



5m2 Lions' News



March 2022

www.district5m2lions.com



Aim High To Serve!

*Lion Glenn Kaufmann
District Governor*

Lion Lisa and I can't say this enough, but thank you to everyone who turned out to celebrate 5M2. We appreciate all of you who helped 5M2 Aim High to Serve during a great Mid-Winter Convention. It's important to recognize

our district's successes over the last year and to give us something to shoot for in the next year, as we support DGE Kathleen, 1VDGE Christy, and 2VDGE Gerald. We all learned from our convention speakers, there is still so much more we can learn, not only from each other, but from opportunities LCI puts in front of us.



There are so many things you may want to do with and for your club. Where do you start looking for ideas to ... fill in the blank. First off, you can ask another club member or your zone chair. **"What if I don't want to look like a goofball, Glenn? Where can I look for stuff on my own?"** Did you know there are tons of places you can look for tips, hints, and answers to just about anything that you're interested in?

Looking for club motivation tips?

Check out the [Lions Clubs Help and Support Group](#) on Facebook

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Want to add some Lions graphics, emblems, or icons to your Facebook page or fundraiser advertisement?

Look at the [Lions Club Members: Public Image, Graphics & Ideas Hub](#) on Facebook or <https://www.lionsclubs.org/en/resources-for-members/brand-guidelines>

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Need to add a chuckle to your next club meeting?

You can find the [Spoofof on Lions Clubs Pancake Breakfasts](#) or [Rockin' the Vest](#) videos on Youtube

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Your club does awesome fundraisers, but you want to start a Service Project for your community?

Great ideas can be found here:

<http://www.lionsuniversity.org/wp-content/uploads/210-Zone-Chair-100-Simple-Proj-Ideas.pdf>

<https://www.lionsclubs.org/en/blog/25-hunger-relief-project-ideas>

<https://www.lionsclubs.org/en/start-our-approach/service-journey/service-project-planners>

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YIKES, our club needs help raising money for our Admin Fund!

A district in Vermont has some great ideas:

<https://www.vermontlions.org/club-toolbox/91-admin-account-funding-ideas>

"BTW, Glenn. You told us during the induction of our new club members that someone would show us LCI's Code of Ethics. Well. We are waiting?!?"

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Did You Know?



*Lion Kathleen Bleckeberg
District Governor Elect*

It's been just over a week since our mid-winter. I have to say it was a GREAT time. I can't thank Lion Lisa and the planning committee for planning a great well-organized convention. I enjoyed every minute of it. I finally got to see so many members of my Lions family that I have not seen in so long, we got

to catch up. The absolute best thing that happened at mid-winter was I was elected as your DGE!! I'm so excited to be working with 1VDGE Christi and 2VDGE Gerald to serve 5M2!!!!

I want to take a minute to thank everyone for your continued confidence in me and your support. I would not have even considered this DG path if it had not been for 5M2's support. Special shout out to IPDG Anna and DG Glenn for mentoring me these last couple of years. I would have been completely blindsided with out it. To Lions Darleen and Vern Breamer, PDG Sue Bowman, PDG Harry Klenke, IPCC Brian Thies and PID Bruce Beck for all your nomination speeches, and to my home club the Alden Lions. Last but not least to John who supports all my hair brained ideas THANK YOU!!!

Things are moving forward very quickly. Between DGE training, putting a cabinet together and Spring Zone meetings coming up. Zone 4 is on March 28th, Zone 6 is on March 31st in Eagle Lake and Zone 1 is on April 20th in Plato and Zone 8 on May 8th in Ellendale. So put these on your calendar and stay tuned as the other zone meetings as they are scheduled. I want to thank all the clubs that submitted a Zone person of the year form. I didn't get one from every club but, each Zone is represented. I am so looking forward to presenting them at the upcoming zone meetings.

Officer Training and Zone Chair training is coming up in May as we get the details nailed down, we will let you know more, read this newsletter for details.

MD5M Convention is also coming up fast on April 28th – May 1st it will be held in Mankato at the Mayo Health event center. You can register online, or the paper form is in this newsletter. Hope to see more of you there.

It's also time for Clubs to elect their club officers and for the secretaries to report those name, addresses, email addresses and phone numbers into MyLCI as soon as possible. If you are going to me a new officer, it is very

important for you to get a username and password for MyLCI especially secretaries you will need them for officer training. If you have any questions, please let me know. I will leave my email address and phone number at the bottom of this page.

Don't forget the International Convention at the end of June in Montreal, it should be a blast!!!

Looking forward to seeing you all at the Zone meetings, stay safe, healthy, and happy!!!

Happy St. Patrick's Day to ALL.



***5M2 Lions' News Newsletter Deadline:
15th of each month...***

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

What are your clubs doing for Service? Get Me the NEWS!!



Welcome new Lions in February!

Amboy Lions

Lion Patty Smith – sponsor Lion Marilyn Ruzich

Arlington Lions

Lion Jason Foster – sponsor Lion Michael Feterl

Chanhassen Lions

Lion Courtney Cannon - sponsor Lion Amy Svoboda
 Lion Colleen Fletcher - sponsor Lion Greg Fletcher
 Lion Nick Hively - sponsor Lion Glenn Kaufmann
 Lion Amy Saldanha - sponsor Lion Lisa Kaufmann
 Lion Chad Edwards - sponsor Lion Jeff Commander
 Lion Kristopher Griese - sponsor Lion Annette Fossum
 Lion Jennifer Prondzinski - sponsor Lion Amy Svoboda
 Lion Thomas Ziegler - sponsor Lion Derek Johnson

Chaska Lions

Lion Diane Churchill - sponsor Lion D. Trebiatowski

Glencoe Lions

Lion Joshua Odden - sponsor Lion Jon Van Damme

Green Isle Lions

Lion Aimee Scott - sponsor Lion Diane Brown

Aim High to Serve continued from Page 1

Lions Clubs International CODE OF ETHICS

TO SHOW my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

TO SEEK success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self- respect lost because of unfair advantage taken or because of questionable acts on my part.

TO REMEMBER that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

WHENEVER a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.

