November 2016

www.5m2Lions.org





# LEGACY LOG

Lion Steve Wasserman District Governor

# HAVE YOU CLIMBED ANY NEW MOUNTAINS LATELY?

Our International President Chancellor Bob Corlew is urging us to find "New Mountains to Climb" as we approach and then celebrate our Centennial Year

of Lionism. As I think of this topic, I can't help but think of the ubiquitous beer commercial that urges us to "Find Your Beach". The implication is that "your" beach can be anywhere you can take that mind-trip to escape the stress of modern civilization. While I do think it's important that we all "Find Our Beach", I think it's equally important that we, as Lions, "Find Our Mountain". We each need to find our personal new mountains to climb. Our clubs also need to seek out and climb new mountains.

What is your personal mountain? Maybe you want to ask someone to join your club, but are hesitant because you're afraid they may say "no". Perhaps you would like to take a leadership position in our club, but are self-conscious about having to speak in front of groups. Maybe you have an idea for a new project for your club, but you haven't mentioned it because they probably won't want to do it anyway. These can all seem like obstacles that we can't possibly overcome, mountains we could never climb. But we've all climbed mountains in the past. We've all learned to do things we couldn't previously do. I can remember standing at the top of Buck Hill in my skis, thinking I'd never make it down in one piece. I wasn't going to take the chairlift back down though, so off I went. When I did make it down, I felt a great sense of accomplishment and thrill. I had to do it again. Eventually, Buck Hill became too easy, and I had to find new mountains such as Vail and Aspen to ski. Our personal metaphorical mountains can also be overcome. We need to take that first step, give it a shot. Yes, we may fall, as I did many times on Buck Hill. But just like doing a face-plant in the snow, we can get up, learn from our mistakes, and try again.

What mountain is your club facing? Maybe it's getting harder to do service projects because your members are getting older. Perhaps you don't have enough members any more to do all the things you used to do. Maybe you're not making as much money at a fundraiser because of competition from other events. Maybe your club is just stuck in a rut, doing all the same things you've

always done, and you're wondering if opportunities are passing you by. Perhaps you are finding it harder and harder to get members to serve on committees or in offices. These can all be very significant obstacles and difficult mountains to climb. But they can be overcome. Maybe it's time to do a Community Needs Assessment. Perhaps you could partner with a youth group in town on service projects (maybe even with that other service club in town). Perhaps it's time for a concerted effort to attract new members or increase public awareness of all that you do. Maybe you need to find more ways to involve your newer, younger members in the decision making process.

Our President acknowledges that climbing mountains can be "difficult and arduous", and take a good deal of effort. But it is the fact that they are difficult that makes them worth climbing. Like doing aerobic exercise, it is the effort it takes that makes us stronger. And who knows, there may be a nice beach just over the peak of that mountain.

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# MOVING FORWARD...AND LOOKING BACK



Nancy Mathwig 1st Vice District Governor

Wow, can you believe we are soon into the 5th month of our Lions year! The month of October has been a busy one for me as 1st Vice District Governor. On Friday, October 7th, I had the privilege of meeting Lions Clubs International president, Lion Chancellor Bob

Corlew, when he visited Minnesota. During his visit he assisted us in cleaning a portion of County Road 42 along the Dakota County Technical College area and also inspired us with his talk about Lions Clubs International, the Centennial Celebration and the upcoming 100th anniversary celebration of LCI during the convention in Chicago. He informed us that LCI is aiming for a record-breaking attendance of 55,000 plus attendees!!!

At the District level, District 5M-2 has been busy meeting the four Centennial Service projects also. During the first quarter, secretaries have reported the following:

- Relieving the Hunger 28 projects were recorded such as food shelf donations, Meals on Wheels, and fruit for Long Term Care residents
- Sharing the Vision 15 projects were noted: recycling of used eyeglasses, handing out sunglasses during a parade, purchasing a vision reader and a Kidsight donation.
- Protecting the Environment 15 projects recorded, mostly highway clean-up.
- Engaging our Youth as I noted in previous articles, District 5M-2 clubs are very dedicated to our youth. During the first quarter, 48 projects have been recorded for this Centennial Service project, including: dictionary project, money to attend a leadership conference, backpack program, and donations for school trips.

Keep up the good work 5M-2! And secretaries, remember to check the Centennial Service area at the bottom when you record your activity.

On Wednesday, October 12th I traveled to Detroit Lakes for my first two days of training as 1st Vice District Governor and attended the Council of Governors meeting on Saturday, October 15th. The days were filled with information I will need as your district governor next year and gave me lots of room for thought as I move forward. One of the topics we discussed was putting together our Cabinet. At this time I would like to invite anyone in the district who has considered stepping outside their own club and thought about serving on the Cabinet to contact me

to let me know about your interest. I will be looking at the needs of our district for next year and, with District Governor Steve's ok, will soon begin asking Lions to serve on the Cabinet during 2017-2018. Give it some thought!

Again, to close, our history fact for November. The following clubs will be celebrating anniversaries during the month of November:

0	Alden Lions	38 years
0	Blooming Prairie Lions	62 years
0	Gibbon Lions	57 years
0	Kiester Lions	30 years
0	Prior Lake Lions	70 years
0	Stewart Lions	51 years

Congratulations to these six clubs – 308 years of service to their communities and the world!!!

Where there's a need, there's a Lion!

# 100 100 100 100 100 100 100 100 100

On Friday, October 7, 2016, Lions from District 5M2 were given the opportunity to meet Lions Clubs International President, Bob Corlew, when he visited our multiple at Dakota County Technical College (DCTC) in Rosemount, MN. During his visit we met the four Centennial Service Challenge goals by cleaning up a portion of the ditch along County Road 42, donating food and monies to local food shelves, supporting our youth through scholarships to DCTC, and collecting used eyeglasses.

Attending from 5M2 were DG Steve and PID Debra Wasserman, Lion Lori Klein, IPDG Marv and Lion Ev Grimm, 1st VDG Nancy Mathwig, and Jordaness Lions Christy Trutnau, Julie Beckius and Wanda Breimhorst.



# **BITS AND PIECES**



Diana Kroells 2nd Vice District Governor

I could not help but chuckle as I was reading the newest Lion's Magazine and came upon the article "A Lion takes on Everest". The articles goes on to say that Lions in Malaysia decided to mark Lions Clubs' centennial by selecting a Lion to climb Mount Everest. Lion

James Lee, age 68, was set to become the oldest person from southwest Asia to summit the 29,029 foot Everest. Now I would have to say they are taking President Bob Corlew's theme "New Mountains to Climb" literally. I am sure the leadership of District 5M2 does expect anyone to climb Everest or any other physical mountain for that matter but I think it would be fitting in this centennial year for each Lion to set a personal goal of "New Mountains to Climb". Have you picked out your "mountain" yet? Planning to attend your the District convention in Mankato, the Multiple Convention in Bemidji or the International Convention in Chicago in 2017 are all great places to start.

Some of you have had the opportunity to experience a new Zone meeting format that was chosen by some of the Zone chairpersons. We had very good attendance at the Region meetings at which time Lions from around the District were given the opportunity to hear the Cabinet chairs give reports so the idea of the new Zone meeting format was to give the club presidents & secretaries a chance to have a round table discussion to share project ideas, fund raising efforts that may have succeeded or maybe some that failed, good speakers that they have had or just club issues in general. Hopefully these discussions were

beneficial to those in attendance.

Congratulations to all of the clubs that received a Centennial Service patch at the Region meetings. This patch, although presented to a club president or other representative, is for the whole club to be proud of because of the team effort put forth qualifying your club for the patch. Being recognized for a job well done is important so I hope that club presidents or award committees think about presenting some of your Lions members with awards that your club may have earned through donations to Diabetes, Hearing & Vision Foundations, Leader Dog, Can do Canines, or LCIF.

As I am finishing up this article, I am still coming down from my "high" after 2 days of training in Detroit Lakes and experiencing a Council of Governors meeting. Even though I may forget some of the things I learned, I will not forget the great team of 2nd VDGs that I will be spending time with over the next 3 years- as 2n VDGs, then 1 VDGs and then DGs. I did come to one conclusion from the days spent with them -we are all excited about the opportunity to serve as our District's DG in 2018-2019.

I found it!!!! My next puzzle. As I was assisting my brothers & sisters cleaning out my mom's house, as she is now in assisted living, there it was- tucked away in a cabinet. A one thousand piece Thomas Kincade puzzle that I had given to her a number of years ago that she never opened. I snatched it up and took it home and will be starting on it right after the holidays. PDG Marv asked me recently" Do you actually think you will have time to put together a puzzle this winter?" and I responded "I will make time."

"No one is useless in this world who lightens the burdens of another." Charles Dickens

# WHERE CAN YOU FIND DG STEVE IN NOVEMBER?

- November 1: St. Peter DG Visit
- November 4-6: 5M13 District Convention
- November 9: Zone 2 Meeting, Chanhassen
- November 11-13: Northern Pride Lions Leadership Forum, Mahnomen
- November 17: Silver Lake DG Visit
- November 19: Jordaness Fashion Show
- November 20: Cologne Leos DG Visit
- November 28: Waterville DG Visit

# PDG MARVIN RECOGNIZED FOR HIS DG YEAR OF SERVICE



At the October 23rd cabinet meeting, IPDG Marvin Grimm was recognized by DG Steve with a plaque and a pin. Thank you PDG Marvin.



