

District 5M6



We Serve...A Changing World



District Governor Paul Williams

March 2022

Scandia-Marine Lions Club Hosts Community Dinner to Highlight Their Service Projects and Spotlight Lions Global Causes



The Scandia-Marine Lions, family members, friends, and community members came together on Feb.24 to do several service projects, including :

- Making 2 fleece blankets that will be donated to the Ronald McDonald House.
- Collecting 109 pairs of glasses for the Lions Recycle for Sight program.
- Purchasing 4 large-print books that will be donated to Hardwood Creek in Forest Lake.
- Making 27 bags for girls in third world countries who have their period and who are not allowed to go to school;
- Collecting 67 pounds of food for the Scandia-Marine Food Shelf;
- Making 5 care packages for Lions who have not been able to attend Club meetings recently; and
- Raising \$227.50 towards sponsoring a puppy through Leader Dogs for the Blind.



If you volunteer for something that you really care about, you don't have to be pushed, the Vision pulls you

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FIND DISTRICT 5M-6 ONLINE

 **LIONS5M-6.ORG**

 **FACEBOOK.COM/LIONSDISTRICT5M6**



PRESIDENT'S MESSAGE

Service from the Heart with International President Douglas Alexander

Dear Lions,

Our Lions family brings together people of all ages, experiences, cultures, and character, and we are united by a common passion—service. What makes you special and unique is also what makes you exactly the right person your community depends on to make a difference every day.

By embracing our diversity, we are celebrating how our kindness transcends borders and our service is without exception. And when we give every member the opportunity to lead, grow and pursue their passions, our service will be without limits. Let's never forget to celebrate who we are, what makes each of us so special, and how we can accomplish anything together when we let our passion for service shine through.

Yours in Service,

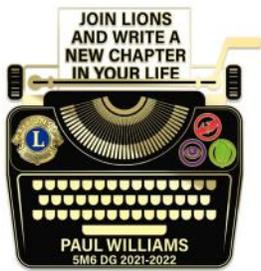
Douglas X. Alexander
International President

Worldwide Induction Day

Lions are a great big family—but there's always room at our table for one more. Click [here](#) to watch a special video message from President Alexander about how we can strengthen our clubs by giving others the opportunity to put their talents and kindness in action.

Each new member brings a new perspective and new ways to serve. And on Worldwide Induction Day on April 30, you can join Lions from all over the world as we come together to celebrate the diversity of our service and our newest members.

Click [here](#) to visit the Worldwide Induction Day page for a planning guide, special downloadable certificates and public relations tips for your event. Make it a day that your new Lions will remember for the rest of their lives. And don't forget to share your event on social media using **#WeServe**.



Writings from DG Paul

I love being a Lion in District 5M-6. I am constantly amazed at the enthusiasm and energy demonstrated by Lions in this District. Let me provide a few examples.

On February 11th at 5:15 p.m., I sent out the February *Vision* newsletter. In the newsletter, I asked for a greater emphasis on training new screeners for **KidSight**. At 6:07 p.m. that same night, I received an invitation from Woodbury Lion Mark Cavaleri to participate in a refresher course on KidSight training on Feb. 16 and 17. All told, 10 people participated in the event.

At the Mid-Winter Convention, there was an interesting service project promoted by the District GST team which involved making shoes out of used jeans for **Project Sole Hope**. Since then, Clubs had followed or have announced plans to devote a club meeting to cutting patterns for the project. (See pages 10—11).

At the convention, there was a presentation on how Lions can partner with **Sleep in Heavenly Peace** to build beds for kids in the area who sleep on the floor. This month, I have learned that some Lions are

planning to take formal training on how to bring that project to their own community.

I am especially thrilled by the Scandia Marines Lions Club. They recently publicized in their local paper **an invitation to the general public to visit the club**, have a community dinner, and participate in various hands-on projects to experience the many service projects that the Club is engaged in. I encourage all Clubs to click [here](#) to see the newspaper article announcing meeting and then visit the Scandia Marine Lions Club Facebook page to see what transpired at the meeting. (See page 1 for more information.)

I would be remiss if I did not promote the excellent **membership workshop** being developed by GMT and GST teams. I encourage every Club to send members to attend the event. (See page 5 for more information.)

I am amazed at all you do for your Community!

Thoughts from DGE Pete: A Lion's Journey

September 2007.