TO HOLD friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

Henderson Lions

Lion Mary Kay Wento - sponsor Lion Dave Rinehart

Lafayette & Area Lions

Lion Alma Forst – sponsor Lion Ruth Klossner

Le Sueur Lions

Lion Jena King – sponsor Lion Robin Wilke

Northfield Lions

Lion Hope Langston - sponsor Lion David Ludescher

NYA West Carver Lions

Lion Brenda Seifert - sponsor Lion Mona Bueurs

Veseli Area Lions

Lion Julie Bergh - sponsor Lion John Kubes
 Lion Steve Kalina - sponsor Lion John Kubes

Waconia

Lion Chad Backes - sponsor Lion Joe Gifford
 Lion Jon Hemze – sponsor Lion Kelly Wagener
 Lion Maurice Mahon
 Lion Darrin Schroeder

Waconia Dandylions

Lion Ellie Gorghuber
 Lion Rachel Waletich - sponsor Lion Katelyn Waletich

Waterville

Lion Carrie Guarrero - sponsor Lion Todd Schwartz
 Lion Dan Guarrero - sponsor Lion Todd Schwartz

ALWAYS to bear in mind my obligations as a citizen to my nation, my state and my community, and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labor, and means.

TO AID others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.

TO BE CAREFUL with my criticism and liberal with my praise; to build up and not destroy.





Lions Clubs International
FOUNDATION



Lion Debra Wasserman, 5M2 LCIF Coordinator

Fellow 5M2 Lions,

THANK YOU to every club that brought an LCIF donation to the Midwinter Convention. We are moving closer to 100% club participation in our Foundation. Donations to LCIF help magnify Lion's service around the world and close to home. If your club wasn't able to get your donation to the Convention you are welcome to send it to me or DG Glenn.

THANK YOU ALSO to the individual Lions who donated to a drawing to name a Melvin Jones Fellow. \$1,000 was raised before the Friday night social was even over. Another drawing is underway so watch for your opportunity to participate during the upcoming Zone meetings.

If you took DG Glenn's challenge to personally donate \$2 per week to LCIF, check out the photo to see what 35 weeks of a LCIF contribution looks like. You are welcome to send your donations to me for submission or you can send them directly to LCIF.

If you have questions about making a donation or anything else LCIF related, please call or email me at:

507-332-2792 Home

612-718-8330 Cell

Liondebra@charter.net



History Revisited: MD5M Female District Governors

by PDG Mary Ferleman

I was honored to be elected the first female district governor for 5M2! The election was exciting and a female district governor was something brand new for our district. Following the election, I was excited and also a little apprehensive – how will I be received by Lions in our district and those in MD5M; what about those governors that I will serve with; can I really “keep up” and face my first-graders every day; what about all that “paperwork”. Lots of thoughts and questions!

Times have changed a lot since 1997-98! I met some of my fellow district governors as a vice district governor, but our first “official” meeting as a DGE group was in March for a short MD5M training prior to the Council of Governors Meeting. There were two other female governors in our group: Darcy Paxton (5M3) and Joyce Sauter (5M6). The male members of our group were wonderful and decided that we would be called “The First Co-ed Blue Team”. There was NEVER a male/female DG – just a District Governor! We headed to Philadelphia for most of our training, really bonded as a group, sweat A LOT at the parade (always wore our uniform at every event), watched

the most spectacular fireworks right out of our hotel window on July 4th , and felt “ready to serve”.

I was well received by the Lions Clubs in our district, had the BEST group of first-graders and a boss that would let me leave a “little” early if needed, a mailman that survived all the mail (no electronic reports), and a group of DG’s that soon became “family”. The year went by quickly and we have so many wonderful memories!!

I may have been the first, but I definitely was not the last! The number of female Lions elected as a District Governor continues to grow! As of today, District 5M2 has had 11 female governors! MD5M has welcomed 76 female governors in the last 25 years – pretty amazing! In addition, four have been elected to serve as Council Chair and one has served as an International Director.

I am sure that those being elected to the DG position are still excited and full of apprehension, but I know they will have the most amazing experience of a lifetime! I also know there are many, many more that will fill the position in the next 25 years!!!



1997-98	5M2 5M3 5M6	Mary Ferleman Darcy Paxton Joyce Sauter
1998-99		
1999-2000	5M8 5M13	Janette Dingman Sharon Brooks
2000-2001	5M5 5M9	Kay Elliott Judy Brasgalla
2001-2002	5M2 5M3 5M10 5M11	Elvera Trettin Terri Hughes Audrey Moede Phyllis Jones
2002-2003	5M4 5M6	Cathy Plath Susan Mullen

2003-2004	5M2 5M5 5M13	Debra Wasserman Jackie Morlock Lilliss Morrice	2013-2014	5M2 5M5 5M8	Joan Blank Sonjia Wagner Donna Mae Landwehr
2004-2005	5M1 5M10	Julie Cariblom Jan Bennett	2014-2015	5M4 5M5 5M6 5M9	Kathy Jensen Diane Nokk Deb Petro Gloria Anderson
2005-2006	5M2	Marlys Meskan	2015-2016	5M6 5M13	Jenn Bierma Louise Kernestad
2006-2007	5M9 5M11	Carroll Kukowski Doris Fertig	2016-2017	5M8	Judy Hoofnagle
2007-2008	5M2 5M3 5M4 5M7 5M9	Mary Spille Virginia Spicer Deborah Harms Mary Ellen Storley Annette Contos	2017-2018	5M2	Nancy Mathwig
2008-09	5M5 5M8	Bernie Braegleemann Judy Loken	2018-2019	5M1 5M2 5M6 5M8 5M10	Nadeen Lunde Diana Kroells Eileen Shirer Rose Marie Puckett JoAnn Ogden
2009-10	5M1 5M11	Barb Ernster Jeannine Windels	2019-2020	5M6 5M9 5M11	Tracy Braaten Cassandra Remington Deanne Williams
2010-11	5M1 5M2 5M8 5M9 5M10 5M13	Randi Fravert Eunice Rucks Amy Leidenfrost Linda Albrecht-Norby Val Martindale Cheryl McKitrick	2020-2021	5M2 5M4 5M5 5M6 5M10	Anna Wickenhauser Kellie Knudson Jennifer Gilbert Gina Detviler Shirley Koroniak
2011-2012	5M2 5M3 5M5 5M6 5M8 5M10 5M11 5M13	Susan Bowman Vickie Radloff Jan Cariveau Carol Farley Sandy Sandwick Peggy Michels Joanne Swanson Colleen Kingdon	2021-2022	5M5 5M7 5M8 5M10	Kristine Morin Judy Herrala Terri Bailey Sue Winner
2012-2013	5M1 5M4 5M9 5M10	Gloria Dockter Kathy Harwick Margaret Van Erp Angela Sharbot			



