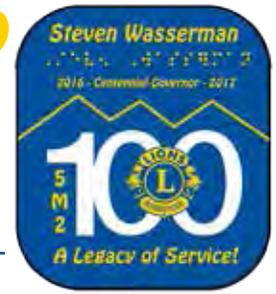




# 5M2 LIONS' NEWS



JANUARY 2016

WWW.5M2LIONS.ORG



## LEGACY LOG

*Lion Steve Wasserman  
District Governor*

### I AM NOT SUPERMAN

The title of this article may seem self-evident, but in certain respects I think we all tend to overestimate our ability. I certainly have done so on occasion.

I was diagnosed with Chronic Lymphocytic Leukemia (CLL) in 2003. Fourteen tubes of "venous specimen collection" and a FISH test at the Mayo Clinic confirmed the diagnosis, and established that I had some favorable genetic markers and some not so favorable. While I was initially quite worried, a visit with my oncologist and some research on the internet convinced me that it was not quite time yet to get my affairs in order. My doctor put it thusly: "You will probably live into your 70's and die of something else". No treatment was necessary, and so began 13 years of what they call "Watch and Wait", making it easy to pretend to be superman.

The consequences of Leukemia include a buildup of old White Blood Cells, resulting in enlargement of Lymph Nodes and Spleen, and a decrease in red blood cells and platelets due to the overcrowding of the blood with white cells. The primary symptoms that I experienced were susceptibility to infection due to my white cells being many but dysfunctional, and frequent fatigue due to anemia caused by the decrease in red cells. Still pretty easy to play superman most of the time.

Chronic Leukemia doesn't go away, and it doesn't get better. It gets worse until you find what you were watching and waiting for. My white count topped 250,000 (it's supposed to be 8,000-11,000) and my hemoglobin dipped below 10 (it's supposed to be 12 - 15). My spleen more than doubled in size, and many of my lymph nodes were significantly swollen. I had a harder and harder time fighting off my increasingly frequent infections and allergies, I couldn't eat much without experiencing gastric reflux due to my swollen spleen and lymph nodes, and I felt fatigued even when well-rested. It was definitely getting tougher to be superman.

On November 30th, I had my first chemotherapy session to treat my leukemia. I am just home from

my 4th treatment as I write this today on December 14. The results have been extraordinary: my white count is now down to 1,600 (which is way too low, but should start increasing) and my red count is on the way back up towards 10. The side effects of my chemotherapy have been relatively mild so far, and hopefully will continue so. I experience significant fatigue, especially 2-4 days after the chemo; and I am now extremely susceptible to infection and am advised to be very careful around people. No nausea, no hair loss, no significant pain. I have discovered, though, that I am definitely not superman. I have had to postpone some scheduled club visits, and will likely have to reschedule others, as I will be having chemotherapy every two weeks for about the next 6 months.

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### MOVING FORWARD...AND LOOKING BACK



Nancy Mathwig  
1st Vice District Governor

Wow! January! Do you realize half our Lions' year has passed? Did you set goals, either individually or as a club, for the year 2016-2017? How are you doing on those goals? At the beginning of this Lions year, District Governor Steve asked his Cabinet to set goals for the year. I set five (5) goals for myself and have been meeting three of them, close to meeting the fourth, and not doing well at all on the number five.

As we begin 2017, we need to consider a goal for our clubs and that is how we are marketing our Lions Club to our communities. In my every day work life, I continue to be surprised at the lack of knowledge that people I meet have about Lions. They know about Rotary as a service organization, but not Lions. Is your club known for its service to the community, such as a school backpack program or delivering fruit to residents of the Long Term Care facility? Or does your community only identify you as a fund-raising organization with the annual pancake breakfast or the annual fish fry?

During our Centennial year, we need to strive to make our communities and our clubs aware of the true mission of Lions - We Serve. On June 7, 1917, an organizational meeting of businessmen was held in Chicago, IL and the name "Association of Lions Clubs" was adopted with a goal to better their communities and the world. In 1920, Lions Clubs became international with the chartering of a club in Windsor, Ontario, Canada and today, Lions Clubs are located in more than 200 countries and geographical areas around the world with over 1.4 million members.

In 1925, Helen Keller addressed the international convention and challenged Lions to become "knights of the blind in the crusade against darkness". Today, Lions Clubs International is a leader in Sight around the world. Here in Multiple District 5M/MN districts, Lions work through the MN Lions Vision Foundation helping the blind and visually impaired by supporting the MN Lions Eye Bank, working with the University of MN Ophthalmology Department and collecting used eyeglasses. Lions in MD5M/MN also support Leader Dogs for the Blind, a guide dog program to assist blind and visually impaired persons.

In addition to Sight, Lions in MD5M, focus on Hearing through the MD5M Hearing Foundation, Diabetes through the MN Lions Diabetes Foundation, our veterans through Project New Hope, persons with

intellectual disabilities through Special Olympics, persons with disabilities through Can Do Canines, and youth through our many programs - Youth Exchange, Leos, Peace Poster and Essay Contest, Lions Quest, and Liberty Day program. District 5M-2 also has the Write Off Contest for youth.

2017 is a great time to get the word out into our communities about the wonderful things we do in addition to the pancake breakfasts or fish fry dinners. I challenge you to find at least one new way to make your club known in your community for its true service!

To close, the following clubs will be celebrating anniversaries during the month of January:

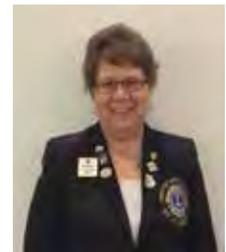
- o Amboy Lions 36 years
- o Plato Lions 34 years

Congratulations to these two clubs for their combined 70 years of service to their communities and the world!!!

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



Elect  
Lion Nancy Mathwig  
5M-2  
District Governor  
2017 - 2018



**Lions Service**

- \*District 5M-2 First Vice District Governor 2016-2017
- \*District 5M-2 Second Vice District Governor 2015-2016
- \*22 years Arlington & Sibley East Lions Clubs (SE charter member)
- \*Club President (Sibley East Lions) 1996-1997, 2007-2008
- \*Club Secretary 2012 to present
- \*Zone Chairperson 2012 -2014 & 2004 -2006
- \*District Cabinet since 1998: Youth Exchange, Leo, Peace Poster, MERLO team: Orientation, District Activities, and currently Historian
- \*MD5M Youth Exchange Co - Chair 2005 - 2008
- \*Chair 2011 MD5M convention & Co-chair 2016 MD5M convention
- \*YE Camp Spicer staff - 16 years & Hosted 20+ YE students in home
- \*1st MD5M Lions Leadership Institute Graduate

**Attended:**

- \*4 Lions International Conventions
- \*19 MD5M Conventions
- \*25+ 5M-2 Mid Winters
- \*7 USA/Canada Leadership Forums

- \*Married to PDG Darwin Mathwig (deceased) for 37 years
- \*3 adult children - Derek, Sean & Amber

**Lions Awards:**

- \*International President's Award
- \*4 International President's Certificate of Appreciation
- \*Melvin Jones Fellow
- \*Helen Keller Sight Award
- \*Hearing Research Fellow
- \*Top Dog Award

## BITS AND PIECES



*Diana Kroells  
2nd Vice District Governor*

After an extremely busy fall the month of December seemed to slow down a bit- as far as Lions activities anyway. I am not a "winter person" so good thing I don't have to go out much in the bitter cold except to work and if you ask me- I say we have enough snow for the rest of the winter. I say that because I'll be doing the snow shoveling for a while since my husband Lion Duane had a knee replaced December 20.