# Centennial Update

By DG Steve Wasserman, 5M2 Centennial Coordinator

# Centennial Service Challenge:



As you can see above, we are now well past the overall goal of serving 100 Million people through the Centennial Service Challenge. You can also see that we have surpassed the 25 Million goal in "Engaging Our Youth" and "Protecting the Environment", and are very close to reaching that mark in "Relieving the Hunger".

We do have a bit of a way to go to meet our goal for "Sharing the Vision". Your club can do its part to help Lions Clubs International reach that goal by collecting and bringing used eyeglasses to the Midwinter Convention. Every pair of glasses makes a difference to someone in the world who does not otherwise have access to something we all take for granted. Give the gift of sight, and help us meet the Centennial Service Challenge at the same time. Make sure you count the glasses because **1 pair of eyeglasses = 1 person helped.** 

Congratulations Chaska and Victoria Lions! They have now joined the Courtland Lions in having reported on projects in all four areas of the Centennial Service Challenge for the 2016-2017 year. Seven other clubs have reported on projects in three areas. Who will be next to earn their Four Diamond Patch????

"Where There's a Need, There's a Lion!"

# Centennial Community Legacy Projects

By DG Steve Wasserman, 5M2 Centennial Coordinator

There are three levels of Legacy Projects, with increasing levels of size and impact. Clubs should choose the level that's right for their club and community:



Level 1: Raise Your Community Visibility – a public item such as donating a park bench, bike rack or a new sign

Level 2: Provide a Community Gift – a larger contribution such as refurbishing a park, establishing a community garden or providing medical equipment

Level 3: Make a Community Impact – a significant community impact such as building a clinic, school, eye-hospital or library

All Legacy Projects should be identified with a sign or plaque indicating the project was donated by a Lions club.

Our International President Bob Corlew's goal is to have 20,000 clubs do Centennial Community Legacy Projects. Our District goal is to have 50% of clubs in the district report on Centennial Legacy Projects. So far, we have six clubs who have reported Centennial Legacy Projects, and I have heard about quite a few more in the planning stages.

### Level 1 Projects:

- The Amboy Lions spent 9 hours picking up debris in major road ditches.
- The *Ellendale Lions* held a picnic in the park on national Night Out.
- The *Glencoe Lions* purchased new handicap friendly picnic tables to be placed at the local community pool.
- The *Lake Crystal Lions* walked three miles of roadside picking up trash.
- The Norwood Young America West Carver Lions purchased a bench to be installed in the Wilkomen park.
- The *Shakopee Lions* provided fishing equipment to youth participants in the OHEC Fishing Event.

# Level 2 Projects:

 The Shakopee Lions committed a significant amount of money towards the planned "Fun For All Park" improvements at Lions Park.

Now is the time to be planning your Legacy Project. Remember, it needs to be a "Visible gift to your community that commemorates our Centennial and creates a lasting legacy of your service contribution". It is a great opportunity for some positive public relations, especially if you hold some kind of dedication ceremony and invite the public. It also provides lasting visibility for the presence of your club in the community when a Lions sign or plaque is included in the project. For more information and ideas, see the brochure and FAQ included in this newsletter, or look on the Lions International website.



# Build Your Lion &

Legacy!

Connect with your community by planning a **Centennial Community Legacy Project** during our Centennial Celebration. Legacy Projects are visible gifts to your community that commemorate our Centennial and create a lasting legacy of your service contributions.

# **Plan Your Legacy Project**

All Lions clubs around the world are encouraged to complete a Legacy Project by June 30, 2018. With three levels of participation, there's an opportunity for every club to get involved.

# **Promote Your Legacy Project**

Your Legacy Project is an opportunity to showcase your project and club to the community. These tips can help you maximize this great PR opportunity:

- Dedication Ceremony Host a dedication or ribboncutting ceremony and invite your community and media to attend.
- Social Media Share your project on social media and ask your community to share photos at the site of your Legacy Project. Use the hashtag #Lions100 on all your Centennial posts.
- Local Media Send out a press release or ask a reporter to help tell your story.

# **Report Your Legacy Project**

Be sure to report your Legacy Project using the MyLCI Service Activity Report, under the *Community and Culture* activity type. Clubs can earn a special banner patch, and select projects will be featured on the LCI website, social media and LION Magazine.



# **Start Planning Your Legacy Project Today!**

Choose from the project ideas below or create your own to address specific needs in your community.

# level

# **Raise Your Community Visibility**

- Post new Lions signs
- Donate a park bench
- Dedicate a statue
- Sponsor a fountain in a local park





# **Provide a Community Gift**

- Refurbish a park or playground
- Build a footbridge over a busy road
- Fund resources for the visually impaired
- Donate a vehicle to a community organization





# **Make a Community Impact**

- Build a clinic
- Expand a library or school
- Develop a training center
- Equip an area hospital





All Legacy Projects should be identified with a sign or plaque indicating the project was donated by your Lions club.





# Centennial Community Legacy Projects FAQ



### Q1. What is a Centennial Community Legacy Project?

A1. Centennial Community Legacy Projects are designed to help clubs connect with their communities and create a visible and lasting Lions legacy. With three levels of participation, there's an opportunity for every club to get involved.

# Q2. What are the three levels of Community Legacy Projects?

- A2. There are three levels of Legacy Projects, with increasing levels of size and impact. Clubs should choose the level that's right for their club and community:
  - Level 1: Raise Your Community Visibility a public item such as donating a park bench, bike rack or a new sign
  - Level 2: Provide a Community Gift a larger contribution such as refurbishing a park, establishing a community garden or providing medical equipment
  - Level 3: Make a Community Impact a significant community impact such as building a clinic, school, eye-hospital or library

All Legacy Projects should be identified with a sign or plaque indicating the project was donated by a Lions club.

## Q3. When can my club complete its Centennial Community Legacy Project?

A3. Anytime during the Centennial Celebration Program, from July 2014 through June 2018.

### Q4. Do Legacy Projects qualify for the Centennial Service Challenge?

A4. Legacy Projects qualify if they also provide benefits under one of the four Centennial Service Challenge areas: hunger, youth, vision or the environment. For example, if you build a children's park in your community, you could enter it as both a Legacy Project and as a Centennial Service Challenge activity.

### Q5. How do I report my Centennial Community Legacy Project?

A5. You report Legacy Projects just like you report your Centennial Service Challenge activities – by using MyLCI's Service Activity Report, under the *Community and Culture* activity type.



# Viewing Forward



### MN Lions Vision Foundation

In the last few months, we have reviewed several projects supported by the MN Lions Vision Foundation: Eye Bank, MAC Center, Children's Eye Clinic, Research Building, and Eyeglasses collection. Lions' involvement is amazing! On October 1, MLVF directors were gathered by Staff for our quarterly meeting. VDG Diana and I are always overwhelmed by the information we receive and the decisions to be made. Not overwhelmed in a bad way but honored to be your representatives to these most worthy causes.

And, for the good news! On September 26, 2016, the new Minnesota Lions Eve Surgical Center Clinic opened on campus. Dr. Olson handled the first patient (maybe you are hearing about this at Thanksgiving for Vision). The clinic is at its temporary location with two fully equipped surgical rooms. See photo attached. Dr. van Kuijk, Chair of the Department of Ophthalmology, states the teaching can now be done the way it should be. Previous to now, surgeries were done offsite which challenged the teaching arm of our wonderful physicians. We are reminded that our \$4 million dollar pledge over these eight years is critical to the advancement of the Surgical Center. A permanent site for the new building is now chosen; we are a part of good things to come! For over 50 years, Minnesota Lions have been a partner critical

to the great reputation of the University's Department of Ophthalmology and we want to continue our legacy. MLVF has a wonderful site, www.mnlions-visionfoundation.org, which you will want 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@embarqmail.com or mkspille@embarqmail.com.



Lions Eye Surgical Suite Ribbon Cutting - Lion Dr. Josh Olson was privileged to "cut the ribbon" on September 24, 2016, for the new Lions Eye Surgical Suite at the University of Minnesota Health Clinics & Surgery Center. After many months of planning, the first day was a success!

# MINNESOTA LIONS VISION FOUNDATION HELPS LIONS KIDSIGHT MD5MWITH \$100,000 DONATION



On September 27, Minnesota Lions Vision Foundation gave a major boost to Lions KidSight MD5M by donating \$100,000 toward their efforts to screen the vision of children aged six months to six years.

Part of a larger Lions Clubs International Initiative, KidSight MD5M builds on the Lions' proud history of saving sight and their work to help all persons see the world clearly.

The Minnesota Lions Vision Foundation, established in 1960, has long been concerned about the eye health of children. The foundation helped open the Minnesota Lions Children's Eye Clinic in 1978 and, over the years, has funded extensive remodeling and frequently donated money for needed equipment.

At the Lions Children's Eye Clinic, pediatric ophthalmologists and their staff treat more than 8,000 children each year! Efforts are also devoted to pediatric research, including studies in albinism, lazy eye, congenital cataracts, congenital glaucoma, crossed eyes, involuntary eye movement, and retinopathy of prematurity. The clinic's mission is to give every child a lifetime of sight.