2022 Mid-Winter Convention by the Numbers by Lion Lisa Kaufmann

Hard to believe it has already been a week since DG Glenn and I were packing up our vehicles to head to Mankato. Thank you to everyone who attended and those who volunteered. Without the help of fellow Lions and guests it would not be a success. Felt it important to share the attendance numbers, money raised, results of the surveys and comments. The convention committee tried new things and learned some lessons. While several items took flight there was a little turbulence.

Survey Results (83 Completed) (Scale 1 (Dissatisfied) to 5 (Excellent))

Q1: Cabinet Meeting & Dinner: 4.0
 Q2: Opening Ceremony: 4.3
 Q3: Celebration of Life: 4.3
 Q4: Friday Entertainment: 3.7
 Q5: Saturday Breakfast: 3.0
 Q6: Saturday Speaker – Leader Dog: 4.7
 Q7: Saturday Speaker – Dedication to Service: 4.2
 Q8: Saturday Speaker – Member Retention: 4.8
 Q9: Saturday Lunch: 4.0
 Q10: Saturday Service Project: 4.2
 Q11: Saturday Banquet: 4.3
 Q12: Sunday Service: 3.9
 Q13: Sunday Brunch: 3.7
 Q14: Hotel: 4.2
 Q15: Registration Fees: 3.6
 Q16: Meal Costs: 3.3
 Overall: 4.1

Parade of Green:

2022: \$131, 515 (As of 2/18/22)

2021: \$98,865

2020: \$131,960

2019: \$134,393

17,788 eyeglasses recycled!



Survey Comments

Below is a listing of the most mentioned comments.

Hotel:

- Walk to event was nice, did not have to go outside.
- Long walk and need better signage.
- Much nicer than previous location.

Convention Center:

- Additional space for lunch was great!
- Space very nice and easy to move between rooms.
- Suggest additional breakout rooms for speakers and business meeting.
- Raffle baskets were much easier to see, and the process was much smoother.
- Convention rooms could have been warmer.
- Sound system on right side was muffled.

Registration & Fees:

- Concerned with having to pay registration fees and cost of the meals.
- Some thought the food was great others thought it was okay.

Overall:

- Decorations and attention to detail was great.
- Excellent speakers.
- Airplane toss and Melvin Jones Squares were fun ideas.
- Missed hospitality rooms.
- Band received mixed reviews.
- Electronic voting made the process much easier.
- Change in program and/or how things were done were appreciated.
- Great to not have goody bags as most items are of no value.
- Each person registered should receive a program.
- Most liked not having a convention pin.
- Enjoyed the presentation "What the DG and PIS Do".



Registration Fees Cover

- Facility Costs – Room Rental & Security
- Band & Dance Floor
- Registration Supplies & Printing Expenses
- Electronic Voting
- Portion of the Expenses for the ID, DG & IPDG
- Decorations
- Gifts for ID and PIS
- Reimbursement – Photographer, Musicians, Speakers

Total Individuals Attending: 245

Friday Cabinet Meeting: 54
Opening Ceremony & Celebration of Life: 130
Speakers: 118/129/131
Lunch & Program: 176
Business Meeting: 115
Service Project: 10
Banquet: 132
Church Service: 41
Sunday Brunch & Program: 91

What We Tried

Below is a list of things the Convention Committee tried new or did to help maintain costs.

- Sweet & Salty Table – Secured donations to create a sweet and salty table instead of purchasing appetizers from the caterer.
- Program – First year trying to sell ads to cover the cost of the programs. Ad sales exceeded the printing cost by \$1000.
- Dessert – Individual cakes versus having caterer provide. Less than half the cost, received 10% discount on cakes and flowers.
- Purchased items which can be used in future years – chargers, votives, tabletop flags, ornament holders and picture frames.
- Did not solicit items for goody bags.
- Did not produce a convention pin.
- Asked clubs to provide raffle baskets instead of door prizes. The money raised helped offset convention costs.
- A new band which provided a \$400 cost savings.
- Displayed all the Peace Poster winners, purchased poster boards to display them which can be reused in future years.

Considerations for 2023 – These are either from comments or lessons learned. Some of the items would add additional cost.

- Location of the convention. Does it stay in Mankato? Are there other facility options in Mankato?
- Mayo Event Center – Utilize space on the second floor for speakers and business meeting. This would require individuals to relocate between floors. Thought was given to the time it would take to move about and the ease of doing so.
- Programs – Number of programs printed was based on the number of registrations when the printing deadline was due. Consider increasing the number of programs printed based on 2022 registrations. QR code was provided at registration, this allows the schedule to be viewed on a smart phone. Consider posting a printed master schedule.
- Majority of the registrations come in late and/or after the deadline. This makes it difficult to plan meals, space requirements and printing needs. Committee's goal was to accommodate everyone the best we could.
- Cost of meals includes a 20% gratuity and taxes added by the caterer. Friday night meal should be lighter and lower cost.
- Celebration of Life – There is not a requirement for club members to register to attend this event.
- Charging a registration fee helps spread the cost among all participants. Other districts upcharge the meals to cover convention costs. Some districts hold fundraisers throughout the year to help offset convention costs. All things to consider.
- Have coffee available all day, juice for breakfast and provide more meal choices for breakfast.
- Video the speakers to allow clubs to replay at meetings. This would require someone to be hired to do this.
- Print the convention rules in the Program.

Donations

Airplane Toss: \$410 donated to Project New Hope.