My first child begins her K-12 experience in the Stillwater Area schools system. The schools provide the education. Help from the parents and education. Help from parents and residents really make it a more worthwhile



and valuable experience. Thus this journey begins. Along the way, a fellow volunteer invited me to learn about a service club forming in our area. Note the word "invite" when thinking about growing your membership. That is when I bit the Lions hook. The barb was set as I learned of the integrity of the organization. Serve the community. Any money raised goes back to that community. "Sure, sign me up."

Chartered in 2015, my club formed as the Afton Bayport Lakeland (ABL) Lions. The club and I were new to this organization. Others who joined with prior experience ushered us through the formative years. While enjoying participation in service projects, I came to learn about LCI at the District and International levels. Serving the greater good with our actions and not just words has made it more meaningful.

My involvement and leadership brought me through the roles of Club President, Zone Chair and currently in the Vice/District Governor progression. In many ways I am still new to this. I hope to leverage a combination of fresh perspective and gained experience to serve the

organization well. Along the way, I look forward to meeting more of my extended Lions family. I will ask others about their experience. What got them interested, involved and inspired. While absorbing this collective wisdom I hope to successfully apply it to forward thinking strategies benefiting our members and community.

"But Pete, give me more of your biographical background, in case I get stuck in the hallway having to make conversation with you." OK. I was born into a military family and lived in many different states and countries, and cities in MN until finally settling down in Rosemount, where I graduated in 1980. Yeah, that old. Old enough to know better.

I now serve as an elected member of the Stillwater Area School Board. I am also a substitute school bus driver. These two roles help me to see the big picture and the effect of decisions on those affected by them.

Professionally, I am a Real Estate Broker running my own business, Afton Realty LLC, out of my home office in Afton. My wife, Sara Kelzenberg, is not a Lion. She stays busy as an architect designing schools throughout MN. Together, we have two kids, Katie and Henry who are recent graduates of Stillwater area High School.

I look forward to working with the rest of our District Leadership teams and club members to make this service Journey a great experience for all. I continue this narrative with blog postings on my personal Lions web site www.lionpete.com

Meet 1st Vice District Governor Elect Judy



Let me introduce myself! My name is Judy Zewers and I am honored and excited to be serving as your 1st Vice District Governor Elect for next year!

I grew up in Roseville but moved to Shoreview shortly after my husband Jim and I married.

We have 2 daughters who live with their families in the Twin Cities area. I graduated with degrees

from Concordia, Moorhead in German and music.

My passion for languages and working with young people led to my career as a German teacher with the Anoka-Hennepin School District. In addition, I have advanced degrees from the University of Minnesota in Second Languages and Cultures and from the University of St. Thomas in International Management/Marketing.

During the years raising our family and teaching, I had the opportunity to be involved with many church activities and our girls' school activities but it was not until joining Lions that I was able to become more involved in the community. Having grown up with parents who were in Lions for over 60 years, I know how impactful Lions can be in a community!

I initially joined the North Suburban Evening Lions, a club that my father helped charter, since there was not a Lions club in our immediate community of Shoreview.

Over time though Jim and I began questioning why there was not a club and, with the help of many fellow Lions, we started one! What fun it has been meeting new people and serving!

Together, our club has focused on service first such as making hygiene bags for homeless youth, making sandwiches for the homeless, making blankets for children in pediatric cancer facilities, cleaning up area parks, having food and school supply drives for our local food shelf, starting KidSight screening, working at Tour de Cure for diabetes, supporting our local summer festival, the Peace Poster contest, parent webinars in partnership with our school district, and many more.

In our 5M-6 District, I have had the opportunity to serve as the GMT for 2 years, working hard to bring our clubs together to focus on strengthening our membership. Last year, I served as 2nd Vice District Governor, two years ago I served as District Zone 4 Chair and am very proud of the work that our neighboring clubs did together, building beds for Sleep in Heavenly Peace White Bear.

When not busy with Lions and volunteering, I enjoy travel, hiking and biking, pickleball, gardening, photography, crafts, music, and reading. Soccer and basketball are my favorite spectator sports and I'm a huge Gopher fan! Go Gophers!

I am looking forward next year to working with DGE Pete, 2nd VDGE Cheryl, the leadership team, and all of our clubs to make it a fantastic year of service!

Meet 2nd Vice District Governor Elect Cheryl



Hi, my name is Lion Cheryl Kelly. I am a proud charter member of the Afton/Bayport/Lakeland Lions Club.