But saving a child's sight depends on identifying problems as early as possible. Currently, many young children do not have their vision screened until they start school, and vision problems that are not treated early risk becoming permanent by the age of 7. KidSight MD5M hopes to increase pre-K screening around the state, identifying vision problems and referring children for follow-up treatment with eye care professionals. The Vision Foundation has set them on their way!









**Lions Leadership Forum** 

Have you ever wanted to attend the USA/Canada Lions leadership Forum and either did not have the time, four days, or the money, over \$700 dollars?

But you really want to hear some exciting speakers, learn more about our organization and get ideas on how to increase your leadership ability or learn new ways to keep your club strong and help your communities?

Then the Northern Pride lions Leadership Forum is for you!!!!

One day, or come in Friday night for a great meet and greet mixer. Only \$164 includes registration fee and one night hotel. Fee also includes lunch and dinner on Saturday and a free gift.

Choose from 36 great seminars and hear two dynamic speakers, PID Robert Littlefield and PID Brian Sheehan.

So come and join other members of our Lions family in Mahnomen MN November 11 and 12 2016 for great company, networking and knowledge.

You can find the registration form and seminar schedule at:

http://www.lionsmd5m.org

Northern Pride Lions Leadership Forum



Your District & Club Name:

# Northern Pride

# **Lions Leadership Forum**



# November 11th - 12th, 2016

Shooting Star Convention Center, Mahnomen MN USA

# 2016 Registration Form

"Meet your fellow Lions from Wisconsin, Nebraska, Iowa, Saskatchewan, North Dakota, South Dakota, Manitoba, NW Ontario and Minnesota."

Name & Title	Registration form at <a href="http://www.lionsmd5m.or">http://www.lionsmd5m.or</a>
City/Town State/Prov.	ALL costs are in USD Canadians are asked to send USD money order to PDG Cheryl
Zip/Postal  Phone (w / area code)	
Special Dietary Needs: Vegetarian, Gluten Free, Allergies	(circle ones that apply)

# Registration Fee \$99.00 USD

Registration includes Friday evening Meet & Greet Mixer (if you are arriving then), Your choice of up to 6 of the 36 Seminars on Saturday, Saturday lunch and dinner with dynamic guest speakers: PID Brian Sheehan and PID Robert Littlefield. (Saturday Breakfast on your own, seminars start at 9 AM)

Make cheques / money orders payable to: Northern Pride Lions Leadership Forum

US residents mail to:

PDG Dave Jensen, 32549 Co Rd 11 Wendell, MN USA 56590-9771 R. 218.458.2428 C. 218.770.9410

E. oakstuff@runestone.net

Canadian residents mail to: Send USD money order



PDG Cheryl McKitrick PO Box 340, Crystal City MB Canada R0K 0N0

E. cemckit@gmail.com R. 204.873.2091 C. 204.825.8073

Cancellations prior to October 31st, 2016 will have a \$25.00 fee applied, NO Cancellations after October 31st, 2016 except for Medical emergencies are accepted anytime with doctors letter (\$25.00 fee still applies).

For more Information contact: PDG Dennis W. Kelly III at <a href="mailto:cdk3inc@outlook.com">cdk3inc@outlook.com</a>

Hotel Reservations - Contact the hotel directly - Rate \$65.00 USD per night (+ taxes) Until October 30th, 2016

Shooting Star Hotel & Casino, Mahnomen, MN - call 1-800-453-STAR and ask for block #71.

This block is called "Northern Pride Lions Leadership Forum"



# DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc. "Catch the Dream" Life Without Diabetes!





# **Mission Statement**

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

# **Foundation News**

Dream Catcher Calendars – 2017

<u>Centennial Edition</u> Thank you to all those who purchased a spot on our first calendar! Look for your copy coming to you in December. Trustees are selling extra copies for \$10.00 OR to get your 2018 spot early contact your District Trustee.

Watch for "The Faces of Diabetes" coming out on our Video that is in production now and expected to be available in time for viewing at Mid-Winters in January.

# World Diabetes Day is November 14th

World Diabetes Day was first introduced in 1991, and founded by both the International Diabetes Federation and the World Health Organization. In reaction to the rise in cases of Diabetes worldwide, it was decided to choose a day of the year to raise awareness to Diabetes and related causes. The day chosen was the birthday of Sir Frederick Banting, a medical scientist who codiscovered insulin and was the first person to use it on World Diabetes Day is internationally humans. recognized and is an official United Nations Day. The theme of World Diabetes Day regularly changes. For 2016 it is "Eyes on Diabetes". Over the years the themes have focused on education and prevention. Past themes have included things such as human rights, lifestyle, obesity, the disadvantaged and vulnerable, and children/teenagers. Various events around the world mark the day including raising awareness in the media,

leaflet/poster campaigning. "Going blue" is another global event to mark the day, where people wear blue and landmark buildings and monuments around the world are lit up in blue, to help spread awareness of the day.

# **MLDF Trustees are Hosting WDD -Diabetes**

<u>Education</u> On the following dates and locations across MN. Stop By to see what is happening. **November 5, 2016\*** 

- \*Fridley Walmart 8450 University Ave. NE 11am 3pm
- \*Brooklyn Center Walmart 1200 Shingle Creek Crossing 11am 3pm
- \*Roseville Walmart 1960 Twin Lakes Pkwy 11am 3pm
- \*Duluth Walmart 4740 Mall Dr, Hermantown 10am 2pm

# November 12<sup>th</sup>, 2016\*\*

- \*\*North Rochester Walmart 3400 55th St. NW 11am 3pm
- \*\*Worthington Walmart 1055 Ryan's Rd 9am 1pm
- \*\*Windom Hyvee 192 10th St. 9am 1pm
- \*\*Jackson Sunshine Foods 908 Hwy 71 North 9am 1pm

St. Paul East Parks Lions

12th Annual Silver Plate Breakfast
Gulden's Restaurant

Hwy. 61 & County Road D, Maplewood
Sunday, November 20, 2016
10:00 am to 12:00 noon
Admit Two - Donation \$60.00

The proceeds go to
Minnesota Lions Diabetes Foundation



8-17-16 Farmington Lions Club members Lion Clyde and Lion Don hand off a donation for the 2017 Calendar Fundraiser to District 5M6 Trustees Lion Eileen and Lion Doug.

# "0k Fun Run Walk for Diabetes"

At the MD5M Convention which will be held in Bemidji April 21, 22, 23, 2017, You can join in this short walk to support diabetes research and education. How short is it? Come check it out, and for a contribution of \$20.00 you will also get a T-shirt. Registration form is at http://www.lionsmd5m.org/



8-8-16 Trustee Bernie Braegelmann (Left) and Trustee Gary Stevens (Right) awarded Lion Dean Cariveau (Left) and Lion Jim Bremer (Right) Dream Catcher Awards for their work on creating our new MN Lions Diabetes web site.

# Mark Your Calendars ----

# What does 200 Calories of food look like?

# (approximately)

16 oz. juice or soda

12 oz. latte or smoothie

3 fun size candy bars or 40 M&Ms

4 Fudge striped cookies

12 Town House Original crackers

36 Cheez-Its

34-1 Cup of most cereals

2 dinner rolls or most hamburger buns

1/8 of 12" thin crust pizza

1 ½ oz. fries (small at most fast food restaurants)

1/3 cup ice cream

2 eggs - 2 ½ oz. fries (small serving)

4 strips bacon - 2 T. butter

4 oz. meat - 1 medium, 8 oz. potato

2 slices cheese - 7 cups broccoli

6 cups chopped tomatoes 1 cup cooked pasta or rice

1-2 alcoholic drinks

# Ways to Burn 200 Calories

A brisk walk with your favorite dog. 25 minutes = 190 calories

Suds it up yourself! Clean your car. 40 minutes =216 calories

Master the stairs by avoiding elevators and escalators.

30 mins on a Stairmaster =216 calories

Dive in the Water is fine. 30 minutes of swimming = 215 calories

Fall house or garage cleaning. 25 minutes = 210 calories Get back to nature. Weed the garden, plant some spring color, rake leaves or your neighbors leaves.

55 minutes = 205 calories

Remove the clutter from that treadmill in the basement, Or head to the gym. 20 minutes = 192 calories

Fore! Get in a round of golf before the snow flies. Walk and pull your own cart. 50 minutes = 210 calories
Using a step meter 4000 steps each day = 200 calories
Track your progress you will be surprised how steps add up as you include one of the above in your daily routine.
Have Fun.

Source HealthEast Living Well with Diabetes Program



The Minnesota Lions Diabetes Foundation invites you to

# **World Diabetes Day**



"Catch the Dream"
Life Without Diabetes!