Saturday Lunch Tail Twisting: \$310 donated to Project New Hope.

Church Service Collection: \$140 donated to Project New Hope.

Melvin Jones Square (LCIF): \$1000 in Evelyn Grimm's name donated. Additional \$700 for the 2nd board has been raised. DG Team will continue to sell at zone meetings. When the board is full a winner will be selected, and a donation made in their name .

LCIF: District 5M2 donated \$1000 to LCIF in ID Larry Edward's name for his participation in our Mid-Winter Convention.

Swear Jar: \$75 donated to Project New Hope.



102nd Annual MD5M Multiple Convention April 29th – May 1st, 2022 | Mankato, MN, USA



Your District & Club Name: _____

Lion ____ Leo ____ Guest ____ **1st TIMER** ____ * Please complete 1 form per attendee *

Title & Name _____

Address _____

City/Town _____

State/Prov. _____

Zip/Postal _____

Phone (w/area code) _____

Email _____

To register online follow link below
<https://district5m2lions.com/md5m-multiple-convention>

“Will you require Braille Documents at the convention?”

Special Dietary Needs: Vegetarian, Gluten Free, Allergies _____

Full Hospitality Book (Includes Friday night Social, Saturday Breakfast, Lunch, Banquet & Sunday Brunch and **registration fee**)

		<u>\$ AMOUNT</u>
Full Hospitality Book	\$ 150 USD \$ 185 CDN	_____
Friday Night Social	\$ 20 USD \$ 25 CDN	_____
Saturday Breakfast	\$ 25 USD \$ 30 CDN	_____
Saturday Lunch	\$ 30 USD \$ 40 CDN	_____

Lunch Options (Select 1): Turkey on Wheat Berry Ham on Wheat Berry Chicken Shawarma Wrap

Saturday Banquet \$ 50 USD | \$ 65 CDN _____

Banquet Options (Select 1): Vegan Stuffed Pepper Chicken Diane Roast Beef

Sunday Brunch \$ 25 USD | \$ 30 CDN _____

Registration Fee \$ 25 USD | \$ 30 CDN _____

ADD Registration Fee if registering Ala Carte for Meals: No Fee if attending only the No Charge Events: (Business Sessions, Flag Ceremony, Memorial Service, or Seminars) For virtual registration only please see website.

*****NO Meals available after April 20, 2022**** Totals _____

Make checks payable to: **MD5M Convention**

Mail form & payment to: 2VDG Christy Trutnau, 110 Rebecca Drive, Jordan, MN 55352

For Convention Information contact: IPDG Anna Wickenhauser, lionannaw@gmail.com ; Phone: (952)-913-1467 or
CC Matt Huggenvik, squigggy23@hotmail.com ; Phone: (507)-250-6598.

Check our website for information & updates on the 2022 MD5M Convention, www.lionsmd5m.org

Hilton Garden Inn: 20 Civic Center Plaza Mankato, Minnesota 56001



Booking Link: <https://group.hiltongardeninn.com/sbpfu9>

Hotel: Hilton Garden Inn Mankato Downtown **Phone:** 1-(507)-344-1111

Group Name: Lions MD5M Convention

Arrival Date: 28-Apr-2022

Departure Date: 01-May-2022

Rates: Starting @ \$134 USD

Courtyard Mankato: 901 Raintree Road Mankato, Minnesota 56001



Booking Link: [Courtyard Mankato](#)

Hotel: Courtyard Mankato **Phone:** 1-(507)- 388-1234

Group Name: Lions Club

Arrival Date: 27-Apr-2022

Departure Date: 01-May-2022

Last Date to Book: Sunday, March 27, 2022

Rates: Starting @ \$109 USD

102nd MD5M Convention
Mayo Clinic Health System Event Center
Mankato, Minnesota
April 28 – May 1, 2022

Greetings Fellow Lions and Sponsors

I am writing to invite your Lions Club or business to advertise in the program booklet for the 102nd Multiple Convention. This year, we are going to be trying an eco-friendly way to view the Convention Booklet. By scanning a QR code, the booklet will be at your fingertips whenever you have your smartphone available! Yes, we will still have some paper programs available to for attendees at the Multiple District Convention in Mankato, April 28 – May 1, 2022.

We are excited to announce our special international guest will be, 2011-2012 Past International President Lion Wing-Kun Tam from Hong Kong. It is a huge honor to be hosting a Lion of this standing. Our international guest will be taking a copy of the program with him when he returns home, and we want him to have a favorable impression and great memories of his time here in MD5M.

Your club or business can advertise in the program with anything from a 2 line add to a full page. The costs are as follows.

2 Line ad - \$25

Anytown Lions Club – 5M2 Welcomes Past International President Wing-Kun Tam to MD5M

Business Card size - \$50

Anytown Lions Club – 5M2 Welcomes Past International President Wing-Kun Tam to MD5M and Mankato, Minnesota!

1/4 page - \$100
 1/2 page - \$175
 Full page - \$325

All prices are in U.S. \$ (Please make all checks or money orders payable to: **MD5M Lions Convention.**)

Your ad can say anything you want it to say. You can talk about a special event you have coming up (after the convention) or you can brag about something you have recently accomplished. You can simply welcome the delegates to the convention if you choose to. Let us know what you would like.

Our convention theme is “Service in the Heart of Everyday Lions” to align with 2021-2022 Lions International Presidential Douglas Alexander’s Theme: Service from the Heart.

Please contact Program booklet chair, PCC Rob Rand at robrandmn@gmail.com for further information and/or to book your ad. Advertising deadline is Sunday March 25, 2022.

Please visit our website at www.lionsmd5m.org to find the latest news about the convention.

In Lionism,

PCC Rob Rand
 6600 Lyndale Avenue South, Unit 600
 Richfield, MN 55423





Thirteenth Annual Minnesota Lions Diabetes Foundation Research Update March 19, 2022

Hosted by the University of Minnesota Foundation and Minnesota Lions Diabetes Foundation, Inc.