I first became a lion in 2009 with the Springfield Franconia Host Lions, Springfield VA., in District 24A.

My claim to fame is knowing Lion Bob Hemm, a member, who was

in the February Lions magazine, celebrating his 100th birthday. We received a Christmas card from Lion Bob who is doing well!

Since retiring from the United States Postal Service, I enjoyed working as a para for the Stillwater School District and lots of volunteerism!

A joy for me is working with children which is the reason I started a Leos Club and was the District Leo Chair.

KidSight Vision Screening is now my thing.

I hope to bring value to District 5M6 through my training as a graduate of the Faculty Development Institute, instructor at three Regional Lions Leadership Institutes, Emerging Lions Institute and training sessions within our district.

My experience as being a cabinet secretary, region and zone chair and currently Global Membership Team co-chair, will give me the background to understand the role of being 2nd Vice District Governor.

I appreciate the support from members of 5M6, my club and family. My husband Dennis, two daughters, spouse and three granddaughters are Lions. Life can't get any better!

Odds and Ends

District 5M-6 Membership Award Contest

Thanks to the success of the last membership contest, District 5M-6 is adding a new contest. Every new member from Jan 1, 2022 to June 30, 2022 is put in a raffle, every sponsor that brings in a new member from Jan 1, 2022 to June 30, 2022 get an entry in a raffle, Clubs ending the year with +2 membership will also receive a Certificate. The club with the greatest increase in members from July 1 as well as the club with the greatest percentage increase will also be recognized. This is an ideal time to join Lions as LCI has extended the dropping of the \$35 initiation fee.

State Fair Sign up for KidSight

The State Fair is still a few months away, but the Multiple KidSight Foundation will again be doing eye screening at the Fair. Our district has been assigned, the first day of the Fair, August 25th, If you are interested in taking a three-hour shift during that day screen children (ages 6 months to 6 years old) for sight problems, contact Lion Dave Meyer at dhm49@comcast.net to volunteer.

Peace Poster

Peace Poster Kits for 2022-2023 are now available. The theme for 2022-2023 is, "Lead with Compassion". Students ages 11, 12, or 13 as of Nov. 15 are eligible to participate in the International Peace Poster Contest.

Each kit contains all the materials needed to sponsor the contest in a school or youth group, including rules, promotional material and recognition certificates for participants. One kit is needed for each entry sponsored. Kits are sold from Jan. 15th through Oct. 1st. Orders received after Oct.1st will be filled based on availability. Peace Poster kits cost \$11.95. Please help promote the Peace Poster Contest at your club visits. (Kits include the information for the Essay Contest as well.) Please contact Lion Mark Cavaleri PhD at traces6527@centurylink.net for more information.

Gift Bag Items Sought for Lions International President Brian Sheehan International Board

Meeting

On Oct. 1-7, 2022, Multiple District 5M will host Lions International President Brian Sheehan's International Board Meeting. The District is putting together 150 gift bags for Lions Club International Board members as well as Lions Clubs International staff.

We have received a request to work with our clubs to purchase 150 Pearson's Salted Nut Rolls to represent District 5M-6, as this item is lightweight and unique to our district. Watch for more information about this project in the Fall.

Club Membership Workshop

Club leaders: Join your fellow Lions for an inspiring membership presentation, from Lion Sean Siebel, marketing ideas from Lion Latisha Moening, and service project ideas from Lion Lynnette Welsch, and a free lunch. The event will be held on Saturday, April 2, 2022 from 9:30 a.m. to 2:00 p.m. at Concord Lanes, 365 Concord Exchange N, South St. Paul, MN.

The **FREE lunch & workshop is open for 2 members from each club in 5M6.** The event is brought to you by your Global Membership Team. **Please RSVP by March 24th to Lion Kim McRunnel at kmcrunnel@gmail.com.**



5M6 Service from the Heart



Clockwise (Above): Cottage Grove Lions participating in Rebus berg (a major fundraising project for the Club).



Immediate Top Right: Maplewood North Lions making tie blankets to give to the Masonic Children's Hospital to support LCI's Childhood Cancer efforts.

Second Page Bottom Right: White Bear Lake Lions making 25 shoe kits for Project Sole Hope. The shoes will be completed by local seamsters and tailors in Uganda and then given to toddlers to prevent jiggers. (For more information about this project, please refer to the Feb. 2022 *Vision* newsletter).

