member(s)
□ Club has 100% participation in the Parade of Green
☐ Club has participated in Journey for Service
☐ Club has participated in tree planting project
☐ Club has a website ("e-Clubhouse" template available
Www.lionsclub.org)
□ Club has participated in at least two youth activities:

□ Advisor for a LEO Club or sponsor new LEO Club

One Million Trees

"The true meaning of life is to plant trees, under whose shade you do not expect to sit" Nelson Hendeson "The best time to plant a tree was 20 years ago. The next best time is now". Chinese Proverb

"A seed hidden in the heart of the apple is an orchard invisible". Welsh Proverb

One million trees planted world wide during this Lions year is the goal of our International President Wing-Kum Tam. Each of the district governors were asked to pledge the number of trees that would be planted in their respective districts. Being the conservative that I am, I pledged 650 trees planted in 5M2, but in retrospect, I believe we can plant twice that number, if not more. In practical terms, 650 trees equates to one tree for each four members.

Caring for our environment is an important part of President Tam's extension of service program. President Tam's told us of course we all know that trees help the environment, but there are also other benefits to planting trees. Trees are like the lungs of the planet. They breath in carbon dioxide and breathe out oxygen. They also reduce soil erosion, help preserve local water sources, and provide habitat for wildlife living under more and more stress. President Tam reminds us planting trees in our neighborhood really is one of the best things you can do for our local environment.

Any one can plant a tree. It is a very visible and hands on way for all of us to make a difference. It is also a great community collaborative project. Please make tree-planting a part of your club's service projects this year. Contact your local Soil and Water Conservation agency for trees, Arbor Day Foundation, local nurseries generally have great trees sales in the fall. Tree planting could be a collaborative project with the Boy Scouts. Pheasants Forever, or school groups like FFA or Leo Clubs.

The fall is a great time to plant trees; the soil is still warm, but no oppressive heat. Spring also is a good time. Set up a committee and evaluate your community and let's get some trees growing!. Keep a count of the trees your club planted, report the count on the LCI web site, the site is also a resource for more information regarding the Million Tree project. You can also produce your own "I Planted a Tree" button and certificates from the artwork on the site.

Tree planting is a great public relations opportunity for your club, certainly a gift that keeps on giving. . Please contact Lion Paul Stahler for some great promotional ideas.

"Trees outstrip most people in the extent and depth of their work for the public good"

Sara Ebenreck, American Forests

"From The Field"

From The Field Jordaness Lions

September 2011

Fun and more fun....The club ran two very successful food concession stands at the Jordan Car Cruise and Heimatfest celebration on the weekend of Sept 10 and 11th. Friday evening we served up fresh, hot, crispy French fries and on Saturday we served rueben balls, corn dogs, pickles, cheese curds, black forest cake and carrot cake. The weather was great and many people attended the festivities. At the celebration on Saturday, the 2011-2012 Jordan ambassadors were crowned. The day ended with music, fireworks and many happy guests and workers.

Helping the school...

Due to a mold issue in one of the Jordan schools, the backpacks for Blessings in a backpack needed to be replaced. The community responded in a big way so the Jordaness decided to contribute \$400 to food stuffs for the backpacks.

Lions 101

On Pct 26th, the Jordaness Lions "Social Cats", their sponsors and the board of directors will be hosting a special event on October 26th for new members. This "Lion's 101" gathering will be an opportunity for new members to learn a bit about Lions history, club activities, and member responsibilities and involvement. The evening will also include a light supper and a chance to relax and visit with seasoned members.

Cats in Hats Holiday Show

Tickets (\$20/ticket) are now on sale for this great annual event. The show is slated for November 19th at 11:00am at the OK Corral in Jordan. This is an event that promises great fashion, entertainment, food, tons of prizes and a good time. Rumor has it that the Jordaness Green Day Singers have graciously agreed to another performance! Tickets will be brought to the region meeting. Plan to attend! The annual Christmas ornament will make its debut at the holiday show.

This and That...

- The Jordan Lions and Jordaness Lions will take part in the Write Off contest. Schools have been contacted and students are encouraged to participate.
- Several members are planning on attending the regional meeting in Cologne and the Jordaness will be visiting the Prior Lake Lions on Oct 20.
- The Jordan and Jordaness Lions have the DG visit scheduled for December 7.

Le Sueur Lions Club

REMEMBERING ROGER...

By Todd Redmann, Immediate Past President

When I began my term as president, I did so knowing that it was also the year of our Club's 50th Anniversary. I also knew that this event was, with good reason, of special significance to our long-time Secretary Roger Hespenheide. Roger was our club's 'Uber-Lion.' As one of our club's longest standing membersnearly the whole 50he was also the most active member for all those years.