Where in the world did 2016 go? Well- it is just another page in history now and we must face 2017 with optimism that it will be a great year to be a Lion!! How exciting to be 100 years old. Lions International has seen many changes in the 100 years of existence but one thing has not changed- our dedication to serving the needs of others.

Please be sure to let PID Debra know if you have completed 6 of the 7 listed activities on the District 5M2 Mentorship Program and you could be eligible for a certificate & pin at the Mid- Winter Convention. The Mentorship Program is an agreement between an experienced Lion and a new Lion working together to complete the program by attending various activities together such as 4 club meetings, a service activity, a fundraising activity and 2 district meetings such as Zone or Region meetings or Convention. You must also review the New Member Information together or invite a non- Lion to a meeting. I hope

we have some Lions receiving the certificate & pin at the convention. If you are bringing a new Lion to the convention, be sure to let them know all about the Fist Timers Program - a fun way for them to meet new Lion friends.

Until recently Legacy is a word I have never given much thought to- probably never used it in my daily conversations with anyone. In fact- I never really paid much attention to the word at all but in the past 6 months we have heard it used countless times by our DG and have seen it printed numerous times in our District newsletter and my awareness to the word has increased dramatically. Did you know that the word "Legacy" was used 43 times in the November newsletter and 25 times in December newsletter? It seems that every magazine I pick up or newspaper I read I see the word Legacy. I hear it on the radio, see it on a billboard and yes there is even a Legacy Wine & Liquor in Waconia. It has probably been there for years but I never paid attention to it. One thing is for certain- every time I see or hear the word Legacy, my mind immediately says "Lions". I hope your club has planned their Legacy project and decided how they will leave a lasting gift to your community.

As soon as I get a few things put away from Christmas, I hope to start my new puzzle. As I put the puzzle together, I will be reminded of how important each piece is and hoping that when I am done I am not missing any. Please don't be that "missing piece" in your Lions club. You are important and are missed when you are not at meetings or events.

*I wish you all a great 2017!*

### CONTINUED FROM PAGE 1 I'M NOT SUPERMAN

I write this not to ask for sympathy or even understanding. Everyone has been more than understanding when I've told them why I am unable to keep a commitment I have made. I write this for two reasons. First, so that everyone can know the full story. Second, because for me, breaking this ice is the most stressful part of the whole situation. I don't mind talking about it once people have the basics, but it's hard for me to tell people that I have had CLL for 13 years and now need treatment. It is easy to tell my fellow Lions that their health and family come before Lions. It hasn't been as easy for me to tell myself that my health should come first. But tell myself I must, because I am NOT superman.

### WHERE CAN YOU FIND DG STEVE IN JANUARY?

- January 3: Convention Committee Meeting
- January 10: Waconia Lions - DG Visit
- January 17: Albert Lea Cloverleaf Lions - DG Visit
- January 23: Cannon Valley Lions - DG Visit
- January 24: Albert Lea Lakeview Lions - DG Visit



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

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

# Centennial Update

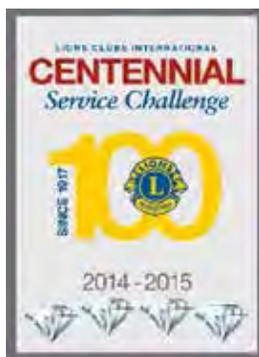
By DG Steve Wasserman, 5M2 Centennial Coordinator

## Centennial Service Challenge:



Worldwide, Lions are getting very close to achieving the 25,000 people served goal in each of the Centennial Service Challenge Areas.

48 Clubs in District 5M2 have now reported on projects in at least one of the Centennial Service Challenge areas, serving a total of 39,573 people. 32 Clubs (50%) have reported projects in at least two areas of the challenge. Last year, at this point, we had only 42 clubs reporting.



We now have six clubs that have reported on projects in all four areas of the Centennial Service Challenge and have qualified for their “Four Diamond” Centennial Service Challenge Banner Patch for the 2016-2017 year. The **Glencoe Lions, Hamburg Lions, and Lake Crystal Lions** have joined the **Chaska Lions, Victoria Lions, and Courtland Lions**. 10 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

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 ten 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 **Montgomery Lions** Donated money to fund the building of a shed at the horse shoe court at the city park in Montgomery for storage of all their equipment and tools.
- 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 **Hamburg Lions** raised funds so we could have the community hall painted. We presented to the city a certificate of cooperation appreciation, and a plaque put up in the hall.
- The **Hamburg Lions** purchased a Vision Screener for the assisted living/elderly care complex in town.
- The **Lake Crystal Lions**
- The **Norwood Young America West Carver Lions** purchased a Vision Screener for the assisted living/elderly care complex in town.
- The **Shakopee Lions** committed a significant amount of money towards the planned "Fun For All Park" improvements at Lions Park.

## Level 3 Projects:

- The **Jordan Lions** donated \$20,000 to City of Jordan to spearhead the building of a new community shelter at Lagoon Park
- The **Norwood Young America West Carver Lions** purchased and delivered 95 poinsettias to elderly residents at Peace Villa, The Harbor and The Haven for Christmas (note: This project is recorded as a Level 3 Project, but likely should be a Level 1)



# 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 ribbon-cutting 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.

## 1 level

### Raise Your Community Visibility

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



## 2 level

### 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



## 3 level

### 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.*

Choose your project and start building your Lion Legacy today!

Visit [Lions100.org](http://Lions100.org) to learn more.



# Ways To CELEBRATE!

For 100 years Lions have served communities around the world and improved the lives of millions of people. That's something to celebrate!

Below are some ways to have fun with your club and share your Lions pride with your community. Choose from the list or create your own ways to celebrate Lions Centennial!