- Learn if You are At Risk for Diabetes
- Fun Ways to Add Physical Activity
- Food and Exercise Demos
- Healthy Eating
- Free Gifts



Visit us online for more info!



world diabetes day

# **World Diabetes Day 2016 - Locations**

# November 5, 2016

# FRIDLEY WALMART

8450 University Ave. NE 11am - 3pm

# BROOKLYN CENTER WALMART

1200 Shingle Creek Crossing
11am - 3pm

# ROSEVILLE WALMART

1960 Twin Lakes Pkwy
11am - 3pm

# DULUTH WALMART

4740 Mall Dr, Hermantown 10am - 2pm

# November 12, 2016

# NORTH ROCHESTER WALMART

3400 55th St. NW 11am - 3pm

# WORTHINGTON WALMART

1055 Ryan's Rd **9am - 1pm** 

# WINDOM HYVEE

192 10th St. **9am - 1pm** 

# JACKSON SUNSHINE FOODS

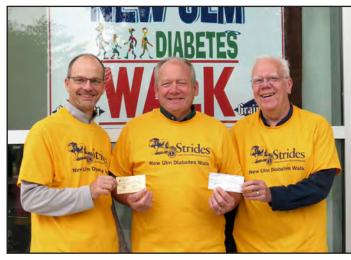
908 Hwy 71 North 9am - 1pm

# LIONS CLUBS PARTNER IN DIABETES WALK

Members of the Lafayette Area Lions Club partnered with Lions from New Ulm to host the second annual Strides New Ulm Diabetes Walk Saturday, October 1. The one- and two-mile walk began at the Civic Center on the Brown County Fairgrounds 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. A total of 80 walkers took part, including groups from area businesses, the Courtland and Nicollet Lions Clubs, and 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, of which Bob Wise is a past president, is in District 5M2.



Lafayette Lion Bob Wise, left, and New Ulm Lion Bob Schirlinger presented club checks to Kevin Blank, MN Lions Diabetes Foundation Trustee.

After raising nearly \$7,000 for research efforts of the

Minnesota Lions Diabetes Foundation last year, event organizers set a goal of exceeding that amount this year. That goal was reached, with nearly \$10,500 raised. The Lafayette Area Lions and the New Ulm Lions Clubs kick-started the fundraising efforts, with each presenting a \$1,000 check to Kevin Blank, MN Lions Diabetes Foundation Trustee. The Gibbon and Sleepy Eye Lions also donated to the walk.

A number of businesses supported the walk in various ways. Drs. Akre and Clark, Ophthalmology Associates, Citizens Bank, and Furth-Meile Insurance sponsored T-shirts for the walkers. Medtronic and Drs. Akre and Clark hosted tables. Hy-Vee Foods did a "Round-Up" and donated bananas and granola bars.

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 Branch, 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.

NEVULN

AAA DIABETES

WALK

Market Plant

Ma

Above: Lions members from three clubs in Zone 4 were on hand for the Strides Diabetes Walk. From left: Lowell and Charlette Abbas, Kevin and Joan Blank, Mary Pipping, Bob Wise, Ruth Klossner, Dwayne Pipping, and Mark Dick. The Abbases are from Courtland, the Blanks and Pippings from Nicollet, and Klossner and Dick from Lafayette.

Below: Participants in the second Strides New Ulm Diabetes Walk walked the sidewalks around the Brown County Fairgrounds Saturday morning. The route is ideal in that there are no street crossings and no crossing guards were needed. Between them, the 80 walkers raised nearly \$10,500 for the Minnesota Lions Diabetes Foundation as it works to find a cure for the disease.

# AMERICAN DIABETES ASSOCIATION'S MINNEAPOLIS EXPO



Minnesota Lions Diabetes Foundation Trustee, Lion Wanda Breimhorst (of the Jordaness Lions club), attended the American Diabetes Association's Minneapolis Expo on October 15th.

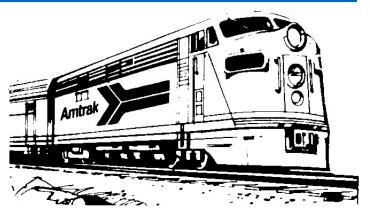
# TRUE FRIENDS MAKES THE NEWS!

minnesota.cbslocal.com



# Maple Lake Camp Opens Wheelchair Challenge Course

True Friends Camp Courage in Maple Lake celebrated the opening of their new challenge course on Sunday, Angela Davis reports (:51). WCCO 4 News at 5:30 - Oct. 16, 2016



# TRAIN TO INTERNATIONAL CONVENTION

Lion Dennis and myself have been working on seeing if we can get enough Lions and spouse to fill a train car dedicated to Lions only. We have reserved a car that will hold 75 people. The train will depart from the Amtrak St. Paul, MN station on Thursday June 29, 2017 @ 8AM and arrive in Chicago @ 3:55PM on the 29th. The return train from Chicago will be on Wednesday July 5, 2017 leaving Chicago @ 2:15PM and arriving in St. Paul, MN @ 10.03PM on the 5th of July 2017. Please note that these dates are a day ahead of the Convention start day and a day after the convention ends. So when you make your hotel reservations with LCI be sure to note that you will be arriving early and leaving late. Please note that you are one of the first to receive this information. It will be going out October 1st to every District Newsletter editor as well as the 80 Lions that have already expressed interest in taking the train. If you snooze you will lose.

If you are interested in the train I'm sending this out to you early so you can get aboard. My district 5M6 will be cutting the check for all that sign up for the train. What is required from you is a check made out to District 5M6 and put 2017 LCI Train in memo line. All checks need to be to me by no later than November 1,2016. I will keep all the checks and date them as I get them or if you send me an email that the check is in the mail I will use that date as vour conformation date. NO CHECKS WILL BE DEPOS-ITED INTO THE 5M6 ACCOUNT UNTIL THE CAR IS FULL. Those that have made the car will be notified by me that they are on the train. Amtrak will not send any individual tickets out to anyone. I will be using a form that Amtrak has sent to list all the names that will be boarding the train in St. Paul. A conductor for our Lions Car will have a copy of the list that I send back to Amtrak with the check. When we Board the train in St. Paul and Chicago they will check off the names of those that have paid to be in our car for the round trip.

I will also need the First and Last name of each person as it appears on their Driver's license or legal ID card. If you have any question please contact as soon as possible. Hope to hear from you soon.

# **LION LYNN**



# CONVENTION AND HOTEL RESERVATION FORM

# LIONS CLUBS 100TH INTERNATIONAL CONVENTION



Chicago, Illinois USA • Friday, June 30 — Tuesday, July 4, 2017

<b>DEADLINES MAY 1, 2017:</b> <ul> <li>Deadline for advance registration and hotel reservation. (<i>Registrations after this date will be</i></li> </ul>	e processed in Chicago). • Deadline to submit a refund request for registration, housing and/or ticketed event cancellation.
REGISTRANT INFORMATION: Please type or print name as it appears on passport/p	hoto ID.
First Name / Family (Lost) Name	Badge/Call Name
Address	
City Post	ral Code Country
Daytime Phone E-mo	ail and the second seco
☐ Leo ☐ Lioness ☐ Omega Leo ☐ Club	No. Membership No. District Title
COMPANION: First Name/ Family (Last) Name	Badge/Call Name
☐ Leo ☐ Lioness ☐ Omega Leo ☐ Club	No. Membership No. District Title
CHILD: First Name/ Family (Last) Name	Age 🔲 Alpa Leo
PACKAGE A: Includes convention registration for each registrant listed above plus one (1) hotel room servi buses during convention.  Before January 13, 2017 Reservation in delegation hotel After January 13, 2017 I prefer my delegation hotel Prefer another h	ODTIONAL TICKETED EVENTS
Arrival Day/Date  Departure Day/Date  Number of Guests in Room Number of Beds Needed  1 2  Special Requirements:  Non-smoking  Wheelchair Accessible  Other  The Hotel deposit is US\$200 per room. Your deposit will be credited to your hotel bill at chec	EVENT: MELVIN JONES FELLOW LUNCHEON  DATE/TIME FEE QUANTITY AMOUNT DUE  July 3/ 13:30-15:00 US \$75 \$  EVENT: DISTRICT GOVERNOR/PAST DISTRICT GOVERNOR BANQUET  DATE/TIME FEE QUANTITY AMOUNT DUE  July 3/ 20:00-22:00 US \$125 \$
CENTENNIAL SERVICE CHALLENGE PROJECTS IN CHICAGO  I am interested in participating in a hands-on community service project during the Chica	ago Centennial Convention. Further details on registering for service projects will be sent to you in the coming months.
PAYMENT: Full payment is required with this form. US currency only. Checks and money REGISTRATION FEES:  EARLY (Before January 13, 2017)  REGULAR (January 14 through March 31, 2017)  LATE (April 1, 2017 — onsite)  Wire transfer (payment slip must be attached to this form	orders must be drawn on US banks. Visa, MasterCard & Discover cards accepted.  Alpha Leo Omega Leo PACKAGE A: PACKAGE B:  US\$60 Registrations: US\$ Registrations: US\$  US\$60 Ticketed Events: US\$ Ticketed Events: US\$  US\$60 Hotel Deposit: US\$ Total Due: US\$
Name as it appears on card  Card Number  X Cardholder Signature	Credit card must be in the name of the registrant.

# Celebrating Riding



# years of service miles for those who served

by Lion Jack Webster

I am very happy to say that the Project New Hope Bike-a-Thon got underway on Saturday, Oct. 1st as scheduled (rescheduled?) and was completed with no serious injuries or after effects. Granted there were a few stiff legs and sore knees but nothing serious. Because of the optional date of the event, due to mudslides blocking the trail, there were fewer riders than expected but it was still a highly successful event.

Despite the obstacles we had to overcome in finally getting the ride underway, we nearly reached our goal of \$10,000! Checks are still coming in the mail nearly every day and other Lions have told me that their clubs have funds to be sent in to the project. While the funds currently in the bank total \$9,688, the tally is growing as you read this. Project New Hope will be, I feel, at least \$11,000 richer due to the Lions of 5M-2! Give yourselves a pat on the back and a hearty 'Well Done'!