More than 29 million people in the United States are living with diabetes—a growing number that includes 340,000 people in Minnesota alone. Unfortunately, that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Foundation Research Update to hear from University of Minnesota scientists, who are conducting leading-edge research aimed at both preventing and curing diabetes. Learn how these scientists, funded by the Minnesota Lions Diabetes Foundation, are making a direct impact in our community, state, and beyond.

Following the research presentations, guests will have the chance to interact with the scientists one on one, learn more about their research, and ask questions.

Saturday, March 19, 2022

11 a.m. | Registration and social
12 p.m. | Lunch
1 p.m. | Program
2:30 p.m. | Meet and greet with scientists

St. Cloud River's Edge Convention Center Opportunities Suite

10 4th Ave S
St. Cloud, Minnesota 56301

Faculty Research Presentations:

- **David Bernlohr, Ph.D.**, New discoveries on the roll of cellular senescence in diabetes
- **Brian T. Fife, Ph.D.**, How regulating the body's immune response could stop the immune attack on the islet cells
- **Michael Garwood, Ph.D. and Paul Wang, M.D./Ph.D. candidate**, Technology to monitor oxygen availability for transplanted islet cells
- **Bernhard Hering, M.D.**, Updates from the Schulze Diabetes Institute

Please RSVP by **Tuesday, March 8** by contacting Larry Winner at lrrywnnr@gmail.com and a confirmation letter will be sent prior to the event.

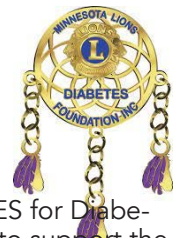
If you have any questions, please contact Larry Winner at lrrywnnr@gmail.com or 218-260-8110 with any questions.





Minnesota Lions Diabetes Foundation

Greetings Fellow Lions,



The Minnesota Lions Diabetes Foundation invites and encourages all clubs in 5M to participate in a STRIDES for Diabetes Awareness event. This will be the foundation's major fundraiser for the year. All proceeds will be used to support the missions of the foundation, the major focus of which is funding research to cure diabetes.

With your support we are getting closer to life without diabetes.

The STRIDES for Diabetes Awareness event will run from February - April. During these months, participants will be expected to log 15 miles of activity each month. Any kind of physical activity you can track in miles will count toward this goal . . . walking, jogging, bicycling, lap swimming, etc. You can also encourage friends and family members to join you in this quest and do your activity as a team - each of you covering your 15 miles per month.

We will have two options for registration. The best option is to go to the Minnesota Lions Diabetes Foundation, Inc. website to register - www.mnlionsdiabetes.org. The second option will be to work with one of your district trustees to complete the process. The cost will be \$25 per participant, with an option to give an additional donation. For an additional \$6.00 plus shipping you can purchase a Minnesota Lions Diabetes - STRIDES for Diabetes Awareness t-shirt.

Clubs or individuals can also consider being a sponsor for the event. Those who do so will be recognized on the foundation website. The table below lists sponsorship level recognition:

Sponsorship Levels	Minimal Contribution Requirement
Platinum Sponsor Level	\$10,000
Gold Sponsor Level	\$5,000
Silver Sponsor Level	\$2,500
Bronze Sponsor Level	\$1,000

Included on the next page is our STRIDES for Diabetes flyer with additional information to share with your clubs regarding registration, dates, etc. Don't hesitate to contact your MLDF co-trustees with any questions you may have.

Lion Bobby Paulson satnightcruise@yahoo.com

Lion Brian Rykhus bgrinhim@gmail.com

"Catch the Dream . . . Life Without Diabetes!"

SAVE THE DATE!!

CAMP SWEET LIFE 2022
JULY 31-AUGUST 4



**At Camp Courage
a True Friends Camp
Maple Lake, MN**



FOR MORE INFORMATION, VISIT:

www.campsweetlife.org



QUESTIONS? EMAIL:
info@campsweetlife.org

“Catch the Dream” *...Life Without Diabetes!*

Minnesota Lions Diabetes Foundation
STRIDES for Diabetes Awareness

February, March & April 2022

Commit to 15 Miles of Physical Activity a Month

2000 steps = 1 mile

You Choose Your Activity

Be active on your own

Be a part of a team

Register at: MNLionsDiabetes.org

Registration opens January 25, 2022

\$25 Registration Fee

T-Shirts available



Physical activity, and healthy food and beverage choices are key to preventing diabetes and improving health.



**Net Proceeds benefit
Minnesota Lions Diabetes Foundation**



Kelley's Story

(not her real name or photo)

Born deaf in her left ear, little Kelley went through numerous tests to figure out the cause of her hearing loss. Because she appeared to be otherwise healthy, her doctors suspected a genetic or structural issue was to blame.

But when Kelley also showed signs of a delay in her gross motor development at 2 months of age, a special education teacher who works with infants with hearing loss wondered whether **cytomegalovirus** (CMV) was instead responsible.

CMV is a herpes virus that most women of child-bearing age have already acquired. Pregnant women who are infected with CMV rarely have symptoms, but rather their developing baby may be at risk for congenital (meaning from birth) CMV disease. [CMV Exposure in Pregnancy](#)

Kelley's pediatrician thought CMV was unlikely to have caused her hearing loss. But her parents pushed to have her tested. At 10 months, through retrospective testing of a blood sample given at birth, they learned Kelley had been born with CMV.

Together, the physician and Kelley's parents decided to put Kelley on a yearlong course of antiviral medication in hopes of preserving the hearing in her right ear and minimizing the wrath of CMV on her developing body.

So far, 4-year-old Kelley is meeting developmental milestones and will be monitored closely as she grows. With the help of weekly speech therapy and regular audiology visits, Kelley has amassed a substantial vocabulary and is working hard on articulation. She loves chasing her 5-year-old sister around the house, helping in the kitchen, and singing "Let It Go" (from the movie "Frozen") at the top of her lungs.

Kelley gets on-going testing at the Lions Children's Hearing Clinic.

We would love to share stories about how the Minnesota Lions Hearing Foundation has helped both adults and children in your community, or someone you know. Send them to: HearingPublicity@gmail.com

For more information about cytomegalovirus, go to <https://kidshealth.org/en/parents/cytomegalovirus.html>



Minnesota Lions Hearing Foundation

The Mid Winter Convention is over. It was good to see many Lions friends in person. Thank you to the clubs that gave \$14,955 to the parade of Green. 56 Clubs donated, 10 have not yet donated.