## LEAD THROUGH SERVICE

1. Have a game tournament and donate the proceeds to LCIF
2. Gather 100 people for a service project and give them Centennial shirts, buttons or hats
3. Hold a Centennial dance marathon to fund your next service project
4. Create a 100 recipe cookbook and donate the proceeds to a local food pantry
5. Have a district-wide bake-off to see who can make the best Centennial birthday cake
6. Team up with Leos or another youth group for a Karaoke Night. The winner chooses the next service project
7. Pass out UV sunglasses at your next vision screening
8. Plant trees or start a community garden and name the area for Melvin Jones or a club founder
9. Distribute meals to those in need and include a special Centennial treat
10. Plan to make new friends when volunteering at the 2017 Centennial convention

## INVITE FOR IMPACT

1. Hold a celebration luncheon with community leaders
2. Download some of the Centennial graphics and promote your next service project in 100 places
3. Invite your community to a Lions Centennial Celebration; consider a 1917 or 2117 party theme
4. Invite 100 potential members to your next service project
5. Promote 100 reasons to be a Lion on your social media
6. Have your local sports team promote Lions Centennial on the big screen
7. Show your Centennial pride with the latest clothes, mugs, bags and more from Club Supplies
8. Update your club's marketing materials with the Centennial logo
9. Fill your social media and newsletters with Touchstone Stories from the Lions100.org media area
10. Invite the families of your Charter Members when honoring them at an upcoming event

## CONNECT WITH COMMUNITY

1. Have a Lions Centennial float in your local parade
2. Hold a birthday party for children at a local shelter or hospital
3. Promote all the ways your club has impacted your community
4. Collect spare change at a community event and use the proceeds to fund a Centennial Legacy Project
5. Donate 100 books to a local library and host a pajama party there to celebrate
6. Host a live auction fundraiser with 100 items from local businesses
7. Paint a Lions Centennial mural
8. Host a trivia night with questions from the last 100 years
9. Stuff 100 backpacks for children in need and include a Lion item
10. Create and bury a Lions Centennial time capsule

Share your Centennial Celebrations with the #Lions100 hashtag and email photos and descriptions to [CentennialMembership@lionsclubs.org](mailto:CentennialMembership@lionsclubs.org).

## HAPPY LIONS CENTENNIAL 2017!



*Lion Debra Wasserman  
District 5M2 GLT Coordinator*

We have finally reached the calendar year signifying the 100th anniversary of the founding of Lions. This newsletter contains numerous articles detailing service projects, events and opportunities, and information about what clubs have been doing and are planning to do over the next 6 months as part of our ongoing celebration of service through Lionism.

It takes willing, committed and well prepared leaders in our clubs and District to organize, motivate and inspire us to greater service and celebration. To that end, I want to encourage every club to establish a nominating committee and begin the process of recruiting officers for the 2017-2018 Lion year. In order for clubs to have officers ready to attend training in early May, elections should be held in March or April. Completing the officer registration on the MyLCI website is also necessary so club officers can be well informed about District events.

I know it may seem early to start thinking about this, but as we all know the months fly by with everything our clubs are doing to make a difference in our communities. Recruiting, electing, preparing and celebrating those who will lead our clubs is important to a healthy and active club and community.

## WHAT DON'T YOU KNOW ABOUT LIONS?

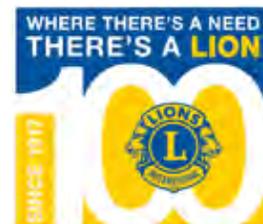
Do you know who the first woman president of Lions International will be?

Do you know what L.E.O stands for?

Do you know a Past International Director from Bird Island who will be running for 3rd Vice President at the International Convention in Las Vegas in 2018?

If you and your club would like to know the answers to these questions and learn more fun facts about Lions near and far in an entertaining way, we have just the orientation piece you are looking for. It is DG Steve's wish to have all clubs in 5M2 ask someone from the GLT Orientation Team to come visit your club for either an informative and fun power point presentation or challenge your club to play the Orientation Jeopardy game (which does get a little competitive!). I can guarantee that you will learn something you didn't know before about Lions.

Please contact one of these presenters to enlighten you at one of your club meetings: Lions Joan Blank, Anna Wickenhauser, Wanda Briemhorst and Mike Vos. Any questions, please contact PID Debra Wasserman or Joan Blank.



## Viewing Forward

*MN Lions Vision Foundation*



"Welcome, 2017!" As I write this in mid December (with a new blanket of white covering 5M2), it seems premature to think about the new calendar year. But maybe not. Each season of memories seems to come and go so quickly, and, looking back, we remember that much happens and is accomplished.

This month may be your club's time to consider your Parade of Green decisions. You have always been most generous to MLVF and you are so appreciated! As you know, we are in the midst of our four million dollar pledge (over 8 years) to equip two surgery rooms for the on-campus surgery center - new building site still in planning stages. This is in addition to our usual causes - Eye Bank, Research Building, Children's Eye Clinic, MAC Center, and Eyeglasses collection.

Remembering that, as Lions, we pledged to be Knights of the Blind as our first great mission, we know that you will be supportive as always!

Along that line, you might want to check your club's availability to award Helen Kellers. Check your balances with us or just pull the application from the district website.

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.mnlionsvisionfoundation.org](http://www.mnlionsvisionfoundation.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](mailto:dianakroells@embarqmail.com) or [maryspille@gmail.com](mailto:maryspille@gmail.com) (note new address).



## SPECIAL OLYMPICS POLAR PLUNGE 2017

Lions - want to do something that's very COOL?

Now is the time to sign up for the annual POLAR PLUNGE for Special Olympics. The 5M2 District is looking for a team of 25 hardy Lions who think jumping into a frozen pond is the best way to get rid of the winter blues! If you have not jumped before, I can tell you from experience that you will have many laughs and only be cold for a few quick minutes. It is super fast to sign up on the Special Olympics website and fundraising is easy with the tools also provided on the website.

The Plunge takes place on February 4th at Hallett's Pond in St. Peter. The plunge starts @ 1:00, but we will gather beforehand for a little tailgating and picture taking. If you would like more information,

go to <http://www.plungemn.org/events/st-peter/> and this is the link to sign up also.

Please think about joining a great group of Lions who are jumping to make a difference in the life of a person who is intellectually disabled but would love the chance to join Special Olympics. For questions please contact Lion Hilary Wickenhauser ([hwick97@gmail.com](mailto:hwick97@gmail.com)) or Lion Joan Blank ([lionjoanblank@gmail.com](mailto:lionjoanblank@gmail.com)). Be ready to have a blast!



## LIONS KIDSIGHT UPDATE



Merry Christmas and Happy New Year to all Lions,

I thought I should give the clubs an update on the KidSight project.

After some setbacks, it looks like all systems

are go for the end of January or at the latest, early February.

Our LCIF grant should be approved in January for \$100,000.00 and then the grant from the Minnesota Lions Vision Foundation for \$100,000.00 will be the start up funding and will be divided up between out Multiple Districts. This will enable us to buy our 3 PlusOptix screeners (one for each Region in 5M2) and have a reserve of money for operating.

We have been working with MN. Child Care Association which a lot of metro childcares are members of. We will work with them and their local Lions club to set up screenings. What we are in need of, are the more rural childcare business' and their local Lions clubs to see if we can provide this vision screening service.