Thus far only 17 of our Lions Clubs have donated to the project (I would hope, and expect, that more clubs will send in checks to this worthwhile cause) and a special Thank You to the Elysian American Legion Club who donated a check for \$500 and had a rider join us in the trek. Other notes of interest are the fact that two Lions rode the entire distance (plus) of 102 miles! Congratulations to Lions Steve Morgan and Lynn Babcock of the Faribault Lions for their stamina and dedication!. Next came Lion Margie



Lion Margie Jacobson and biker friend Kim Brown as they head 'off into the sunrise' as the Bike-a-Thon gets underway at about 6:45 a.m.

Jacobson and friend Kim Brown with 87 miles, PDG Harry Klenke with about 70 miles and not far behind came Waterville Lions Bob Waldschmidt and Jack Webster (and daughter Robin) at 60 miles each.

I am proud of the fact that my daughter, who drew up the design for the Bike-a-Thon publicity, shirts, letterheads, etc. was also the top fundraiser with pledges totaling over \$1200! I wasn't too far behind in the pledge amount with about \$800. I am also doubtful that without her support and encouragement I would have been able to successfully coordinate the project.

I want to thank everyone who helped on this project in any way --- there are too many to try to remember all of you by name but a huge THANK YOU to everyone who assisted in the project, donated their time and services, those who rode the trail and especially those who donated to our worthy project that will benefit Project New Hope. Hopefully all clubs will contact any and all returning combat veterans and let them know about our camps located around the state. And also let them know that these week end retreat camps are FREE to the veterans and their families and counselors are available if desired.

To those clubs who have not yet contributed, it is never too late to send in your check. The checks can be mailed to Lion Sue Vos, Dist. Treasurer or to Lion Jack Webster, at 220 Herbert St. N., Waterville, MN. 56096.

Bike-a-Thon coordinator Lion Jack Webster and daughter Robin Webster as they just finished their 60-mile jaunt. The "Welcome to Waterville" sign behind them is located just at trails end (before it crosses Hwy. 13 and continues on west).





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.

# America recycles day

America Recycles Day (November 15<sup>th</sup>), a Keep America Beautiful national initiative, is a nationally recognized day dedicated to promoting environmental citizenship and taking action to increase/improve recycling involvement in the US.

<u>https://americarecyclesday.org/</u> is the official America Recycles Day website. From the website you can:

- 1. **PLEDGE**; as an individual you can pledge to recycle more shampoo bottles, unwanted mail, mobile phones, plastic caps/bottles, and/or plastic shopping bags and KAB will email individualized tips on how to accomplish your goals. Pledge as a club and host a club-wide recycle drive!
- **2. ACT**; act by either hosting an event (outlined are **MANY** sample events for schools/work/colleges/individuals/etc) or finding a local event to attend.
- **3. SHARE**; promote recycling awareness with the hashtag #BeRecycled during the month of November and promote others to make the pledge to recycle more.

# NEED RECYCLING BINS FOR A LIONS SPONSORED EVENT?

https://recycleminnesota.org/resources/borrow-bin/

The Recycling Association of Minnesota hosts the Borrow-A-Bin program, a free resource that provides portable recycling bins for events. Bins can be checked out at their locations in St Cloud, Owatonna, Chaska, Rochester, Virginia, and St Paul.

The Recycling Association of Minnesota website is a great resource for more event ideas and Minnesota specific details for recycling rules and resources. The site has details regarding: education and outreach, free signs/images, fact sheets, recycling in your town, recycle you holidays, compost bins and rain barrels, carton recycling, etc!

# Bemidji 2017

# SANF PRD CENTER









# To See and Do!

Tours



Bemidji Woolen Mills ~Historic, Fashionable and Family owned and operated. Local fiber to final product. www.bemidjiwoolenmills.



ww.aircorpsaviation.com

Lakeland Public Television ~ Educate, entertain, enrich and enlighten. Local and national programming. A true gem of the North. Empower citizens and connecting the diverse communities across the region. Reaching an estimated 7,500 sq miles.

# Other Opportunities:

www.lptv.org

Pinewood Fire Tower and Forest Education Center

https://www.youtube.com/watch?v=YJG2uw-9Zb8

Many other attractions: www.visitbemidji.com

# Hotel Accommodations

Country Inn and Suites (Convention Headquarters)

218-441-4800

110 rooms on hold Attached to Sanford Center

# **Additional**

### Accommodations:

AmericInn 218-751-3000 Best Western 218-751-0390 Double Tree by Hilton

> 218-441-4400Shuttle to Sanford Center

Hampton Inn & Suites

by Hilton

218-751-3600 Shuttle to Sanford Center

Holiday Inn Express

218-751-2487

**Quality Inn** 218-444-7700 **Super 8** 218-751-8481



# LITPC YOUTH SCHOLARSHIPS

I am happy to say that this past June, one of the 2 Youth Scholarship winners was from Minnesota!! She received a \$2,500 scholarship!! This was the 5th year that scholarships were given from the LITPC.

The most important aspect of the Youth Scholarship is to help a young person pursue his/her education and follow their dreams!!

The LITPC (Lions International Trading Pin Club) takes great pride in fulfilling the motto of Lions Clubs International "WE SERVE". During the SightFirst II Campaign, the Pin Traders contributed US \$144,000 to LCIF.

The Youth Scholarship Program is another example of the Pin Trader's slogan, "Lions First". The 5M Pin Traders Club along with 13 other Pin Trader Clubs from across the USA support the LITPC Scholarship Program.

Selection of a scholarship recipient is based on academic achievement, an essay stating the student's goals, a statement of reason(s) for applying and an overview of work, community and school service,

and letters of recommendation. Applications and supporting documentation are to be completed and submitted to the pin trading club scholarship chairman named below by March 1, 2017.

ALL graduating seniors who are the children/grand-children of Lions, Lioness, or members of Leos Clubs are encouraged to participate in the Scholarship program. This does include students from Canada.

To apply for a LITPC Youth Scholarship:

- 1. Go to the LITPC Website address www.litpc.org
- 2. Click on right column LITPC Scholarship information
- 3. Click on Scholarship Application Form
- 4. Complete Application Form
- Submit completed Application Form along with all required information to the person listed below.

Lion Bill Guthrie -5M Pin Traders Scholarship Chairman 9-101st Lane NW, Coon Rapids, MN 55448 763-786-8072; bmguthrie9@q.com



Join us at the

# "LIONS OF THE NORTH"

98TH MD5M Convention April 21,22,23, 2017 Sanford Center, Bemidji, MN Hosted by District 5M-10



# **REGISTRATION FORM**

Please Print Lion Lioness Leo Guest Lion Lioness Leo NAME: NAME: ADDRESS:\_\_\_\_\_ADDRESS:\_\_\_ CITY: STATE/PROV/ZIP: CITY: STATE/PROV/ZIP: EMAIL: EMAIL: TITLE: DISTRICT: DISTRICT: DISTRICT: CLUB: CLUB: Check if this is your 1st Multiple Convention Check if this is your 1st Multiple Convention Please specify any dietary needs: Please specify any dietary needs: Will you need Braille convention material? yes or no Will you need Braille convention material? yes or no MEAL AT 2016 MD5M BEFORE ON OR AFTER NUMBER AMOUNT CONVENTION MARCH 1, 2017 MARCH 1, 2017 ATTENDING HOSPITALITY BOOK USD: \$100 USD: \$110 USD: \$125 **FRIDAY NIGHT** FREE WITH MIXER USD: \$20 HOSPITALITY BK USD: \$20 SATURDAY FREE WITH BREAKFAST HOSPITALITY BK USD: \$20 USD: \$25 SATURDAY FREE WITH LUNCH HOSPITALITY BK USD: \$25 USD: \$30 SATURDAY FREE WITH BANQUET HOSPITALITY BK USD: \$45 USD: \$45 SUNDAY FREE WITH BRUNCH HOSPITALITY BK USD: \$25 USD: \$30 YES, I AM COMING TO THE CONVENTION BUT NOT TOTALS: STAYING FOR ANY OF THE MEALS. USD: \$0.00 "Zero-K Walk for Diabetes" USD: \$20.00 per Person. Includes a free T-shirt. T-Shirt Size/Quantity: (S)\_\_\_\_(M)\_\_\_(L)\_\_(XL)\_\_(XXL)\_\_(XXXL)\_ Make checks payable to: MD5M 2017 CONVENTION **GRAND TOTAL** Mail payment & registrations to: Convention Information Email: SUBMITTED: BEMIDJI LIONS CLUB Lion Wayne Tieman: tieman13@yahoo.com

Lion Mel Milender: melmile@msn.com

P.O. BOX 3045, BEMIDJI, MN 56619

# **CELEBRATE THE LEGACY**

Zone three has been meeting monthly in planning for the convention on February 10, 11 and 12th in Mankato at the City Center Hotel. Our theme is "Celebrate the Legacy". When one thinks of the word "legacy" we think of something handed down from a predecessor or from the past. Melvin Jones built the legacy of "service". We as Lion's will celebrate Melvin Jones dream of service to others in Mankato. Would you please consider to join us and fellow 5 M 2 Lions to celebrate?