Second Page Bottom Right Hastings Rivertown Lions holding their first Super Breakfast on Super Bowl Sunday.

Immediate Right: White Bear Lake Lions labeling more than 700 thesaurus books. These books will be provided free to 5th grade public and private students in the greater White Bear Lake area.





5M6 Service from the Heart



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



Easter Bunny Basket-Scavenger Hunt

Saturday, April 9th, 2022 8:30am to 10:30am

Sponsored by the Hastings Rivertown Lions Club



Registration closes Wednesday, March 30th, 2022

Each basket is \$5.00, with a family maximum of \$20.00

When registering tell us your child's name and age.

Pick up your basket and scavenger hunt at Tilden Community Center
Saturday, April 9th, 2022 8:30am-10:30am

The scavenger hunt includes 6 photo clues of places around Hastings.
You will know you're in the right spot when you see the Lions Club egg
(please don't take it).



Registration form:

Name	Phone number	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Send to: Attn: Lions Club
603 5th Street W
Hastings, MN 55033

Make Checks Payable to
Hastings Rivertown Lions



Jo Finds New Educational Cause Thanks to Hearing Assist Dog Gladys

“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





**FEBRUARY/MARCH
CLUB ANNIVERSARIES**

SSP Southwest Lioness	2/11/2021
Lakeville	2/17/1953
North St. Paul	2/20/1945
White Bear Lake	2/22/1945
Maplewood North	3/23/1964
Rosemount	3/27/1962
Farmington	3/31/1953



District 5M-6 Special Olympics Co-Chair Karn Matthews holds a certificate given from the Northland 300, a 300 mile, three day, charity snowmobile ride made up of volunteer participants who raise funds to support Special Olympics Minnesota.

District 5M-6 was recognized as a Bronze Medal Sponsor for donating a \$1,000 gift card prize given two years ago (pre-Covid) to the Northland 300.



**Lions Clubs International
FOUNDATION**

Dear Fellow Lions,

Just two weeks after Madagascar was struck by Cyclone Ana, Cyclone Batsirai slammed into the southeastern coastline of the island, bringing torrential rain, flooding, and high winds that devastated entire villages. At least 120 people were killed, 124,000 people's homes were damaged or destroyed, and 30,000 people remain displaced.

You can help.

Your generous donation to the Lions Clubs International Foundation (LCIF) **disaster relief fund** will help families impacted by the devastation.

When a humanitarian crisis of this magnitude strikes, we, as Lions, are ready to help. Right beside us is LCIF, our global foundation. LCIF quickly responded and awarded disaster grant funding to allow Lions in the affected communities to respond to urgent needs of the victims.

There's no telling when or where a disaster might strike. But you can help make sure that Lions will always be there when needed.

Sincerely,

Dr. Jung-Yul Choi
LCIF Chairperson

**We want to promote your club's events! Don't see your event here?
Please submit details to events@lions5m-6.org to get your event listed.**

Lion Spirit Award



For March is presented to Lions Judy Briesath and Jen Goplen

Lion Judy Briesath (Vadnais Heights Lions Club)

Lion Judy Briesath has been a member of the Vadnais Heights Lions Club since 2015. She has served as the Club's Treasurer and the Club Foundation's Treasurer. Her real passion is sewing. She has made hundreds and hundreds of blankets and other things which she donates to Bridging. They are given to folks in need as they set up a home.

When she joined the Vadnais Heights Lions, we recognized that her career in finance was just what we needed in a Treasure. She has applied her attention to detail to this position for seven years. Rarely does she miss an event where she wears a smile as she collects, sorts, deposits and keeps track of funds. Her enthusiasm for Lionism is contagious.

Thanks so much, Lion Judy!

Lion Jen Goplen (White Bear Lake Lions Club)

Lion Jen Goplen has been a member of the White Bear Lake Lions Club since 2013. She has served as the Club's Secretary. She has been on stage as part of the White Bear Lake Annual Show for many years.

Lion Jen is an active member of the Club. She brings her characters alive on stage and brings the same energy to the Club in her role as Club Secretary. She epitomizes the Lion Spirit Award with her skills as being a problem solver. She is not afraid to gently nudge the Club to try new things such as a monthly service night. She has an infectious spirit and she ensures that everyone is having fun and fellowship during club service projects and at club meetings.

Thanks, Lion Jen!