There should be minimal cost to any club providing this service, and we have all the notification, consent,

approval, or referral forms for their contacts.

This is a GREAT community service project and is recommended to become a yearly project.

We need one person that will act as the chair person from each club that wants to participate. This person will be the contact and guide for the screening process. The Region chair will have the screener and will instruct your volunteers on procedures of screening.

The Mid-Winter convention is planning on having a PlusOptix representative there for a seminar and a training session for all prospective clubs.

This is the newest LCI approved project and has been active for the last year or two. We are just starting this project in 5M2 and hope it is as huge of a success here as it is all over the country.

Please contact me if your club would like to participate.

KidSight Chair  
Lion Rick Wagener  
1775 Waconia Pkwy. S.  
Waconia, MN. 55387  
952-442-2980 home  
612-701-0346 cell  
[rrwags@embarqmail.com](mailto:rrwags@embarqmail.com)



# DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

*"Catch the Dream" Life Without Diabetes!*

[www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org) | [www.facebook.com/MinnesotaLionsDiabetesFoundation](http://www.facebook.com/MinnesotaLionsDiabetesFoundation)

2016 Winter

## 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

**Centennial Edition** 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 14<sup>th</sup>

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 co-discovered insulin and was the first person to use it on humans. World Diabetes Day is internationally 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,

lectures and conferences, sporting events, and 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 Education

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.

### "Ok 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 ----**

UofM Diabetes Research Update – April 8<sup>th</sup>, 2017

### 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  
 ¾-1 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



**DEADLINES MAY 1, 2017:**

• Deadline for advance registration and hotel reservation. (Registrations after this date will be 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/photo ID.

First Name/ Family (Last) Name \_\_\_\_\_ Badge/Call Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Daytime Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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 \_\_\_\_\_  Alpha Leo

**PACKAGE A:**

Includes convention registration for each registrant listed above plus one (1) hotel room serviced by shuttle buses during convention.

Before January 13, 2017  Reservation in delegation hotel  
 After January 13, 2017  I prefer my delegation hotel  Prefer another hotel

Hotel Name \_\_\_\_\_

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 checkout.

**PACKAGE B:**

NO ROOM REQUIRED (Registration only for each person listed above.)

**OPTIONAL TICKETED EVENTS**

I/we plan to attend the following event(s). (Must be registered to attend)

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 Chicago 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 orders must be drawn on US banks. Visa, MasterCard & Discover cards accepted.

REGISTRATION FEES:	Adult	Child (17 and under)/Alpha Leo	Omega Leo	PACKAGE A:	PACKAGE B:
EARLY (Before January 13, 2017)	US\$130	US\$10	US\$60	Registrations: US\$ _____	Registrations: US\$ _____
REGULAR (January 14 through March 31, 2017)	US\$180	US\$10	US\$60	Ticketed Events: US\$ _____	Ticketed Events: US\$ _____
LATE (April 1, 2017 – onsite)	US\$200	US\$10	US\$60	Hotel Deposit: US\$ 200.00	
				Total Due: US\$ _____	Total Due: US\$ _____

Check # \_\_\_\_\_  Wire transfer (payment slip must be attached to this form)  Visa  MasterCard Discover  Discover

Name as it appears on card \_\_\_\_\_ Credit card must be in the name of the registrant.

Card Number \_\_\_\_\_ Expires Month/Year \_\_\_\_\_ Security code (3 digits) \_\_\_\_\_

X  
 Cardholder Signature \_\_\_\_\_

Mail: Lions Clubs International Attn: Convention Division • 300 West 22nd Street Oak Brook, IL 60523-8842 USA • Fax: +1 630.571.1689 • E-mail: registration@lionsclubs.org

Please note: Lions Clubs International will be documenting the international convention for promotional purposes. Your participation may be filmed or photographed at this event. Your registration is your consent for use of these images by Lions Clubs International.

## “ UPDATE ON TRAIN” ALL ABOARD FOR THE 2017 LCI INTERNATIONAL CONVENTION



As you know we were trying to work something out with Amtrak as to having a train car for Lions to go to Chicago for the 2017 Convention.

As of this update we have filled the dedicated Lions Car on the train. However if anyone is still interested in riding the train you can go out on line to the Amtrak web at: [www.amtrak.com/tickets-reservations](http://www.amtrak.com/tickets-reservations) and sign up. The train number we are taking is 8/28 leaving at 8:00AM on Thursday June, 29, 2017 and

we will be returning from Chicago on train 7, leaving at 2:15PM on Wednesday July 5, 2017. For some of you this may be a good opportunity for you to get on the train at a location more convenient to your home location. Unfortunately those that signed up to ride in the Lions Car must come to the St. Paul Amtrak Station to get onto the train as Amtrak was not willing to pick up a large group other than at one stop.

We hope that those of you that may have been thinking about the train will do so fairly soon as we think the train may fill up fairly quick as for other Lions to the West and North of us may see this as a viable and reasonable way to get to Chicago for our Lions Centennial Celebration.

If anyone has any questions please feel free to contact me.

Best Regards,  
Lion Lynn Farley  
(651) 426-9407  
[Ltfarley1@Q.com](mailto:Ltfarley1@Q.com)

**Celebrating  
Riding**



**years of service  
miles for those  
who served**

### PROJECT NEW HOPE BIKE-A-THON SURPASSES GOAL OF \$10,000

With the Bike-a-Thon two months in the past and having received no checks/contributions for two weeks I think the final tally for the Project New Hope fundraiser can be considered complete. Our goal was to reach \$10,000 in observance of the 100th anniversary of Lion International. In spite of several interruptions and a one-week delay the Bike-a-Thon went off with no casualties (other than a few sore knees and other various parts of the anatomy) and has to be considered a success as we not only reached our goal but surpassed it! The final tally stands at just a few dollars over the \$11,000 mark!

If there should happen to be any more contributions

out there, please send them to our District Treasurer Lion Sue Vos, or to myself. I want to thank each and every one of you who supported me in this project to give aid and support to our returning Combat Veterans. Now that we have collected the monies, our next need is to make sure that all of our Combat Veterans are aware of our week end Retreat Camps set up around the state to give them help and support. Please ask your local VFW and American Legion Clubs to pass the word to their members.

Again, thank you for your support in this project . . .