The 50th Anniversary was a great success, and I was, frankly, looking for a nice long coast to the end of my term. It was not to be. A short time later, I got a call, "Roger is dead." There is a bit of a lesson in what I tell next. While it is an amazing blessing for a club to have a *Roger*, it is also a two-edged sword! Roger did so many things, Roger had a massive amount of historical and practical knowledge locked up in his brainavailable always with just a phone call. But when you lose a *Roger*, it leaves such a gaping void, that it can really send your club into a tail-spin.

Luckily, a group of club members jumped into that voidto help keep us going. Change is inevitable. As humans, we love to procrastinate, putting things off until that "someday" when we'll finally get around to dealing with a problem that, we know full-well, is hiding around the next corner. What happens in almost all instances, is having to deal with that problem when crisis finally forces us to do so.

We survived. With the generous donation of time and energy by a handful of our core members, we have restructured things. We spread out the many things that Roger did to officers and project chairsa more sustainable model in the long-run.

A dedication tree was planted and wonderful bench erected in Roger's memory. It's a nice spot to go and sit and contemplate. Roger devoted nearly his entire lifespan to serving others--that's what I was thinking about the last time I sat on Roger's bench.

LCIF Providing Disaster Relief for Hurricane Irene Victims in U.S.

August 31, 2011 - During the past week, several areas of the United States experienced widespread flooding and damage from Hurricane Irene. LCIF has awarded US \$50,000 in emergency grants to districts in Puerto Rico, North Carolina and Massachusetts. Our members are using these grants for immediate disaster relief efforts. Yesterday, Lions in New Bern, North Carolina helped serve 1,700 meals and provided vouchers for food and other supplies to victims. Lions in District 31-H have also distributed more than US \$6,000 worth of

cleaning supplies and relief kits. And today, LCIF Chairperson Sid Scruggs in visiting affected areas in North Carolina to assess immediate needs. "The problem is that the Noss River overflowed and there was water of 1.5 feet deep in homes, "says Sid. "Now that the water has receded some, there is still a lot of clean up left and people cannot drink the water." You can help support our relief efforts by making a dedicated donation to the "Hurricane Irene 2011: fund.



SUBSCRIBE NOW TO THE DISTRICT NEWSLETTER

Now is the time for each member to SUBSCRIBE to the DISTRICT NEWSLETTER.

The Governor would like every member to receive the newsletter. Have your club subscribe every member to this important communication.

MAKE CHECKS PAYABLE TO: District 5M-2

HOW TO SUBSCRIBE

SEND \$9.00 FOR (12) ISSUES (1) COMPLETE YEAR

TO: PDG Bill Curtis 1014 Mitchell Court Glencoe, MN 55336

Start your subscription anytime as it will run for one calendar year.

YOUR MAILING ADDRESS

Name
Address/Box #
City/State/Zip
Name of Club
Check your mailing label on your newsletter for the expiration date of your subscription

Albert Lea LakeView Lions

Worked at Cloverleaf Lions' ring toss booth at the Freeborn County Fair. Delivered senior meals/Meals on the Go. Volunteered at library book store & hospital. Worked at ecumenical food pantry-Worked at Red Cross bloodmobile. Volunteered at local theater. Volunteered at ecumenical food pantry. Delivered senior meals. Volunteered at library book store & hospital. Donated to ecumenical food pantry. Hosted Region 3 meeting in Mankato with 8 members in attendance. Lion Cathy Carter. LakeView Lions Secretary.

Albert Lea Cloverleaf Lions

Hosted a pro-wrestling event as fund raiser project. Planning World Service day event to be on October 8, 2011. Set date to walk the highway October 15, 2011. Purchased replacement glass for youth that lost his original glass. Volunteered at Salvation Army packing food boxes.

Governor Sue's Goals 2011-2012

To achieve a net positive membership growth.

To reduce the membership drops by 40; reduce Governor's body mass by

30 lbs.; reduce Adult Traveling Companion's body mass by 30 lbs.

To never miss an opportunity to compliment or to say something encouraging to someone.

To have all clubs in all 9 Zones submit a nomination for Zone Lion of the Year.

To remind all clubs to be careful with criticism and liberal with praise, to build up member, to treat each other as family.

To charter one new Lions Club.

To organize a minimum of one new LEO Club.

To have an "Open Door" policy for any members / clubs to express opinions and insight.

To have tons of fun and meet hundreds of new Lion family members.

To arrive at and return home from each Lions function in one piece, (i.e. no accidents).