BOARD OF TRUSTEES

Bill Kase & Bob Melin, 5M1
Marv Grimm & Vern Breamer, 5M2
Allen Struck & Steve Cattnatch, 5M3
Barry Erdhal & Bob Kulbeik, 5M4
Bob Jechorek & Kevin Walsh, 5M5
Marlene Haymen & Jeff Carnes, 5M6
Hal Hinchliffe & Jim Mulroy, 5M7
Mike Appel & Bob Harms, 5M8
Michele Plagman & Laurie Kommer, 5M9
Susan Balstad, 5M10
Jerry Amiot & Gladwin Lynne, 5M11

OFFICERS

Bob Jechorek, Chair
Mike & Sue Vos, Treasurers
Lori Steinemann & Dave Dominick
Executive Secretaries

WEBSITE:

www.5mhf.org

EMAIL:

sue@vosconstruction.com

REGISTRATION & PAYMENT INFO

Checks payable to:
Minnesota Lions Hearing Foundation

PDG Mike Vos, Treasurer
Minnesota Lions Hearing Foundation
20472 371st Avenue
Green Isle, MN 55338-2171

Virtual Walk Date
June 4th, 2022

DFEET WALK

2022 MN Lions Hearing Foundation Fundraiser

Dear Lions and Friends:

Your Minnesota Lions Hearing Foundation 2022 Walk to DFEET Hearing Loss is just around the corner, on June 4, 2022.

It is not too late to help those with hearing-related issues.

Please consider participating in our 2022 Walk at the Minnesota Landscape Arboretum and at Diamond Point Park in Bemidji, MN. If you or your club cannot participate at either site, you can take a walk at your local park, bring some club members together for a walk in a park, jump on your treadmill, or ride your bike.

Levels of Support (please check appropriate box)

- \$25
- \$35 includes walk t-shirt mailed to you.
- \$100
- \$250
- \$500
- \$1000 gets your Club name on back of the t-shirt
- Other _____

Children under 12 will receive a free walk shirt.

We challenge your club to create a team to help raise funds for this important event. Please complete your registration form and mail to PDG Mike Vos.

We hope you will support the Minnesota Lions Hearing Foundation to raise the much-needed funds to support our mission of research, education, and clinical support to the deaf and hard of hearing community.

With regards,

PDG Bob Jechorek

Board Chair
Minnesota Lions Hearing Foundation
rpjch@gmail.com



D-FEET WALK REGISTRATION FORM

Club Name _____ District _____

Contact Person (please print) _____

Address: _____ City _____ State _____ Zip _____

Phone # _____ Email address: _____

Donation Amount: \$1000 _____ \$500 _____ \$250 _____ \$100 _____ \$50 _____ \$35 _____ \$25 _____

Club Sponsorship at \$1000 level gets Club's name on the back of the t-shirt.

Donation is on behalf of your club _____

Personal donation _____

\$25 donation with no t-shirt.

*\$35 donation includes a t-shirt. Registration form must be received by **May 10** to receive a t-shirt.*

Adult sizes: small _____ medium _____ large _____ XL _____ 2XL _____ 3XL _____ 4XL _____

Youth sizes: small _____ medium _____ large _____

Youth under the age of 12 will receive a free shirt.

Attending the Dfeet Walk at the Minnesota Landscape Arboretum _____

Attending the Dfeet Walk in Bemidji _____

Please send check and registration form to:

PDG Mike Vos, Treasurer
Minnesota Lions Hearing Foundation
20472 371st Avenue
Green Isle, MN 55338-2172

Please make check payable:

Minnesota Lions Hearing Foundation



Vadnais Heights LIONS



BELGIAN



Waffle Breakfast

Sunday, April 3rd 8 AM - 1 PM

Seniors
\$7⁰⁰ 63+

Adults
\$8⁰⁰ 15-62

Kids
\$4⁰⁰ 6-14

Li'l Kids
Free 0-5

Information & Activities

- Can Do Canines
- Camp Confidence
- MN Lions Diabetes Foundation
- Special Olympics Minnesota
- Bike Raffle
- Local Scout Troops
- Used Eyeglass & Hearing Aid Collection

- Fire Truck Tours
- Safety & Fire Protection
- Ramsey County Sheriff
 - K-9
 - Lakes & Trail Unit



Vadnais Heights Commons
655 East County Road F

***Thanks to Sponsors of the District
5M-6 Mid-Winter Convention!***

Thanks to out Club Sponsors

Eagan Lions

Lakeville Lakeside Lions

New Brighton Lions

North Ramsey 500 Lions

Vadnais Heights Lions

White Bear Lake Lions

Afton/Bayport/Lakeland (ABL)

Thanks to Our Company Sponsors

Dougherty Molenda

Greg's Tax Service

PlusOptix



GET A CLUE!