We will not only remember our many service projects but we will remember how music has always had a place within our history. Music not only sets the mood of an event, but throughout history, music has communicated not only our cultural belief's, but has communicated our views on current events of the time. It is truly a universal language. So we are incorporating music into the weekend.

Our visiting International Director is a second year director from Marysville, Kansas. You say from where? I had to look it up on the map. Marysville is on the Nebraska-Kansas Border just south of Lincoln Nebraska, northwest of Kansas City. The community is small, 3,200 plus a few people. He worked in construction. International Director Bill and Lion Vicki Phillipi have been Lion's since 1974. ID Bill has held many offices within the lions' organization. They have 3 daughters and 9 grandchildren. ID Bill is committed to his family,



TON STATE OF THE PARTY OF THE P

# WANTED!!! Host club(s) for the 2017 & 2018 Annual Jungle Days Golf Tournaments

Proposals to be presented at the 2017 Mid-Winter convention, annual business meeting on Saturday, February 11<sup>th</sup>.

Contact 1<sup>st</sup> Vice District Governor Nancy Mathwig or Lion Julie Beckius for more information. Lion Nancy – 612-741-1026 or <u>nmathwig@hotmail.com</u> Lion Julie (Jordaness Lions) – 952-378-7159 or jules05@frontiernet.net Lion's and his local community. We are honored to have him visit our District. Please give him a Minnesota welcome.

Please reserve your rooms early by calling the "City Center Hotel" at 507-345-1234. Please register early. You will note the registration form does not give a break on the "All Meal Package". The committee decided to keep all food prices as close to what the hotel is charging for the meal, therefore we could not give a break. The break comes with the registration fee. Registration is \$10 if postmarked prior to December 15. December 16 – January 31 the fee increases to \$15. After That date, the fee will be \$20. This is an attempt to assist the hotel with food and numbers for meals. We must be good guests and register early. You can find registration forms in this newsletter, and on the 5M2 website. DG Steve, Lion Debra and Zone three are awaiting to welcome you to a "fun, affordable and eventful" centennial celebration in Mankato in February. Hope to see you all there.

PLEASE RESERVE YOUR HOTEL ROOM NOW TO ASSIST US IN SELLING OUT THE HOTEL FOR FRIDAY FOR 5M2 MIDWINTER.

WE WANT TO CELEBRATE THE LION'S CENTENNIAL LATE INTO THE EVENING.

DATES FEBRUARY 10-12, 2017
PHONE CITY CENTER HOTEL

AT 507-345-1234



# Lions 5M-2 Mid-Winter Convention February 10th, 11th & 12th, 2017 City Center Hotel - Mankato, Minnesota



E-Mail Address:

**Dietary Needs:** 

( ) Spouse/Guest ( ) 1st Time Attendee E-Mail Address:

**Dietary Needs:** 

Phone #:

Phone #:

# **REGISTRATION FORM**

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

\$10.00

\$15.00

\$20.00

Guest #1 Information: Select One () Lion () Lioness () Leo () Spouse/Guest () 1st Time Attendee

Address/P.O. Box:	Club Name:
City:	State & Zip:
Guest #2 Information: Select One ( ) Li	ion () Lioness () Leo
Address/P.O. Box:	Club Name:
City:	State & Zip:
Please include the following to submit your Registration Form completed Registration fee (see options below) Full meal registration payment (see fee (All convention meals include to Make Checks Payable to: Lions 5M2 M Mail to: Lion Diane Hesse 313 1st St. W. Jordan, MN 55352	es on this form) tax and gratuity)
Cancellation Policy: Cancellations must be directed to Lion Dia email to <u>liondianehesse@gmail.com</u> , or by	
Refunds will be sent following the convent be honored as such:	tion. Refund requests will
•Requests postmarked on or before January 10, 2017 – Full Refund	
•Requests postmarked January 11 to February 6, 2017 – 90% Refund	
•Requests postmarked after February 6, 2017 – No Refund	
****Convention Registration Fee	(Per Attendee)****

Early Bird Special (Post Marked by December 15th)

Not-so-Early Bird Registration Fee (Post Marked by January 31st)

Regular Registration Fee (Post Marked After January 31st)

Last Name:

# \*\*\*Important Notice\*\*\*

- 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\*\*\*\*

Guest #1	Guest #2	Meal Cost Per Person	Total
		All-Meal Package \$65.00	
		(Includes Saturday Lunch, Saturday Banquet, & Sunday Brunch)	
		Saturday Lunch \$20.00	
		Saturday Banquet \$30.00	
		Sunday Brunch \$15.00	
		TOTAL MEAL COST	
TOTAL REGISTRATION FEES			
REGISTRATION FEE & MEAL GRAND TOTAL			

For Official Use
Date of Receipt
Date of Postmark

# Lion's Mid-Winter Convention February 10 - 12, 2017

# MAIL DIRECTLY TO HOTEL

First Name:

# Reservations will be accepted by mail, fax, or phone.

information no later than January 13, 2017. Mankato City Center Hotel with payment Please complete and return this form to

c/o Lions Mid-Winter Convention Mankato City Center Hotel

101 East Main Street

Phone: 507-345-1234 Mankato, MN 56001

Fax: 507-345-1248

\*\*\*One night reservations will be based on availability.

# CANCELLATION POLICY

If you must cancel your reservation, you must do so 24 hours before the date you wish to

\*\*CONTACT THE HOTEL DIRECTLY TO CANCEL.\*\*

Special Requests:

\*\*Special Requests cannot be guaranteed but we

will try to accommodate as best we can.\*\*

from the Fri. & Sat. evening events, including band \*\*Poolside rooms will be subject to hearing noise music. If this is a concern, it is best not to request



oity center hotel®

Last Name:

Address:

Zip Code: State: City:

Name of Person(s) Sharing Room:

Phone: (

 $^*$ Only send one registration form if sharing a room $^*$ 

Payment methods: Check \$ Money Order \$\_

Visa MC Amex Diners Discover

Credit Card - Circle One

CC#

(mm/vv)Exp Date:

TO GUARANTEE ROOM WILL BE

(credit card authorized upon arrival at hotel) Credit card number is required HELD

(with remaining balance due at check in) Pre-payment by check for one night stay

# HOTEL REGISTRATION FORM

Reservations received after this date will be booked Please note that your reservations must be received by January 13, 2017 to receive the Lion's Convention discounted rate.

at standard rates.

Arrival Date - Select One Thursday, February 9

Saturday, February 11 Friday, February 10

Cost for Three Nights

\$357.00 \$327.00 \$327.00 \$357.00 Poolside w/ Two Beds King Bed w/ Sofa Two Queen Beds One King Bed

Cost for Two Nights

\$218.00 \$238.00 \$218.00 \$238.00 Poolside w/ Two Beds King Bed w/ Sofa Two Queen Beds One King Bed

Cost for One Night

\$109.00 \$119.00 \$109.00 \$119.00 Poolside w/ Two Beds King Bed w/ Sofa Two Queen Beds One King Bed

Handicap Access Room Required

equipped with microwaves and refrigerators \*\*\*All Rates Subject to 10.875% Tax Rate (room contains one Queen bed) \*\*\*All rooms are non-smoking and are

receive a postcard, please call the hotel. Please give us We will confirm your reservation by sending you a postcard with a confirmation number. If you do not confirmation is preferred please include e-mail three weeks from the date you send in your registration form for processing. If e-mail

# HALL OF FAME

Begin considering now to place into nomination an outstanding club member for the 2017 District 5M-2 Hall of Fame.

Multiple District 5M began its own Hall of Fame at the 2004 MD5M Convention in Mahnomen. At that time, <u>13</u> outstanding Lions from 9 districts were inducted into the MD5M Hall of Fame, including PDG Gordy Affield from 5M-2. Since that time, <u>5M-2</u> has honored 13 additional Lions with the Hall of Fame award. Our 2016 honoree was PID Maynard Rucks of the Green Isle Lions Club.

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".

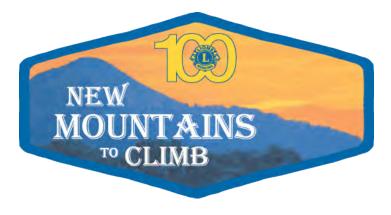
### Criteria for the award -

- o May be a Lion or Lioness
- o Must have been a member in good standing for at least 15 years
- o Must be at least 2 years removed from the Council of Governors, if a PDG
- o Have qualifications above and beyond the call of duty including social and human endeavors
- o 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.

### **Process**

- o Nomination fee of \$150.00 for each candidate nominated must accompany the nomination to the District Governor.
- o All nominations must be received by District Governor Steve no later than 30 days, prior to our Mid-Winter Convention. No later than January 10, 2017.
- An election for the recipient from 5M-2 will be held during the annual meeting at the Mid-Winter convention on February 11, 2017. The winner of that election will be inducted into the Hall of Fame at the 2017 Multiple District Convention in Bemidji on April 22, 2017.
- Additional information is available online on the Multiple District 5M website Forms and Links or the district website – Forms and Award Applications.

Each of your clubs has a Lion who fits the criteria needed for a nomination to the Hall of Fame. While only one 5M-2 Lion will be awarded the honor in 2016, every Lion nominated will be featured at the Mid-Winter convention when their bios are presented to the membership. Honor these deserving Lions with a nomination.