Lion Jack Webster

# Bemidji 2017



## To See and Do!

### Tours



**Bemidji Woolen Mills**  
~Historic, Fashionable and Family owned and operated. Local fiber to final product.  
[www.bemidjiwoolenmills.com](http://www.bemidjiwoolenmills.com)



**AirCorps Aviation**  
~Specializing in the restoration, maintenance, and rebuilding of vintage WWII aircraft. Passion, dedication and award-winning detail.  
[www.aircorpsaviation.com](http://www.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.  
[www.lptv.org](http://www.lptv.org)

### Other Opportunities:

**Pinewood Fire Tower and Forest Education Center**  
<https://www.youtube.com/watch?v=YJG2uw-9Z68>

Many other attractions: [www.visitbemidji.com](http://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**  
218-441-4400  
*Shuttle 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/grandchildren 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](http://www.litpc.org)
2. Click on right column LITPC Scholarship information
3. Click on Scholarship Application Form
4. Complete Application Form
5. 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](mailto: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  Guest

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE/PROV/ZIP: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE/PROV/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TITLE: \_\_\_\_\_ DISTRICT: \_\_\_\_\_

TITLE: \_\_\_\_\_ 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 CONVENTION	BEFORE MARCH 1, 2017	ON OR AFTER MARCH 1, 2017	NUMBER ATTENDING	AMOUNT
HOSPITALITY BOOK	USD: \$100	USD: \$110	USD: \$125		
FRIDAY NIGHT MIXER	FREE WITH HOSPITALITY BK	USD: \$20	USD: \$20		
SATURDAY BREAKFAST	FREE WITH HOSPITALITY BK	USD: \$20	USD: \$25		
SATURDAY LUNCH	FREE WITH HOSPITALITY BK	USD: \$25	USD: \$30		
SATURDAY BANQUET	FREE WITH HOSPITALITY BK	USD: \$45	USD: \$45		
SUNDAY BRUNCH	FREE WITH HOSPITALITY BK	USD: \$25	USD: \$30		
<input type="checkbox"/> YES, I AM COMING TO THE CONVENTION BUT NOT STAYING FOR ANY OF THE MEALS. USD: \$0.00			<b>TOTALS:</b>		

**"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 SUBMITTED:**

Mail payment & registrations to:

Convention Information Email:

**BEMIDJI LIONS CLUB**

Lion Wayne Tieman: [tieman13@yahoo.com](mailto:tieman13@yahoo.com)

P.O. BOX 3045, BEMIDJI, MN 56619

Lion Mel Milender: [melmile@msn.com](mailto:melmile@msn.com)

Cancellations accepted and refunded prior to April 1, 2017. \$20.00 fee for cancellations.

**SEE SEPARATE FORM FOR AVAILABLE HOTEL ROOMS AND RATES**



## ENVIRONMENTAL FEATURE

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.

## RECYCLE YOUR HOLIDAYS

Once the holiday season has come and gone, what are you to do with those old lights? Don't just throw them away, recycle them! Recycle Your Holidays is a Minnesota specific program through the Recycling Association of Minnesota (RAM) that works to keep old holiday lights out of landfills. Since the beginning of the program over 840,000 pounds of holiday lights have been recycled. ([HTTP://RECYCLEMINNESOTA.ORG/RECYCLE-YOUR-HOLIDAYS/](http://RECYCLEMINNESOTA.ORG/RECYCLE-YOUR-HOLIDAYS/))

1. **ORGANIZE A LIGHT DRIVE IN YOUR CLUB AND COMMUNITY:** spread the word in your club, community, place of work, etc about a light recycle drive! Organize a time and place for people to bring in old lights for the club to drop at a recycling point if your community does not have a local drop spot or circulate information about local recycling locations for people to visit on their own
2. **LEARN ABOUT SWITCHING TO LED LIGHTING:** the average Minnesotan home can save between \$10 to \$250 each holiday season by switching to LED holiday lighting! Recycle Your Holidays is a great opportunity to get rid of old holiday lights safely to make room for energy efficient lighting in the years to come! ([HTTP://WWW.CLEANENERGYRESOURCESTEAMS.ORG/RYH](http://WWW.CLEANENERGYRESOURCESTEAMS.ORG/RYH))
3. **FIND YOUR LOCAL DROP SITE:** there are MANY light drop off sites throughout the state to make recycling your lights convenient

## DROP OFF LOCATIONS

Andover Recycling Center – [1685 Crosstown Boulevard, Andover, MN](http://1685CrosstownBoulevard,Andover,MN) 763-767-5175

Becker County Courthouse (3rd floor by Zoning Dept.) – [915 Lake Avenue, Detroit Lakes, MN](http://915LakeAvenue,DetroitLakes,MN)

Becker County Transfer Station – [24413 County Hwy 144, Detroit Lakes, MN](http://24413CountyHwy144,DetroitLakes,MN)

Carver County Environmental Center – [116 Peavey Circle, Chaska, MN](http://116PeaveyCircle,Chaska,MN) 952-361-1835

Chisago County Household Hazardous Waste Facility – [39649 Grand Avenue, North Branch, MN](http://39649GrandAvenue,NorthBranch,MN) 651-213-

## CAN DO CANINES

Thanks to the support of Lions Clubs across 5M, Can Do Canines continues to train specially trained for people with disabilities and provide them to those in need, free of charge.

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

### BRAXTON WIEBUSCH & MOBILITY ASSIST DOG BLUE



Braxton Wiebusch from Sartell, Minn. enjoys hunting, fishing, camping and competing in wheel chair hockey. He's a 20-year-old college student with Duchenne Muscular Dystrophy (DMD), a degenerative muscle disease that affects every muscle in Braxton's body. Braxton and his family all wanted an assistance dog, but they were uncertain about this decision because of the fur allergies they collectively deal with.

Enter the playful and sweet canine, Blue. Blue is a handsome two-and-a-half-year-old Poodle who sports a white and brown coat. Not only is Blue specially trained as a Mobility Assist Dog because of his temperament and abilities, but he also rarely sheds due to his unique hair. All of those things made Blue a perfect fit for Braxton and the Wiebusch family. Blue loves helping Braxton with things like opening and closing doors, picking things up from off the

ground like his keys or the remote, and providing comfort to Braxton while staying in his room at night.

Braxton found out about Can Do Canines while he was attending the Muscular Dystrophy Association Summer Camp. He chatted with a few of the other campers about their dogs and decided that he should follow through with their suggestions to apply. Braxton was on the waiting list for two years until Blue was ready to train and begin the bonding process. Braxton noted, "Being on the waitlist for a Poodle was well worth the wait. While they can be a little more challenging to train than a lab, they're very smart animals and are completely worth it!"

It takes a village to raise, train and partner an assistance dog for clients like Braxton. With your help, Blue was given to the Wiebusch family free of charge. Braxton is very grateful for your support so that he can live a more independent life. He exclaims, "Your donations really help! The assistance dogs help people even when you may not see that. They help keep morale up and they offset the daily stressors that people have."

### LIONS, THE 5M2 INTERNATIONAL YOUTH EXCHANGE PROGRAM NEEDS YOU!

Host Families are needed for this summer's exchange program. Youth 15-19 years of age from over 18 countries are coming to MD5M for 3-6 weeks this July.

Youth come with their own spending money and a desire to learn about you and your family as well as Minnesota. One week of their stay involves a camp where all of the students come together.