Lion Vern and I and our spouses met to up date the roster of club donations, write thank you notes for Parade of Green donations and stuff letters for mailing about the D Feet Walk. Then we sorted hearing aids that were donated. 202 aids were donated at this Mid Winter Convention. There was a lot of cases, boxes, books and things not needed. The batteries need to be removed from the hearing aids. The good packages of hearing aid batteries are donated to nursing homes. It took the four of us 2 1/2 hours to clean up and sort unneeded stuff. Please donate only the hearing aids, not the junk. Thank you!

The hearing aids will be taken to Starkey where 5M2 hearing Foundation will get credits. We now have over \$12,000 of credit to use in affordable hearing aid programs. If you know of someone of low income that needs hearing aids, contact one of your Trustees for help. The process is not difficult to do.

The 2022 D Feet Walk is being planned. Save the date of June 4, 2022 at the Minnesota Landscape Arboretum. Our hope is that the covid pandemic will be behind us. Information and registration material has been sent to all club secretaries to bring to their club. You can send donations and registrations now. We hope to have all clubs attend at the Arboretum or at the "Up North D Feet Walk" in Bemidji.

Trustees: Lion Vern Breamer 507-462-3518
Lion Marvin Grimm 952-448-9465




Public Relations Kits


Clubs are encouraged to use the PR kits for fundraising, service projects and other activities to promote Lions in the community. The district has two Public Relations kits for your club to use. If your club would want to use the kit for your activity please contact:

For the Northern Clubs: Lion Troy Feltmann
Lester Prairie, MN
C: 320-282-6520

For the Southern Clubs: Lion Sue Bowman
Geneva, MN
R: 507-256-4669

Liberty Day


Liberty Day



The Declaration of Independence
The Constitution of the United States

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

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

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

For more information and presentations, contact
Lion Denny Hewitt (507) 381-2850 dthewitt@hickorytech.net
Lion David Sebesta (320) 587-5690 dave_sebesta@hotmail.com



Protocol by definition "is an expression of good manners". No need for any Lion to be stressed about how, when, and what regarding protocol at a Lions function. Check our website: 5M2 Lions.org. The website has a Protocol Manual for information regarding common protocol questions. If you need additional assistance contact Lion Sue Bowman at 507.256.4669 and hopefully she can help.

Jo Finds New Educational Cause Thanks to Hearing Assist Dog Gladys

January 12, 2022

A few decades ago in her early 20s, Jo was about to start a role of educating others when she first became aware of a disability. "I failed a hearing test for student teaching," she admits. Although she hadn't even realized her hearing was as bad as it was at that time, she continually lost more hearing and went "through every hearing aid that there was."

She then got a cochlear implant, but acknowledges she still misses sounds and parts of conversations, despite her best lip-reading efforts. Jo says, "I was withdrawing a lot socially because I wasn't sure that I was hearing things." She mentions that she always felt tense, wondering "Am I missing something?"

Beyond the social aspect, her lack of hearing also became a safety issue. "I was feeling unsafe in some situations because of my hearing," she notes. "I had several situations where I was in real danger because of the hearing." She describes one instance when she was taking a bath in a hotel room and the tub was leaking to the room below. As the hotel staff pounded on her door, she was unable to hear them. Luckily, no personal harm occurred, but realizing she needed help, Jo did some research and discovered Can Do Canines.

A wiggly, loving black Labrador Retriever named Gladys soon pounded on the door to Jo's heart. Gladys is not Jo's first canine love though. Jo has had dogs for much of her life and even showed them competitively for a while as an adult. In the 1990s, she owner-handled one dog to a status of fifth in the nation.

Gladys is quickly becoming a champion companion for Jo, who says, "I feel much safer. She makes me calmer and I don't have to stress about what I'm missing." With much less worry, Jo knows Gladys will always alert her to the sounds in their life because "she is listening for me." When they're out for walks and there's a noise that Jo doesn't hear, Gladys's body language will give Jo a cue to that change in their surroundings.

Feeling grateful for this extra set of ears, Jo hopes that others will be willing to lend an ear to her voice. She fervently states, "I want to be an ambassador for Can Do Canines." Now, engaging in this new form of teaching, she adds, "I have no problem telling people about my disability. I kind of feel like it's my role to kind of educate too, so I tell them about Can Do Canines, and what she does for me. I like that!"



Thank you to all those who made this partnership possible:

Puppy Raiser: Katie Cormier

Special Thanks: Sherryl & Charles Fonesth-Lais



***5M2 Lions' News Newsletter Deadline:
15th of each month...***

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

What are your clubs doing for Fund Raisers? Get Me the NEWS!!



We would like to THANK all the clubs in 5M2 for your support of Kidsight on the Parade of Green during the 5M2 Midwinter Convention. Your assistance will assist in purchasing extended warranties for the cameras in our district and other cost.

Lions need to contact the places they did before the pandemic and see if they are willing to have us do screenings again. Some places have forgot that we are willing to come and do the screenings. Community events are a good place to do a screening if you can get a good place to do them. If you need help getting back doing them, you can contact Lion Margie Jacobson or Lion Harry Klenke. Lion Margie can be reached at lionmargie11@gmail.com or 507-649-1034. Lion Harry at lm.klenke@outlook.com or 952-445-0289 or cell phone 952-913-8134. Lion Margie has a camera for southern area's and PDG Harry has cameras for northern areas.

STATE FAIR KIDSIGHT VOLUNTEERS NEEDED.

We do need volunteers to be successful. Please consider assisting in this Lion's Project. We are in the Health Care Building at the Minnesota Stat Fair. You will receive FREE State Fair entrance tickets for volunteering, State Fair Tickets entrance tickets are going up in price this year! Please use the website below to sign up. We need 2 screeners, 2 greeters and 2 escorts for each 2-hour shifts. YOU DO NOT NEED TO KNOW HOW TO OPERATE KIDSIGHT CAMERAS. 5M2 day is Thursday Sept. 1st.