# Calling all Lions!

# Join in on the Lions Environmental Photo Contest!

We are looking for photos from all 5M2 clubs (one photo per club) along with volunteers to help judge the final submission to be sent to 5M Multidistrict!

Photographers need only snap the perfect shot and submit it by December 31, 2016 and judges need only check their email for a voting form near the start of the New Year!

Those interested in either mode of involvement can inquire for further details to Lion Evelyn

Grimm and Lion Kate Pattison at lions5m2photocontest@gmail.com

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

All photos must be submitted with the form on the following page:

# WATERTOWN LEOS

The Watertown Leos had their Charter Night on October 2nd at the Watertown Community Center. It was a great event. The Watertown Lions Club is our sponsoring Lions Club. International Director Lion Bruce Beck was our guest speaker. Watertown Lion Scott Jensen was our MC. The induction of club members was done by ID Lion Bruce Beck, DG Lion Steven Wasserman, and PDG Lion Marvin Grimm. ID Lion Bruce and PDG Lion Marvin did the installation of officers. We had a wonderful Italian meal by Mario's Italian Kitchen after the ceremony. I attached a group picture from Charter Night.

The Leos are hosting a Kid's Halloween Dance and Food Drive on Sunday, October 23rd at the Watertown



Community Center. We will have Chopper World's Nuttiest DJ for entertainment. We will have Halloween themed games for kids to play also. Admission into the dance is a non perishable food shelf item. We will then donate the items to the Friends For Life Food Shelf in Watertown. I attached our flier with event details.

In November the Leos will be volunteering at Feed My Starving Children in Chanhassen.

If you ever want to know what the Watertown Leos have going on visit our website at www.WatertownLeos.com.



# 2016-2017 DISTRICT 5M2 PHOTO ENTRY FORM All submissions due by December 31, 2016

DISTRICT CITY OF CLUB	STATE
NAME OF LION PHOTOGRAPHER	
LIONS CLUB OF PHOTOGRAPHEREMAIL ADDRESS OF PHOTOGRAPHER	
Please enter this photo into the following category (select only Animal Life Landscape (urban or natural) Plant Life Weather Phenomenon	y one):
Please note: Only one photo will be accepted from each	Lions Club in the 5M2 district
I hereby certify this photo as the official entry from rebelow I certify the photo is an original, unaltered photo I grant permission for the Lions Environmental Photo photo for submission to further judging and any	otograph taken by myself and o Contest to use my attached
Club President (please print)	
Club Secretary (please print)	
Photographer's signature	
8"x10" printed submissions must be mailed to the follo Lion Kate Pattison 326 E. Pleasant St #3	owing by December 31, 2016:

Mankato, MN 56001

# MD5M Centennial Public Relations Contest

### Contest Guidelines:

The Public Relations Contest is to promote Lions and the 100th Centennial Anniversary. Every club in the Multiple is invited to participate. Small clubs have the same chance as a large club to win.

If there are not enough lines on the application in any area, feel free to attach another page.

Each District will award 1 winner per year. A plaque will be given to the winner of each District at the Multiple Convention in 2017 & 2018. An overall winner will be chosen from the 12 District winners and will be awarded at the 2017 & 2018 Multiple Convention. Top winning Club will receive \$500.00.

Contest will run from July 2016- December 31, 2016 and January 2017 - December 31, 2017.

SUBMIT ENTRIES TO:
SHIRLENE HVINDEN
5M2 PUBLIC RELATIONS
HVINDENS@YAHOO.COM



# 2017 REGIONAL LIONS LEADERSHIP INSTITUTE

WANTED: YOU!!

FOR: AN UNBELIEVABLE OPPORTUNITY

WHAT: 2017 MD5M Regional Lions Leadership Institute

WHEN: March 30 - April 2, 2017

WHERE: Shooting Star Convention Center in Mahnomen, MN

We are looking for Lions from your district to attend the 2017 MD5M Regional Lions Leadership Institute! Lions that are selected as participants in the Institute must be in good standing in a Lions Club and may not be a 1st Vice District Governor, District Governor, Past District Governor, International Director, or Past International Director.

The \$150 fee for the Leadership Institute includes the cost of materials, facility, staff, and three (3) meals. Room costs and additional meals are not included. However, a \$100 rebate from MD5M, through a grant from LCI, will be given to each participant that completes the program. Participants MUST be available to attend ALL sessions beginning on Thursday evening and ending Sunday afternoon.

Each district has the opportunity to send six (6) participants; however, if other districts do not meet their allotment, your district may send additional Lions. The Institute will have a maximum of 72 participants.

Applications are available from your District Governor or on the MD5M Website and are due (without fees) by December 1, 2016. Your District Governor will then make the final participant selection.

Institute graduates from your district will tell you that the Regional Lions Leadership Institute is beneficial for you in every facet of your life and not just in your role as a Lion.

If you have questions concerning the Institute, please feel free to contact: Lion Earl Orvik – ejorvik1@gmail.

We look forward to giving YOU this UNBELIEVABLE OPPORTUNITY!!





# **Centennial Public Relations Contest** Lions Clubs of MD5M July, 2016-January 1, 2017



District	Club	Date of Event
Event		
Place an X ove	er the area your event qua	lifies:
ENVI	Relievit RONMENT Serving 25 M Serving 25 M	
If your event de	oes not fit one of the abov	e areas, where would you classify it?
Number of Clu	b Members	Number of Members who participated
		ber affected by this Event:
Explanation of	Event:	
What benefit d	lid this project have to you	r community?
	,	
How did this ex	vent publicize Lions and o	ur 100 <sup>th</sup> Anniversary (Anniversary must be publicized)?
riow dia triis ev	vent publicize Lions and of	ui 100 Anniversary (Anniversary must be publicized):
** Attach only	1 picture page	
Contact persor	n for this event:	
Phone Numbe	r:	Email:
Does your club	o have a Lions sign in your	town? Yes No
Have you refre	eshed your Lions sign- a ne	ew one or a new decal for our 100 <sup>th</sup> ? Yes No
	Please submit to your Di	istrict PR Chair before January 1, 2017.
	Clubs ma	y enter more than once.

(2<sup>nd</sup> Contest will be run January 1, 2017-December 31, 2017)





# The Lions MD5M/District 5M5 Centennial Planning Committees Need Your Help!

MD5M will celebrate the Lions Centennial on the first weekend in June 2017 at the Mall of America.

MOA will feature large screens in the Rotunda showing Lions Videos for the entire weekend!

> We need your Clubs/Members videos and pictures! They can be recent or several years old.

The clips/photos will be put together for a presentation by District.

Send your Videos and Pictures to:

SUBMIT ENTRIES TO: DG STEVE WASSERMAN LIONSTEVE@CHARTER.NET

# LIONS' CLUBS NEWS AND ACTIVITIES PRIOR LAKE LIONS



Pumpkin judging October 17, 2016. Cub Scout Troop 331. There were 28 pumpkins to select from and they were all masterful so choosing was tough. 13 Prior Lake Lions were judges.





Prior Lake Lions celebrate their 70th Anniversary with fellow Lions and guests.

# CHANHASSEN LIONS



October 22nd food drive held a Cub Foods in Chanhassen. The Lions collected 1002 lbs. of food and \$642 for Bountiful Basket Food Shelf. Pictured from left to right is Denny Fisher, Matt Albrecht, Chad Junker, and Kevin O'Neill.

Your Invited 80<sup>th</sup> Birthday Party Open House

# Lion Gerald (Jerry) Zabel

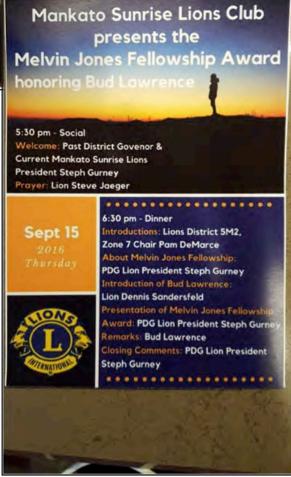
Saturday November 12<sup>th</sup> 3:00 PM-6:00 PM Wells American Legion 145 W Franklin St Wells, MN 56097 No Gifts Please

# MANKATO SUNRISE LIONS

On Thursday Sept 15th the Mankato Sunrise Lions awarded community member Bud Lawrence with a Melvin Jones award for all he has done for the Mankato area. Bud is more than deserving of this award for his lifetime of good deeds that have improved countless lives in the Mankato area. Bud was one of the first fast-food managers in the Mankato area to hire women/girls. Aside from his good works as a business figure his major focus in the Mankato area has focused on the reconciliation movement in Mankato through involvement in the Mah-Kato Powwow (first started in 1972) and working to include Native American/ US-Dakota War education in the Mankato Public Schools curriculum. The Mankato Sunrise Lions were honored to be able to acknowledge such an amazing community member for improving our area.







# LAFAYETTE ÅREA LIONS FUND TECHNOLOGY AT LAFAYETTE CHARTER SCHOOL



After watching four Lafayette Charter School students and their teacher demonstrate the school's new SMART Table 442i, members of the sponsoring Lafayette Area Lions Club paused for a photo with the group. The SMART Table is a collaborative learning center that allows up to eight students to learn together at the same time, interacting with activities on the multi-touch surface. The table comes with readymade content for kindergarten through eighth grade classes. Additional activities can be created or downloaded. In addition to funding the table, the Lions club also sponsored ten iPads, along with cases, for a total donation of more than \$10,000.