White Bear Lake Lions
75th Annual Show

Written by Lion Chuck Hunt, Jen Finger, and Katie Vadnois.
Directed by Lion Janine Delage.
Music Director Lion Darlene Zabadal.

March 17, 18, 19 2022

Central Middle School Auditorium
4857 Bloom Ave.
White Bear Lake, MN

Shows 7pm all dates plus 2pm matinee on Saturday

\$10 Adults
\$8 Seniors (65+)
\$5 Children (12 and under)

Featuring
4th Street Dance Centre

For more information, current COVID information, or to Order Tickets Online: www.whitebearlions.org



\$100 helps provide regular access to food for **14 in-need** individuals.

CAMPAIGN | 100
LCIF • EMPOWERING SERVICE™

LCIF.ORG/BE100 | #BE100



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 <input type="checkbox"/> Ham on Wheat Berry <input type="checkbox"/> Chicken Shawarma Wrap <input type="checkbox"/>		
Saturday Banquet	\$ 50 USD \$ 65 CDN	_____
Banquet Options (Select 1): Vegan Stuffed Pepper <input type="checkbox"/> Chicken Diane <input type="checkbox"/> Roast Beef <input type="checkbox"/>		
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



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 lrywnnr@gmail.com and a confirmation email will be sent prior to the event.

Please contact Larry Winner at lrywnnr@gmail.com or 218-260-8110 with any questions.



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

STRIDES
Physical Activity Challenge
for
Diabetes Awareness

a Minnesota Lions Diabetes Foundation Event

Commit to 15 Miles of Physical Activity
to Improve Your Health During Each Month
February, March & April 2022

You Choose Physical Activity, Where & When You are Active
walk, curl, roll, run, cycle, swim, ski, snowshoe... indoors or outdoors...

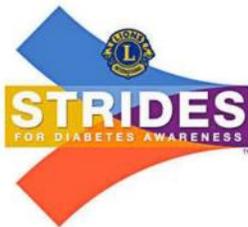
2,000 Steps Equals 1 Mile

Register / Donate any time during February, March or April
at MnLionsDiabetes.org

\$25.00 Registration / Donation Fee

T-Shirts are available

Contact Lion Eileen for alternative registration payment options.
Email: emschirer@comcast.net



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



Net Proceeds Benefit
Minnesota Lions Diabetes Foundation, Inc.



Important Links

- ▶ **District 5M6 Website:** [5M6 Website](#) (Newly Designed)
- ▶ **District 5M6 Intranet:** [5M6 INTRANET](#)
- ▶ **Lions Clubs International:** [Lions Clubs International](#)
- ▶ **Multiple District 5M (MD5M):** [MD5M Website](#)
- ▶ **Lions MD5M Hearing Foundation:** [MD5M Hearing Foundation](#)
- ▶ **Minnesota Lions Diabetes Foundation:** [MN Lions Diabetes Foundation](#)
- ▶ **Minnesota Lions Vision Foundation:** [MN Lions Vision Foundation](#)
- ▶ **Leader Dogs for the Blind:** [Leader Dogs](#)
- ▶ **MN Lions Childhood Cancer Foundation:** [MN Lions Childhood Cancer Foundation](#)
- ▶ **Lions MD5M KidSight Foundation:** [MD5M KidSight Foundation](#)
- ▶ **Can Do Canines:** [Can Do Canines](#)
- ▶ **Lions Gift of Sight:** [Lions Gift of Sight](#)
- ▶ **Project New Hope:** [Project New Hope MN](#)
- ▶ **Special Olympics:** [Special Olympics MN](#)

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DISTRICT 5M6

Lions Clubs International extends our mission of service every day – in local communities, in all corners of the globe. The needs are great and our services broad, including sight, health, youth, elderly, the environment and disaster relief.

NEWSLETTER DEADLINE

25TH of each month

Submit your club events, club awards, and Lions program articles to:

events@lions5m-6.org

If you have any questions / concerns, please contact your Newsletter Editor DG Paul Williams at paulwilliams@lions5m-6.org

Thank you!!