<https://www.signupgenius.com/go/5080D45ADAC-2FA7F58-state2>



First, we would like to thank all the clubs in 5M2 for your support of Leader Dog. Leader Dog has been financially affected by Covid and continues to be closed for tours. Some staff continue to work from home. Hopefully this will improve for the future as Covid becomes a more livable disease.

Secondly, we had such a great speaker at our 5M2 convention on his journey with his Leader Dog Traverse. Scott Hague is a Riverside Lion, currently president of his club. His family currently resides in Fergus Falls Minnesota. If you recall the weekend of the convention, it was snowy and wind blowing in northwest Minnesota which was blizzard like traveling conditions. Scott and his wife made it to our convention after experiencing some babysitting issues for their 3 young children. Lion Scott received so much praise for his story and his progression towards receiving a diagnosis of Legally Blind. We want to express our gratitude for Lion Scott and his wife, also a big Thank You to DG Glenn and Lion Lisa for allowing Lion Scott to share his lifetime story with our District. It was energizing and great message!! Also Thank you to PDG Bob and 1st DGE Sue for bringing your Leader Dog puppy to our convention. They have raised Leader Dog puppies for 20 plus years. Kudos to both of you!!



Lions International Youth Exchange

Thank you to all of the Clubs who donated to the Parade of Green in support of our two Youth Exchange projects: 5M2 Youth Exchange as well as the MD5M Lions International Youth Exchange Foundation.

Planning for this summer's exchange is well underway and these dollars will go to support students coming in to the U.S. as well as those from 5M2 going out on an exchange.

To learn more about Youth Exchange and/or to become a host family, please contact Jim Walters at golfwithjim@gmail.com or 952-239-2559. Thank you.

DID YOU KNOW



MD5M Lions KidSight
has a
Facebook Page

 Like us on
Facebook!

and Instagram Account

FOLLOW US ON
Instagram



Lions', Leos' Clubs News and Activities

Prior Lake Lions



Prior Lake Lions welcomed guest speaker: Dr. Wendy Goldsmith, OD, who as an optometrist and representative of Lions Gift Of Sight, gave a insightful and inspiring overview of this cause.

Recently, for profit organizations have entered the Minnesota market for eye donations. The for-profit organizations will discard eyes that are not viable for tissue transplant. The Gift for Sight with the University of Minnesota and 5MD5 Lions will not discard any eye tissue but use that tissue for research for eye diseases, such as Macular Degeneration. So please obtain your eye donor card from the Lion's Gift of Sight director and place card with your driver's license. Include a note of your choice to donate your eyes in your Health Care Directive. Contact your MN Legislation as there are bills in the works to help stop the for-profits.

Questions are always appreciated and there is never a wrong one asked, and as we learned that though one may be a 'Donor' on their license or ID card, if you want your eyes to directly go to Lions Gift Of Sight, one needs to carry a special card additionally in your wallet or purse.

"I appeal to you Lions, you who have your sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves Knights of the Blind in this crusade against darkness? I thank you." ~Helen Keller

For more information on this cause, check out Lions Gift Of Sight website: <https://lionsgiftofsight.umn.edu/>

Pinewood Derby Judging



Friday February 4, 2022 Prior Lake Lions judged the Pinewood Derby cars for our Cub Scout Pack and also for Pack 1909 at Redtail Ridge School.

There were many great cars from both Packs. The Scouts gave us a warm welcome at the start of the Derby.

There were ten categories for each pack so we had to select 20 cars all together. It was an exciting race event. Ready. Set. Go.

Thank you to Lions Gerald, Kris, Eileen, Char, and Paul for helping with the judging and for coming out on a cold blustery night. This was the first time ever nighttime Derby, though we have been invited to assist in the judging for many prior years. Service to community.

More Prior Lake Lions



Lion Linda Hall was presented, in memory of her spouse, long-time member Lion Don Hall, our recent sponsored leader dog, 'Snickers' certificate and replica. Prior Lake Lions have been dedicated ambassadors and loyal supporters of this mission for many years. Our liaison for this cause, Lion Loretta Klenke has shared valuable information throughout her tenure. We thank her and congratulate Lion Linda.

For more information on this cause, check out Leader Dog website at: <https://www.leaderdog.org/lions-club/lions-and-leader-dog/>



Glencoe Lions



A group of Glencoe lions took the plunge at Lake Waconia on February 12 for Special Olympics.

The plungers collected \$1640.40 for the Special Olympics.





BLUE EARTH LIONS

Meetings: 2nd & 4th Wednesdays at 6:00 pm

Average Jo's Bar & Grill

Barb Murphy, President Dean Vereide, Secretary

Joe Tempel, Treasurer

NEWSLETTER

Volume 62 Number 5

February 10, 2022

Board Actions

The Blue Earth Lions Board met for their January meeting following the regular membership meeting on February 9th at Average Jo's. There were 6 Board members plus 2 regular members present at the meeting. The minutes of the November Board Meeting and the Treasurer's report for January 2022 were approved as presented. During his Treasurer's report, Lion Tempel explained to the Board that the dues that the Club pays to Lions Clubs International and District 5M2 amount to about \$15.00 per quarter per member. You will notice (below) that the balance in our regular account is lower than it has been in a long time. This account pays for all the expenses the Club incurs to keep our program running, the largest of which is our meals at our meetings. There was no interest within the Board to raise our dues at this time, but it is something that we are going to keep an eye on. We just ask that all our members keep their dues paid up! You can also see from the financial report that we brought in \$1,420.00 at our Brunch last month. We have not yet received the bill from the school for the cost of the food so we don't know how much we made at the Brunch, but we were glad that we were able to again have the Brunch and that many people showed up to help support us in our efforts. The main business item before the Board was the upcoming Midwinter Convention and the Parade of Green donations that go along with it. The Board decided that we wanted to continue our contributions to the various Lions projects that we have supported in the past, but we are not able to support them at the same level that we have in the past because we have lost out in many of our fundraisers. This year we are giving to each of the projects that we gave to last year but we are only giving them 50% of the amount we gave previously. In addition, we already decided to earmark half of our proceeds from the Brunch to the Childhood Cancer Foundation, which is part of the Parade of Green this year so we will be giving about the same amount as we did last year. By the way, if you are interested in going to the Midwinter on Saturday (the 12th) for the morning sessions and hearing the presentations, Lion Dean is planning on going and would like to have some company. Please contact him.