You do not need to be a Lion to host, only have a desire to serve and meet some young international travelers. Download a host family application from [www.lionsclubs.org](http://www.lionsclubs.org), fill it out and send it to:

**Lion Jim Walters -  
golwithjim@gmail.com**

Call 952-239-2559 with questions and for more information.



## MID-WINTER CONVENTION UPDATE

We are still working on filling the Mankato City Center Hotel for Friday evening. We are working to fill the hotel so we can be able to have the "Tuxedo Band" play later into the evening.

If you have not made your reservation, please consider doing so soon to assist us with this endeavor. Thank you to the many who have made their reservations. It only takes a credit card to hold your room. Please call the "City Center Hotel" at phone: 507-345-1234 or fax: 507-345-1248.

All clubs will be receiving an e-mail on a Convention Change. We will be starting the opening ceremony at 6:30 pm on Friday evening. We felt with changes in the opening ceremony we needed a few more minutes to allow a transition from opening ceremony to the Memorial Service. Please take note of this change.

We are working on Saturday evening activities following the banquet. We do have some quiet time to visit and relax. But we will also have some fun with prizes to the winners. So please consider to join us for a quiet fun closing to the evening.

- Save the Date -

**5M2 Mid-Winter Convention 2017**  
February 10, 11, 12th 2017

**"Celebrate the Legacy"**

*Please join DG Steve Wasserman and Lions from across 5M2 to celebrate the Centennial Year, to Celebrate the Legacy of Lions!!*



*Get your creative side on through the Legacy of music.....*

*Friday night—dress as your favorite musical artist or favorite music genre*

*Saturday—wear band, music, or concert T-shirts*

Convention and hotel reservations forms will be available on the 5M2 web-page, in the monthly newsletter, or by emailing LionDianeHesse@gmail.com

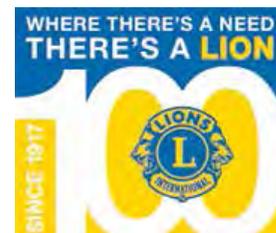
Talk to your fellow Lions and make plans to attend the convention during this 100th year of celebration.

Brought to you by Zone 3 Productions

DG Steve is still working on his speakers and seminars for the weekend. We are anticipating an enlightening and learning experience for all.

We will be having our final meeting with the hotel January 29th. We will do a walk through and meet with hotel staff with finalizing our convention plans with them.

Please consider to join us on February 10, 11, and 12th. Come "Celebrate the Legacy" and join fellow 5M2 Lions in celebrating the Centennial of our Lion's organization.



**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 [nmathwig@hotmail.com](mailto:nmathwig@hotmail.com)

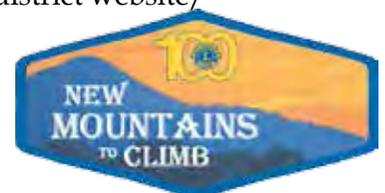
Lion Julie (Jordaness Lions) – 952-378-7159 or [jules05@frontiernet.net](mailto:jules05@frontiernet.net)

## HALL OF FAME REMINDER

Reminder to all clubs: nominations for the 2017 District 5M-2 Hall of Fame are due to District Governor Steve no later than January 10, 2017.

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".

Information regarding the criteria and process and the nomination form are available online on the Multiple District 5M website/ [www.lionsmd5m.org](http://www.lionsmd5m.org) – Forms and Links or the district website/ [www.5m2lions.org](http://www.5m2lions.org) – Forms and Award Applications.



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



**REGISTRATION FORM**

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

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

Last Name:	First Name:	E-Mail Address:
Address/P.O. Box:	Club Name:	Phone #:
City:	State & Zip:	Dietary Needs:

Guest #2 Information: Select One ( ) Lion ( ) Lioness ( ) Leo ( ) Spouse/Guest ( ) 1<sup>st</sup> Time Attendee

Last Name:	First Name:	E-Mail Address:
Address/P.O. Box:	Club Name:	Phone #:
City:	State & Zip:	Dietary Needs:

**Please include the following to submit your registration:**

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

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

**Mail to: Lion Diane Hesse**  
 313 1<sup>st</sup> St. W.  
 Jordan, MN 55352

**Cancellation Policy:**

Cancellations must be directed to Lion Diane at the above address, by email to [liondianehesse@gmail.com](mailto:liondianehesse@gmail.com), or by phone to 952-457-8317.

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

- 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

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

1. The registration fee will apply to all attendees, including non-Lions. The only exemptions will be visiting dignitaries and invited guest speakers.
2. 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
		<b>All-Meal Package \$65.00</b>	
		(Includes Saturday Lunch, Saturday Banquet, & Sunday Brunch)	
		<b>Saturday Lunch \$20.00</b>	
		<b>Saturday Banquet \$30.00</b>	
		<b>Sunday Brunch \$15.00</b>	
<b>TOTAL MEAL COST</b>			
<b>TOTAL REGISTRATION FEES</b>			
<b>REGISTRATION FEE &amp; MEAL GRAND TOTAL</b>			

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

Early Bird Special (Post Marked <u>by</u> December 15 <sup>th</sup> )	\$10.00
Not-so-Early Bird Registration Fee (Post Marked <u>by</u> January 31 <sup>st</sup> )	\$15.00
Regular Registration Fee (Post Marked <u>After</u> January 31 <sup>st</sup> )	\$20.00

For Official Use

Date of Receipt \_\_\_\_\_  
 Date of Postmark \_\_\_\_\_



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

**MAIL DIRECTLY TO HOTEL**

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

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

**Mail to:**

Mankato City Center Hotel  
c/o Lions Mid-Winter Convention  
101 East Main Street  
Mankato, MN 56001  
Phone: 507-345-1234  
Fax: 507-345-1248

\*\*\*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  
cancel.

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

Special Requests: \_\_\_\_\_

\_\_\_\_\_  
\*\*Special Requests cannot be guaranteed but we  
will try to accommodate as best we can. \*\*

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

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Name of Person(s) Sharing Room: \_\_\_\_\_

**\*Only send one registration form if sharing a room\***

Payment methods:

Check \$ \_\_\_\_\_

Money Order \$ \_\_\_\_\_

Credit Card – Circle One

Visa MC Amex Diners Discover

CC# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp Date: \_\_\_\_\_ / \_\_\_\_\_ (mm/yy)

**TO GUARANTEE ROOM WILL BE  
HELD:**

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

OR

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

**HOTEL REGISTRATION FORM**

Please note that your reservations must be received  
by January 13, 2017 to receive the  
Lion's Convention discounted rate.