Students pictured with teacher Mrs. Heather Brandt are, from left: Makia Ahlbrecht, Jillian Council, Mackenzie Cruz, and Jayda Fosse. The Lions are Marilyn and Arden DeBoer, Sally Webster, Andrew Maidl, and Tim Schulz. Not pictured: Ruth Klossner.

# **CHASKA LIONS**

The Chaska Lions Club is shown here presenting a check for \$299,000.00 to the Community Foundation for Carver County (CFCC). The Lions are setting up an education fund within the Foundation to be used to fund scholarships for Chaska High School seniors.

The CFCC was set up 10 years ago as a local foundation for philanthropic Carver County residents or organizations to set up funds to support special areas of interests or meet identified Carver County needs. It also provides the opportunity to create a foundation structure within the CFCC and avoid the need to set up a separate 501-C-3 non profit entity.

Pictured below are John Roebke, Jay Molnau, Gregg Davies, Laura Helmer, Julie Koosman, Cindy Walters, Lions President Krista Udermann, Bryce Erdman, CFCC President Roger Storms, Bob Roepke and Luke Melchert.



# **COURTLAND LIONS**



Each year Lions across the country present 3rd Graders with a dictionary of their own. Lions encourage students to use the books and not just computers to gain information about words.

Once again, the Courtland Lions presented Immanuel Lutheran School 3rd Graders with dictionaries.

Pictured: Front Row (L-R): Micah Thomas, Jacksen Wills, Lucas Thomas, and Adam Mages

Back Row (L-R): Lion Charlette Abbas, Lexie Goff, Jane Zajac, and Lion Sharon Retka

Absent: Carter Wills

# 5M2 LIONS' NEWS NEWSLETTER DEADLINE: 15TH OF EACH MONTH...

Submit your club events and Lions program articles to: 5m2newslettereditor@gmail.com

# MULTIPLE DISTRICT INFORMATION

Multiple District 5M Newsletter is posted to the multiple web site. You can view it at the following link... https://www.lionsmd5m.org/MD5M/Newsletters/Newsletter.pdf

The Multiple District Web Site has a new update on the home page. Please visit and look at the photo op posted of the Lions of MD5M at the USA Canada Forum.

http://www.lionsmd5m.org/default.php

# Mouth Care Starts at Birth

As a mother-to-be, it is important to know how to care for your newborn's first teeth before they arrive.

- Gently wipe out your newborn's mouth with a moist towel after every feeding
- This will get you in the habit of cleaning your baby's mouth and your baby will get used to it too, making it easy once your baby has teeth.
- Avoid giving your baby sugared liquids.
   These can cause cavities.
- Though baby teeth fall out, they are very important: they help the child chew food, and pronounce words correctly
  - Once the first tooth appears, brush it twice daily with a soft tooth brush and a small amount of fluoride toothpaste (the size of one-half of a pea). You can use the same toothpaste that you use for yourself. After each brushing, wipe out the mouth with a moist towel to get rid of the excess toothpaste.

To learn more, visit the Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities can be prevented!







Supported by MD5M Lions





# Anoka Halloween Tent Event

Sponsored by the Anoka Lions and the Minnesota Lions Vision Foundation

When: Friday October 28<sup>th</sup> and Saturday October 29<sup>th</sup>
Time: 6:00 PM to 12:00 MIDNIGHT
Where: Jackson Street (next to Serum's) in Anoka
Cost: \$15 cover charge, \$3 each for drinks and food

**COLD BEER!** 

LIVE MUSIC!

**COSTUME CONTEST!** 

COME JOIN IN THE FUN AND HELP SUPPORT THE LIONS AT THIS FUNDRAISER!



FRIDAY NIGHT is COUNTRY MUSIC NIGHT!

**SATURDAY NIGHT is CLASSIC ROCK NIGHT!** 

HAPPY HOUR SPECIAL FROM 6:00 PM TO 8:00 PM NIGHTLY!

COMMEMORATIVE CUP AVAILABLE WITH SPECIAL PURCHASE!

PROCEEDS FROM THIS FUNDRAISER WILL BENEFIT PROJECTS SUPPORTED BY THE ANOKA LIONS CLUB AND THE MINNESOTA LIONS VISION FOUNDATION







# HALLOWEEN PARTY



Saturday, October 29, 2016 Courtland Community Center Come & GO From 2 p.m. to 4 p.m. O to 9 years old

Costumes are Optional (No Masks, Please!)



Games & Sensory Area, Crafts, Prizes, Bag of Goodies, Snack Courtland Fire Truck

Photo Area Bring Your Camera!

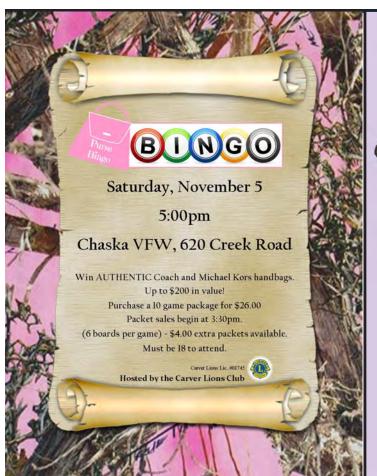
HELP OTHERS

Bring an item for the local Food Shelf



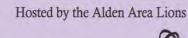
Sponsored by The Courtland Lions

**ASSISTED BY IMMANUEL LUTHERAN SCHOOL STUDENTS** 



# Opening Day Accessory Extravaganza

Sale of "Gently used" Luggage, purses, scarves & jewelry NEW this year: TIES

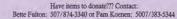






Saturday, November 5 10 a.m. – 2 p.m. Old City Hall Alden, MN

Coffee & Bars also available



All sale proceeds donated to Lions Community Projects





COURTLAND LIONS ANNUAL FALL



# PANCAKE, EGG, SAUSAGE BRUNCH



# **SUNDAY, NOVEMBER 6, 2016**

ADULTS: \$8.00 CHILDREN 5 – 12: \$5.00 UNDER 5: FREE

COURTLAND COMMUNITY CENTER COURTLAND, MN

### SERVING 10:00 A.M. to 12:30 P.M.

BRING A FOOD ITEM FOR THE FOOD SHELF BRING OLD EYE GLASSES & HEARING AIDS FOR RECYCLING

Part of the proceeds will go towards the local Food Shelf and

Part of the proceeds will go towards American Flags to use during special holidays.

Are you tired of the political bologna?

Come for the real stuff on Election Day

Tuesday November 8th



# Bologna









Sponsored by the

# Montgomery Lions

Lunch 11:00 am – 1:30 pm Supper 4:30 – 7:30 pm or gone \$8.00 – Bologna & Booya \$5.00 – Booya or Vomacka \$6.00 – Booya or Vomacka – 16 oz. to go at the Montgomery American Legion Club



The Arlington Lions in partnership with **Arlington Liquors** presents its 9th annual

# Wine & Beer Tasting

Arlington Community Center Friday November 11th 6.00 to 8.00 p.m. \$15.00 per ticket

Purchase tickets from Arlington Liquors or Any member of the Arlington Lions Club

Must be 21 years or older to purchase ticket and attend All proceeds will go to Sibley County Food Share

# HAMBURG LIONS TURKEY BINGO



Ham, Turkey, & Sausage

25 games for \$8.00—door prizes after each game Also, meat raffles throughout the evening

> Friday, November 18th, 7:00 P.M. Hamburg Community Hall Hamburg, MN

Hamburgers, Beverages & Popcorn available.

Proceeds used for Brunch with Santa in December. Donate your old eye glasses for reuse in 3<sup>rd</sup> world countries.

# Sunday Brunch

Hosted by the Carver Lions Club

Sunday, November 13 9:00am - 1:00pm Chaska VFW, 620 Creek Road

French Toast - Pancakes - Bacon - Homemade Sausage - Hash Browns Scrambled Eggs - Biscuits & Gravy - Mimosas - Bloody Marys



### Give the Gift of Sight

Bring your old prescription eyeglasses and sunglasses to help someone in an underdeveloped country be able to see.



# Schwan's 🏯 Cares A Fundationing Network

# Giving back to your community never tasted so delicious.

### Participant Guide

We are partnering with Schwan's Home Services to meet our current fundraising goals. Schwan's Home Delivery offers over 350 delicious foods, flash-frozen at the peak of freshness and conveniently delivered to your door. Through Schwans-Cares.com, consumers can order from Schwan's Home Delivery. During the campaign, 20% of product and 40% of eGift Card sales will go back to the organization

How to join as a Fundraiser.

- 1. Visit Schwans-Cares.com
- 2. Enter our Campaign ID: 29792 into the search box located in the upper right hand comer then click to open campaign.
- 3. Select the "Team Members" tab towards the top of the page and then click "Become a Team Member".
- 4. Click "Join Fundraising Team". If you already have an account, log in. Otherwise, create an account by entering your information (Choose team if applicable).
- 5. Complete your account by selecting "Sign Up" and then click "Continue" on the next page to finish.

Login and visit your "Manage" Tab on your SCHWAN'S CARESTM campaign page to invite your friends and family to support.

Thank you for your support!