Always be thinking about prospects for membership!

Lonsdale Lions

3 Lonsdale Lions passing out "TIME for Kids" to the Tri-City United Lonsdale Elementary 3rd graders are Lion Alan Fitterer (Club President), Lion Scotty Ziskovsky (Club Sargeant-at-Arms), and Lion Jim Mahler. This current event bi-weekly resource for the 3rd graders replaces the former 3rd-grade Lions Dictionary Project.



TCU Lonsdale 3rd graders (from L to R) Carver Liebelt and Leyton Sandbulte with their "TIME for Kids" current events issues.



Jordaness Lions



Lions could be found in the halls at Jordan High School last week.....Jordaness Lions! The club hosted our annual Hot Dog & Walking Taco Feed during the Tuesday and Friday night basketball games.

The proceeds from this event benefit the JHS Scholarships awarded by the club.

Several members participate in this event and pictured above are just a few of the volunteer Lions. Lions Christy, Colleen, Donna, and Wanda.

Win Big at BINGO

Henderson Event Center Every Thursday Beginning Jan. 6 at 6:30 p.m.

Continuing through April 7!

Progressive Jackpot starts at \$500 *(Could grow to \$1,199)*



Sponsored by the
Henderson Lions Club



(Check Henderson Lions on Facebook or
www.henderson-mn.com for cancellations)

BINGO

BAR BINGO IS BACK!!!

BREWSTER'S BAR & GRILL, VESELI



THURSDAY NIGHTS AT 7:00 BEGINNING NOVEMBER 4th

PROGRESSIVE \$1000 JACKPOT

COME JOIN THE FUN!!!

VESELI AREA LIONS
LICENSE 92581

Dad's BelgianWaffles



All You Care to Eat



SERVING: WAFFLES, SAUSAGES, TOPPINGS and BEVERAGES

Shrove Tuesday Waffle Supper TUESDAY, MARCH 1, 2022 5:00- 7:00 PM

Morson Ario: 1900 North Riverfront Drive

Sponsored by the Mankato Lions Club

Proceeds to support Local and Lions Projects

Jordan Lions



Friday, March 4, 2022

4:30 - 7:00 pm

St. John's Catholic Church

Meal includes:

All you can eat fried fish, baked beans, potato salad, cole slaw, dinner roll, coffee

Take Outs Available

Proceeds support local organizations and events

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

Permit # XB-04490-22-008



Minnesota Lake Lions

Night of Bingo

ST. JOHN THE BAPTIST CATHOLIC CHURCH

MINNESOTA LAKE, MN

SATURDAY, March 5, 2022

6:00 p.m. sandwich meal available for \$8.00

Pork sandwich, chips, drink, and bar



7:00 P.M. Bingo games start

Advance sale \$20

At the Door \$25

Tickets available from Lions Club members or call Edie, 462-3469



CASH PRIZES

Proceeds go to Lions Community Projects

Green Isle Lions Sausage Breakfast For the Benefit of William Donnay

Sunday, March 6th

8:00 am to 12:30 pm

Green Isle Fire Station



We Serve



Net Proceeds will benefit William (Bill) Donnay, a long time Green Isle resident. Bill slipped on the ice on December 28, 2021 and has been hospitalized ever since. He suffered a spinal cord injury and has to re-learn how to walk and use his arms again. Bill has a long road to recovery, and the Green Isle Lions would like to assist him on his journey.

Serving two types of Scrambled Eggs, Sausage, Hash Browns, Biscuits and Gravy, Fresh Fruit, Texas Toast, Juice and Coffee .

Eat In or To Go Orders will be served. Free Will Offering.



JOIN US

Friday, March 18, 2022

4:30 to 7 pm

St. John the Baptist Catholic Church
Louis Hall • Jordan

it's ALWAYS
a good time

\$12 Gets You Dinner and All The Extras...fish, roll, coleslaw, beans, dessert & drink

for a

\$6 Children (12 & younger)

TAKE OUT available

FISH FRY

in

JORDAN

Proceeds go to the Lions Diabetes Program and Jordan Community Projects



Jordaness Lions



Winthrop Lions Club

Omelet Breakfast

April 3, 2022

St. Francis de Sales Catholic Church

501 N Brown St., Winthrop MN



Serving 9:00 a.m. – 1:00 p.m.

Cost \$8.00

\$7.50 with Grackle Days Pin

Proceeds are used to support Winthrop Lions Projects
Collecting used eye glasses (no cases please) and hearing aids.

Thank you to Michaels Food for the egg product!

Thank you to DFA for their donation!



LONSDALE LIONS CLUB



LIONS

PANCAKE & SAUSAGE & EGG BREAKFAST

APRIL 3, 2022

SERVING 8:00 A.M. TO 12:00 NOON

LONSDALE AMERICAN LEGION

ADULTS - \$10.00 | CHILDREN 6-10 - \$5.00 |

CHILDREN 5 & under - Free

BRING THE WHOLE FAMILY

BRING YOUR USED EYE GLASSES, HEARING AIDS, CELL PHONE,
& PRINTER CARTRIDGES TO DONATE



PROCEEDS BENEFIT LOCAL EASTER EGG HUNT,
LOCAL SCHOLARSHIPS, and COMMUNITY DAYS KIDS PEDAL
PULL



Lions Brunch

Sunday, April 3, 2022

10 am to 1 pm

New Auburn City Hall

Serving Scrambled Eggs with Ham & Cheese
Hash Browns, Homemade Muffins
Coffee, Juice & Milk

Free Will Offering

NEW AUBURN LIONS

Net Proceeds Go To Community Projects

Bring Your Plastic Bags for our Recycling Project

Save The Date

2022 MD5M Lions Convention

"Service in the Heart of Everyday Lions"

Date:

April 29, 30 & May 1, 2022

Location:

Mayo Clinic Health System
Event Center Mankato, MN