**Reservations received after this date will be booked  
at standard rates.**

**Arrival Date – Select One**

\_\_\_\_ Thursday, February 9

\_\_\_\_ Friday, February 10

\_\_\_\_ Saturday, February 11

**Cost for Three Nights**

\_\_\_\_ One King Bed \$327.00

\_\_\_\_ Two Queen Beds \$327.00

\_\_\_\_ King Bed w/ Sofa \$357.00

\_\_\_\_ Poolside w/ Two Beds \$357.00

**Cost for Two Nights**

\_\_\_\_ One King Bed \$218.00

\_\_\_\_ Two Queen Beds \$218.00

\_\_\_\_ King Bed w/ Sofa \$238.00

\_\_\_\_ Poolside w/ Two Beds \$238.00

**Cost for One Night**

\_\_\_\_ One King Bed \$109.00

\_\_\_\_ Two Queen Beds \$109.00

\_\_\_\_ King Bed w/ Sofa \$119.00

\_\_\_\_ Poolside w/ Two Beds \$119.00

\_\_\_\_ Handicap Access Room Required

(room contains one Queen bed)

\*\*\* All Rates Subject to 10.875% Tax Rate

\*\*\* All rooms are non-smoking and are

equipped with microwaves and refrigerators

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

# 2017 Mid-Winter Convention

CONVENTION SATURDAY AFTERNOON

TIME: 2:00 PM

POOLSIDE—UPPER AREA

Not a delegate? Not going to the business meeting? Join fellow Lions and guests for a fun afternoon of crafting and wine.

AT THE END OF THE CLASS, YOU TAKE THIS REVERSIBLE DECORATION HOME TO DISPLAY AND ENJOY!

\$35.00  
SUPPLIES,  
WINE & WATER  
PROVIDED



MAKE CHECKS PAYABLE TO:  
LIONS 5M2 MID-WINTER CONVENTION

Block, Paper, Scissors and Wine!!

RSVP BY FEBRUARY 1ST, 2017

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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

MAIL TO:

LION DIANE HESSE

313 1ST ST W

JORDAN, MN 55352

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# \$\$\$\$ Parade of Green \$\$\$\$

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Mid-Winter Convention will be here before you know it, and we will be **“Celebrating the Legacy”**. Part of the **“Legacy of Service”** of District 5M2 is how we support our District, Multiple District, and International projects through our participation in the **“Parade of Green”**. Every penny of every dollar your club donates to these projects goes to help people in need. Let’s **“Enhance the Legacy”** by having all clubs donate to all areas of the **“Parade of Green”** and exceed \$100,000 in honor of 100 years of Lions Service!

Please note that not all projects have 501(c)(3) status, which is needed for gambling funds donations. To avoid problems during an audit, gambling clubs should have checks written out exactly as noted below.

- Lions Club International Foundation (LCIF) – 501(c)(3)
- Minnesota Lions Vision Foundation – 501(c)(3)
- MD5M Lions Hearing Foundation – 501(c)(3)
- Leader Dogs for the Blind – 501(c)(3)
- Can Do Canines – 501(c)(3)
- Diabetes (Can be given to either or both)
  - MN Lions Diabetes Foundation (501(c)(3))
  - 5M-2 Diabetes – funds stay in 5M-2, NOT a 501(c)(3)
- Lions Quest
- Youth Exchange (Can be given to either or both)
  - Lions International Youth Exchange Camp Spicer – 501(c)(3)
  - 5M-2 Youth Exchange – funds stay in 5M-2, NOT a 501(c)(3)
- 5M-2 Youth Activities (Leos, Peace Poster Contest, Lions International Essay Contest, Liberty Day and Write-Off contest)
- Project New Hope Lions Foundation of Minnesota – 501(c)(3)



2017

## District 5M2 Zone Lion of the Year

Zone Lion of the Year is a project unique to District 5M2. It gives the District the opportunity to bestow well-deserved recognition on one Lion in each Zone who exemplifies our Centennial motto “Where There’s a Need, There’s a Lion”.

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

The Zone Lion of the Year presentations will be made during the 2017 spring Zone meetings. The club president or person designated by the president is asked to complete this application and return it to 1<sup>st</sup> VDG Nancy Mathwig by February 22, 2017.

Send to: 1<sup>st</sup> VDG Nancy Mathwig  
 PO Box 944  
 Arlington, MN 55307  
[nmathwig@hotmail.com](mailto:nmathwig@hotmail.com)

Please write a brief description of the nominee’s service including such items as years of Lion service, involvement in club activities, and involvement in the community. The form must be signed by the club president. Attach a separate sheet or use the back of this form.

Nominee: \_\_\_\_\_

Club: \_\_\_\_\_

Zone: \_\_\_\_\_

Club President: \_\_\_\_\_

(signature)

(Date)

# 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.com](mailto:ejorvik1@gmail.com)

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 over the area your event qualifies:

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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If your event does not fit one of the above areas, where would you classify it?

Number of Club Members \_\_\_\_\_ Number of Members who participated \_\_\_\_\_

Approximate number in attendance/number affected by this Event: \_\_\_\_\_

Explanation of Event:

What benefit did this project have to your community?

How did this event publicize Lions and our 100<sup>th</sup> Anniversary (Anniversary must be publicized)?

\*\* Attach only 1 picture page

Contact person for this event: \_\_\_\_\_

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

Does your club have a Lions sign in your town?  Yes  No

Have you refreshed your Lions sign- a new one or a new decal for our 100<sup>th</sup>?  Yes  No

**Please submit to your District PR Chair before January 1, 2017.  
Clubs may 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**

Any format accepted. Filename should include club name, event, other identifying info.  
Deadline for submission is January 15, 2017. But, do it now!

## LIONS' CLUBS NEWS AND ACTIVITIES

### LAFAYETTE LIONS SPONSOR SANTA DAY AND HOME LIGHTING CONTEST

The Lafayette Area Lions Club worked with two other community organizations to put on the annual Lafayette Santa Day Tuesday, December 13. The Lions organized and sponsored the event, with the Bernadotte 4-H providing craft activities and Citizens Bank Minnesota, Lafayette furnishing donuts and milk.

Lions members gathered a day ahead of time to make goodie bags for the children and to decorate the hall, using four artificial Christmas trees.

A total of 117 children visited with Santa and went home with the bags that contained candy, juice, and a Beanie Baby donated by a club member.

Although most of the kids didn't know it, Santa is Lafayette Lion Joe Maidl. He's an exceptional Santa in that he knows virtually every kid in the area, calls them by name, and even knows what color (kind) of tractors their dads drive! With Santa knowing so

much about them, there were many wide-eyed kids.

The Lions also sponsored the annual Home Lighting Contest that encourages residents in town and in the rural area to decorate their homes. Cash prizes of \$100, \$75, and \$50 were awarded to the three best-decorated homes, with two honorable mentions also being named.