To have each member in 5M2 proud and happy to be a member of the Lions Family.

Deadlines for newsletter

articles, photos etc. Must be in by the 20th of the month. Email Bill Curtis wfcurtis@embargmail.com

Please send the news article in Microsoft Word and text must be in arial 10 point type to help save time in production.



COURTLAND AREA LIONS HOST CAN-DO-CANINES

The Courtland Area Lions hosted a Can-Do-Canine presentation on Monday, September 12, at the Courtland Community Center. Vern and Darlene Breamer gave background information regarding this program a dog assist program.

Can-Do-Canines is dedicated to enhancing the quality of life for people with disabilities by creating mutually benefited partnerships with specially trained dogs. We envision a future in which every person who needs and wants an assistance dog can have one. Assistance dogs provide the gifts of freedom, independence, and peace of mind to our clients and their families. Our fully trained dogs, often adopted from local animal shelters, are provided to our clients who live with disabilities that involve mobility challenges, hearing loss or deafness, seizure disorders, autism, or diabetes complicated by hypoglycemia unawareness. It costs Can-Do-Canines \$28,000 to train a dog, however, dogs, training and supplies are provided to each client free of charge. The only cost to the client is a \$50 registration fee and the upkeep of the dog (shots, food, etc.). It is with the assistance of Lions Clubs International donations that Can-Do-Canines can offer this great opportunity for people with disabilities.

Jean Lundquist and her Diabetes Assist Dog Juno, then took the floor and explained what it means to her to have a Can-Do-Canine dog. She said it has made her life so much easier. Before receiving Juno, Jean said she had spells 2-3 times a week where a rescue squad was dispatched to her house and she had to be taken to the hospital. Now, with Juno, she doesn't see the emergency room as much. Juno can detect, by smell, that she is having a sugar low. He gets in her face to alert her and then can get the tablets she needs to come out of the low. If by chance Juno does not catch the low and the rescue squad does come, it is vital that the rescue squad lets Juno ride to the hospital with Jean. He has important information to share with the medical personal in his cape. Juno accompanies Jean wherever she goes. He is well behaved when he is working, but does have play time. Juno loves attention, but should not be petted while working. His cape indicates that!

Jean and Juno Darlene and Vern Breamer





Believe in Youth

4th Annual 5M Leo Leadership Conference

October 20-22

Camp St. Creix Hudsen Wi

Registration materials available at

www.e-chibhouse.org/sites/fairhavermm/page-6.php Or call Kris Obrien at 320-266-0661 to get on the email lists



Shirley Hespenheide, District Leader Dog chairman, visited the Minnesota Lake Lions at their September 14, 2011 meeting. Shirley told the Lion members about the Leader Dog Program. The Minnesota Lake Lions donated \$100 towards GPPS system made special for the people who have leader dogs.

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Sue Bowman 5M-2 DISTRICT GOVERNOR PO Box 215 308 S Central Geneva, MN 56035



Club Request for Governor's Visit
Please fill out the form and send it as soon as possible
Club Name
Name and location of the meeting place
Dates in order of preference:
1st choice
2nd choice
Time of meeting
If social time
Breakfast, lunch or dinner: Yes/No
Joint meeting with another club?
Name of other club
Contact person: name, address, phone #, e-mail

List any functions you would like the governor to do such as awards, inductions etc.

Send request by October 1, 2011

DG Sue Bowman

PO Box 215 Geneva, MN 56034

The Nicollet Lions will be having a Pork Chop Fry on Saturday, Oct. 15, from 5:00 to 9:00 p.m. To Be held at the Nicollet Conservation Club. Everyone is welcome!



Albert Lea Lion Theresa Schmidt thanks groups who helped with bingo at the Freeborn County Fair. From left: David Bosma, Robotics/Supermileage Club; Suzanne Mauer, Albert Lea High School Band program; Lion Theresa Schmidt; Tammy Krowiorz, Ascension Youth Group.

Albert Lea Lions

The Albert Lea Lions started the summer helping out at the gates of the Red Power Round-up at the Freeborn County Fairgrounds June 21 through 25. Lions worked multiple shifts to earn money towards our scholarships and yearly planned donations. We earned enough money to set aside a capital improvement fund for future repairs to our bingo stand at the fairgrounds. Thanks to the Lakeview Lions for helping out on available shifts.

We held our annual Bingo fundraiser at the Freeborn County Fair from August 2 through August 7, 2011. Funds earned through bingo go towards scholarships and donations. Thanks to our bingo helpers the Albert Lea High School Band; Robotics/Supermileage Club and Ascension Youth Group. A total of \$650 was donated to those programs for all of their hard work at bingo!