*(Above) Lions Laurie Trebellhorn and Arden and Marilyn DeBoer were three of six Lions preparing goodie bags for Santa Day.*



*(Left) Lions Brad DeBoer and Joe Maidl put a string of tractor lights on one of the Christmas trees. Joe returned the next day, as Santa Claus.*

*(Right) The Lions gathered with Santa Claus (Lion Joe Maidl) at the close of the evening. Kneeling: Ruth Klossner. Standing: Sally Webster, Wendy Gjerde, Scott Portner, Andrew Maidl, Elmari Kamm, Carol Hoffmann, Mark Dick, and Neal Hoffmann.*



COURTLAND LIONS HOST A "MORNING WITH SANTA.

In addition to Santa, we have live music, miniature pony, prizes, and horse drawn wagon rides. Donuts, hot chocolate, apple cider, and milk were served.

This event tied in with the Lions Club International 100<sup>th</sup> Anniversary as well as the Courtland Lions 35<sup>th</sup> year as a club. The Courtland Lions were chartered in December of 1981.



A MORNING WITH SANTA



Sponsored by the Courtland Lions

Enjoy a donut, hot chocolate, or milk with SANTA!  
Donate a FOOD SHELF ITEM.  
Bring your own EYE GLASSES.  
Tell SANTA your CHRISTMAS WISHES!  
Take a HORSE DRAWN WAGON RIDE.  
Receive a GOODIE BAG (with or without points).  
Register for PRIZES. (9-8 years of age)  
(DRAWING @ 11:00 a.m.; must be present to win.)



Saturday, December 3, 2016

9:00 a.m. - 11:00 a.m.  
Courtland Community Center



TAKE A WAGON RIDE



REGISTER FOR PRIZES



RECEIVE A TREAT BAG



ENJOY A SNACK



DONATE AN ITEM



TAKE A PHOTO WITH SANTA

HELP US CELEBRATE

Lions Club International's 100<sup>th</sup> Anniversary  
Courtland Lions 35<sup>th</sup> Anniversary - Chartered in December 1981





### WATERTOWN LIONS

On December 2 & 3rd the Watertown Lions along with the Watertown Cub Scouts delivered poinsettias to local nursing home residents and other senior citizens in the area. The Watertown Lions does this service project annually.



### WATERTOWN LIONS AND LEOS

The Watertown Lions and Watertown Leos put on Santa Day on December 3rd. This was a free event for the community. We had holiday treats, games for kids, pictures with Santa, kids wrote letters to Santa, a snowman craft, prize drawing for a ride in the fire truck with Santa, and face painting. It was a great turn out. It was fun doing a joint event with the Lions and Leos.



### ELLENDALE LIONS

District Governor Steve Wasserman attended the Ellendale Lions Club meeting and Christmas dinner on Mon., Dec. 5th. The following Years of Service Awards were given: Nola Roberts and Bob Wayne, 15 years. Gail Skroch and Jani Waage, 25 years.



District Governor Steve Wasserman attended the Ellendale Lions Club meeting and Christmas dinner on Dec. 5th. He presented Lion Gail Skroch with the Legacy of Service Award for her work and service in the Ellendale Lions.

### HAMBURG LIONS

Three Hamburg Lions were recipients of awards at their annual Christmas party. Lion Duane Kroells-Leader Dog Founders Tribute, Lion Cindy Herrmann-Top Dog Award and Lion Leo Pouliot-Dream Catcher Award. 2VDG Diana had the honor of presenting the awards.



### Improving Oral Health Knowledge

Improve the oral health of your child.

Ask your child's dentist, doctor, nurse practitioner, or public health nurse to tell you about:

- 1) Early signs of tooth decay (the white spot).
- 2) Fluoride – what it is and how it prevents cavities.
- 3) The importance of fluoridated tap water and how to learn if your tap water has fluoride.
- 4) The value of fluoride varnish.
- 5) The value of dental sealants -what they are and how to get them. Sealants are different from but just as important as fluoride varnish.
- 6) The importance of brushing twice daily with a smear of fluoridated toothpaste.
- 7) Why baby teeth are important even though they fall out.



Learn how you can help your child avoid cavities by visiting the Minnesota Oral Health

Project website [minnesotaoralhealthproject.com](http://minnesotaoralhealthproject.com) and liking us on Facebook.

**Cavities can be Prevented.**



### JORDANESS LIONS

The Jordaness Lions lit up the night at the annual JordanDazzle parade!



The Jordaness Lions recently held their 27th annual Holiday Fashion Show! This event, which takes place each year on the Saturday before Thanksgiving, includes a luncheon, a fashion show, entertainment and a wonderful silent auction. Please consider joining us for our 2017 show, which will take place on November 18th!



*(Left) Lion President Amy Piotrowski models a western ensemble.*

*(Below) PDG Marvoin Grimm and Lion Evelyn Grimm pose at the ever-popular Photo Booth!*

*(Below) A dance number was performed by members of the Jordaness Lions club!*





# PLATO LIONS



January 1, 2017

New Years Day

**Pork Chop Dinner is back at King Pin Pub**

**\$10.00**

2 Pork Chops, Potatoes, Green Beans  
Roll & Dessert

\$4.00 Kids Meal  
Mac & Cheese and Cookie

**Serving time 10:30 am – Chops are gone**

Hope to see you at the King Pin Pub on New Years Day

To watch the Vikings  Bears play at noon!

Music at 2 pm with Doug Stuedemann

The Plato Lions Club wish all of you a  
**Happy New Year**



New Prague Area Lion's Club  
Cordially Invites You to Our



## CHARTER NIGHT

Time/Date: Sunday January 8<sup>th</sup>, 2017  
3:30 pm

Dinner at 5:00pm

Speaker: Bruce Beck  
Present International Director

Ticket Price: \$25.00

Ettlin's Café  
208 4<sup>th</sup> Ave SW  
New Prague, MN

Please R.S.V.P. by December 31 to  
Jessie McNeil at  
[Jessie.m.mcneil@gmail.com](mailto:Jessie.m.mcneil@gmail.com) or  
call (701)-368-8050.

# PANCAKE BRUNCH



sponsored by



## Hamburg Lions Club

Sunday, January 15, 2017

8:30 AM to 12:30 PM

Hamburg Community Hall  
351 Henrietta Ave. Hamburg

Pancakes, Sausages, Scrambled Eggs,  
Apple Sauce, Beverages

Adults	\$8.00
Children 5 – 10	\$4.00
Children 0 – 4	Free

*Please donate old eye glasses*  
Proceeds will be donated towards Lions Sponsore  
Projects



Cologne Lions Club

## WINTER BINGO

Friday, Jan. 20, 2017

Cologne Community Center  
1211 Village Pkwy., Cologne, MN 55322

5:30 pm - Food Service

7:00 pm - First Bingo Game

24 Games for just \$9

FOOD ★ DOOR PRIZES  
MEAT RAFFLES ★ CASH BAR

### SPECIAL 25TH GAME!!

Play the 25th game for free when you  
bring a minimum of 3 non-perishable  
food items to be donated to the local  
food shelf.